



**BOOKSHELF
TO COUCH**

Sexual Dysfunctional Beliefs Questionnaire

(by Nobre, Pinto-Gouveia and Allen-Gomes)

Sex is meant only for procreation.

Sex should happen only if a man initiates.

Reaching climax/orgasm is acceptable for men, but not for women.

Sexual activity must be initiated by man.

If women let themselves go sexually, they are totally under men's control.

A good mother can't be sexually active.

Sex is a beautiful and pure activity.

Any woman who initiates sexual activity is immoral.

In the bedroom the man is the boss.

A woman who only derives sexual pleasure through clitoral stimulation is sick or perverted Being nice and smiling at men can be dangerous.

Masturbation is not a proper activity for respectable women.

Masturbation is wrong and sinful.

Love and affection from a partner are necessary for good sex.

The best gift a woman could bring to marriage is her virginity.

The most important component of sex is mutual affection.

After menopause women lose their sexual desire.

As women age the pleasure they get from sex decreases.

Men only pay attention to young, attractive women.

The goal of sex is for men to be satisfied.

After menopause women can't reach orgasm.

Sexual desire and pleasure as sin beliefs.

Experiencing pleasure during sexual intercourse is not acceptable in a virtuous woman.

Sex is dirty and sinful.

Pure girls don't engage in sexual activity.

A good mother must control her sexual urges.

Women who have sexual fantasies are perverted.

There are a variety of ways of getting pleasure and reaching orgasm.

A successful professional career implies control of sexual behavior.

Simultaneous orgasm for two partners is essential for a satisfying sexual encounter.

Sex without love is like food without flavor.

As long as both partners agree anything goes.

An ugly woman is not capable of sexually satisfying her partner.

Women who are not physically attractive can't be sexually satisfied.

Anal sex is a perverted activity.