

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.

