

Sex and Relationships: Reflection Handouts

1. How Backgrounds and Beliefs Shape Views on Sex

- What messages about sex did I receive from my family growing up?
- How have my cultural or religious beliefs influenced my views on sex and intimacy?
- Did media (TV, movies, social media) shape my expectations about sex? How?
- What past experiences (positive or negative) have shaped my sexual confidence or fears?
- What societal or gender norms do I feel have impacted my sex life?

2. Different Forms of Sex

- Which forms of sex (physical, emotional, playful, exploratory, etc.) resonate most with me?
- Are there forms of intimacy I want to explore with my partner?
- What types of intimacy make me feel most connected to my partner?
- Are there forms of intimacy I feel are missing in my relationship? Which ones?

3. Sex as Power and Control

- Have I ever used sex to manipulate or control a situation? Why?
- Have I experienced my partner using sex as a form of control?
- How can I ensure that sex in my relationship is based on mutual respect and not manipulation?

4. Enhancing Your Sex Life

- What fantasies, needs, or concerns have I not shared with my partner?
- What changes can I make to prioritize intimacy in my relationship?
- How can I express gratitude and affection to my partner daily?
- Are there mental or physical health issues I need to address to improve my sex life?

5. Sexual Abuse and Boundaries

- Have I ever felt pressured or coerced into sex in any relationship?
- Do I feel comfortable setting boundaries around sex? Why or why not?
- What steps can I take to ensure that my boundaries are respected?
- Where can I seek help if I feel unsafe or disrespected in my relationship?

6. What Men and Women Typically Want from Sex

- What makes me feel loved, valued, and connected in my relationship?
- Do I understand what makes my partner feel loved and connected?
- How can I balance my needs and my partner's needs when it comes to sex?

7. What Turns People On

- What non-sexual gestures from my partner make me feel desired?
- Are there everyday actions my partner does that I find sexy?
- What small acts of love and kindness can I show to increase intimacy?
- Have I shared with my partner what turns me on both inside and outside the bedroom?

8. Past Trauma and Its Impact on Sex

- Have past traumas affected my ability to connect sexually with my partner?
- Have I sought help for past sexual trauma? If not, what is holding me back?
- How can my partner and I support each other through healing from trauma?
- What boundaries do I need to feel safe and connected during intimacy?

Use these handouts for self-reflection or as conversation starters with your partner to build a healthier, more connected relationship.

9. What Is Missing in My Relationship?

- What do I feel is missing in my relationship when it comes to sex and intimacy?
- Are there specific actions or behaviors I wish my partner would engage in more often?
- Have I communicated my needs clearly, or have I avoided these conversations?

10. Negative Ideals and Their Impact

- What beliefs or ideals about sex have I held that may have led to negativity in my relationship?
- Are there unrealistic expectations I have placed on myself or my partner?
- Have past experiences shaped negative patterns in my intimate life?

11. My Role in Intimacy Challenges

- What have I done (or not done) that may have contributed to unhappiness in my intimate relationship?
- Have I prioritized other aspects of life over intimacy with my partner?
- Have I neglected to show affection or appreciation consistently?

12. Creating Intimacy

- What steps can I take today to create more intimacy in my relationship?
- What actions has my partner suggested that I have refused to consider?
- How can I be more open to trying new things that foster connection?

13. Commitment to Intimacy

- Do I truly want to increase intimacy in my relationship, or have I given up?
- Is intimacy still important to me, or has it become less of a priority?
- What fears or barriers might be holding me back from fully engaging in intimacy again?

These additional questions aim to help you reflect on what's missing, your role, and how to move forward in building intimacy.

14. Early Lessons About Sex and Intimacy

- What was I taught about sex and intimacy as a child?
- Where did I learn about sex for the first time?
- What did my parents tell me about sex, if anything?
- What did my parents role model regarding intimacy and sex in their relationship?

- What did I believe sex was for, and why people had sex?
- What was I taught about the biblical understanding of sex and intimacy?
- What messages did I receive about sex and God?
- When was sex presented as acceptable or appropriate in my upbringing?

Reflecting on early lessons about sex and intimacy can help uncover deeply rooted beliefs that may impact your current relationship.

15. Using Sex as a Tool or Manipulation

- Have I ever used sex as a tool to get what I wanted? In what ways?
- Do I see sex as a form of power or control in my relationship?
- Have I ever manipulated my partner using sex, even subtly?
- Have I withheld sex to punish or gain leverage in my relationship?
- What can I do to ensure that sex is about connection rather than control?

These questions help explore the role of power and manipulation in sexual relationships and promote healthier dynamics.

16. Regrets, Shame, and Guilt About Sex

- What regrets do I have about my sexual experiences?
- Do I feel shame or guilt about my past sexual choices? In what ways?
- What would I tell my younger self about sex if I could?
- What have I told myself about sex that may have led to the demise of intimacy in my relationship?
- In what ways have I pushed sexual or intimacy issues under the rug because I didn't want to deal with them?
- How have my behaviors contributed to a negative place in my sex life or intimacy?
- What would I like to address now to improve my intimacy and relationship?

These reflective questions aim to help you confront past regrets, understand their impact, and take steps toward healing and growth in your intimate relationship.