

FACTORS INFLUENCING NEGATIVE SEXUAL ATTITUDES

GOALS OF THE EXERCISE

1. Identify experiences that have influenced sexual attitudes, feelings, and behavior.
2. Acknowledge the influence of childhood experiences on current sexual attitudes.
3. Identify current relational factors that influence sexual attitudes.
4. Verbalize a commitment to change unhealthy attitudes about sexuality to attitudes that are more adaptive.

ADDITIONAL PROBLEMS FOR WHICH THIS EXERCISE MAY BE MOST USEFUL

- Intimate Relationship Conflicts
- Male Sexual Dysfunction
- Sexual Identity Confusion

SUGGESTIONS FOR PROCESSING THIS EXERCISE WITH THE CLIENT

In reviewing the client's assignment material, provide an atmosphere of acceptance and warmth that will promote openness. Ask questions that will allow the client to elaborate on painful or traumatic sexual experiences from childhood that shape her attitude about current sexual activity. Explore the current relationship with her partner to assess for underlying feelings of anger or hurt that nurture an attitude of rejection toward sexual intimacy.

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An adult's attitudes about human sexuality are shaped by many factors, some of which reach back into early childhood. Feelings of fear of and repulsion from sexual activity can be based in subtle or even traumatic experiences of early life. On the other hand, negative attitudes about sexual activity with a partner could be based on more recent dissatisfaction and unhappiness surrounding the relationship itself. This exercise is designed to help you explore your attitudes about sexuality and the possible causes for those attitudes.

1. Explain your current feelings and thoughts regarding sexual activity with your partner.

2. Looking back into your childhood experiences, describe any attitudes of hostility toward sex to which you were exposed.

3. What parental attitudes toward sexuality were displayed in front of you when you were a child growing up in your family?

4. What were your sources of information about sexuality as a young person and what did your parents tell you about sex?

5. Describe any experiences with sexual abuse that contribute to your current feelings about sex.

6. Describe the impact on your sexual attitudes of any religious training that you may have received as a child.

7. Adolescence is a time of sexual development and exploration. What experiences did you have in adolescence that shaped your current attitudes about sexuality?

8. Describe your reaction and degree of satisfaction with your earliest experiences surrounding intercourse.

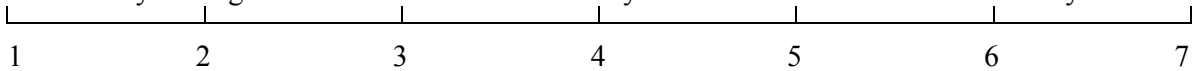
9. Describe your satisfaction and degree of pleasure surrounding your earliest sexual experiences with your current partner.

10. How would you describe your satisfaction with your relationship with your current sexual partner?

11. How do your underlying feelings toward your current sexual partner affect your attitudes regarding having sex with that partner?

12. What factors do you believe have had the most powerful influence on your current negative attitudes regarding sexual activity?

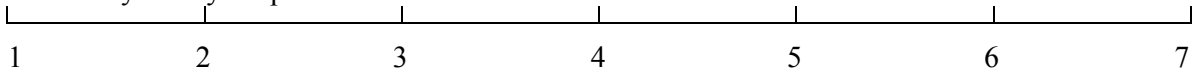
13. Rate your degree of motivation to overcome your lack of desire for sexual activity.



No
Motivation

Highly
Motivated

14. Rate your degree of confidence in your ability to overcome your resistance to normal sexual activity with your partner.



No
Confidence

Extremely
Confident