

1. How often in a week do you masturbate to ejaculation?
2. How often in a week do you masturbate without ejaculation?
3. What are some of the reasons why you masturbate?
4. Tell me about a 'typical' jack off session. How long do you spend masturbating? Where do you usually masturbate? In what body position(s) are you? What kind of lubricant, if any, do you use? Tell me if and how you use fantasies, memories, videos, photos, stories, internet. Describe how you touch yourself. Are you aware of any patterns of muscle tension? Are you aware of any changes or constrictions in your breathing?
5. Do you ever masturbate with others? with your partner/wife? with friends? with strangers? in a group?
6. What was your age the first time you masturbated? the first time you ejaculated? Did you masturbate regularly before puberty?
7. What were the two most positive communications you received about masturbation when you were young?
8. What were the two most negative communications that you received about masturbation as a boy?
9. What messages about masturbation did you receive from your parents or guardians? How did these messages affect you?
10. What messages about masturbation did you receive from your peers in high school and grade school? How did these messages affect you?
11. What messages about masturbation did you receive from your religious upbringing? How did these messages affect you?
12. Growing up, did you ever feel shame about getting an erection? Have you ever felt shame about not getting an erection?
13. Have you ever been sexually abused? Does this abuse affect how you now have sex?
14. Have you ever felt shame or guilt while you masturbated?
15. Do you ever feel shame or guilt after you ejaculate?
16. Are you ever distracted during masturbation by thoughts or worries that you might be discovered or seen?
17. Have you ever been shamed by another person who discovered you masturbating? Have you ever enjoyed being discovered by another person when you were masturbating?
18. Are you circumcised? If not, have you ever been shamed for having a foreskin?
19. Do you ever use dildoes? vibrators? cock pumps? cock rings? other toys?
20. Do you have a variety of stroking techniques? More than three?
21. What makes some solosex sessions better than others?
22. What do you do with your cum after ejaculation?

23. Do you like your body as it is today? Are you comfortable being naked in front of others?
24. What parts of your body do you like best? What parts do you like least?
25. Has anyone ever taught you anything about masturbation? What?
26. Have you ever felt that you are addicted to masturbation? Have you ever talked to a therapist or counselor about masturbating? Have you ever attended a 12 step program for sex addiction?
27. What percentage of the time do you masturbate standing, moving or dancing?
28. What percentage of the time do you masturbate sitting?
29. What percentage of the time do you masturbate lying on your back?
30. What percentage of the time do you thrust or move your hips as you masturbate?
31. Do you regularly clench the muscles of the pelvic floor area (PC muscles plus anal sphincters) as you masturbate?
32. What percentage of the time do you breathe conscious rhythms as you masturbate?
33. Do you have other body positions for masturbation? in gravity boots? doing an aerobic workout? erotic yoga asanas.
34. How often have you masturbated in nature?
35. How often have you masturbated in public places?
36. Do you have any exhibitionist qualities? Do you enjoy being watched while you masturbate?
37. How has the way you have masturbated changed as you have grown older?
38. Have you ever had a spiritual experience involving masturbation? Briefly describe.
39. Have you ever experienced altered states while masturbating? Briefly describe.
40. Are you ever aware of being nourished by the act of masturbating?
41. What roles or dramas are enacted in your mind during masturbation?
42. Do you ever feel a connection with lovers and friends while you are masturbating?
43. What percentage of the time do you masturbate because you like to be in an erotic trance or an erotic state?
44. What percentage of the time do you masturbate to calm erotic feelings, to stop being horny?
45. Do you have a program of regular exercise? Do you practice any martial arts?
46. Do you have any medical conditions or physical disabilities that I should know about?
47. Are you on any medications that I should know about? (Especially medications that affect sexual performance?)
48. Do you regularly use Viagra? If so, how has Viagra affected your sex life, especially masturbation?

49. Are you willing to use Viagra for some of the coaching exercises and sessions (if your doctor would prescribe it for you?).
50. Do you do any type of meditation?
51. Are you skilled and comfortable giving massage? Do you regularly get massaged?
52. Do you own or have access to a video camera? What format?
53. Do you regularly use erotic videos as part of your solosex? What behaviors on video most arouse you? What behaviors do you regularly fast forward through (not watch)?
54. What role does your asshole play in your masturbation sessions? Your nipples? Other body parts?
55. Have you ever had a long term, major problem getting an erection or maintaining an erection? Have you ever had significant problems with premature ejaculation?
56. Have you masturbated while communicating with someone online? Have you masturbated online via video cam?
57. When you masturbate, do you notice a difference between excitement and enjoyment?
58. Are there aspects of your sexuality that disgust you?
59. Do you have fetishes or behaviors that contribute significantly to your masturbation excitement? (wearing a jockstrap or women's underwear or leather or?)
60. Would you describe your level of sexual desire at this time in your life as a) exceptionally high b) above average c) average for a man my age d) below average for a man my age e) non-existent.
61. Information about your recreational drug use while masturbating and what effects they have on your sexual experiences could be important to these coaching sessions. But this information is best spoken about in person.
62. Are there aspects of your solosex not explored by the above questions that you think would be helpful for me to know?