



WORKSHEET SET

Intimacy & Connection

Six private worksheets to explore, reflect on, and share with your partner — at your own pace, in your own words.

These worksheets are for you. There are no right or wrong answers. Complete them privately, then choose what — if anything — you would like to share.

WORKSHEET 1 OF 6

Intimacy Menu

Intimacy is much broader than sex. This worksheet helps you map what feels good, what you might be open to, and what is off the table — so you and your partner can build a shared picture of connection that works for both of you.

I ENJOY	I'M OPEN TO / MAYBE	NOT FOR ME / BOUNDARY
Emotional <i>e.g., deep conversations, daily check-ins, sharing feelings, being truly heard</i>		
Physical (non-sexual) <i>e.g., cuddling, holding hands, hugging, sitting close, back rubs</i>		
Sensual <i>e.g., massage, skin contact, slow dancing, candlelit time together</i>		
Sexual <i>e.g., kissing, oral intimacy, intercourse — be as specific as you like</i>		
Verbal / Words <i>e.g., compliments, "I love you," affirmations, love notes</i>		
Quality Time <i>e.g., undistracted time together, shared activities, date nights</i>		
Other <i>Anything else that matters to you</i>		

Tip: You can write words, check boxes, or just circle what feels right. This is a starting point, not a contract.



WORKSHEET 2 OF 6

Pursuer–Withdrawer Cycle Map

When we feel disconnected, we each have a pattern — one person tends to reach out or push for closeness (the pursuer), while the other tends to pull back or go quiet (the withdrawer). Neither is wrong. This worksheet helps you see the cycle so you can step outside it together.

PARTNER A	PARTNER B
When I feel disconnected, I tend to...	
<i>e.g., text more, bring it up, get louder, seek reassurance</i>	<i>e.g., go quiet, get busy, avoid the topic, shut down</i>
Underneath that, I usually feel...	
<i>e.g., rejected, scared, unloved, desperate for closeness</i>	<i>e.g., overwhelmed, pressured, inadequate, shut down</i>
What I really need but don't say is...	
<i>e.g., "I need to know you still want me."</i>	<i>e.g., "I need space to feel safe enough to come back."</i>
When I do this, my partner probably feels...	
<i>e.g., chased, pressured, not trusted</i>	<i>e.g., abandoned, unimportant, confused</i>
What does the cycle look like when we get stuck?	
<i>Describe the pattern in your own words — what happens, in what order.</i>	
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The cycle is the problem — not you, and not your partner.



WORKSHEET 3 OF 6

Green / Yellow / Red Touch Exercise

This exercise helps you and your partner build a shared language around touch — what always feels safe, what depends on the moment, and what is off-limits. Complete your own column privately, then share as much as you feel comfortable.

■ GREEN	Freely initiated — no need to ask first.
■ YELLOW	Depends on mood or energy — always ask first.
■ RED	Not okay right now — respected without question, no negotiation in the moment.

■ GREEN Always safe	■ YELLOW Depends / Ask first	■ RED Not okay
Non-sexual touch		
<i>e.g., hand-holding, hugs</i>	<i>e.g., cuddling in bed</i>	<i>e.g., touching my face without asking</i>
Sensual touch		
<i>e.g., back rubs, head scratches</i>	<i>e.g., massage, slow dancing</i>	<i>e.g., touching certain body areas</i>
Sexual touch		
Verbal intimacy		
<i>e.g., "I love you," compliments</i>	<i>e.g., talking about desires</i>	<i>e.g., certain topics or words</i>
Other		

You get to change your mind. What is green today may be yellow tomorrow — and that is okay.



WORKSHEET 4 OF 6

Sensate Focus — A Guide for You

Sensate focus is a gentle, structured way to reconnect with touch — without any pressure or expectation. The goal is simply to notice sensation, not to perform, not to escalate, and not to reach any particular outcome.

There is no goal of arousal or sex. The only goal is presence.

- 1 Start with non-sexual touch only.**
Begin with areas like hands, arms, back, or feet. Avoid breasts and genitals entirely in early sessions. This removes the pressure of "where this is going."
- 2 Take turns — one gives, one receives.**
The giver focuses on what they notice: texture, temperature, pressure. The receiver simply notices sensation — not whether their partner is enjoying it, not whether they "should" be feeling something.
- 3 Use a simple signal system.**
If something feels good, you can say "yes" or guide gently. If something feels uncomfortable, say "stop" or move their hand. No explanation needed.
- 4 Keep sessions short.**
10–20 minutes is enough. This is not a marathon. Shorter and present is better than longer and disconnected.
- 5 Stop immediately if you notice:**
Pressure to continue. Shutdown or going numb. A sense of obligation. Any of these are signals to pause — not push through.

After a session — reflect privately:

What did I notice in my body during this exercise?

Was there a moment I felt safe? What made it feel that way?

Was there a moment I felt uncomfortable? What did I do?



WORKSHEET 5 OF 6

Define "Enough" — A Private Reflection

This worksheet is for you alone. It is about getting honest with yourself — not to judge your needs, but to understand them. There are no right answers. What matters is what is true for you.

You do not have to share this worksheet. It is for your own clarity first.

What would a sustainable level of intimacy look like for me?

Think about frequency, type, and emotional quality — not just physical.

What feels flexible for me — things I could adjust or compromise on?

What feels non-negotiable for me — things I need to feel okay in this relationship?

What would feel like "enough" in this relationship?

Not perfect. Not everything. Just enough to feel connected and respected.

What am I afraid to say out loud about what I need?

What do I wish my partner understood about my experience of intimacy?



WORKSHEET 6 OF 6

Reassurance Language Practice

One of the most painful parts of a mismatched intimacy dynamic is the gap between what is meant and what is heard. This worksheet gives you language to bridge that gap — phrases that reduce misinterpretation and help both partners feel seen.

For the lower-desire or asexual partner

These phrases help your partner understand that your lower desire for sex is not a reflection of how much you love or value them.

"I care about you deeply even when I don't want sex."

In my own words, I might say:

"My lack of sexual desire isn't rejection of you as a person."

In my own words, I might say:

"I want to feel close to you — I just need us to find ways that feel right for me too."

In my own words, I might say:

For the higher-desire or allosexual partner

These phrases help your partner understand that your desire for intimacy comes from a place of love and longing for closeness — not pressure or demand.

"I'm not trying to pressure you — I'm trying to feel close to you."

In my own words, I might say:

"I want connection in ways that feel safe and good for both of us."

In my own words, I might say:

"When you say no, I want to hear it as information, not rejection — help me understand what you need."

In my own words, I might say:

Intimacy is built one honest conversation at a time. You don't have to get it perfect — you just have to keep showing up.