

Restarting Sexuality Worksheet

Define your levels of physical connection by number.

Ex. – Level 0 = No physical touch

Level 1 = holding hands, side hugs

Level 2 = short kisses, hugs, cuddling on the couch

Level 3 = more intense kisses, hand-genital

Etc.

Use those levels to let your partner know what you are comfortable with. If you are at different levels, stay at the lower level stated. Overtly share when you are comfortable moving to a higher level. This may feel awkward, but it will help to recreate connection and safety in this area of your relationship.

Create a list of phrases or actions that each of you will use to instigate sex.

What phrase(s) can either of you use in response if you aren't interested in sex? Defining these can help to minimize feelings of rejection, while allowing both of you to have a voice around what you do with your body.

What phrase(s) can either of you use to pause or stop sexual activity if you get triggered?

What specific actions are things you enjoy during sex? Defining these can help you and your partner know how to make the experience best for both of you. Note that there may be items one of you enjoys, but the other is not comfortable with. Stating that you enjoy something does not mean your partner needs to do something that is not comfortable. Sex is about connection and if one individual is not comfortable, connection will be limited.

What do each of you need following sex to ensure that the connection felt is maximized?

Our Levels of Physical Connection

Level 0 –

Level 1 –

Level 2 –

Level 3 –

Level 4 –

Level 5 –
