



I Am A Sexual Being: An Adult Journal For Self-Exploration

Scott Shannon

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Do you feel guilt or shame about sexual things? Were you taught that sex is dirty? Is your sex life as fun and fulfilling as you would like it to be? As a therapist for 15 years I have helped hundreds of couples reinvigorate the joy of sex in their lives. May I help you? This book is full of writing and thinking ideas to help you recognize and celebrate that you are a sexual being who deserves to have a fun and fulfilling sex life. In working with this journal you may be asked questions or simply see a statement. In either case your response should be to write something (short or long) that these statements or questions inspire or provoke in you. If you need to write more than what you can fit on the page, simply continue your writing on the back of the page. They're all blank. Sometimes you may react with a painful emotion. But remember, it's OK to feel and express your feelings through laughter or tears, and everything in between. Sex and sexuality can be a controversial topic. This is adult material. It is recommended that you keep this journal private. This will allow you to be completely honest in your responses. You may go through this journal in the order it is presented or you may skip around as you choose. You're an adult, so, of course, it's up to you. However you use the book it is my sincere hope that you, too, will be a happy sexual being. You may find it relaxing to color some of the pages using pens or markers. I have intentionally left a blank page behind each journal page. But be sure to put a blank sheet of paper behind the page you are coloring to prevent bleeding onto the next page.

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