

Talking About Sexual Behavior

Use this guide to prepare for counseling about sexual behavior that concerns you. Begin with what matters in your life and the questions you want answered; write only what helps you prepare.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

Original opening you can adapt

"I want to talk about a pattern in my sexual behavior. It is affecting ___, and I am unsure how to understand it. Before I go into detail, can you explain your approach and the confidentiality arrangements?"

Prepare information that serves the conversation

What to bring	Why it may help you explain the concern
One concrete example	Describes what happened and its effect instead of beginning with a label.
Your own priorities	Separates what you want from expectations or assumptions others may have.
What you have already tried	Lets you explain what felt useful, unhelpful or hard to sustain.
Questions and uncertainties	Gives the counselor a chance to explain their approach and what they still need to understand.

Ask about the counseling relationship

- What experience do you have with concerns about sexual behavior?
- How will we decide what goals fit my situation?
- How do you distinguish a concern that needs care from a difference in values or relationship expectations?
- What information is recorded or shared, and what are the limits of confidentiality?
- What are the fees, session format, follow-up arrangements and options if the approach does not fit?

Original example: keep a question open

"My partner and I disagree about what is acceptable, and I also feel I am not following my own plans" identifies two issues to discuss. It does not require the counselor to assume a diagnosis or take one person's side before understanding the situation.

My counseling agenda

The concern and an example

What brings me here; effect on daily life or relationships; what I want help understanding. Non-graphic detail is enough to start.

My goals, prior attempts and uncertainties

What matters to me; what I have tried; questions or mixed feelings I want to discuss.

Privacy and approach questions to ask first

What I need clarified before sharing further details.

Before the conversation ends

What I understand and what comes next

My words for the plan; unresolved questions; next appointment or another support option.

You can ask for an explanation

If a word, recommendation or goal is unclear, ask what it means for you. This sheet is not a disclosure requirement, a symptom checklist or a substitute for an assessment.

Keep ownership of your notes

Keep completed notes private and share only what you choose. These are original reflection and conversation prompts, not a diagnostic test, a validated clinical tool or a treatment program.

Explore support and resources

Sexual-behavior support resources

<https://www.addictionhelp.com/sex-addiction/resources/>