

Golombok-Rust Inventory of Sexual Satisfaction- Female (GRISS-F)

Name _____

Date _____

Instructions: Each question is followed by a series of possible answers:

N - NEVER

H - HARDLY EVER

O - OCCASIONALLY

U - USUALLY

A - ALWAYS

Read each question carefully and decide which answer best describes the way things have been for you recently; then circle the corresponding letter.

PLEASE ANSWER EVERY QUESTION.

If you are not completely sure which answer is most appropriate, circle the answer which you feel is most appropriate.

Please answer this questionnaire without discussing any of the questions with your partner. In order for us to obtain valid *information* it is important for you to answer each question as honestly and as accurately

1	Do you feel uninterested in sex?	N	H	O	U	A
2	Do you ask your partner what he likes or dislikes about your sexual relationship?	N	H	O	U	A
3	Are there weeks in which you don't have sex at all?	N	H	O	U	A
4	Do you become easily sexually aroused?	N	H	O	U	A
5	Are you satisfied by the amount of time you and your partner spend on foreplay?	N	H	O	U	A
6	Do you find that your vagina is so tight that your partner's penis cannot enter it?	N	H	O	U	A
7	Do you try to avoid having sex with your partner?	N	H	O	U	A
8	Are you able to experience an orgasm with your partner?	N	H	O	U	A
9	Do you enjoy cuddling and caressing your partner's body?	N	H	O	U	A
10	Do you find your sexual relationship with your partner satisfactory?	N	H	O	U	A
11	Is it possible to insert your finger in your vagina without discomfort?	N	H	O	U	A
12	Do you dislike stroking and caressing your partners penis?	N	H	O	U	A
13	Do you become tense and anxious when your partner wants to have sex?	N	H	O	U	A
14	Do you find it impossible to have an orgasm?	N	H	O	U	A

15	Do you have sexual intercourse more than twice a week?	N	H	O	U	A
16	Do you find it hard to tell your partner what you like and dislike about your sexual relationship?	N	H	O	U	A
17	Is it possible for your partner's penis to enter your vagina without discomfort?	N	H	O	U	A
18	Do you feel there is a lack of love and affection in your sexual relationship with your partner?	N	H	O	U	A
19	Do you enjoy having your genitals stroked and caressed by your partner?	N	H	O	U	A
20	Do you refuse to have sex with your partner?	N	H	O	U	A
21	Can you reach orgasm when your partner stimulates your clitoris during foreplay?	N	H	O	U	A
22	Do you feel dissatisfied with the amount of time your partner spends on intercourse itself?	N	H	O	U	A
23	Do you have feelings of disgust about what you do during lovemaking?	N	H	O	U	A
24	Do you find that your vagina is rather tight so that your partner's penis can't penetrate very far?	N	H	O	U	A
25	Do you dislike being cuddled and caressed by your partner?	N	H	O	U	A
26	Does your vagina become moist during lovemaking?	N	H	O	U	A
27	Do you enjoy having sexual intercourse with your partner?	N	H	O	U	A
28	Do you fail to reach orgasm during intercourse?	N	H	O	U	A