

## Your Sexual History

In order to be certain of where you are going, you must be fully aware of where you have been. Healing past sexual wounds and recognizing the gifts you've acquired along the way both requires compassionate honesty with yourself. This is the first major step in your sexual transformation.

The purpose is for you to start to see if there are any correlations between your current experience of sex and your sexual history, and to get to know your partner's history, as well.

### Describe your...

1. First crush
2. First time someone else touched your genitals
3. First sexual intercourse
4. First time climaxing

### Have you ever had...

1. A sexual or romantic experience with your non-preferred gender?
2. A threesome or more?
3. Bondage, domination, or other kinky play?
4. An experience of masturbating while watching porn?
5. An experience of masturbating in front of another person?
6. A sexual or romantic experience with an animal?

### Have you ever...

1. Had sex when you were not properly aroused or lubricated?
2. Had trouble saying "no" when you wanted to?
3. Had trouble saying "yes" when you wanted to?
4. Been forced to have sex when you didn't want to, or been raped?
5. Not been having as much sex you really wanted to be having?

### Describe you best experience of

1. Kissing
2. Cunnilingus
3. Fellatio
4. Fucking
5. "Making love"