



# NWIOI



@NWINSTITUTEONINTIMACY

## SHAME & PLEASURE

# MEASURE

**WHERE DO YOU FALL ON THIS  
SEXUAL CONFIDENCE SCALE?**

**SCORING AS FOLLOWS:**

**READ STATEMENTS**

**& ASK YOURSELF, "THIS SOUNDS..."**

**0 - NOT AT ALL LIKE ME**

**1 - A LITTLE LIKE ME**

**2 - SOMETIMES LIKE ME**

**3 - A LOT LIKE ME**

**4 - EXTREMELY LIKE ME**

**How Scoring Works:**

You'll read a series of statements on the next page.

Score each based on how much you identify with the statement.

Once you've completed scoring each statement on the next page

for yourself, and add up your score at the end of the quiz to see

where you land on this sexual confidence scale!



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MEASURE

WHERE DO YOU FALL ON THIS  
SEXUAL CONFIDENCE SCALE?

**Overall Scores**

**0-25** Low Sexual Confidence,  
highly affected by shame

**26-50** Growing Sexual Confidence,  
beginning to overcome shame

**51-75** Moderate Sexual Confidence,  
somewhat affected by shame

**76-100** High Sexual Confidence,  
not highly affected by shame

1. I'm never afraid of being forced to do something I do not want to do.
2. I am confident I can choose relationships that are egalitarian and avoid those that are not.
3. I'm comfortable talking to my partners about their sexual history.
4. I'm an open book about my sexual past.
5. I am confident I can get my partner to honor my requests.
6. I can access what I need to ensure that neither I, nor my partner will get pregnant.
7. I regularly get tested for STI's.
8. I am confident I can refrain from drinking or taking drugs to the point of blunting my judgment when I am hooking up with people.
9. I am confident I can have a condom and/or a dental dam used to protect me and my partner (s) from bodily fluids when we have sex.
10. I can ask my partner to get tested for STI's.
11. I am able to tell my partner to stop doing something that doesn't feel good.
12. I can have an orgasm as often as my partner does if I want to.
13. I can orgasm on my own.
14. Masturbation is healthy.
15. I am confident I will have sexual pleasure with my partner when we connect.
16. Caring means keeping my needs in plain sight.
17. I am confident I can communicate any concerns I have to my partner.
18. I wear my feelings on my sleeve.
19. In my important relationships, I will say hard things if I need to.
20. I can easily tell my partner (s) of my warm, positive feelings for them