



# WATER LILY MODEL



## Empowering Sexual Growth in Sexuality Education, Counselling and Therapy

### PRISM OF SEXUALITY - QUESTIONS BASIS OF SEXUALITY

#### DIMENSIONS OF SEXUALITY

##### Body, mind, spirit, culture

How and in what parts of your body do you  
feel sexual pleasure?

What kind of feelings does sexuality stir up in you?

What is sexual creativity?

#### SEXIO

##### Centre of Sexuality

What is the meaning  
of your sexuality?

#### ELEMENTS OF SUPPORTING SEXUALITY

##### Love, virtues, personality traits, upbringing

Were you loved and were you allowed to love?

What do virtues mean to your sexuality?

How does your temperament impact on  
your sexuality?

What kind of sex education will be needed -  
shall I promote or prevent?

#### PSYCHOSEXUAL DEVELOPMENT TASKS

##### Psychosexual crises in the life cycle

What kind of memories, thoughts, feelings do you have  
from different life stages?

How did you succeed in the development tasks?

How has your sexuality changed?

#### LIFE CYCLE CHANGE

##### Past, present time, future

What have you had a change to learn  
about sexuality during your life history?

Are you living here and now?

What do you want out of your sexuality  
in the future?

What would you like to change in  
your sexuality?

#### BASIS OF SEXUALITY

##### Health, gender, interaction

How are the dimensions of health manifested in you?

How do you feel about your gender?

Do you feel safe and loved?

#### FOUNDATIONS CYCLE OF HUMANITY, SEXUALITY

##### Human concept, values

Where does your family come from?

#### WATER LILY MODEL

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