**Sexpectations Scale- Full Version**

Please indicate your agreement/disagreement to the following items:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly disagree |  |  |  |  |  | Strongly Agree |
|  |  |  |  |  |  |  |

|  |
| --- |
| 1. Experiencing sexual problems is a sure sign that a couple is not sexually compatible. |
| **2. Sexual satisfaction often fluctuates over the course of a relationship.** |
| **3. A satisfying sexual relationship evolves through hard work and resolution of incompatibilities.** |
| 4. Couples who experience sexual incompatibilities in their relationship will inevitably break up. |
| **5. In order to maintain a good sexual relationship, a couple needs to exert time and energy.** |
| 6. An unsatisfying sex life suggests that the relationship was never meant to be. |
| **7. Successful sexual relationships require regular maintenance.** |
| **8. Without acknowledging romantic partners’ different sexual interests, a sexual relationship cannot improve.** |
| **9. A satisfying sexual relationship is partly a matter of learning to resolve sexual differences with a partner.** |
| **10. Making compromises for a partner is part of a good sexual relationship.** |
| 11. If a couple is truly in love, partners will naturally have high sexual chemistry. |
| **12. Working through sexual problems is a sign that a couple has a strong bond.** |
| 13. Struggles in a sexual relationship are a sure sign that the relationship will fail. |
| 14. A couple is either destined to have a satisfying sex life or they are not. |
| 15. It is clear right from the start how satisfying a couple’s sex life will be over the course of their relationship. |
| **16. In a relationship, maintaining a satisfying sex life requires effort.** |
| **17. Sexual desire is likely to ebb and flow (i.e., change) over the course of a relationship.** |
| 18. A passionate sex life is a sign that two partners are meant to be. |
| **19. Communicating about sexual issues can bring partners closer together.** |
| 20. Troubles in a sexual relationship signify a poor match between partners. |
| 21. If sexual satisfaction declines over the course of a relationship, it suggests that a couple is not a good match. |
| 22. If sexual partners are meant to be together, sex will be easy and wonderful. |
| **23. Acknowledging each other’s differing sexual interests is important for a couple to enhance their sex life.** |
| **24. Even satisfied couples will experience sexual challenges at times.** |

*Note.* Bolding should be removed before administering.

**To score:** Average the 13 bolded items to create sexual growth score. Average the 11 regular typeface items to create sexual destiny score. No items are reverse-scored.

**To cite:** Maxwell, J. A., Muise, A., MacDonald, G., Day, L. C., Rosen, N. O. & Impett, E. A. (2017) How Implicit Theories of Sexuality Shape Sexual and Relationship Well-Being. *Journal of Personality and Social Psychology*, *112*, 238-279.

**Sexpectations Scale- Short Version**

Please indicate your agreement/disagreement to the following items using the scale below:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly Disagree |  |  |  |  |  | Strongly Agree |

1. A couple is either destined to have a satisfying sex life or they are not.
2. **In a relationship, maintaining a satisfying sex life requires effort.**
3. Struggles in a sexual relationship are a sure sign that the relationship will fail.
4. **Successful sexual relationships require regular maintenance.**
5. Troubles in a sexual relationship signify a poor match between partners.
6. **Communicating about sexual issues can bring partners closer together.**
7. Experiencing sexual problems is a sure sign that a couple is not sexually compatible.
8. **Acknowledging each other’s differing sexual interests is important for a couple to enhance their sex life.**
9. An unsatisfying sex life suggests that the relationship was never meant to be.
10. **In order to maintain a good sexual relationship, a couple needs to exert time and energy.**

*Note.* Bolding should be removed before administering.

**To score:** Average bolded (even #) items to create sexual growth score. Average regular typeface (odd #) items to create sexual destiny score. No items are reverse-scored.

**To cite:** Maxwell, J. A., Muise, A., MacDonald, G., Day, L. C., Rosen, N. O. & Impett, E. A. (2017) How Implicit Theories of Sexuality Shape Sexual and Relationship Well-Being. *Journal of Personality and Social Psychology*, *112*, 238-279.