

PERSONAL REFLECTION SHEET

What does hypersexuality mean for you?

How has your experience with hypersexuality impacted your daily life?

What emotions do you associate with your hypersexuality?

PERSONAL REFLECTION SHEET

What positive aspects have you discovered about yourself through this experience?

Is there anything you would like to change about your hypersexuality? If so, what are they?

What are your other current coping mechanisms, and how effective are they?