



# LOOKING BACK: A Self-Reflection

## Sexual Decision-Making Worksheet

HOW DO YOU FEEL ABOUT SEX?

Have you had sex? Why or why not?

If you've had sex in the past, do you continue to have sex now? Have you chosen to be celibate? Why or why not?

If you have had sex in the past, think back to your first sexual experience. What part(s) of the experience are you happy with? What part(s) of the experience do you regret? What decisions, if any, would you do different now based on what you know? Why?

What feelings do you associate with sex? List them below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Think back to a situation in which you had been given the chance to have sex but said "no." How did it make you feel? Do any of these feelings correspond with those in your list above?

If you've had sex in the past, think back to a sexual encounter. How did it make you feel? Do any of these feelings correspond with those in your list above?

List 3 positive things associated with having sex:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 risks associated with having sex:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How do the "positives" and "risks" compare? Do the positives outweigh the risks? Do the risks outweigh the positives?

