

8. Three “approaches” to Affective Maturity

1. Thomas W. Krenik: Guiding elements in formation for celibacy.

- a) Internalisation of priestly/religious values
- b) Pattern of contemplative prayer
- c) Capacity for solitude
- d) Age appropriate psychosexual development.
- e) Capacity for intimacy
- f) Experience of community support
- g) Accountability to others

2. Psychosexual Maturity (Luisa Safiotti)

- a) Ability to acknowledge & accept our sexuality without guilt or denial
- b) Ability to pursue intimacy without motivation toward genital union
- c) Intimate relations with people of both sexes are direct, honest, non-manipulative
- d) We love individuals, not abstract “humanity”
- e) Intimate relationships are rooted in awareness of our body, sexuality, mind, emotions, spirit.

3. Age Appropriate Psychosexual Development (Ferder & Heagle)

(Growing up in our relational lives includes...)

- a) Physical dimension
- b) Cognitive...
- c) Emotional...
- d) Social...
- e) Moral...
- f) Spiritual...

Physical dimension

The genetic, biological hormonal factors that influence our sexual response from the first moments of conception and throughout the seasons of our lives.

Cognitive dimension

- 1. Accurate and adequate sexual knowledge;
- 2. The positive perception of our bodies;
- 3. Beliefs that reverence self and others.

Emotional Dimension

- 1. Being "at home" with our body;
- 2. Being aware of and comfortable with our sexual feelings;
- 3. Having healthy feelings toward others.

Social Dimension

1. Relating to others in un self-conscious ways;
2. Having the capacity for self-disclosure;
3. Being able to sustain friendship and intimacy.

Moral Dimension

1. Valuing attitudes & actions that are necessary for ongoing sexual integration;
2. Expressions of our sexuality that are faithful, healthy, and other-enriching;
3. Behavior that is consistent with our life commitments.

Spiritual Dimension

1. Affirming the presence of God and the sacred in our sexual feelings and expressions;
2. Coming to recognize that sexuality and spirituality are not enemies, but friends.