What is Your Sexual Essence?  
**Masculine or Feminine?**

This is a 10-question quiz that will give you an idea of whether you have more of a masculine or feminine essence. Try to answer each one as instinctively and honestly as you can. With some of the multiple-choice options, you may think that they don’t apply to you much. When in doubt, go with the answer that you feel applies to you most of the time relative to the other two possible answers. **Note:** Do not read the paragraph at the bottom of the quiz until you’ve answered ALL questions.

1. **My ideal lover would be:**
   a. Someone who lets me be in control all the time
   b. Someone who lovingly claims by body; takes me and ravishes me
   c. Someone who makes nice, sweet love to me, and me to him

2. **My ideal food is:**
   a. One that serves its functional purpose – my muscles and body feels strong as a result
   b. One which tastes, smells, and looks delicious and I can thoroughly enjoy it with utter delight
   c. One that tastes good, but it’s important that my body get its nourishment too

3. **How would you describe past intimate partners?**
   a. Tended to be “more in the flow” of life…played things by ear
   b. Tended to be very focused…knew what he wanted
   c. Tended to be someone I can communicate well with and got along very well

4. **When we’re lying in bed, I like:**
   a. Him, being held by me
   b. Me, being held by his strong arms
   c. Both of us, holding each other

5. **My ideal vacation would be:**
   a. Rock climbing or rafting in white water rapids
   b. Lying on the beach in Hawaii
   c. Visiting a nice town where we hold hands and find mutual interests together with my partner

6. **Which is more important to you?**
   a. A fulfilling career
   b. A fulfilling love life
   c. Both a fulfilling career and a fulfilling love life, equally

7. **What holds your interest more?**
   a. An action-packed adventure, or war movie
   b. A romance, drama, or comedy
   c. Any movie that evokes interesting conversation
8. What compliment turns you on more?
   a. “I trust you completely – I’ll follow you anywhere”
   b. “You look beautiful, glowing, fabulous”
   c. “I feel really comfortable around you – You’re easy to talk to”

9. When it comes to emotions, my partner:
   a. Feels at home feeling and emoting more than I do
   b. Doesn’t feel comfortable feeling or emoting
   c. Likes to talk about them and process them more than emoting

10. Physically, I prefer that my partner:
    a. Is smaller and/or softer than me
    b. Is bigger and stronger than me
    c. Is equal in size and strength

If you answered more “A’s” in the quiz, then you have more of a Masculine essence. If you answered more “B’s”, then you have more of a Feminine essence. If you answered more “C’s”, then you have more of a balanced, or neutral essence (equal Masculine and Feminine). Don’t worry about the evaluation meaning anything or if the answers weren’t so clean cut. This is a very general quiz and most of us have some Masculine AND Feminine in us, and some are authentic, and some are not. The quiz is a good vehicle to look at your preferences and to explore what they mean. Go to www.AFeminineFeast.com for ways to understand this more.

To Your Bliss,

Sabrina

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