

Brief Sexual History

Client Name: _____ Date: _____

DOB: _____

Write brief answers:

1. What childhood messages about sex/sexuality did you receive? _____
How might they affect your sexuality today? _____

2. How did you learn about sex? What did your parents tell you about it?

3. What have been your experiences with orgasm? Alone? With a partner?

4. What have been your experiences with self-pleasuring or masturbating?

5. What is your present pattern for and frequency of self-pleasuring/masturbation? _____

6. How did and how do you feel about your body (as a child, growing up, as a young adult, and now)? _____

7. Describe the history of your sexual relationships prior to the current one. (Use the other side of this paper if you need to.) Talk about the number of partners, what sexual activities you have experienced, and the issues, and conflicts that have emerged for you in intimate relationships.

8. Describe any feelings you may have about having sexual contact with your present or possible sexual partner(s). _____

9. Describe your present sexual interactions, such as intercourse or

