Name _____ Section _____ Date _____

WELLNESS WORKSHEET 38

Sexual Decision Making and Your Personal Life Plan

To learn more about your values and goals for the future, answer the following questions.

1. What are your religious, moral, and/or personal values regarding relationships and sex? When do you think it is right to start having sexual relationships—under what circumstances and with whom? Where do you think your ideas come from? Do you feel comfortable describing your values to others?

2. Would you like to be involved in a long-term relationship someday? If so, when? If you are currently involved in such a relationship, is it something that you always imagined you would have?

3. Do you want to have children? If so, when and how many? How would you feel if you found out you couldn't have children?

4. What are your major priorities and goals at this time? How would a sexual relationship fit in with these priorities and goals? Would it help you achieve your goals, detract from your efforts, or have no real effect?

(over)

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5. What are the possible consequences—positive and negative—of being involved in a sexual relationship at this time? List the potential consequences to you in all areas of wellness, including such things as physical problems from STDs, emotional changes in a relationship, and financial costs of contraception. Do you feel ready to deal with all of the items on your list?

6. How would you feel if you or your partner became pregnant at this time? What outcome do you think you'd feel most comfortable with—continuing the pregnancy and raising the child, giving the child up for adoption, getting married, having an abortion? Do you feel emotionally and financially ready to be a parent?

7. How would you feel if you were exposed to a sexually transmitted disease? Would it affect how you think about yourself and/or your partner? Do you think you could take responsibility for obtaining proper treatment and informing partners?

8. How does your current sexual behavior fit in with your values and life plan? How does that make you feel? If you are currently acting in any way that is counter to your values or goals, consider why that is so? Have you just not thought about how your current behavior could affect your future? Or are you feeling pressure from yourself, your partner, or some other source?