

Erectile Dysfunction Questionnaire (2 pages)

Please complete this questionnaire in advance and bring it to your first session. Failure to do so will take precious time away from your session!

How long have you had this issue / when did you first notice the symptoms?

What are the symptoms? Please give details. For example: is it a chronic condition or occasional; with some partners but not all or with one particular partner or with all partners; do you obtain a partial erection or none at all? What else? Please explain?

What was going on in your life around the time that you first noticed the symptoms?

What is your biggest sadness or regret?

What is missing that would make your life perfect?

What does having erectile dysfunction mean to me?

Start by writing down what having **ED** means to you. If you've ever said it (out loud or to yourself), thought it, read it or had a nightmare about it-**list it! Use your own words.** It's very important that you "call it like it is". I've used the word penis, but most men rarely use that word. If you refer to your "member" as peter, pecker, dick, cock or whatever-use YOUR term for it. If your self-talk is harsh, cruel or vulgar, **write down your exact words**, I will not be offended by "locker room" talk.

On the next page I have listed some of the thoughts, beliefs and feelings that other men have expressed. They are meant as a guide to stimulate your thinking; they may or may not apply to you.

I'm not a real man anymore.
I'm broken.
I'll be alone.
She'll reject me and leave.
I can't perform anymore.
If I can't please her, she won't want me anymore.
She'll cheat on me.
I'll get hurt again.
I can't release this tension.
I can't get it up.
I can't keep it up.
I can't take it all the way.
I feel flaccid and weak.
I feel so ashamed.
I'm too embarrassed to even try anymore.
If I don't even try, I won't get hurt.
I can't stand the idea of taking Viagra or any drugs. It probably won't even work for me anyway.
I never know if or when it will work and that makes me panic.
I'll never enjoy sex again.
My body has failed me.
I don't even want sex anymore.
I'm just not that interested...although I want to be.
I'm getting too old for that.
She'll laugh at me.
She'll tell her friends who will tell their men who will tell...
Oh God, I don't even want to think about it.
My penis is depressed and so am I.
Men shouldn't express their feelings.
Sex is a performance.
A man must orchestrate sex.
A real man always wants sex and is always ready to have sex.
All physical contact must lead to sex.
Sex equals intercourse.
Sex requires an erection.
Sex should be natural and spontaneous.
Men are ready on demand.

Once again, use this list as a guide, but make you own list in your own words and bring it with you along with the completed questionnaire to your first session.