

Determining Your Sexual Projects: What do you want from sexual expression?

Do you want to...	Not at all	Slightly	Moderately	Very Much	Extremely
Acquire experience?					
Not be seen as inexperienced?					
Have a higher number of partners?					
Be good at sex?					
Learn about your body?					
Learn about your partner's body?					
Learn how to better pleasure your partner?					
Learn how to communicate before, during, after sex?					
Expand your sexual repertoire?					
Receive or provide comfort?					
Have fun?					
Experience joy?					
Enjoy stress relief?					
Experience physical contact?					
Experience human warmth?					
Have a sense of adventure, excitement?					
Feel relaxed?					
Satisfy your curiosity?					
Feel recharged?					
Feel alive, feel vitality?					
Connect with a particular person?					
Get to know someone better?					
Receive care & tenderness?					
Express love?					
Be playful together?					
Experience closeness?					
Have conversation after sex or sexual interaction?					
Develop or maintain a relationship?					
Get more serious with someone?					
Experience full exposure & vulnerability?					
Get to know yourself better?					

Do you want to...	Not at all	Slightly	Moderately	Very Much	Extremely
Get validation about your desirability?					
Express independence?					
Feel wanted?					
Feel free?					
Feel normal?					
Live in alignment with values from your family or religion?					
Explore the person you are or want to be?					
Affirm something about your identity?					
Affirm something about your partner's identity?					
Have stories to tell?					
Gain status?					
Gain sexual prowess?					
Be "part of the club"?					
Advance your position or status in a group?					
Increase the status of a group in which you belong?					
Have a particular kind of experience, like "sex in the (library) stacks"?					
Keep up with your peers?					
Compete with your friends or peers?					
Get back at someone?					
Gain popularity?					
Gain social recognition?					
Prove yourself?					
Other?					

In your words, what do YOU want?

Resources & Information:

Cornell Health provides sensitive and confidential sexual health care – including medical services, counseling, and consultation – for all Cornell students: health.cornell.edu/services/sexual-health-care

Go Ask Alice! an anonymous Q&A supported by a team of Columbia University health professionals has a wealth of information about sex, sexuality, relationships and reproductive health: goaskalice.columbia.edu