



Institute for
Relational Intimacy

Brief Assessment Tool:

WILL LILY PICK ANDREW OR SARAH?

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Getting a Strong Start
Talking About Sex
in Therapy
2017

Many thanks to Myrtle Wilhite and Ellen Barnard at A Woman's Touch for the original concept!

Will Lily Pick Andrew Or Sarah ?

Willingness

When your partner is interested in sex, do you feel willing?

Libido

Do you think about sex? Dream about sex? Want sex? Experience desire?

Does any kind of sexual touch feel uncomfortable or painful?

Pain

Arousal

Do you experience body signs of arousal, like flushing, increased heart rate, hardness, wetness...?

Orgasm

Do you experience orgasm when you want to?

Satisfaction

At the end of a sexual interaction, do you feel satisfied?

Potentially Urgent Concerns: rule out, collaborate, or refer

Coercion, Pressure, Violence, consent violations

When your partner is interested in sex, do you feel willing?

— **W**illingness

Repeating painful sex is never good with the sole exception lack of lubrication.

- Multiple vulvar pain disorders and causes
- Multiple vaginal pain causes
- Prostatitis (in male bodied people)
- High tone pelvic floor.....and more!

Does any kind of sexual touch feel uncomfortable or painful?

— **P**ain

Painful sex always gets worse, and then leads to more serious problems. Get your client to agree to stop doing whatever activity causes pain until appropriate medical treatment has a chance to work. Vulvar pain specialist, sexual medicine doctor, urologist, pelvic floor physical therapist. May need a referral from primary.

Lack of wetness = Use lubricant. Work with hormonal issue (pregnancy, postpartum, post menopause, etc.) Increase pleasure/time spent/anatomy awareness

Lack of erection = 70% chance of heart attack/stroke within 3-5 years. Severity of ED matches severity of heart incident.

Do you experience body signs of arousal, like flushing, increased heart rate, hardness, wetness...?

— **A**rousal

True for men with or without history of cardiovascular issues. Also true for some men in their 30's and , rarely, even younger. Some physicians still just prescribe Viagra, so some support for self-advocacy on your part may be needed. Referral: Primary doc, possibly additionally a cardiologist, especially if symptoms are severe

Less Urgent Concerns: address in order of distress

Libido

Do you think about sex?
Dream about sex? Want
sex? Experience desire?

Desire is psychic energy for sex. Many times low desire is a combination of other things, for instance pain, or satisfaction.

Orgasm

Do you experience orgasm
when you want to?

Anatomy knowledge deficit is a frequent culprit, or lack of self-awareness about pleasurable touch, or lack of differentiation to direct partner's efforts.

Satisfaction

At the end of a sexual
interaction, do you feel
satisfied?

Usually you know this answer by the time you ask the question, but it helps identify level of distress.

