



Eros Work

*Transforming
Sexual Shame:
Shaming Messages*

My Sexuality/Desire is Bad

My Sexuality/Desire isn't Good Enough

I can't do Sexuality/Desire Right

My Sexuality/Desire Doesn't Matter



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My Sexuality/Desire is Bad

- Sex can hurt people
- My body is dirty
- Sex is a source of pain in the world – just look at the degradation of women, sexual slavery, rape
- Sex Outside of Marriage is an affront to God
- If I'm open sexually I'm a slut
- If I'm open about wanting sex, I'm a "player" or a "dog"
- Being a slut is unclean, damaged, out of control – sluts are worthless
- My sexuality is animalistic or out of control and that's bad
- Homosexuality is an abomination
- Virile black men want to fuck everything in their path
- Touching myself is wrong
- Words like "cock" and "pussy" and "fuck" are dirty words



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My Sexuality/Desire isn't Good Enough

- I like sex, but I'm supposed to be extremely virile and always ready to go
- I look ok, but I'm supposed to look like a model
- I'm not good enough to be really desirable
- Sex is only ok if you're in a committed relationship
- I'm supposed to know exactly what to do all the time
- My cock is too small/uncircumcised/crooked/hairy
- My pussy is too tight/loose/dangling/smelly/hairy
- It's too easy/difficult for me to come
- My body is too fat/thin/old/disabled/flabby/freckled/dark/light



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I can't do Sexuality/Desire Right

- I'm screwed either way as a woman – if I want sex I'm a slut, if I don't I'm frigid
- I don't want the things I think I'm supposed to want
- Bisexuality is unacceptable - real men only want women
- Bisexuals just haven't decided yet
- Black man's desire is mostly for white women
- I'll never be able to please my partner
- Safer sex isn't "sexy" but having an STI makes me "dirty"
- It's not ok to have low sexual desire



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My Sexuality/Desire Doesn't Matter

- I'm unwelcome if I want sex
- What I want doesn't matter
- My only value is as a sexual object
- My only value is in what I can provide
- My sexuality is for pleasing other people & meeting someone else's needs
- Bisexuality isn't real
- I never see anyone who looks like me or has my desires depicted in the media as being desirable or having sex
- Nobody wants what I have to offer



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*Transforming
Sexual Shame:
The Reframes*

My Sexuality & Desire is a Good Thing in the World

My Sexuality & Desire are Already Good Enough – in fact, they're AMAZING!

I Do Sexuality & Desire the Right Way for Me

My Sexuality & Desire has Inherent Value



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My Sexuality & Desire is a Good Thing in the World

- Sex is a gift, a joy, and utterly natural.
- The body is a temple and sex can be a way of honoring one another.
- When it's consensual, "bad" can be fun, a turn-on.
- Sex can heal and we can learn from the things that hurt us.
- Being sexually open and direct is courageous, healing and therapeutic.



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My Sexuality & Desire are Already Good Enough – in fact, they're AMAZING!

- All the things I don't like about myself – someone out there has a fetish for!
- I can honor the beauty in myself and in others – I am already good enough.
- I have the ability to keep learning, growing, discovering if I choose to.
- Sexual desire and pleasure is no one single thing – it doesn't have to look only one way.
- The possibilities are limitless!
- My uniqueness is what makes me beautiful/handsome/desirable



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I Do Sexuality & Desire the Right Way for Me

- My sexuality is perfect the way it is – my desires are a roadmap to connection.
- By listening to my own authentic sexuality – and deeply noticing that of my partner(s), I can have truly intimate and delicious experiences.
- My sexuality is a unique expression of who I am.
- My desires are real and valid.
- It's ok to want what I want!
- My desires make me whole and contribute to my life force energy.



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My Sexuality & Desire has Inherent Value

- I can welcome and embrace my own sexuality and see its inherent value – I don't have to wait for someone else to do that for me.
- By valuing my own sexuality, I can begin asking for what I want.
- I can empower others to speak and ask for what they want.
- I acknowledge my inherent sexual power and honor the power in others.
- I am a powerful, sexually alive being.



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