

Underneath Your Fantasies

**This worksheet is intended to help you look deeper, but is not a form of therapeutic assessment. This is a simple exercise to develop awareness. Complete the worksheet and review with your therapist to establish goals.*

Arousal patterns and sexual fantasies often relate back to emotional undercurrents that precede the fantasy. Consequently, fantasies can represent unresolved attachment deficits, wounds or ongoing needs. When this is the case, attempts to engage these fantasies leave a person feeling unsatisfied, empty and depressed. This is because sexual activity doesn't resolve the emotional undercurrents. Attachment deficits, wounds or needs must be healed or resolved in non-sexual ways that promote healthy connection.

Analysis - Your Ideal Fantasy

When someone has sexualized attachments, there will often be a recurring theme or dominant message. Analysis of your fantasy will help to identify the messages behind the fantasy. Consider the following examples:

1. Keith was the youngest in his family and grew up feeling as though his mother "disapproved" of him. She seemed to lavish attention on his siblings while ignoring him. He remembers hoping she would attend his basketball games or school events, only to experience constant disappointment. In college, he developed a fantasy about one of his older female professors. He imagined that after class she would ask to speak with him and provide additional instruction and attention. Eventually she would become affectionate and proposed to have sex with him. He accepted this invitation and found that she was very satisfied with him. She praised him and continued to shower him with love and affection. In the fantasy he felt approval and love.
2. Peter grew up without a father. He remembers watching other boys interact with their dad at church, school activities and home. He felt a deep "father-hunger" and experienced a deeper jealousy about these other boys. Later he developed a fantasy that one of the father's would take him alone and spend time with him. Interaction would include teaching him sports, helping him with homework, and generally spending time with him. Eventually the man would suggest they shower together, which turned into sexual exploration. In the fantasy he felt loved and cared-about.

3. Tyson was an only-child and struggled socially at school. He was close to his parents but struggled to interact with other boys. He tried to participate in games and sports, but wasn't athletically gifted. He watched them play and compete with one another. He developed a deep curiosity about the boys, and his ache to "belong" to the group ran deep. In high school he developed a fantasy that the boys included him in their games regardless of his skill. They invited him to activities, sporting events, and generally included him. Eventually he imagined a sleepover where they all got naked while "goofing around." This progressed into sexual games. In the fantasy he felt included and valued, as though he belonged to the group.

In the section below, outline three of your fantasies that have remained generally consistent. Some fantasies may be recent, but maintain the same themes. Consider the details of how you ease into the imaginary situation and what happens throughout the fantasy. Think about the where, when, who, how and what within your fantasy.

- Where - the context of where the fantasy occurs.
- When - age of the actors and yourself, time of day, etc.
- Who - the actors themselves.
- How - the context of how the fantasy escalates into sexual activity.
- What - what happens before and during the sexual activity.

Fantasy #1

Fantasy #2

Fantasy #3

Now go back and look at each fantasy together with your therapist. Can you identify a “theme” to each of the fantasies?

Fantasy #1 Theme: _____

Fantasy #2 Theme: _____

Fantasy #3 Theme: _____

The Meaning Under Your Fantasy

With sexualized attachments, most fantasies have meaning underneath which reflects emotional undercurrents; attachment deficits, wounds or needs. Consider the following examples:

- 1. Keith grew into young adulthood with an ongoing hunger for attention and love from his mother. This attachment deficit evolved into imagery scenarios of attention and love from an older woman. Ultimately these scenarios became sexual.
- 2. Peter didn't have a father-figure or mentor, but always ached for this missing connection. His attachment deficit evolved into scenarios of mentoring and love by an older male mentor. Ultimately these scenarios became sexual, but reflected the ongoing need.
- 3. Tyson usually didn't feel that he "belonged" to a group of boys. The attachment needs evolved into imaginary situations of inclusion into the boys' activities and friend-group. Ultimately, these imaginary situations became sexual.

In the space below write down possible "meaning" under your fantasy:

Fantasy #1 Meaning: _____

Fantasy #2 Meaning: _____

Fantasy #3 Meaning: _____

Now think about when you first started to fantasize. What events may have instigated the fantasy?
What were you experiencing with family, friends, school, etc.?

Fantasy #1 Genesis: _____

Fantasy #2 Genesis: _____

Fantasy #3 Genesis: _____

Now that you have deeper insight into your fantasies and arousal patterns, think about emotional undercurrents that may need to be addressed. These are usually issues related to attachments. Are there unhealed wounds which need to be addressed? Are there unsated deficits that need fulfillment? Are there ongoing needs that never receive attention? Write your thoughts about this below and share with your therapist:
