

The SexFlex Scale

Thinking about when you experience a sexual challenge (which include different sexual preferences than your partner, sexual communication, sexual desire, sexual pain, performance anxiety, arousal difficulties, orgasming too slow or too quick, etc.) select the point that reflects how frequently you respond in the way indicated.

Seldom or never
1

Sometimes
2

Often
3

Almost always
4

When confronted with my sexual difficulty:

1. I can easily change my approach to sex if necessary because of my sexual problem(s).
2. I think of different options for sex when my normal sexual routine is not successful because of my sexual problem(s).
3. I immediately change my approach to sex if a certain approach doesn't work.
4. I adjust my strategy for coping with my sexual problem as soon as I notice that my approach fails.
5. I am flexible in my approach towards sex.
6. I easily think of a different approach to my sex that suits my changing sexual situation.