

CIRCLES OF SEXUALITY



Sensuality: _____

Intimacy: _____

Sexual Identity: _____

Sexual Health & Reproduction: _____

Sexualization: _____

Values: _____

- Which of the five sexuality circles feels most familiar? Least familiar? Why do you think that is so? _____
- Is there any part of these five circles that you never before thought of as sexual? _____
- Why do you think it is important for mental health workers to understand the components of sexuality? _____
- Which of these would be easiest/hardest to discuss with clients? _____
- Which circles do you think overlap most with recovery and substance use? _____