



Kathy J. Russeth, MD
345 W Washington Ave, Suite 307
Ph 608-305-4150 | Fax 608-305-8736
CenteredPsychiatry.org
drkathy@centeredpsychiatry.org

Worksheet 1: Challenging Myths about Sexuality and Aging

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 Thoughts: I'm too old to be thinking about this. Older people shouldn't be having sex anyway. Sex is only for younger people.*

Challenges: Many older adults maintain an active, satisfying sex life. Everyone deserves intimacy. Sexual intimacy can be an important part of life at any age. Don't let age hold you back.

2. *Negative Thoughts: I'm not attracted to my partner. No one is attracted to older bodies.*

Challenges: Attraction is complex and diverse. Focus on connecting with your own and your partner's pleasure.

4. *Negative Thoughts: Intercourse is the only thing we've ever done, and I'm too old to try anything new sexually. My partner would never try anything new.*

Challenges: It's never too late to explore and learn about your sexuality. Modify activities as needed for your body or your partner's body as able and willing.

6. *Negative Thoughts: My sex drive is gone forever. My partner's sex drive is gone forever.*

Challenges: Libido often changes with age, hormones, and health. There are many options to explore if you want to boost your drive.

7. *Negative Thoughts: I didn't think it was right to masturbate. I'm too old to masturbate now.*
Challenges: Self-pleasure remains important for sexual and physical health throughout life.
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8. *Negative Thoughts: My partner and I are too old for intercourse.*
Challenges: Focus on pleasure, not function. Try creative solutions like lubricant, positions, and open communication.
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9. *Negative Thoughts: No one wants to date an older person. Finding someone who is a good fit is impossible.*
Challenges: Mutually fulfilling relationships absolutely happen in older age. Be open. Finding the right person takes time but is worth the effort.
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10. *Negative Thoughts: I'm too old to come out or transition. Being who I want to be is selfish.*
Challenges: It's never too late to live authentically. You deserve support no matter your age or situation. Your family ultimately wants what is best for you.
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11. *Negative Thought: My religion says sex is only for marriage and reproduction.*
Challenges: Many interpretations allow for sexual intimacy throughout life.
Explore perspectives.

11. *Negative Thought: Sex issues mean my relationship is doomed.*
Challenge: Most issues can be worked through with caring communication and compromise.

12. Other Negative Thoughts and Challenges:
