

## SEXUAL RETRAINING ASSIGNMENT 9

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Sharing Myself

Complete the following statements individually. There are no right or wrong responses, only those that come to mind. Share your responses at the designated time and date using the Communication Format as your guide.

1. Usually I am the kind of person who . . .

2. When things aren't going well, I . . .

3. I want to become the kind of person who . . .

4. I like such things as . . .

5. Ten years from now, I . . .

6. My best attribute is . . .

7. My greatest weakness is . . .

8. In conflict situations between people, I usually . . .

9. I usually react to negative criticism by . . .

10. I prefer to be with people who . . .

11. Right now I'm feeling . . .

12. I'm hoping that . . .

13. If I could just . . .