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# Sexual Psychometric Test

Jane Doe  
Female

**CONFIDENTIAL**

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# Psychometric Testing: In a Sexual Relationship

## About the Report

For this test, a qualitative stanine scale has been used (1-9). 1 indicates extreme dissatisfaction and 9 extreme satisfaction. 5 is considered adequate however scope for improvements exist.

The following report is to be used as a gentle guide to aid you in your sexual experiences with your partner, to support and assist your decisions around what steps you need to take, if any to improve any areas within your sexual relationship. This report includes a statement based on your scores, and recommendations based on those responses to help you to better understand yourself and therefore improve as a communicator within your sexuality and sexual relationship.

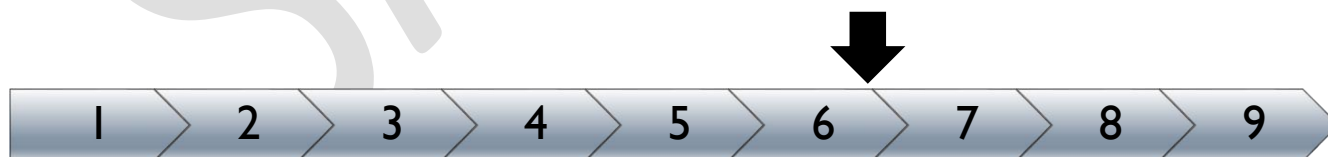
If you have concerns or need further support around any area, please talk to a counsellor or your medical practitioner.

## Overall Scale



The overall pattern of your answers to the questionnaire indicates that you are reasonably content with your sexual relationship and neither you nor your partner avoid sexual activity. See the other paragraphs for any specific difficulties, but bear in mind that, overall, every person's sexuality is likely to be slightly atypical in a few areas. If any area in this report does highlight dissatisfaction it would be sensible to address these before they become greater issues which effectively become more challenging to resolve over time.

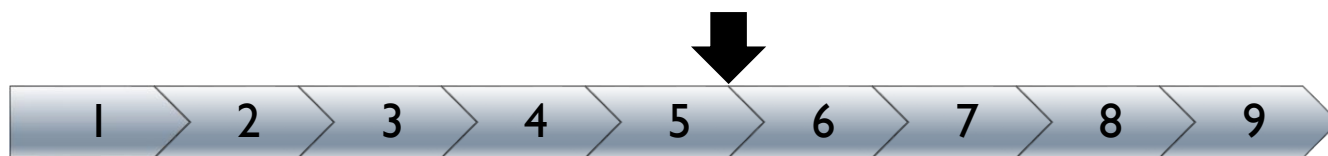
## Frequency



Your responses show that you have sex with your partner fairly frequently and you are reasonably satisfied with this. The reasons for this not being more frequent will be apparent from elsewhere in this report. If both you and your partner are satisfied with the current situation, then that's not an issue for you.

**Recommendation:** Find an appropriate time and place and talk with your partner around how often you have sex. Work out whether you are comfortable with how often you have sex and whether you are asking for it more or less. When you approach the subject, do so gently and subtly remembering to talk less and listen. This conversation may be sensitive for you both.

# Arousal & Anorgasmia



Your responses show that you are somewhat satisfied with your arousal levels however this could be improved. From your responses, improvement could be invested into foreplay and sexual activities before sexual intercourse takes place. You are adequately satisfied with your ability to climax and how long you have sex for.

**Recommendation:** When you and your partner are next engaging in any sexual activity, in a gentle and approachable manner request that your partner goes slower, or does what they are doing for longer. Be confident and positive around what they are doing and if you would like any of their behaviours to be different, be sure to guide them. This will benefit you with your levels of arousal, but will also improve your ability to climax. This will also help you to become an improved communicator with your partner and will encourage them to guide you around their preferences also. Consider exploring yourself sexually. Work out what you enjoy and how you enjoy it. Also, using lube or sexual aids can complement your arousal levels.

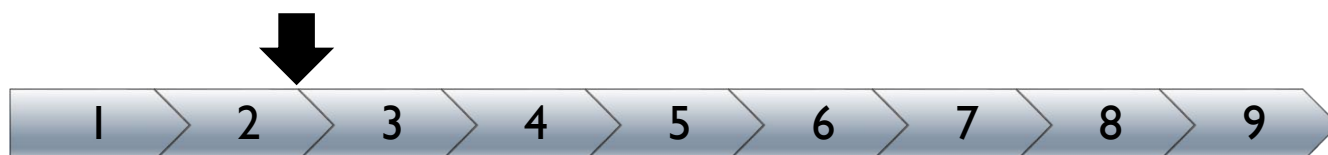
## Communication



It seems that you rarely discuss your sexual relationship with your partner. Talking about your sexual needs, their needs or other areas related to sex may feel embarrassing and confronting but it is a very important way to share sensibilities. Your responses also indicate that you are not sharing your fears and vulnerability with your partner.

**Recommendation:** Finding a time and mood that suits you and your partner, attempt to open the door on this conversation. You may choose to talk about your sexual relationship directly after you have sex; perhaps asking each other how it felt and what was so good, or what could be even better. To improve your sexual communication will take time, patience and effort. Begin with easing out of your comfort zone slowly. If the communication around sex has broken down for both you and your partner, then both of you need to work at the speed of the slowest person in the relationship. Consider what you are holding back from your partner, perhaps beyond your sexual relationship and when you work out what it is and why, then you are in a position to begin thinking about what you need to do to share this with your partner.

## Desirability



Your responses indicate that you do not feel overly desirable before, during or following sexual activities. It also seems that you feel your partner is not attracted to you. These feelings could be holding you back in your relationship and in the sexual activities that you engage in with your partner. If this is not addressed soon then it will impact your relationship more severely than it already has.

**Recommendation:** Desirability begins and ends with you. It is a sense of feeling that is within you. To improve these feelings then you need to consider not what you need to change, but what you can do to help you feel more attractive. Talk to your partner and ask them what they enjoy you to wear, how they like your hair and what they love about what you do. Think about what you enjoy wearing and doing too, not just in the bedroom. Often desirability is not about clothing, but feelings of fulfillment which effectively spring from connection, gestures, kindness and compliments.

## Your Partner



You are very attracted to your partner. You trust them and you are more than happy with how they look after themselves and behave towards you. Your responses indicate that your partner initiates sex with you and is reasonably attracted to you.

**Recommendation:** Being very attracted to your partner is extremely healthy as your relationship would begin to suffer if this was not the case. Although you may not need to improve how you feel towards them, it is important to make sure you continue to put effort into maintaining these feelings. Remembering to compliment your partner, acknowledge them, show you appreciate them and invest effort into them will encourage this element to stay strong.

## Summary

To summarise, you are very satisfied with your overall sexual relationship with your partner but your responses indicate your focus needs to be on improving on your level of communication around your sexual arousal needs and how you feel about yourself. You need to talk to your partner about both areas but the main highlight from your responses is your self-esteem and confidence. The recommendation is to consider strategies to help you to feel more desirable and although you may need to consider some very personal changes within yourself, you need to understand that these feelings are controlled by you. You have a great relationship with your partner and are still very attracted to him so make you the focus for a while and work out what you can do to help improve how you feel about yourself.

SAMPLE