

What are my Sexual Values?

*adapted from work of Dr. Beverly Chiodo

In conjunction with the 6 principles of sexual health: consent, non-exploitation, protection from unwanted pregnancy and STIs, honesty, shared values, and mutual pleasure.

1. Determine Your Core Values

From the list below, choose and write down every core value that resonates with your sexuality. Do not overthink your selection. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down.

Abundance	Decisiveness	Joy	Resourcefulness
Acceptance	Dedication	Kindness	Responsibility
Accountability	Dependability	Knowledge	Responsiveness
Achievement	Diversity	Learning	Risk Taking
Adventure	Empathy	Love	Safety
Advocacy	Encouragement	Loyalty	Security
Ambition	Enthusiasm	Mindfulness	Self-Control
Appreciation	Ethics	Motivation	Selflessness
Attractiveness	Excellence	Optimism	Service
Autonomy	Expression	Open-	Simplicity
Balance	Fairness	Mindedness	Spirituality
Benevolence	Flexibility	Originality	Stability
Boldness	Freedom	Passion	Teamwork
Brilliance	Fun	Performance	Thankfulness
Calmness	Generosity	Personal	Thoughtfulness
Caring	Grace	Development	Traditionalism
Challenge	Growth	Peace	Trustworthiness
Cheerfulness	Happiness	Perfection	Understanding
Cleverness	Health	Playfulness	Uniqueness
Collaboration	Honesty	Power	Usefulness
Commitment	Humility	Preparedness	Versatility
Compassion	Humor	Proactivity	Vision
Consistency	Inclusiveness	Punctuality	Warmth
Contribution	Independence	Quality	Well-Being
Cooperation	Individuality	Recognition	Wisdom
Creativity	Innovation	Relationship	Zeal
Credibility	Inspiration	Reliability	
Curiosity	Intelligence	Resilience	
Daring	Intuition		

2. Group All Similar Values Together from the List of Values You Just Created

Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s). See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Joy	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Relationship			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			

3. Choose One Word Within Each Group that Represents the Label for the Entire Group

Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Relationship			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			

4. Add a Verb to Each Value Label

Add a verb to each value so you can see what it looks like as an actionable core value. For example:

Be sexual in a space of freedom.

Seek opportunities to show love.

Act with mindfulness in my sexual experiences.

Promote well-being of myself and my partner.

Multiply happiness in my day-to-day interactions.

This will guide you in the actions you need to take to feel like you are prioritizing your sexual values and helping your relationship flourish.

5. Finally, Post Your Sexual Values Where You See Them on a Regular Basis

Where should you post them? Write your core values in order of priority in your planner, so they are available as an easy reference when you are faced with decisions. Put them on a sticky on the edge of your computer screen. Or make a background with them on it for your cell phone.

Live Your Core Values in your Sexuality!

“If we can get to the place where we show up as our genuine selves,
and let each other see who we really are,
the awe-inspiring ripple effect
will change the world.” ... or the bedroom ;)

Terrie M. Williams