

# **A Brief Reflection on Your Beliefs About Sex**

*A starting point for understanding your thoughts, feelings, and patterns around intimacy*

## **1. Meaning & Internal Dialogue**

What do I currently believe about sex and my ability to enjoy it?

## **2. Communication & Expression**

What makes it easy—or difficult—for me to express what I want or do not want?

## **3. Fear & Protection**

What am I most afraid might happen when it comes to sex or intimacy?

## **4. Body Awareness & Responsibility**

How do I experience pressure or responsibility in my body during intimacy?

## **5. Self-Perception & Judgment**

What do I tell myself about myself when I have sexual desires or concerns?

## **6. Avoidance Patterns**

What might I be protecting myself from by avoiding or minimizing my sexual wants?

## **7. Openness to Change**

What might shift if I allowed myself to feel more acceptance and permission around my desires?

## ***A Gentle Next Step***

*This reflection is intended as a starting place. Many of these patterns are layered, shaped by past experiences, relationships, and learned beliefs.*

*For those who would like a more in-depth and supported exploration, I offer expanded exercises and guided work within therapy. Together, we can move beyond awareness into meaningful change—at a pace that feels safe, respectful, and aligned for you.*

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