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Podcast #1: Defining Sexuality

Questions from the podcast.

Take the time to ponder and answer the following:

- 1) If you could wipe the slate clean, and forget everything you've learned up until now, how would you define sexuality?
- 2) What did you learn about sexual intimacy growing up? Who taught you about sexuality? When did you learn? How did you learn?
- 3) What did you learn about adult sexuality? What is adult sexuality supposed to look like? What pictures do you have in your mind?
- 4) How much of the body is involved with your sexuality?
- 5) How does sexuality change over the life span?
- 6) When you think of sexuality, what thoughts do you have? How does sexuality feel? What are sexual behaviors?
- 7) How does fear impact your sexuality?

If you decide to make an appointment, your answers to these questions would be helpful to discuss with your therapist.

References from podcast #1:

Schnarch, Ph.D., David (1997). *Passionate Marriage: Sex, Love, and Intimacy in Emotionally Committed Relationships*. New York, N.Y.: W.W. Norton & Company, Inc.

Schnarch, Ph.D., David (2002). *Resurrecting Sex: Resolving Sexual Problems and Rejuvenating Your Relationship*. New York, N.Y.: HarperCollins Publishers, Inc.

Tiefer, Ph.D., Leonore (1995). *Sex is Not a Natural Act and Other Essays*. Boulder, CO: Westview Press.

Groening, Matt (1990). *The Big Book of Hell*. New York: Pantheon Books