



GRISS

The Golombok Rust Inventory of Sexual Satisfaction

Jane Doe

Sex: Female

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UNIVERSITY OF
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The Psychometrics Centre

About the report

Standardisation was based on a sample of 88 sex therapy clients from clinics throughout the United Kingdom. A combination of norm referencing and criterion referencing yielded transformed scales that give a good indication of the existence and severity of any problems. Transformations are to a qualitative stanine scale (from 1 - 9), with a score of 5 or above indicating a problem. A further validity study with 127 sex therapy couples at the Sexual Dysfunction Clinic at John Hopkins University showed that the scales discriminated effectively between those who had a diagnosis of a sexual dysfunction and those who did not.

Overall Female Scale



The overall pattern of your answers to the questionnaire indicates that you are reasonably content with your sexual relationship. See the other paragraphs for any specific difficulties, but bear in mind that, overall, every person's sexuality is likely to be slightly atypical in a few areas. It would perhaps be a good idea to attend to these now as they may one day become seeds for future problems.

Infrequency



Your responses show that you never have sex with your partner. Probably the reasons for this will be apparent from elsewhere in this report. If both you and your partner are satisfied with the current situation, then that's fine. But if there are concerns then you should be aware that there are many services available that can help. In the first instance you could consult your doctor.

Non-communication



It seems that you never ever discuss your sexual relationship with your partner. This is not good. While sex can be a very embarrassing topic for both of you it is a very important way in which to share sensibilities, and if things go wrong, talking is nearly always the beginning of a cure. If you find it impossible you could seek help from a counselling service that specialises in this area.

Non-sensuality



Your answers show that the level of sensuality in both your physical and sexual relationship with your partner falls just within the average range for women. You should hang on to this and perhaps attempt to improve on the present situation. If any problems ever do arise in your sexual relationship, then a sensuous nature is a good indication that there is likely to be a route to recovery.

Avoidance



You never avoid having sex with your partner. So long as both of you are satisfied with this situation then it is an excellent state to be in. However, it may be that opportunities for sexual intimacy arise very rarely or not at all, which would be rather unfortunate. Such low levels of avoidance can be associated with a partner's problems, and if these are resolved things may return to normal.

Dissatisfaction



You appear to be dissatisfied with many aspects of your partner's sexual relationship with you. This is unfortunate and it is something that should not be left to linger. Have you actually told him of your dissatisfaction? While there may be problems on both sides it is something that should be addressed sooner rather than later. You could perhaps seek the advice of a counsellor or your doctor.

Vaginismus



Your responses suggest that you experience difficulties on penetration during sexual intercourse and that it can be painful at times. This can often be due to inadequate lubrication which can be overcome either by increasing foreplay, or by the use of additional lubricants. Why not talk to your partner and see if, together, you can come up with a solution that satisfies you both?

Anorgasmia



According to your responses, you experience orgasm only sometimes during sexual intercourse with your partner. However, this is not particularly unusual. In fact, many women fail to have orgasms at all, and it is so common that it is not truly recognised as a medical problem. If it bothers you, you should discuss it with your partner. Sometimes just a small change in behaviour can help.