

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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