

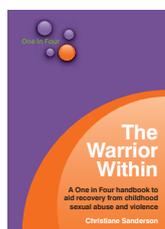
28 Common sexual myths



If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on pages 114-115.

Here is a list of common sexual myths as reported by survivors. You may have others you wish to include. Look at these and identify those that apply to you and those that have affected your sexual relationships. Discuss them with a trusted friend or your partner and try to challenge them with alternative or more accurate beliefs:

- Any physical contact inevitably leads to sex.
- If you are aroused you must want to have sex.
- All cuddles are a prelude to sex.
- Men always want and must be ready for sex, and if they don't they are inadequate.
- If your partner does not have sex with you then they don't love you or find you unattractive.
- To have sex necessitates an erection.
- Sex is only sex when penetration takes place.
- Once you are sexually aroused you lose control and have to have sex.
- Men and women have to have orgasms to enjoy sex.
- Sex is only satisfying if both partners orgasm at the same time.
- Once orgasm or ejaculation occurs sex is over.
- Lots of sex is the only way to a healthy relationship.
- You must agree to sex whenever your partner wants to.
- You are not allowed to say 'no' to sex.
- To be sexual you must be young, beautiful or have a good body
- Childhood sexual abuse (CSA) has made you gay or lesbian.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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