

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)

