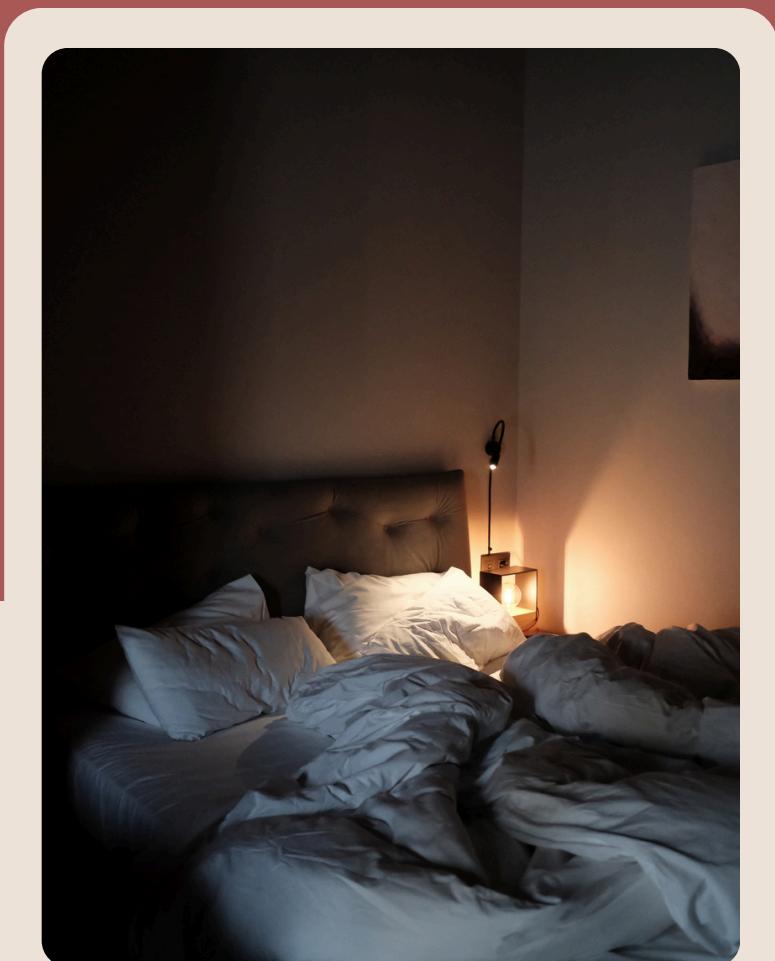


WORKBOOK



Exploring Intimacy Together

A worksheet for couples to deepen connection, communicate desires, and explore boundaries with curiosity and care.

PART 1

Setting the Tone

Before you begin:

- Choose a quiet time and place to talk.
- Approach each other with non-judgment, openness, and respect.
- You can choose to write your responses separately and then share, or complete the worksheet together.

PART 2

Your Definitions of Intimacy

What does intimacy mean to you (emotional, physical, sexual, spiritual)?

Partner A

Partner B

What makes you feel most connected to your partner?

Partner A

Partner B

What types of non-sexual touch or closeness do you enjoy (e.g., cuddling, hand-holding, massages)?

Partner A

Partner B

PART 3

Exploring Sexual Desires

What sexual activities do you currently enjoy together? (Feel free to list anything from kissing to specific acts.)

What are some fantasies, curiosities, or desires you've thought about but haven't explored?

Partner A

Partner B

How do you feel about bringing up sexual needs or desires with your partner?

Partner A

Partner B



PART 4

Kinks, BDSM, and Erotic Exploration

Are there any kinks, fetishes, or BDSM-related activities you're curious about or interested in? (Examples: dominance/submission, bondage, role-play, sensory play, spanking, etc.)

Partner A

Partner B

What feelings or beliefs do you associate with kink or BDSM?

(E.g., exciting, taboo, shameful, empowering, confusing...)

Partner A

Partner B

Are there any hard limits (definite no's) or soft limits (maybe, with conditions)? List a few for yourself below.

Hard Limits

Soft Limits

What aspects of BDSM appeal to you (if any)?

- Power dynamics (D/s)
- Physical sensations (impact play, sensory deprivation, etc.)
- Role play
- Bondage/restraint
- Rituals or structure
- Aftercare
- Other: _____



PART 5

Communication & Safety

What would help you feel safe and secure when exploring new experiences with your partner?

What safeword or signal can you agree on to pause or stop a scene or activity if needed?

Safeword

What does aftercare look like for you? (E.g., cuddling, space, reassurance, food/water, check-ins)

Partner A

Partner B

PART 6

Reflection & Action Steps

What's one thing you learned about your partner today?

What's one thing you're curious to try together (sexual or non-sexual)?

What next step can we take together to deepen our connection?



REVIVE INTIMACY
REBUILDING PATHWAYS TO CONNECTION AND INTIMACY

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