

# 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.)

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

Partner A

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Partner B

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

Partner A

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Partner B

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## 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?**

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

**Safeword**

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

**Partner A**

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**Partner B**

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## PART 6

# *Reflection & Action Steps*

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

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

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

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