Benefits of Celibacy and Abstaining from Sex

- Most reliable form of birth control
- Reduced risk of STIs
- Reduced birth control expenses
- Improved emotional connection
- Improved personal development
- Healing from trauma
- More clarity about what you want sexually



<u>Sex And Celibacy Establishing Balance In Intimate</u> <u>Relationships Through Temporary Sexual Abstinence</u>

Rachel Sandford

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