

CREATING A NEW MEANING FOR SEX



REPLACE

SEXUAL ABUSE MIND-SET

Sex is uncontrollable energy.
Sex is an obligation.
Sex is addictive.
Sex is hurtful.
Sex is a condition for receiving love.
Sex is "doing to" someone.
Sex is a commodity.
Sex is void of communication.
Sex is secretive.
Sex is exploitive.
Sex is deceitful.
Sex benefits one person.
Sex is emotionally distant.
Sex is irresponsible.
Sex is unsafe.
Sex has no limits.
Sex is power over someone.

FOR

HEALTHY SEXUAL ATTITUDES

Sex is controllable energy.
Sex is a choice.
Sex is a natural drive.
Sex is nurturing, healing.
Sex is an expression of love.
Sex is sharing with someone.
Sex is a natural part of who I am.
Sex requires communication.
Sex is private.
Sex is respectful.
Sex is honest.
Sex is mutually desired.
Sex is intimate.
Sex is responsible.
Sex is safe.
Sex has boundaries.
Sex is empowering.

BY

1. Discovering more about your sexual attitudes.
2. Learning more about healthy sex.
3. Discussing ideas about healthy sexuality with others.
4. Avoiding exposure to things that reinforce the sexual abuse mind-set.
5. Using new language when referring to sex.

AND

Befriend your "inner child."
Adopt a clean-slate philosophy of life.
Find your voice.
Learn to be in your body.
Develop a sense of boundaries.
Find good role models.