

Please reflect and answer as many of these ahead of time as you can.

Where did you first learn about sex?

From whom?

What did you learn?

Where and when did you first learn about pleasure? (note: you may answer this in many ways, including “I have not yet learned about pleasure”)

From whom?

What did you learn?

When did you first identify yourself as (gender)_____? Have you always known your gender?

When did you first become aware of your sexual orientation? (Heterosexual, lesbian/gay, bisexual, etc)

What aspects of sex or sexuality are you curious about?

Do you feel shame about being curious about any of these?

What aspects of sex or sexuality are you very comfortable with? (I could talk to a friend, my partner, my children about...)

Are there aspects of sex practices, sexuality, gender identity or orientation that you have been taught are correct according to the teaching of Christianity? What are those?

What aspects of sex or sexuality/sexual identity/orientation make you uncomfortable?

Why do you think they make you uncomfortable?

Are there aspects of sex practices, sexuality, gender identity or orientation that you have been taught are wrong or against the teaching of Christianity? What are those?

Where in your body do you feel discomfort when you are asked to think about those topics?

What do you do when you feel that? (e.g.: get anxious, stop the conversation, tell someone they are wrong, try to convince them otherwise, _____)

How would you define/describe healthy sexuality?

How would you define/describe unhealthy sexuality?

What would it feel like for you to look for the places you have overlap/commonality and build from there?

What would you need to do in order to be able to interact from that place?

What are the things that you believe all humans want/seek/ value?

What are some ways to “hold space without judgment” so that you can hear peoples’ stories when their sexuality/identity/choices in sexual activity are different from yours but still fall within a definition of healthy sexuality?

What do you want to learn more about?

What questions do you have after going through this worksheet?