

SEXUAL DEVELOPMENT/HISTORY INVENTORY

SEX TALK WITH NATASHA

Take the time to read and write through your reactions to the following questions. Use the questions in open-ended format, allowing them to lead to things that may not be directly asked about. Share what you can with your partner (if applicable) in the spirit of seeing this information as a gift you would never use against each other.

1. Do you remember when you first started touching your genitals for pleasure or to soothe yourself? Do you remember masturbating as a child/teen? Were you taught certain values around masturbation? Did you feel comfortable with self-touch... or was shame part of the narrative... or other feelings?
2. Do you remember having crushes as a child? Romantic interests? Fantasies?
3. Were you a sexually curious child, asking lots of questions? Or somewhat oblivious to the concepts of sexuality?
4. When did you go through puberty? Before, about the same time or after most of your peers? Were you prepared for the changes you would experience through puberty? Were you looking forward to puberty? Was puberty celebrated as part of your development by your family... or ignored... or approached with fear/trepidation? Did you notice ways that your parents/guardians treated you differently as you went through puberty?
5. Was there any time you remember receiving unwanted sexual touch or attention? If so, what were the power dynamics and age differences between you? How do you believe these factors had an effect on your experience? If your answer was yes to the first question, would you say you have ever been sexually assaulted? Why or why not?
6. Was there any sexual exploration that you experienced with childhood peers that you did not think of as unwanted (i.e. "playing doctor," practicing kissing, etc.) before puberty? If so, what was your general experience and how did you feel about it? How do you feel about it now?
7. Was there any history of sexual trauma in your family that you were aware of growing up?
8. What types of sexual education did you receive (formal and informal)... and from who? Did your parents/guardians offer sexual education? Did you ever use the Internet or other resources to seek out education on your own? At what point do you remember knowing about the mechanics of reproduction? How do you feel about the quality of the sexual education you received in your developing years?
9. At what point did you learn correct anatomical terms for parts of your body or the opposite sex? What types of terms were used in your family setting? What types of terms are you comfortable using today?

10. What was your family's stance on nudity? At what point were members of the family expected to "cover up?" If someone accidentally walked in on someone else or in the act of sexual behavior... how did the family system respond?
11. What kind of gender roles were role modeled in your family system? What did it mean to be a "girl" or a "boy?" What types of behavior or expression were deemed appropriate or inappropriate depending on gender?
12. At what point were you allowed to or encouraged to date? What types of messages did you receive as you started dating? How did your parents/guardians behave as they interacted with your romantic interests?
13. What types of attitudes did you have about your body image throughout childhood and adolescence? Did you like your body? Why or why not?
14. Did you have any experience with erotic materials as a child/teen, such as pornography in written or visual forms? If so, were these experiences sought out or introduced to you? What were your general feelings about access to these types of media?
15. Was your privacy honored as a child/teen? Do you think you were taught about having appropriate boundaries for yourself?
16. Did you have sexual experiences as part of a teenage relationship? How did you feel about the fact that you either did or did not have sexual experiences? If you were sexual, do you feel that you made those decisions mindfully or in the spur of the moment? Did you enjoy the sexual experiences you had? Why or why not?
17. Did you have peers or adults in your life that you could talk to about sexual matters while growing up? If so, who were they? Do you believe they were helpful or harmful to your sexual development? In what ways?
18. What types of thoughts or feelings did you have about yourself as an adolescent when it came to things like your sexual orientation, things that turned you on, questions that you had, etc.? Did you think you were fairly "normal" compared to your friends, or were you concerned that you were different or "weird" in ways related to your sexuality?
19. Did you ever lie about sexual parts of your life to avoid punishment, embarrassment or ridicule? If so, what was this like for you? Was there shame that you were dealing with? How did this affect your ability to develop into the sexual person you are today?
20. Write down in bullet form the following: 1. The top 5 positive things about your sexual development as a child/teen, 2. The top 5 negative things about your sexual development as a child/teen, and 3. 5 different feelings you noticed as you worked through this questionnaire. Where did you notice these feelings showing up in your body?

CONGRATULATIONS FOR TAKING THE TIME AND ENERGY TO ANSWER THESE QUESTIONS AND REVISIT THESE IMPORTANT MILESTONES IN YOUR LIFE.