

SEXUAL RETRAINING ASSIGNMENT 29

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Date: _____ *Time:* _____

Principles Learned

STEP 1: Each of you write down the principles you have learned during this sexual retraining process that would best enhance your sexual life.

STEP 2: Share your ideas with each other, taking turns being the sharer and the active listener. Refer to the Communication Format.

STEP 3: Work together with both of your lists of principles to develop one joint list. Number the principles in order of priority.