

**Kelly McDaniel LPC, NCC, CSAT**

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?

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How did you secretly express your sexual feelings?

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

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