

Erection Connection Self-Assessment

Medical/Physiological	Mental	Relationship/Emotional Issues	Logistics
Diagnosed medical conditions	Depression or other mental illness	Recent break up or threat of break up	Drinking or recreational drugs during sex
Prescription drugs	Boredom	Resentment, lack of trust	Lack of privacy
Body worries	Sleep problems	Lack of emotional or physical safety	Generally stressed
Physical condition, health	Worries about sexual "performance"	Desire discrepancies - need for sex	Recent major life changes
Hair loss drug: finasteride	Sensory issues	Different sexual interests or expectations	No time
Drinking or recreational drugs in general	Neurodiversity (ADHD, autism spectrum)	Sex-negative attitudes from childhood, religion	Busy schedules
Testosterone and other hormones	Lack of sexual self confidence	Desire: lack of it for partner; don't feel desired	Lack of info about sex
Pain, disabilities, age	History of abuse, trauma, PTSD	Always has to initiate or never initiates	Other?