

RASHIM Questions for Reflection

The Rivera-Azad Sexual Healing Integration Model (RASHIM) is the result of more than three decades of combined experiences of Mx. Rivera and Mx. Azad of The HEAL Project, two intersectional sexuality educators who have dedicated their work to healing sexual trauma through sexual liberation. Read more about RASHIM: <https://heal2end.org/resources/rashim/>

This worksheet includes general questions to help you start your journey towards sexual healing as you use RASHIM. A graphic version of the questions is available in the link above.

RASHIM locates nine areas of sexuality navigation, referred to as **Pillars**. Each Pillar represents a unique step in **human sexual evolution** and contains experiences, ideas, feelings, and actions.

Pillar #1: Curiosity & Inquiry

- When was the first time you became curious about bodies and sex? What were you curious about?

- Do you remember when you used to ask about bodies and sex? No?! What did you fear?

- What do you allow yourself and those around you to get curious about? How do you foster inquiry?

Pillar #2: Fantasy & Desire

- Have you ever had a taboo sexual fantasy that made you concerned, maybe even scared? Did you tell anyone about it?

- Do you desire everything you fantasize about? Do you fantasize about everything you desire?
- What were some of your childhood fantasies and desires? Which of them are still with you?

Pillar #3: Masturbation & Body Exploration

- Who do you think masturbation is for? Singles? The sexually frustrated? A particular age group? A particular gender? Anyone at all?
- How did you explore your own body as a child? How do you explore your body today?
- What have you learned by consensually exploring other people's bodies? What can a body teach us?

Pillar #4: Health and Reproduction

- Does sex feel like a threat to your emotional, mental, and physical health? Where did you learn that?

- What is your relationship with your reproductive ability or lack thereof? Do you feel in charge?
- Whose responsibility is it to care for your sexual and reproductive health? You? Your partner(s)? Your Community? The State?

Pillar #5: Sex & Pleasure

- How did you first learn about sex? How did you first learn about sexual violence? Which one was first?
- Who is sexual pleasure for? Do you feel entitled to pleasure? Who is responsible for your pleasure?
- Is sex without pleasure a bad thing? Is sexual pleasure your goal in sex?

Pillar #6: Identity & Behavior

- Are you a lesbian who doesn't identify as a woman? Are you a straight man who sometimes has fun with other men?

- What was the first label you used for your gender or sexuality? Do you still use the same label?
- Do you check different boxes for gender and sexual orientation depending on the audience? Does that make you inauthentic?

Pillar #7: Roles & Power Dynamics

- Are you better at giving care or receiving care in your (a)sexual and (a)romantic relationships?
- Does consent work when people hold financial power over each other? Does privilege always give more power?
- Have you ever challenged the social and cultural roles assigned to you? In the bedroom?

Pillar #8: Kink & Fetish

- Does it make you kinky if you like spanking? Maybe a little roughness? How about a gentle foot massage?

- Do you have a fetish that is sexually arousing? Is your fetish taboo or unattainable?
- Why is kink & BDSM healing for some? Why is it triggering or even traumatizing for others?

Pillar #9: Spirituality & Transcendence

- Have you ever had sex that transported you to a different realm? Was it a new place or a familiar one?
- What entities do you call upon to enrich your (a)sexual and (a)romantic connections? Who knows about this?
- Do your sexuality and spirituality clash? How do you reconcile? Who supports you in that?