

# SOME IDEAS ABOUT SEXUALITY

1. Sex is often a misunderstanding -- people often have sex for the wrong reasons.
2. Sex is never an emergency -- how could it be?
3. Sex is a gift between two people -- to be enjoyed and celebrated mutually.
4. Good sex is done by agreement and often takes a bit of time. . . .
5. Good sex is without coercion, threats, whining, sniveling, sulking . . .
6. If your sex life is bad, fix your love life, unless you have a medical problem.
7. If your love life is bad, pay attention to the basic rules of relationship . . .
8. If you can't be close emotionally, can you be close sexually? Would you want to? Why? What would you get out of it? Would that be enough? Why?
9. Some people have to have a fight and then "make-up" to have "good" sex.
10. Some people have to feel victimized, intimidated, or put-down to have "good" sex.
11. Some people have to be "on-top", "in charge" or "in control" to have "good" sex.
12. What is the price to pay for doing 9, 10, 11, above? One way to see the price is to look at the 5ive ways that we are affected in our lives by our experiences:

Physically	aches, pains, headaches, stomach problems, ulcers
Emotionally	irritable, angry, sad, emotionally unavailable
Intellectually	confused, manipulative with words, word conflict
Socially	unhappy with or without your partner, at home or work
Spiritually	lost your center, off balance, ungrounded, "fuzzy"

13. Remember -- You own your own body.

Sex is a gift -- not an obligation.

14. "Addictive", "compulsive", and some other personality types often use sexuality, alcohol, nicotine, legal/illegal drugs, words, feelings, work, power, money, food etc. as playgrounds to "dump" their excess anxiety, anger, sadness, and other built-up feelings and stresses that have nothing to do with fulfilling sexuality..



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.