

# A Necessary Life Curriculum

## A STEP INTO THE GRANDEUR-OF-YOU

### *Acknowledging and Releasing the Past*

- 1) Who taught you to relate to men?  
*I had 2 grandfathers and a dad that were my main male figures.*
- 2) Who taught you how to model a relationship with a man?  
*My mom didn't really have any relationships, nor did my dad. My closest example was my grandparents.*
- 3) What was your first sexual encounter?  
*It was with someone that was a friend of a friend after not knowing each other for very long.*
- 4) Was your first sexual encounter chosen or something else?  
*It was chosen but looking back, I wouldn't make the same choice.*
- 5) Why did you choose to have sex for the first time?  
*I did it because I was the last of my fiends and felt like it was time.*
- 6) Why and how did your first love relationship end?  
*It ended because I felt like I needed to see what else is out there. I broke it off but regretted it for a very long time.*
- 7) How did you experience yourself in your first sexual encounter?  
*I was so self-conscious about it and was thinking am I doing it right. I wasn't comfortable and didn't like it. I felt like I was being used but I was allowing it, to try and prove worth and for him to enjoy it.*

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.

