

Sexual Temperament Questionnaire

Sensitivity to Turn-Offs (The Brake Pedal)

Circle the number of the answer that best describes you.

	Not at all like me	Not much like me	Somewhat like me	A lot like me	Exactly like me
Unless things are “just right,” it is difficult for me to become turned on	0	1	2	3	4
When I am sexually aroused, the slightest thing can turn me off.	0	1	2	3	4
I <i>have</i> to trust a partner to become turned on	0	1	2	3	4
If I am worried about taking too long to become aroused or to orgasm, this can interfere with my arousal	0	1	2	3	4
Sometimes I feel so “shy” or self-conscious during sex that I cannot become fully turned on	0	1	2	3	4
Totals:					

Total (out of 20): _____

Sensitivity to Turn-Ons (The Gas Pedal)

Circle the number of the answer that best describes you.

	Not at all like me	Not much like me	Somewhat like me	A lot like me	Exactly like me
Often, just how someone smells can be a turn-on.	0	1	2	3	4
Seeing my partner doing something that shows their talent or intelligence, or watching them interacting well with others can make me very turned on.	0	1	2	3	4
Having sex in a different setting than usual is a real turn-on for me.	0	1	2	3	4
When I think about someone I find sexually attractive or when I fantasize about sex, I easily become turned on	0	1	2	3	4
Certain hormonal changes (e.g., my menstrual cycle) definitely increase my sex drive. (skip if not applicable)	0	1	2	3	4
I get very turned on when someone wants me sexually.	0	1	2	3	4
Totals:					

Total (out of 24 if all questions were answered): _____

Total (out of 20 if one question was skipped): _____

Scoring

Sensitivity to Sexual Inhibitors (The Brake Pedal):

0-6: Low sensitivity to turn-offs. You tend not to worry about your own sexual functioning, and body image issues usually don't interfere too much with your sexuality. When you're doing something sexual, you're not easily distracted. You probably wouldn't call yourself "sexually shy." A lot of things can be sexual for you. One thing you might need to pay attention to is slowing down when you feel turned on.

7-13: Medium sensitivity to turn-offs. You're right in the middle. Whether your sexual brakes start pumping depends a lot on what is going on in your environment, in your mind, and in your life. Risky or new situations (e.g., new partner) may make you feel worried about your sexuality, shyness, or how easily distracted you are during sexual experiences. You are more likely to be turned on by low risk situations and more familiar situations. You may also feel less sexual when you are stressed, anxious, or exhausted.

14-20: High sensitivity to turn-offs. You're pretty sensitive to turn-offs. You need a setting of trust and relaxation in order to get turned on, and it's best if you don't feel rushed or pressured in any way. You might be easily distracted from sex. High sensitivity to turn-offs, regardless of how sensitive you are to turn-ons, is the most strongly correlated factor with sexual problems. If this is you, pay close attention to what turns you on and turns you off so that you can create a comfortable environment that helps you feel comfortable being sexual.

Scoring Sensitivity to Sexual Exciters (The Gas Pedal):

0-6: Low sensitivity to turn-ons. You're not so sensitive to turn-ons. You may need to make more of an effort to pay attention to turn-ons. New situations are less likely than familiar ones to be sexy to you. You may benefit from increasing stimulation (e.g., using sex toys) and a daily practice of paying attention to your everyday sensations (sexual or not). Lower sensitivity to turn-ons is associated with asexuality, so if you are very low you may resonate with some parts of the asexual identity.

7-13: Medium sensitivity to turn-ons. You're right in the middle. Whatever turn-ons you're sensitive to probably depends on the context. In situations that are really romantic or really erotic, you readily tune into turn-ons. In situations that are really *unromantic* or really *unertotic*, it may be pretty hard for you to pay attention to sexual things. You may benefit from increasing things in your environment, your relationship, your mind, and your life that help you feel sexual.

14-24: High sensitivity to turn-ons. You're pretty sensitive to turn-ons, maybe even to things most of us aren't generally very sensitive to, like smell and taste. A wide range of situations can be sexual for you, and new things may be really exciting. You may like having sex as a way to de-stress. You may want to pay attention to the ways you manage stress, so that you're not de-stressing with only sex. Make sure you create lots of time and space for your partner; because you're sensitive, you can get intense satisfaction from your partner's pleasure, so you'll both benefit!