

Digging Deep: Affection and Sex

Do you share loving touch in your relationship? YES NO

What moments do you (or have you) enjoyed most?

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The best part of my current or former sexual relationship is...

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Let your partner know what each of these moments tell you about what he/she feels for you.

When we make love what is most important to me is...

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What I most long for in our sexual life is...

What I most need to feel emotionally present and to be able to play in bed is...

Since childhood, society and your family of origin have influenced how you view the subject of sex and intimacy. Sometimes it can be difficult to talk about these topics openly and honestly. Starting with the person who is less likely to initiate sex, use the following section to simply share what your main reservations and anxieties are around being sexual or the discomfort you feel around your current sexual relationship with your partner. The other partner just listens, comforts and reassures.

I received various direct and indirect messages about sex and intimacy from my family of origin. For example,

Sex is...

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Men, in the context of sex, are (or need to be)...

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Women, in the context of sex, are (or need to be)...

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Showing affection is...

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The fearful concerns I heard around sex and intimacy were...

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While growing up I received several social messages about sex and intimacy. They are as follows.

Sex is...

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Men, in the context of sex, are (or need to be)...

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Women, in the context of sex, are (or need to be)...

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Showing affection is...

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The fearful concerns I heard around sex and intimacy were...

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The significant sexual and intimate events that impact me in my current relationship are... _____

What worries me about talking about sex and intimacy is... _____

In our current sexual relationship, I feel most hesitant and uneasy when... _____

The main anxieties I have around being sexual or our sexual relationship is... _____
