

Sexual functioning concerns

Discussing a Sexual Concern on My Terms

Adults | 10 to 15 minutes

A sexual concern may involve comfort, desire, function, medication effects, health, relationships, or expectations. You choose whether it is a problem for you and what you want help with. No particular frequency, activity, or performance is required.

Write only the detail you want to share. Prepare for a qualified healthcare conversation rather than testing yourself or changing medication.

Describe your concern

Name the experience in your own words, when it occurs, and what makes it distressing. Separate your wishes from pressure to satisfy someone else's expectations.

Protect choice during care

Ask about privacy, examination consent, relevant health factors, and suitable support. You can ask questions, decline an activity, or request an explanation before agreeing to an examination.

1. What concern, if any, would I like help understanding?**2. What context or health change seems relevant to discuss?****3. What would a comfortable and respectful care conversation include?****4. What boundary, question, or support request should I communicate?****Clinical use and adaptation**

Use inclusive anatomy and relationship language. Do not pathologize asexuality, low desire without distress, orientation, or consensual variation. Assess pain, medication effects, coercion, and medical factors appropriately; no sexual performance assignments or prescribed treatment changes.