



**February Focus: Everyone wants loving and healthy relationships. It is a basic human need to give and receive love from birth to death. Self-worth are the thoughts and feelings men have about themselves as sexual beings.**

1. The two important characteristics of a loving and healthy relationship are \_\_\_\_\_ and \_\_\_\_\_.
2. What are or would be the strengths of the relationship you currently have with your partner/wife or girlfriend? \_\_\_\_\_
3. What areas do you need to work on to improve this relationship? \_\_\_\_\_
4. What is one thing you can do right now to improve your relationship?  
\_\_\_\_\_

Being on top of your game, you have sexual self-worth because you protect yourself as a sexual human being. You also protect your partner, wife or girlfriend.

5. One thing I can do right away to protect myself as sexual human being is \_\_\_\_\_.
6. One thing I can do right away to protect my partner, wife or girlfriend as a sexual human being is \_\_\_\_\_

	Low	High	Average
1. How comfortable are you with your masculinity?			
2. How comfortable are you with your sexuality? (being a sexual male)			
3. How comfortable do you feel with the image of your body?			
4. How comfortable do you feel with your ability to give and receive love?			
5. How comfortable do you feel being a responsible sexual being?			
6. How comfortable do you feel in your decisions to keep yourself sexual and physically healthy?			

7. There is an inherent hunger that a child has for the fathering experience. If a child does not have a father in their life, they look to other males in their life to teach them sexuality. Fathers aid significantly in the sexual development and well being of their children. Fathers need to first be assured of themselves before they assist their children in their development. Where are you in this journey? \_\_\_\_\_ How are you assisting your children? \_\_\_\_\_



Children need a dad to model love. They say a dad is a daughter's first love. Imagine the impact of a dad's behavior on his daughter as she thinks about dating and marriage. It is said that a daughter tends to look for a mate that mirrors tendencies of her father, especially how the dad treated her mother. A dad needs to model behaviors they wish to pass on to their children.

