

SEXUAL BELIEFS SURVEY

Clearing out the Sexual Sludge to Embrace Your God-Given Sexuality

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(See *Knowing HER Intimately: 12 Keys for Creating a Sextraordinary Marriage*, p. 31)

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PURPOSE: *To help you identify and begin to process any negative or unproductive thoughts, attitudes, and beliefs about sex by writing about them. This helps to develop a healthy sexual identity, which is foundational to a healthy sexual relationship. You'll also identify your positive and affirming thoughts, attitudes and beliefs about sex. Get yourself a notebook to use as your "Sexual Self-Discovery Journal" and begin to "free write" regarding the following questions:*

1. What do I think about sex? How do I feel about it? "I think sex is..." (List all your honest thoughts about sex.)
2. What do I think about my body... all parts of it? Are there any parts I am uncomfortable with?
3. What do I think about the opposite gender's body (my spouse's body) ... all parts of it? Are there any parts I am uncomfortable with?
4. What or who all played a role in my sexual learning and development (i.e. parents, peers, church, media, etc.), and in what ways?
5. What did I learn about sex? What was I taught? List 5 negative messages and 5 positive messages received.
6. What are my insecurities, vulnerabilities, fears, memories and inhibitions regarding sex and sexuality.
7. What do I really think God feels about sex? (No "Sunday School" answers here.)
8. What negative experiences have I had from past experiences with sex?
9. What positive experiences with sex/sexuality have I had in my past? List as many genuine, positive thoughts and feelings as you can about sex. Begin each statement with, "I think/ feel/ believe..."
10. What inhibitions or psychological barriers do I think I may have regarding sex?
11. How important is the sexual relationship in marriage? How important is sexuality to me?
12. How do I honestly feel about having sex in marriage? (List 5 statements that are genuinely true for you.)
13. Write down everything you can think of to finish the following phrase: "I remember ..." (List sex-related memories, personal experiences, and feelings, e.g. your first kiss (positive or negative); your first sexual experiences, or honeymoon experiences (positive or negative), memories from movies or conversations with friends, the first time you saw someone naked, e.g. accidentally seeing someone just out of the shower, or when viewing porn, etc.)
14. Write down everything you can think of to finish the following phrase: "I don't like ..." "I hate ..." (List all your dislikes or inhibitions about sex.)
15. Write down everything you can think of to finish the following phrase: "Sex ..." (List anything else that comes to mind regarding sex.)
16. List as many genuine, positive thoughts and feelings as you can about sex.
17. Write out any additional information or observations related to your thoughts, beliefs, attitudes, etc., about sex...
18. Discuss your honest writings with someone you can trust (parent, sibling, friend, counselor, etc.).