



Relationship & Sexuality Fear *vs.* Truth

To help you explore fears about your relationship,
sexuality, and self-worth, and to separate
anxious thoughts from reality

Identify the Fear

Write your fear in your own words. Be honest. Examples:

- “No one else will ever want me.”
- “If I leave, I’ll regret it.”
- “I’m lying to myself about my attraction.”

Fear:

Explore the Source

- **Where do you think this fear comes from?** (Past relationships, family/cultural messages, societal expectations, personal shame?)
- **What part of it feels real, and what part might be your mind imagining the worst?**

Source / Reflection:

Examine the Body

- **How does this fear feel in your body?** Tightness, heaviness, nausea, or tension?
- **Are there times your body feels differently?** (e.g., desire, openness, curiosity)

Body Check:

Gather Evidence

- What **experiences, relationships, or observations** challenge this fear?
- Include examples of **times you were desired, loved, or appreciated** – sexually or emotionally.

Evidence Against Fear:

Reframe with Truth

- **Reword the fear** into a compassionate, realistic statement.
- Aim for **honesty and kindness** to yourself.

Truth Statement:

Example:

- **Fear:** *"No one else will want me."*
- **Truth:** *"I am worthy of desire. The right person will be drawn to my authentic self, even if I haven't met them yet."*

Clarify Your Needs

- What do you **truly need** in a relationship and from yourself?
- Consider **emotional, sexual, and personal growth** needs.

Needs:

Action Steps

- What **small, safe step** can you take to honor your truth or test your fear?
- Could be journaling, talking with a therapist, practicing self-compassion, or exploring desires privately.

Next Step:

Emotional Check-In

- **After completing the worksheet, how do you feel?** Less anxious, more clarity, or conflicted?
- Notice your feelings without judgment.

Feeling After Reframe:

Tips for Use

- Use this whenever fears about leaving, sexuality, or self-worth arise.
- Pair with grounding exercises: deep breathing, gentle movement, or mindfulness.
- Revisit fears weekly – see how your truths evolve.
- Remember: **the goal is clarity and self-compassion**, not instant answers.



REVIVE INTIMACY
REBUILDING PATHWAYS TO CONNECTION AND INTIMACY

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