



Sexual History

“Sex is defined as any activity or behavior that stimulates or arouses a person with the intent to produce an orgasm or sexual pleasure” ©2012 Rory C. Reid, PhD

For each of the sentences below, choose 3 adjectives/descriptive words.

1. How you first learned about sex.
2. The implicit message about sex from your mother.
3. The implicit message about sex from your father.
4. Your earliest sexual feelings.
5. Juvenile sex play (playing doctor, sex games, etc.).
6. Your first experiences with masturbation.
7. Your experience of your gender.
8. Your first making-out experiences.
9. Your first orgasm.
10. The first time you had sex.
11. Your sexual fantasies.
12. Any unwanted sexual experience or sexual trauma that you've had.
13. What you're wanting more of in your current sexual relationship (with yourself or a partner).

(Questions adapted from Stella Resnick, *The Heart of Desire*)

Jessica Levith, LMFT

510.883.3074 • east-baytherapy.com • 3725 Coolidge Ave. • Oakland, California 94602