

PERSONAL & FAMILY SEXUAL HISTORY*

DIRECTIONS FOR DISCUSSION QUESTIONS

Before you begin the discussion questions, pray to God that He will reveal to you your various issues and events in your life in relation to the questions that have led you to this point in your life. Answer all the questions in writing. The group discussion questions are not designed just for simple discussion. It is important to write down your answers to all the questions in detail after reading each lesson, because this will increase your sense of self-awareness, help you to see the problems that have been caused by your actions, and it will help you to plan how you may avoid future problems. Finally, after completing the discussion questions, have your accountability partner lay hands on you and pray for you as this is necessary for your healing (see 1 John 1:9, James 5:13-16).

When answering the questions below, it is important to realize that denial is a weapon that the enemy uses against us to keep us in bondage to our sexually addictive, compulsive, and dysfunctional behaviors. To experience true freedom, we must step out of denial and acknowledge the truth. Please answer the questions below and fill in the blanks in the age ranges listed in the table on a separate piece of paper. When your sexual history is completed, you have confessed to God, yourself, and your accountability; and you have been prayed over, run this paper through the shredder.

1. Please explain how you felt about yourself in each of the age ranges listed below. Be sure to include both positive and negative memories and feelings.
2. What were the positive and negative spiritual/religious influences about human sexuality?
3. What were the messages communicated to you about human sexuality by members of your family?
4. What were the moral beliefs and values of your family growing up.
5. How has your career influenced your sexuality?
6. In what ways were you physically, emotionally, mentally, spiritually, sexually, or verbally abused?
7. How old were you when you became aware of your sexuality?
8. Describe your sex education process: how did you learn about human sexuality?
9. Did you ever have any homosexual experiences?
10. How old were you when you first started dating? What was it like?
11. How old were you when you first had sex, kissed, or touched? How did you feel about this?
12. Do you remember being loved, hugged, and kissed as a child? In what ways did this make you feel uncomfortable?
13. What were some major events in your life that affected your sexual development? Births, deaths, divorce, remarriages, alcohol & drug abuse; bullying by parents, teachers, students, family, friends, spouse, or any extended family?

*Dr. Harry W. Schaumburg. *False Intimacy: Understanding the Struggle of Sexual Addiction*. NavPress. Colorado Springs, CO. 1993. (Pgs. 77-78).

14. What feelings could not be expressed in your family? How has this affected you sexually?

15. Have you used sex to escape the pain of the past?

16. Have you substituted sex for real intimacy?

0 – 10 years old	
10-15 years old	
15-20 years old	
20-25 years old	
25-30 years old	
30-35 years old	
35-40 years old	
40-50 years old	
50-60 years old	
60-70 years old	
70-80 years old	