CENTERED SOUL
Counseling

The Intimacy Check-In

A guided reflection for exploring sex, desire & connection

A gentle space to slow down, get curious, and notice what intimacy looks and feels like for you right now.

Use this guide on your own, or take some time to complete it individually before sharing your reflections with a partner. There are no “right” or “wrong” answers here. This is simply an opportunity to explore your feelings, experiences, and what matters most to you.

Checking In With Yourself

Taking time to understand your own feelings and experiences can help you communicate them more openly and clearly with others.

For each statement, circle the response that feels closest to where you are right now. This is not a score. It is simply a snapshot of how you feel in this moment.

I feel connected to my sexuality. Not yet • Sometimes • Mostly

I feel comfortable expressing what I want. Not yet • Sometimes • Mostly

I have a sense of what brings me pleasure. Not yet • Sometimes • Mostly

I feel comfortable saying no or setting boundaries Not yet • Sometimes • Mostly

I feel desirable in ways that feel authentic to me. Not yet • Sometimes • Mostly

I have space for pleasure in my life. Not yet • Sometimes • Mostly

I can discuss sex without much shame or embarrassment. Not yet • Sometimes • Mostly

My current sexual or intimate experiences feel like they fit who I am. Not yet • Sometimes • Mostly

A few things I'm noticing...

Right now, intimacy feels...

Something I've been wanting more of lately is...

Something I've been wanting less of is...

Something I'm curious about but haven't explored is...



Desire & Connection

Notice what helps you move toward intimacy and what tends to make connection challenging

What helps me feel connected?

- ☐ Affection
- ☐ Emotional vulnerability
- ☐ Feeling desired
- ☐ Sexual touch
- ☐ Playfulness
- ☐ Independence or space
- ☐ Quality time
- ☐ Flirting
- ☐ Physical touch
- ☐ Novelty or adventure
- ☐ Intellectual connection
- ☐ Other: _____

What tends to get in the way?

- ☐ Stress
- ☐ Body Image
- ☐ Resentment
- ☐ Difficulty communicating
- ☐ Different levels of desire
- ☐ Feeling disconnected from myself
- ☐ Exhaustion
- ☐ Relationship Conflict
- ☐ Feeling pressure
- ☐ Shame around sex
- ☐ Lack of privacy or time
- ☐ Other: _____

Go a little deeper

I tend to feel most open to intimacy when...

I tend to pull away from intimacy when...

One thing I wish my partner(s) better understood about my experience of desire is...

If You’re Exploring This With a Partner

Complete your own reflection first. Then choose a time when you both have enough space to listen and discuss.

The goal isn't to figure everything out in one conversation. Give each other space to share openly, and try to listen with curiosity rather than focusing on what you'll say next. Remember, you don't have to experience intimacy in the same way to better understand and appreciate each other's perspectives.

1. **I feel most connected to you when...**
2. **Something I really enjoy about our intimacy is...**
3. **Lately, I’ve been craving more...**
4. **Something that makes it harder for me to connect sexually is...**
5. **Something I’d feel comfortable being curious about together is...**
6. **One thing I want you to know about how I experience desire is...**

After the conversation

What did you learn about yourself or each other that you didn’t know or hadn’t disussed before?



Where Do I Go From Here?

You do not need to have all the answers for your experience to be worth exploring.

Maybe you discovered something new about yourself, recognized something that's been missing in your intimate experiences, or became more aware of feelings you haven't quite put into words. You might even have more questions than answers right now, and that's completely okay. You don't have to have everything figured out. What's important is giving yourself the space to explore what matters to you.

Choose one small next step

- ☐ I want to keep reflecting on my own.
- ☐ I want to share one thing I learned with partner.
- ☐ I want to make more intentional space for please or connection.
- ☐ I want to space naming a boundary or desire more clearly.
- ☐ I want support exploring this in therapy.
- ☐ My own next step: _____

Want support having these conversations?

Sex and relationship therapy can offer a judgment-free space to better understand yourself and your relationships more deeply, communicate more openly, and create relationships and sexual experiences that feel more authentic to you.

Schedule a complimentary 15-minute consultation
www.centeredsoulcounselingservices.com

100% Telehealth throughout California

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