

Exploring Your Relationship with Sex

Our relationship with sex is ever evolving and deeply personal, shaped by our beliefs, experiences, and societal influences. It's an area of our lives that can carry a great deal of weight, both positively and negatively.

Introduction:

Our attitudes and beliefs about sex often originate from our upbringing, cultural norms, and personal experiences. In our formative years, we may have received limited or even shameful education about sex, leaving us ill-prepared for the lasting impact it has on our lives. These questions are to help you ask yourself curious questions for self-reflection and exploration of your relationship with sex.

Understanding Your Beliefs:

Take a moment to reflect on your beliefs and attitudes surrounding sex. These beliefs can significantly influence your sexual experiences and relationships.

1. What stories or narratives do you tell yourself about sex to fit within your belief system?
 - Consider various examples such as concerns about body image, trust issues, fear of rejection, or past experiences.
 - Have you always had the same story and belief when it comes to sex or has it had different meaning and purpose throughout your life?
1. Imagine a world where these stories no longer hold power over your sexual experiences. What might sex be like without these narratives?

Improving Communication:

Healthy communication is key to a satisfying and fulfilling sexual relationship. By understanding your beliefs and fears around sex, you can open up conversations that lead to better understanding and connection.

1. How well do you currently communicate about sex with your partner(s)?
2. Do you make assumptions about what sex means to others, or do you actively ask and discuss it?

Reflecting on Your Sexual Journey:

Your upbringing, past experiences, and personal growth have shaped your sexual identity. Reflect on the following questions to gain deeper insights into your sexual journey:

1. What were you taught about sex while growing up? How has this impacted your views on sex?
2. What roles do you typically assume during sexual encounters?
3. How has sex evolved for you over the years? Have your desires, preferences, or attitudes changed?
4. Consider your role during sex: Do you initiate, passively receive, take control, or act out behaviours that are incongruent with other parts of your personality? Why?
5. Have past experiences had a negative impact on your perception of sex, and if so, how?

Exploring Shame

1. Shame is a common and often a deeply rooted emotion. How comfortable are you sharing your experiences of shame, and how does this affect your current sex life?

Other Aspects to explore

- Sexual history and exploring desires and kinks
- Sexual health, including concerns about diseases or disfigurement
- Comfort with masturbation and knowledge of your own body
- Comfort discussing sex and fluctuations in your relationship
- Differentiating between performative and intimate sex
- The influence of pornography on your view of sex (connection vs. performance)
- The role of alcohol or drugs in your sexual experiences and why they are necessary
- Comfort with lighting during sex

Self-reflection to help you gain a deeper understanding of your relationship with sex, paving the way for healthier, more fulfilling sexual experiences and relationships.