

SEXUAL VALUES SEXUAL GOALS

Use this worksheet to think about different aspects of your sex life. You might find these questions obvious, or you may never have really put thought/language to your sexual philosophy. Either way, take your time, don't overthink!



What does sex mean? Is it genitals touching? Any exchange of body fluids? Any kind of penetration? Define what you mean when you use the term "sex".

When is it ok to have sex? After an amount of time? Only in a committed relationship? Marriage? For fun?

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When you think about your sexual values, in what are they rooted? How much has to do with your faith, experience, ethics, safety?

What were your first sexual experiences like? What was good and bad about them? What information could you have had that might have made that different?

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What does being sexual with yourself mean? Is that ok? What things can a person learn from that?

Do you make time for masturbation, or sexual ruminations? How might you start to commit to making time for this part of yourself?

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What is your sexual role or personality? (Are you shy/retiring or forthcoming/aggressive or in between? Are you a top, switch, bottom? etc)

What are your sexual/romantic fantasies? Think of 3. If that's hard for you, look to what you masturbate about. Your deep secret thoughts or people or places or things that turn you on.

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What do you find attractive/sexually alluring? Who are the people/celebrities/fictional or historical characters or people you find desirable? Why or what about it/them is?

What is something sexual or romantic that you find attractive you've not experienced yet but want to?

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What is one step toward this experience that you could take?
(Could you tell someone? Take out a personal ad? Find other
people who are doing/into it as well?)

What are the practical or safety concerns that would need to be
met in order to make this real? (STI or COVID tests? Venue?
Clothes? Equipment?)

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What is something you feel ashamed/embarrassed about in terms of what you find erotic or a turn on?

Would you consider taking those feelings of shame or embarrassment and sitting with them in a more friendly, receptive way? What would it look like to honor those feelings? It might take more than one time. Record some of your thoughts/feelings here.

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What's something you learned about yourself in thinking about these questions? Are you surprised? Does it make sense?
