

# Your Sexual Timeline

EXPLORE • REFLECT • UNDERSTAND  
HONOUR • MOVE FORWARD



The experiences, messages  
and moments that shaped  
your sexual self.

Because your sexual story  
is about so much more  
than just sex.

BODY | RELATIONSHIPS | MESSAGES | PLEASURE | BOUNDARIES | LIFE STAGES

# *What is a Sexual Timeline?*

A sexual timeline is a reflective tool to help you explore the experiences, messages and moments that have shaped your sexual self.

It is not simply a timeline of who you have had sex with. Your sexual story includes so much more than sexual experiences. It can begin long before your first kiss and continues to evolve throughout your life. Your story is unique.....

You decide what belongs on your timeline. There is no right or wrong, and you don't need to include everything. Simply add what feels significant to you. Your timeline might include...

Over the page you will find various questions, there will be space to note anything else that changed your relationship with yourself, your body, intimacy or sex.

**All parts of your story matter.**

# *What may you include?*

## **Childhood messages**

What did you learn about bodies, affection, nudity or sex?

## **Sex education & culture**

What were you taught — and what wasn't talked about?

## **Puberty & body changes**

How did you experience your changing body?

## **Pleasure & desire**

Discovering what feels good — or what does not.

## **Relationships & sexual experiences**

The experiences and people who have influenced you.

## **Boundaries & consent**

Learning to say yes, no, maybe, stop or I'm not sure.

## **Health, hormones & life stages**

Pregnancy, parenthood, pain, illness, medication, menopause or other changes.

## **Significant life events**

Anything else that changed your relationship with yourself, your body, intimacy or sex.

# *Create the Timeline*

Grab a pen and paper, draw a line across the middle of a page (landscape) and note key ages that correspond with your answers from the above questions. Can you put the answers to the above into some order?

## **Looking at your sexual timeline:**

What stands out?

Are there particular experiences that changed something for you?

01

Are there messages from your past that you still carry today?

You do not have to understand everything you notice.

## **Optional \*usually of much relevance.**

Above the line in the middle of the page write any significant key positive events.

Below the line in the middle of the page write any significant key negative events.

*What do you notice?*

# *Get Curious About a “No”*

Think about one intimate or sexual thing that you dislike, avoid or feel uncomfortable with.

You are not trying to convince yourself to like it.  
You are simply getting curious about your response.  
The thing I have chosen to explore is...

## **What do I feel?**

Discomfort? Fear?  
Embarrassment? Disgust?  
Vulnerability? Boredom?  
Pressure? Pain?  
Or perhaps simply...  
I don't like it.

## **What happens in my body?**

Do I tense? Pull away?  
Freeze? Disconnect? Feel  
irritated or anxious?  
Or do I simply feel nothing  
at all?

## **What thoughts appear?**

I shouldn't have to do this.  
I'm supposed to enjoy this.  
What will my partner  
think?  
I feel silly.  
I don't feel safe.  
I don't want to disappoint  
them.  
Or something completely  
different?

## **Where might this response have come from?**

An experience?  
A relationship?  
Something you were  
taught?  
Something somebody  
said? Pain? Shame?  
Pressure? Fear?  
Or perhaps there is not a  
deeper story.

# *What Did You Notice?*

Your timeline is not about finding something wrong with you.  
It's an opportunity to understand yourself with a little more  
curiosity and compassion.

**Complete whichever sentences feel useful:**

Something I understand differently now...

Something I'd like to give myself permission to say NO to...

Something I might be curious about...

Something I'd like MORE of...

Something I think deserves further exploration...

**Understanding what shaped you can help you become  
more intentional about what you want the next chapter to  
look like.**

# Where Next?

*Different paths. The same goal.*

Your sexual timeline can bring clarity, raise questions and highlight areas you may want to explore further. Here are some of the ways you can continue your journey, whether you're ready for practical guidance, deeper exploration or ongoing support.

*More knowledge.  
More choice.  
A more connected you.* ♥

## Pain to Pleasure

Support for pain with penetration and rebuilding comfort, safety & confidence.



## Online PROGRAMMES

SUPPORT • EDUCATION • EMPOWERMENT



## Relationship Reset

Strengthen connection, communication and intimacy.



## Desire Reclaimed

Reconnect with your desire, confidence and sexual self.



Helping women reconnect with themselves and couples reconnect with each other.

Specialist therapy, women's wellbeing and relationship support for women, couples and healthcare professionals.

I am here to help you create meaningful lasting change.



## Passion & Pleasure

Explore pleasure, sexuality and a deeper connection to your body.



## Women's Wellness

Nourish your body, mind and soul for whole person wellbeing.



## Prefer 1:1 Support?

I offer psychosexual therapy for individuals and couples, both online and in person in Norfolk.

- ✓ A safe, non-judgemental space
- ✓ Tailored to your unique needs
- ✓ Compassionate and professional support

BOOK A FREE 30-MINUTE CONSULTATION →



## Intensive Sessions

For focused support and meaningful progress, explore my intensive options.



- ✓ 3-hour intensive with 4 weeks support
- ✓ Full day intensive
- ✓ Available online or in person

FIND OUT MORE →

*Your sexual timeline explains parts of your story.  
It doesn't have to determine what happens next.* ♥

michelle@theyonitherapist.com