

# BEHIND THE SCENES REFLECTION

Reflect on these questions.

**Q:** Think about your last sexual experience, however you define that. What do you think was causing you to have that sexual experience?

**Q:** Try looking a little deeper and harder inside yourself. Often insecurity is behind our sexual experiences. How might that be true, or untrue, for you?

**Q:** Often fears are what create our insecurities. How might your fears be contributing to your insecurities, which in turn contribute to your sexual desires?

**Q:** What do you think God might say to you about your fears, insecurities, or desires?  
• What makes you think he would say that?

**Q:** What would you like to do differently, if anything, when you recognize the fears, insecurity, and anxieties that fuel your sexual desires?

• Who could you talk with about what you'd like to do differently? When would be a good time to talk with that person about it?