



## SHINING MOUNTAINS LIVING COMMUNITY SERVICES

### Instructions for Completing the Sexual Health Medicine Wheel

***Beginning in the East of the Wheel where we seek illumination, new thoughts, visions that begin from assessing our past or contemplating our future.***

1. Draw a symbol (or symbols) to illustrate an important lesson or knowledge about your gender and how to express sexuality that you learned from your mother.
2. Do the same for what you learned from your father.

***Moving forward to the South of the Wheel, is a time for looking into your heart, examining your feelings that your past has created in yourself, about yourself.***

3. Draw a symbol that represents your understanding of puberty (coming of age) or the changes relating to your gender and sexual self (how you saw yourself as changing from child to youth)
4. Draw a symbol or picture that represents one of your strongest held values about your sexuality, something that you feel most strongly about and a belief from which you will probably not budge.

***Continuing onward, you reach the West of the wheel, where you travel inside your thoughts, your spirit place, where you can view what you hold most sacred.***

5. Write three words that describe relationships (ie marriage/ partnership/relationship with self or Creator) to you.
6. Write three things that you hope people would say about how you portrayed your gender. (What kind of path you walked as a woman, man or two spirit person)

***Completing the circle by moving to the North of the wheel, you determine actions, movement or behaviours for your life.***

7. Draw a picture representing a person/experience /idea that has most influenced your view of intimacy, sexuality and gender.
8. Draw a picture of what you want your future relationship to be like, what you most want to work towards. (this relationship may be with partner, with self, with family or Creator)