

**Sexual
Fantasy
Iceberg Journal**

What is My Fantasy

Surface Feeling

What Did I Do With My Fantasy
(masturbate, ignore, deny, positive coping response)

What's the Story in My Head About My Fantasy

Deeper Feeling(s)

Which 7 Desire or other Emotional Need Am I
Wanting?

*To be heard/To be understood
To be included/To be blessed/To be safe
To be chosen/To be affirmed*