

## *The Sensualist System*

### What's your comfort level?

For each item, circle the alternative that best fits you.

**SA** = strongly agree

**A** = agree

**N** = neutral

**D** = disagree

**SD** = strongly disagree

1. I am a lusty person. **SA A N D SD**
2. I enjoy flirting. **SA A N D SD**
3. I seek out sexually provocative situations. **SA A N D SD**
4. I love the initial phases of courtship. **SA A N D SD**
5. I really enjoy sex. **SA A N D SD**
6. I enjoy giving physical pleasure to someone I am attracted to.  
**SA A N D SD**
7. I am very sensual. **SA A N D SD**
8. I enjoy having someone I am attracted to really excite me sexually.  
**SA A N D SD**
9. I see sexual possibilities in many situations. **SA A N D SD**
10. I get horny easily. **SA A N D SD**
11. I often lust after someone I have just met. **SA A N D SD**
12. I love being in love. **SA A N D SD**
13. I masturbate often. **SA A N D SD**
14. I have sexual fantasies at the strangest times. **SA A N D SD**
15. I get sexual cravings that I just can't stop. **SA A N D SD**
16. I enjoy many forms of physical sensuality. **SA A N D SD**
17. I enjoy fondling, caressing, kissing, and cuddling.  
**SA A N D SD**
18. Just being with someone attractive can really excite me.  
**SA A N D SD**
19. At heart I am very horny. **SA A N D SD**
20. I strongly value the excitement of making love. **SA A N D SD**
21. I think about sex often every day. **SA A N D SD**

### SCORING

**SA** = 2 points

**A** = 1 point

**N** = 0 points

**D** = -1 point

**SD** = -2 points

**FOR THIS QUESTIONNAIRE**

A score of 11 or above is *high*.

A score of 6 to 10 is *medium*.

A score of 5 or below is *low*.

Add to get your total Sensualist Comfort Level score: \_\_\_\_\_.

**YOUR SENSUALIST COMFORT LEVEL SCORE**

If you scored 6 or above, your comfort level in the Sensualist system is in the medium to high range. This means that you like a lot of sensual and sexual excitement in your life. You're most at ease when the Sensualist in you is activated a lot.

If you scored below 6, you prefer a limited amount of sexual and sensual stimulation in your life. You are not into being much of a Sensualist right now; you're most at ease when the Sensualist in you is fairly quiet.

**Is your life in sync with your Sensualist system?**

Next, evaluate your current experience with the Sensualist system by answering these questions. For each item, circle the alternative that best fits you.

*Part One*

1. My current life does not provide me with enough sexual stimulation.  
**SA A N D SD**
2. In my current life, I don't get to have enough sensual experiences.  
**SA A N D SD**
3. My lusty side is not really appreciated right now.  
**SA A N D SD**
4. There is too much sexual distance in my life now.  
**SA A N D SD**
5. I am more of a lover than anyone gets to see these days.  
**SA A N D SD**
6. I need to find some more sensual experiences.  
**SA A N D SD**
7. I wish that I had a life with more sexual passion.  
**SA A N D SD**
8. I yearn for more romance in my life.  
**SA A N D SD**
9. I feel horny too much of the time. **SA A N D SD**
10. There is not enough playful sex in my life right now.  
**SA A N D SD**

**SCORING****SA** = 2 points**A** = 1 point**N** = 0 points**D** = -1 point**SD** = -2 points

Add your score on Part One \_\_\_\_.

*Part Two*

11. I am overly involved in sexual thoughts. **SA A N D SD**
12. My life demands more sex of me than I want. **SA A N D SD**
13. I dislike how much I have to think about sex. **SA A N D SD**
14. It's uncomfortable to be as sexually turned on as I usually am.  
**SA A N D SD**

Add your score on Part Two \_\_\_\_.

**YOUR SENSUALIST CURRENT LIFE SCORE**

For Part One (items 1–10), if your score is 4 or above, you feel that your current life understimulates your Sensualist system. You need more opportunities in your life to gratify the Sensualist in you than your current situation provides. If you scored below 4 on Part One, you feel that your current life is just right for stimulating your Sensualist system.

For Part Two (items 11–14), if your score is 3 or more, you feel that your current life overstimulates your Sensualist system. You need to be able to say no to situations that pressure you to be more sensual than is comfortable for you right now.