1. **What does sex mean to me?**
   - Is it simply about physical pleasure?
     - What circumstance or types of relationship can best support physical pleasure? (trust, communication, familiarity)
   - Is it an expression of commitment between 2 people?
     - What are we committing to? Life together forever? Being present together in this moment? Trying to get each other off? Maintaining each other’s privacy?
   - How do some of the responsibilities of sex (i.e., pregnancy, sexually transmitted infections, etc.) play into this?

2. **Do my partner and I both understand sex in the same way?**
   - Have we shared what meaning we ascribe to sexual intimacy (see #1 above)?
     - What are the impacts for me and a partner if one of us is interested in a one-night-stand and the other is interested in something else?
   - Have we been specific about what we’re each interested in doing?
     - “Sex” is a euphemism that different people interpret differently depending on their own experiences. In order to consent to sexual activity, one must actually know what activity will take place.

3. **Are we engaging in sex in a way that shows respect for all involved?**
   - Are we working together to create an experience that we both want and enjoy?
   - Am I using my partner as an instrument for my own pleasure?
   - Am I being used by my partner as an instrument for their pleasure?
   - Do we treat one another as autonomous people with our own desires, experiences, and feelings?
   - Does the sex enhance or weaken our self-esteem?
   - Does the sex enhance or weaken our ability to enjoy sex and relationships?

4. **Am I choosing to have sex or am I letting something else make that decision for me?**
   - Have I clearly identified my own desires and intentions about sexual intimacy?
     - When I am uncertain about my own desires and intentions, do I drink to avoid making those decisions? Do I allow another person to make decisions for me?
       - Any time someone is incapacitated by alcohol or other substances, they are unable to consent.
     - Am I engaging sexually because that is what I really want, or am I engaging because I want something else (like wanting to feel loved), or because I’m afraid of what not being sexual would mean?

**Resources:**