

Five Questions That Open the Conversation

1. Many of my patients with this condition notice changes in their sex life.
Has anything changed for you?
2. Have you noticed any changes in desire or interest lately?
3. Has sex become uncomfortable or painful at all?
4. How have your erections been compared to before?
5. How are things between you and your partner in terms of intimacy?

THE SEXUAL HEALTH CLINICIAN

Dr Armin Ariana MD, PhD
Clinical Sexologist & Associate Professor

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WHEN THEY OPEN UP · THE NEXT MOVE

Four things to do in the next two minutes.

1. **Acknowledge, don't rush.** "Thank you for telling me. That takes something to bring up." (One sentence. Then wait.)
2. **Normalise, don't minimise.** "This is more common than people think, and it's worth exploring properly." (Not "don't worry.")
3. **Scope, don't solve.** Get the shape of it: how long, how much it's affecting them, and whether their partner knows. One minute.
4. **Book the follow-up now.** "Let's give this the time it needs. Can we book you back in for a longer appointment?" End the current consult on a plan, not a solution.

From the 4 Systems Framework, Module 4 of The Sexual Health Clinician.

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