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from

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

Cultural Belief #3: *I am not really a woman unless someone desires me sexually or romantically.*

Beauty is my most important source of power.

What does it mean to me if I'm beautiful?

What does it mean to me if I'm not beautiful?

Belief #3 requires a rejection of self and leaves women with the following choices: You may...

- shut down sexually
- find "bad" boys to be sexual with
- find oneself aroused by pain/humiliation
- have sex when not fully alert/present (sex with alcohol, drugs, fantasy, porn, or sleepiness)
- be caught in seductive role sex: come here/I hate you now
- orgasm only during self stimulation
- have sex with married men and/or extramarital affairs

To examine belief #3 and how it has affected you, consider which choices apply to you and write them down.
