

Worksheet: Sexual Values



The stories, values, and beliefs we learn as children and young adults settle into our unconscious and guide our behaviors and actions without our awareness.

The questions in this worksheet will bring these stories to our conscious mind so that we can better understand ourselves and work to dismantle shame, stigma, and any beliefs about sex that might be holding us back emotionally or physically.

1

What is sex to you?

2

What defines good sex for you?

3

Who are you as a sexual person?

4

Is there anything in your past that's keeping you from having the sex you want now?

5

How do you turn yourself on?

6

What is your first sexual memory, and how does it impact your sex life today?

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What is your favorite sexual memory?

8

What's something sexual you want to learn more about?

9

What is something new that you want to explore alone and/or with your partner?

10

What do you want to make more space for within your current sex life?

11

Is there anything new that you've learned about sex or your own sexuality in recent years?

12

What are some sexual fears you have now?

13

What does aftercare look like for you (ie: what do you need after sex)?

14

Is there anything that you need in your current sexual relationship that you're not getting right now?
