

REFLECTION ON SEXUALITY CONTINUUM

Looking at the continuum, where does it seem I live most of the time?

At the left: (Non-assertive sexuality)

- Do I bury myself in work and have less intimacy than I need?
- Do I accomplish goals but offer less personal, deep human contact than I could?
- Am I uncomfortable with affection from women or from other men?
- Am I ill at ease in my body and troubled and anxious about my sexuality?
- Do I feel noticeably awkward around women? Hostile towards them?
- Do I let others manipulate me sexually, somehow not saying No when I want to?
- Am I lonely a good part of the time?
- Are there other thoughts or behaviors that struck home with me about this side of the continuum?

In the center: (Assertive sexuality)

- Am I comfortable with my body and its power, with my sexuality and its life?
- Am I open with myself about my genitality and compassionate with myself about the difficulties of celibacy in this area?
- Am I at ease with both men and women, working, playing, exchanging appropriate affection, sharing at deep emotional and spiritual levels when it is fitting?
- Do I have close friends I can really share with?
- Do I know how to reflect and choose what fits for me sexually?
- Do I know how to say No kindly but confidently?
- Are there other thoughts and behaviors that struck home with me about this side of the continuum?

At the right: (Aggressive sexuality)

- Do I flaunt my sexuality? Play on the emotions of others without taking into consideration the effect on them?
- Do I move into the emotional life of others without any commitment to them?
- Do I exploit (get my needs met without giving in return) others without taking responsibility for it?
- Do I "collect" admirers? Feel unsafe if there are not several women who are a little "hooked on" me?
- Do I have physicality in my life that does not fit at all?
- Do I act out my negative feelings about women by being hostile, controlling or cold?
- Are there other thoughts and behaviors that struck home with me about this side of the continuum?