WORKING WITH YOUR SEXUAL FORMATION

What would you like to do with:

The spoken and unspoken messages you internalized? What would like to keep or toss?

The wanted and unwanted experiences you had? What are the conclusions you came to about what sex was, how sex worked, and about yourself?

What is the story you wrote to yourself about sex and who are you in that story? How might you rewrite that story?

What would you like to learn, explore, experience in your own self-determined sexual development from this time forward?