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Worksheet 2: Challenging Thoughts about Relationships and Self-Respect

The following worksheet notes common negative thoughts, ways to argue or challenge these thoughts, and lines for you to respond with positive/healthy statements that resonate with you specifically. You don't have to respond to every one of these examples - choose the ones that are impacting you the most.

1. *Negative Thought: I don't deserve intimacy because I'm unattractive.*
Challenges: You are worthy of love and intimacy at any age or body type.

2. *Negative Thought: My partner will leave me if I can't perform sexually.*
Challenges: Focus on intimacy and use other options if needed. A caring partner will understand.

3. *Negative Thought: I have to look young and thin to be loved.*
Challenges: Your value and lovability come from within, not outer appearance. Embrace your beautiful age.

4. *Negative Thought: If I can't have intercourse, I'm a failure as a partner.*
Challenges: Remember all the different ways to give and receive love and pleasure. Intercourse isn't everything.

5. *Negative Thought: I'm too old to have my needs met in a relationship.*
Challenges: Advocate effectively for your wants and needs at any age. You deserve to feel fulfilled.
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6. *Negative Thought: My partner will cheat if our sex life changes.*
Challenges: Maintain intimacy in new ways. Trust is key. Communicate through any issues.
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7. *Negative Thought: I should hide my LGBTQ+ identity at my age.*
Challenges: You deserve to live authentically and find belonging at any age. Prioritize your well-being.
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8. *Negative Thought: Opening up about sex issues means failure.*
Challenges: Vulnerability builds intimacy. Be honest with care for both of your needs.
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9. *Negative Thought: Trying new things sexually is embarrassing.*
Challenges: Everyone deserves to explore sensuality on their own terms. Let go of judgment.
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10. *Negative Thought: I'm past my sexual prime so my pleasure doesn't matter.*
Challenges: Your pleasure and fulfillment will always be important. Advocate for your satisfaction.
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11. Negative Thought: I'm too old to leave an unfulfilling relationship.
**Challenges: You deserve intimacy, happiness, and respect at any age.
Explore your options.**

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12. Other Negative Thoughts and Healthy Thought Challenges:
