

# Sexual Boredom Scale

(Items are answered on a 7-point scale

from "1" (highly disagree) to "7" (highly agree)

- 1) \_\_\_\_\_ I frequently find it difficult to sustain my sexual interest in a relationship.
- 2) \_\_\_\_\_ I could never get enough sexual pleasure from just one relationship.
- 3) \_\_\_\_\_ I get very restless if I remain in the same sexual relationship for any length of time.
- 4) \_\_\_\_\_ I would prefer a short-term sexual relationship to a longer term one.
- 5) \_\_\_\_\_ I takes very little change and variety in a relationship to keep me sexually satisfied.
- 6) \_\_\_\_\_ I sometimes doubt whether or not I could remain sexually faithful in a long-term or monogamous relationship.
- 7) \_\_\_\_\_ I prefer sexual relationships that are exciting an unpredictable.
- 8) \_\_\_\_\_ I would not stay in a relationship that was sexually dull.
- 9) \_\_\_\_\_ I usually feel constrained and frustrated in a long-term sexual relationship.
- 10) \_\_\_\_\_ Sex frequently becomes an unexciting and predictable routine.
- 11) \_\_\_\_\_ It's only natural to grow old of having sex with the same person.
- 12) \_\_\_\_\_ Sex frequently becomes unexciting in a long-term relationship.
- 13) \_\_\_\_\_ I often get bored having sexual intercourse with the same person.
- 14) \_\_\_\_\_ I get tired of having sex in the same "old ways."
- 15) \_\_\_\_\_ Maintaining my sexual interest in a relationship is never difficult.
- 16) \_\_\_\_\_ It would be very hard for me to find a relationship that is sexually exciting enough.
- 17) \_\_\_\_\_ I'm more interested in excitement and stimulation in a sexual relationship than security and commitment.
- 18) \_\_\_\_\_ Sex with the same person can become tiresome over time.