

Love Actually

Your Sexual History



Eden Therapy
Services
Changing the Face of Therapy

If you and your partner have come to the Seminar together then use this opportunity to interview each other with these questions

If you have come to the seminar on your own then just answer the questions yourself.

If you have questions you want the panel to discuss after the exercises are over then write it down and hand to one of our volunteers who are walking the room as you work.

1 What did you take away from your first sexual experience that was positive?
(Remember this will be a sexual experience you chose and was in no way forced on you).

2 What did you learn about your sexual history today that might be impacting your sexual choices now in an unhelpful way?

3 What in your sexual history would you not want to repeat as you did not like it?

4 What would be the strongest thing you have learnt about your generationally inherited ideas about sexuality?