

Thank you for sharing such a deeply personal reflection. It's clear that you've spent a significant amount of time processing the impact of your early experiences, and it's commendable that you're now taking steps to face these challenges directly as part of your growth and healing.

Reflecting on Your Experience:

1. ****Instincts and Family Values****:

- Your strong self-protection instincts, coupled with family values that discouraged premarital sex, likely served as crucial guiding forces during your childhood. These factors helped you resist behaviors that felt wrong to you, even when cultural and peer pressures pointed in a different direction. This resistance shows the strength of your internal moral compass, even at a young age.

2. ****Challenges with Boundaries****:

- Struggling to establish boundaries is common for individuals who have experienced early boundary violations. Your experience of being pressured into sexual activity at a young age might have disrupted your natural development of boundaries, leading to confusion later in life about how to assert yourself in relationships. However, your strong self-protection instinct remained a critical tool in navigating these challenges.

3. ****Impact on Relationships****:

- Your aversion to physical attraction without a prior understanding of your personality is a complex and understandable response to your early experiences. It reflects a need for safety and trust in relationships, where emotional connection and understanding precede physical attraction. This approach is a protective mechanism, ensuring that any potential partner values you for who you are rather than just for physical attributes.
- The confusion about your own sexual desires and how women might perceive you is a natural outcome of the early sexual confusion and trauma you experienced. This confusion likely created mixed feelings about sexual attraction, complicating how you view both yourself and potential partners.

4. ****Path to Healing****:

- The fact that you're now looking for a relationship where sexual attraction is an integral but not the primary component of the chemistry is a significant step towards healing. It suggests that you're seeking a balanced and healthy connection, where emotional intimacy, trust, and shared values form the foundation, with sexual attraction being a natural, secondary outcome.
- Facing your past experiences head-on is vital for healing and personal growth. By acknowledging the impact of these experiences on your life, you can begin to work through the lingering confusion and emotional pain they caused. This process can help you develop a clearer understanding of your desires and needs in relationships, enabling you to establish healthier boundaries moving forward.

Moving Forward:

As you continue to work with your therapist, it may be helpful to explore these themes further. Understanding the role of early experiences in shaping your current thoughts and behaviors can provide valuable insights and guide you towards the relationships and connections that align with your deeper values and desires.

Finding a partner who shares your focus on emotional connection before physical attraction is an important step in forming the kind of relationship you're looking for. Such a connection can provide the safety and understanding needed to navigate the complexities of intimacy, helping you heal and grow in ways that are both fulfilling and aligned with your true self.

Please continue to give yourself the grace to explore these areas and know that taking these steps is a powerful move towards the healing and connection you seek.