

CHAPTER 37  
*Sexual Satisfaction*

You can consider yourself sexually satisfied if:

- ? You make love often enough to satisfy your needs.
- ? You make love whenever you and your partner feel comfortable.
- ? You make love at any time, according to how you and your partner both feel.
- ? Either you or your partner initiates sex, depending on the situation.
- ? You are comfortable with the lead-up to your lovemaking.
- ? You and your partner communicate clearly with words or touches when either of you want to make love.
- ? Planning ahead to make love is not a problem for either of you.
- ? You and your partner are equally comfortable with your own and each other's nakedness.
- ? You and your partner are able to touch each other in a way that suits you both.
- ? Your foreplay is perfectly satisfactory to both.
- ? Both of you can regularly discuss your feelings quite openly while you are making love and ask for your needs to be met.
- ? By mutual agreement, you change the atmosphere to suit your feelings - from making love in the dark to soft lighting to bright lights to daylight.
- ? Both you and your partner are able to say so if you don't feel like sex.
- ? If a problem arises during lovemaking (like loss of erection), you can talk about it reasonably openly and solve it.
- ? Sometimes you end up just kissing and cuddling rather than having intercourse but there is never any conflict about it.
- ? Both you and your partner enjoy stimulating each other manually.
- ? You and your partner both share the same attitude to oral sex.
- ? You both find sexy magazines or videos arousing and are satisfied with your level of use of them in your sexual relationship.
- ? You are both satisfied with the level of anal arousal you have in your lovemaking.
- ? You both enjoy making love in a variety of positions.
- ? You often share intimate fantasies.
- ? Both you and your partner are interested in using such aids to arousal as a vibrator.
- ? You could discuss such sexual areas as bondage, dressing up and group sex with your partner but would respect his or her decision whatever it might be.
- ? After lovemaking, you lie in each other's arms and relax.
- ? You can discuss sexual matters easily outside of lovemaking.
- ? Both of you feel able to masturbate without feeling the other disapproves and are comfortable with this side of your sexuality.
- ? You have both watched each other masturbate and it excites you.
- ? Your sexual relationship helps to bond your relationship and you both feel pleased with most parts of it.