

My Desire & Arousal Check-In™

Notice the many factors that may shape sexual interest, response and comfort.



Desire can be spontaneous, appear after touch begins or vary from day to day.
A change matters when it bothers you, affects your well-being or raises questions.



1 Energy, Sleep & Stress

- ☐ I am often tired or mentally overloaded.
- ☐ Sleep is interrupted or unrefreshing.
- ☐ Privacy or unhurried time is limited.
- ☐ Stress makes it difficult to be present.



2 Comfort & Physical Response

- ☐ Dryness, pain or urinary symptoms affect interest.
- ☐ Arousal takes longer than it used to.
- ☐ Sensation, lubrication or orgasm feels different.
- ☐ I worry that sexual activity may hurt.



3 Health & Medications

- ☐ A health condition may affect energy or response.
- ☐ A medication change happened near the same time.
- ☐ Surgery, cancer treatment or another treatment may contribute.
- ☐ I would like my medication and health history reviewed.



4 Hormones & Menopause

- ☐ My change began during perimenopause or after menopause.
- ☐ Hot flashes, sleep or mood symptoms affect interest.
- ☐ Vaginal or vulvar changes affect comfort.
- ☐ I have questions about hormonal and nonhormonal options.



5 Body Image & Emotions

- ☐ I feel self-conscious about body changes.
- ☐ Anxiety, low mood or past experiences may affect comfort.
- ☐ I feel pressure to want sex or respond a certain way.
- ☐ I would like support that feels respectful and private.



6 Relationship & Context

- ☐ Desire differs between me and a partner.
- ☐ Communication about sex feels difficult.
- ☐ Conflict, caregiving or life changes affect closeness.
- ☐ I want more affection or connection without expectations.

What Kind of Desire Do I Notice?



SPONTANEOUS

Interest appears before sexual activity begins.



RESPONSIVE

Interest may develop after comfortable touch or connection begins.



VARIABLE

Interest changes with energy, health, stress, comfort or context.

All three patterns can occur. Responsive desire still requires willingness, comfort and consent.

What Has Changed?

When did I first notice it? _____

What still feels enjoyable or connecting? _____

What is most concerning or bothersome? _____

Would I like personal, relationship or medical support? _____

- ☐ Track a pattern
- ☐ Review health or medications
- ☐ Prepare for a sexual-health conversation



Low desire is not automatically a A disorder. Evaluation focuses on whether the change causes personal distress and what factors may be contributing.



Gentle Reminder

There is no correct amount of sexual desire. Your goals, comfort and feelings about the change matter more than comparison.



Martine's Midlife Wellness Tip

Begin by asking what you miss: desire, comfort, pleasure, closeness or confidence. The answer can point toward the most useful support.



Seek medical evaluation for persistent pain, bleeding, new genital changes, major mood changes or another symptom affecting health or safety.