

Your Sexual History

Adapted from Stella Resnick, The Heart of Desire

As you reflect on each of these experiences, write down 4 words or descriptive phrases that capture your feeling or memory. Remember, this is your truth—there are no wrong answers here. This is about understanding your own story so you can share it with your partner.

1. The first time you felt sexual

2. How your mother felt about sex, spoken or unspoken

3. How your father felt about sex, spoken or unspoken

4. Your first talk on sexual education

5. Sex play as a child (playing house, sex games, doctor etc.)

6. The first time you explored your genitals or masturbated

7. Your experience learning about and being your gender

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8. Your first kiss or make-out experience

9. The first time you climaxed

10. The first time you had
penetrative sex

11. Your experience with sexual
fantasies

12. Any sexual trama or unwanted sexual touch

13. What sexual desires do you have with your self and partner
or how would you want to explore or enahnace those
desires.

Reflection

Looking at your words, what patterns do you do you see notice?

*What would you like to carry forward? What would you like to leave
behind?*

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