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# Exploring Your Relationship with Sex

*A reflective guide for understanding beliefs, experiences, and desires.*

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Our relationship with sex is ever-evolving and deeply personal, shaped by our beliefs, experiences, and societal influences. It is an area of our lives that can carry a great deal of weight, both positively and negatively.

Our attitudes and beliefs about sex often originate from our upbringing, cultural norms, and personal experiences. These questions invite curious self-reflection and exploration. Take your time with each section.

## **Understanding your beliefs**

*Reflect on your beliefs and attitudes surrounding sex. These can significantly influence your sexual experiences and relationships.*

1. What stories or narratives do you tell yourself about sex to fit within your belief system?
  - Consider concerns about body image, trust issues, fear of rejection, or past experiences.
  - Has your story about sex always been the same, or has it had different meaning throughout your life?
2. Imagine a world where these stories no longer hold power over your sexual experiences. What might sex be like without these narratives?

## **Improving communication**

*Healthy communication is key to a satisfying and fulfilling sexual relationship.*

1. How well do you currently communicate about sex with your partner(s)?
2. Do you make assumptions about what sex means to others, or do you actively ask and discuss it?

## **Reflecting on your sexual journey**

*Your upbringing, past experiences, and personal growth have shaped your sexual identity.*

1. What were you taught about sex while growing up? How has this impacted your views?
2. What roles do you typically assume during sexual encounters?
3. How has sex evolved for you over the years? Have your desires, preferences, or attitudes changed?
4. Consider your role during sex: do you initiate, passively receive, take control, or act out behaviours that are incongruent with other parts of your personality? Why?
5. Have past experiences had a negative impact on your perception of sex, and if so, how?



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### Exploring shame

1. Shame is a common and often deeply rooted emotion. How comfortable are you sharing your experiences of shame, and how does this affect your current sex life?

### Other aspects to explore

*Consider these areas as part of your ongoing self-reflection.*

- Sexual history and exploring desires and kinks
- Sexual health, including concerns about diseases or disfigurement
- Comfort with masturbation and knowledge of your own body
- Comfort discussing sex and fluctuations in your relationship
- Differentiating between performative and intimate sex
- The influence of pornography on your view of sex
- The role of alcohol or drugs in your sexual experiences and why they may feel necessary
- Comfort with lighting during sex

*“Your sexuality is not something to judge.”*

*“It is something to understand.”*

*“With openness and self-compassion, the experiences that once  
“felt hidden can become part of a fuller, more honest life.”*