

Sexual Values Instructions

Cut out the individual cards.

Sort them into three categories: important to me, very important to me, and not important to me.

You get to define the words yourself - what do they mean to you?

Once you have placed every value into one of these categories, get the very important pile down to 7.

Write them down and keep the list in a place where you can easily see it. If it seems right, share your values with your partner and/or children.

Sexual Values	Important to me
Very important to me	Not important to me
Abstinence	Adventure
Affection	Attractiveness
Authenticity	Caring

Celibacy	Choice
Comfort	Commitment
Communication	Compassion
Connection	Consent
Courage	Dignity

Empathy	Enthusiasm
Experimentation	Fun
Gentleness	Growth
Health	Honesty
Honor	Humor

Inclusiveness	Integrity
Intimacy	Intimate Justice
Joy	Kindness
Knowledge	Learning
Love	Loyalty

Marriage	Mindfulness
Monogamy	Mutual Pleasure
Non-exploitation	Openness
Passion	Personal Development
Playfulness	Pleasure

Predictability	Polyamory
Power	Preparedness
Privacy	Purity
Relationship	Reliability
Religious beliefs	Respect

Responsibility	Responsiveness
Risk	Romance
Safety	Security
Self acceptance	Self control
Self esteem	Self knowledge

Sensuality	Spirituality
Stability	Thoughtfulness
Trust	Vulnerability
Other:	Other:
Other:	Other:

