

# WHAT'S YOUR SEXUAL MINDSET?

## A Comparison Chart

Abusive & Addictive Sex	Healthy Sex
sex is an uncontrollable energy	sex is a controllable energy
sex is an obligation	sex is choice
sex is addictive	sex is a natural drive
sex is hurtful	sex is nurturing and healing
sex is devoid of love	sex is an expression of love
sex is "doing to" someone	sex is sharing with someone
sex is devoid of communication	sex requires communication
sex is secretive	sex is private
sex is exploitative	sex is respectful
sex is deceitful	sex is honest
sex benefits one person	sex is mutual
sex is emotionally distant	sex is intimate
sex irresponsible	sex is responsible
sex is unsafe	sex is safe
sex has no limits	sex has boundaries
sex is power over someone	sex is empowering
sex requires a double life	sex enhances who you are
sex compromises your values	sex reflects your values
sex feels shameful	sex enhances self-esteem
sex is impulse gratification	sex is lasting satisfaction