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from

Ready to Heal: Women Facing Love, Sex, and Relationship Addiction

Cultural Belief #2: *If I am sexual, I am bad.*

Must disconnect from sexual feelings
Learn to hate sexual parts of self
Secretly enjoy sexual expression
Feel ashamed of sexuality

Belief #2 produces a polarized set up between Madonna and Whore which is an impossible standard for female sexuality: a double bind.

How did you disconnect from your body as a child?

How did you secretly express your sexual feelings?

Were you able to talk about sex with anyone? If so, who? What, if anything, did you learn?
