

# Sexual Healings and Feelings

This exercise is to be done as a gift. Make sure you are in a space as a couple where you can accept your partner's honesty... where you will be open and curious to their words... and where it will not be important to defend or disagree with any of their positions. This isn't about "truth"... this is about "experience." When you are the speaker... it is your job to offer your sincerity and genuineness. When you are the listener... it is your job to be an active listener and see the words your partner offers as a gift to you.

This exercise is meant to increase "intimacy" from the perspective of "into me see." We want to treat this space between you as sacred. You are not to use the information shared here in any negative way in the future. This is a space of trust. You are both responsible for the safety you create for each other.

Sit in a position where you are facing each other... where your knees can touch. Offer as much eye contact as possible. Take turns with each statement... partner #1 answers first statement and then partner #2 does. Partner #2 answers second statement and then partner #1 does... and so forth.

1. I have been most hurt in my sexual development by...
2. In our relationship, when we relate in a sensual/sexual way, I am happiest when...
3. In our relationship, when we relate in a sensual/sexual way, I am saddest when...
4. In our relationship, when we relate together, I am angriest when...
5. The best thing about our sexuality is...
6. I feel most afraid about our sexuality when...
7. I feel loved within our sexuality when...
8. My greatest concern/fear for our sexuality is...
9. What I like most about myself sexually is...
10. What I dislike most about myself sexually is...
11. What I like most about you sexually is...
12. My greatest concern/fear for you sexually is...
13. Ways I feel I have hurt you or our relationship sexually are...
14. Ways I feel you have hurt me or our relationship sexually are...
15. The feelings I have the most difficulty sharing with you in regards to our/my sexuality are...
16. The feelings that I can share most easily with you about our/my sexuality are...
17. Things I feel I have learned from you or grown in our sexual journey together are...
18. Right now I feel.... towards you.
19. Right now I feel... towards myself.
20. I feel... sharing these feelings with you.
21. Thank you for doing this exercise with me. Thank you for offering your vulnerability with me.

Embrace each other before moving on to the rest of your day/evening routines.