

CLIENT SEXUAL HISTORY

Before you start this exercise, find a quiet space free from distraction where you can allow yourself to rest into yourself, get dreamy and answer these questions from as a compassionate place that you can. This is an exercise where judgment of your self has no place, so take a deep breath in and allow the answers to these questions come from a deeper place within you and don't stop until you are complete. Remember, no matter how painful or confusing the material that surfaces, it has the ability to transform you by just being honest to just breathe. You can do it!

1. What is your first memory about sexuality? How old were you? Is it a feeling or does it have a quality of something that you witnessed?
2. Can you remember any earlier memories about you sexuality?
3. What beliefs about sexuality formed as a result of this (these) events?
4. As you remember this story, what sensations or experiences do you notice in your body?
5. Which ones feel positive and which ones feel negative
6. For the positively valenced beliefs – list 15 disservices to them being positive. This allows you to see the other side of this belief
7. For the negatively valenced belief – list 15 benefits to them being negative. This allows you to see the other side of this belief
8. Now how do you feel in your body? What sensations and experiences do you feel now?
9. Now lets keep going, what is the next memory, and the next. What are your beliefs, emotions, and body sensations associated with these memories.
10. What religious teaching about sexuality were you exposed to or taught?
11. What family teachings about sexuality were you exposed to or taught?
12. What was your parents relationship to pleasure, excitement, affection and sex?
13. Who was your first favorite sexual/romantic fantasy object? Subsequent favorites
14. Who was your fondest sexual memory?
15. List 15 disservices to this memory (to see it's other side)
16. What is your most unfortable/Painful sexual memory?
17. List 15 benefits to this memory (to see it's other side)
18. Was it OK or not OK to get excited or feel pleasure in you family? Do you have any memories that relate to that?
19. To make this exercise more complete, go back through your list and see if you left out these categories:
 - Toilet training
 - Enemas
 - Cathetherizations
 - Childhood sex play
 - Finding out about sex for the first time
 - Masturbation
 - Same-sex play/exploration
 - Puberty
 - Body changes in sexual characteristics (hair, breasts, body shape, etc)
 - First date
 - Menstruation
 - Ejaculation
 - First sexual exploration
 - First intercourse
 - Gynecological exams
 - Childbirths
 - Miscarriages
 - Abortions
 - Sexual abuse
 - Rape
 - Incest
 - Use of porn on internet
 - fetishes