

SEXUAL ESSENCE QUIZ

(based on the work of David Deida, best-selling author and relationship expert)

This simple quiz is designed to give you a good indication of your sexual essence or energy. For each statement simply circle the answer that best describes you.

Based on surveys and seminars with thousands of people, David Deida concluded most of us (roughly 80%) have a single core essence – either Masculine or Feminine. Roughly 10% of people are Neutral (50/50 balance); and 10% are reversed.

Women: 80% have a Feminine essence, 10% are Neutral, 10% are Masculine (reversed)

Men: 80% have a Masculine essence, 10% are Neutral, 10% are Feminine (reversed)

1. *I prefer that my sexual partner is:*

- a. physically larger and stronger than I am
- b. physically smaller and less strong than I am
- c. similar size and strength

2. *It would hurt me most if my partner were to say:*

- a. "You're looking tired and less attractive recently."
- b. "You seem to have lost your edge, and maybe your direction."
- c. "It's clear you treat men differently to women."

3. *Which sentence most accurately describes you:*

- a. I feel most uneasy and/or stressed when my intimate relationship is spiraling.
- b. I feel most uneasy and/or stressed when my work life/career is spiraling.
- c. I feel uneasy whenever my work OR my relationship is spiraling. They both tend to affect me about the same.

4. *When I was a young child, I much preferred:*

- a. dancing, singing, dressing up, role-playing "family" with friends
- b. physical games, competition, adventure, swords and super heroes
- c. nothing in particular, I would happily play along in most games and activities

5. *When my partner does (or says) something that really hurts me, I most often:*

- a. shut down emotionally
- b. have an impulse to leave the relationship – for a few hours, an evening, or even a few days
- c. discuss things rationally with my partner without closing down or wanting to leave

6. *Which sentence most accurately describes MOST of the intimate partners you've had?*

- a. My partners tend to get upset when I give them directions while they're driving.
- b. My partners tend to change their minds about plans made, based on the emotion of the moment.
- c. My partners tend to be like good friends, with great communication and very little misunderstanding between us.

7. Which statement is most true?

- a. My partner tends to assume they are right about everything.
- b. My partner likes to tell me that I think I'm right about everything, and that I am inflexible.
- c. My partner and I rarely discuss "who is right" because it's rarely an issue.

8. Although I may like variety in the bedroom, in general I prefer this situation:

- a. I surrender to my partner, who sexually ravishes me in love
- b. I sexually ravish my partner, who surrenders to me
- c. nobody surrenders and nobody gets ravished

9. I find that most of my previous partners are people who:

- a. are incredibly focused while working or watching TV, to the extent they hardly notice me
- b. flow from one task to another easily, even while conversing (yet often fail to complete tasks)
- c. can easily talk to me while watching TV, and also finish most every task that they begin

10. If I had to choose from one alternative, I would rather:

- a. have a perfectly fulfilling intimate relationship, but an "okay" career
- b. have a perfectly fulfilling career, but an "okay" intimate relationship
- c. try to balance both perfectly, even though it's unrealistic

11. When I feel overwhelmed or stressed, I tend to prefer:

- a. being around people that are close to me, talking and sharing my feelings
- b. spending time alone, thinking about a plan or solution
- c. a mix of time alone and time with others

Scoring

Add up the A's, B's and C's.

If you answered mostly A, your sexual essence is more Feminine.

If you answered mostly B, your sexual essence is more Masculine.

If you answered mostly C, your sexual essence is more Neutral.

However don't be confused if your answers are a little muddled and the scoring is not crystal clear. Many people develop a 'false' essence/energy as a way to survive and succeed in today's world.

First step is to identify your CORE energy. Hopefully this little quiz has helped with that.

Next, is learning how to embrace and live more fully in accordance with your True essence.

Third step is understanding how the polarizing energies play out (and impact) your key relationships.

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Feel free to get in touch if you have questions -

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