

# *A Necessary Life Curriculum*

## A STEP INTO THE GRANDEUR-OF-YOU

### *Acknowledging and Releasing the Past*

1) Who taught you to relate to men?

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2) Who taught you how to model a relationship with a man?

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3) What was your first sexual encounter?

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4) Was your first sexual encounter chosen or something else?

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5) Why did you choose to have sex for the first time?

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6) Why and how did your first love relationship end?

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7) How did you experience yourself in your first sexual encounter?

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CONNECT WITH ANY ENERGY THAT COMES FORWARD  
WHILE ANSWERING THESE QUESTIONS.  
IF YOU EXPERIENCE JUDGMENT, UPSET, SADNESS, ETC.,  
LISTEN TO THE SELF-FORGIVENESS MINDFUL COMMUNICATION  
AND RELEASE THAT WHICH IS NO LONGER SERVING YOU.

