

Are You Having Problems with Sexual?

Objective

To identify the factors that may be contributing to your difficulties with sexual intimacy and to practice exercises that help build your connection with your partner.

What to Know

Sexual intimacy is an important component of many romantic relationships. However, some individuals experience difficulties connecting sexually with their partners, leading to feelings of frustration, disconnection, and confusion. These issues can arise for many reasons, including emotional barriers, trauma, past experiences, communication challenges, physical health issues, or mismatched expectations and desires.

Check off any of the following that you relate to:

Unresolved emotional issues, such as past trauma, anxiety, or depression, impact your ability to feel safe and connected during sexual encounters.

You feel there is a lack of emotional intimacy in your relationship.

Negative sexual experiences have contributed to you feeling fearful or uncomfortable around sexual activity. These past experiences may result in avoidance, lack of desire, or difficulties in being present during sexual interactions.

There is a lack of open and honest communication about sexual needs, desires, and boundaries – which has led to misunderstandings and unmet expectations.

Physical health problems, including hormonal imbalances, chronic pain, or medications, affect your sexual desire and/or performance.

You and your partner have different levels of sexual desire, preferences, or expectations, which may create tension and dissatisfaction.

This worksheet is designed to help you explore these factors and others that may be contributing to your difficulties with sexual intimacy.

What to Do

Reflect on your emotional state and identify any feelings that might be affecting your sexual relationship. Consider emotions such as anxiety, fear, guilt, or shame. Write your thoughts below.

Write down any past experiences or traumas that might be impacting your current sexual relationship. Be as honest as possible.

Do you feel emotionally safe with your partner? Why or why not?

Are there unresolved emotional issues from your past that may be influencing your sexual experiences? Explain.

Consider any physical health issues or medications that might be affecting your sexual desire or performance. Make a list of these factors.

Have you experienced any changes in your physical health that might be impacting your sexual life? Explain.

Are there any medications you're taking that could affect your libido (sexual desire)?

Schedule a time to have an open and honest conversation with your partner about your sexual relationship. Use "I" statements to express your feelings and needs without placing blame. Here are some examples of conversation starters:

- "I feel [*emotion*] when we [*situation*], and I would like to explore how we can improve our connection."
- "I want us to be able to talk more openly about our sexual needs and desires."

When will you have this conversation? What will you say?

Share your boundaries and listen to your partner's. Discuss what each of you enjoys and what you feel comfortable with in your sexual relationship. This can help build trust and understanding.

What are your sexual boundaries, and how can you communicate them to your partner?

What are your partner's boundaries, and how can you respect them?

Next, you can reintroduce physical touch in a non-sexual context to rebuild comfort and connection. This can include holding hands, hugging, or cuddling. Set aside time each day to engage in non-sexual physical touch. Reflect on how it feels and how it impacts your connection with your partner. Use the chart for one week and record what happens.

Day	Describe what you did	How did it feel?	Impact on relationship
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Practice mindfulness to enhance your awareness and presence during intimate moments. This can help you stay connected to your partner and reduce anxiety or distractions. During intimate moments, focus on your breath and sensations in your body. Pay attention to your partner's touch and the emotions that arise. Try to remain present and avoid letting your mind wander. Try this and describe what happened.

Now, explore new activities or experiences that you and your partner can enjoy together. This could include trying new forms of physical intimacy, exploring different forms of sensual touch, or discovering new interests and hobbies. You might attend a dance class, go for a walk in nature, or experiment with cooking a new recipe together. These activities can help build emotional intimacy, which can translate into a stronger sexual connection. What will you do?

Work together to create a comfortable and relaxing environment for intimacy. This might involve setting the mood with lighting, music, or scents that you both enjoy.

What environment helps you feel relaxed and connected?

How can you create a space that is conducive to intimacy?

Reflections on This Exercise

Use this worksheet as a starting point for ongoing exploration and growth in your sexual relationship. Building a strong and healthy sexual connection takes time, patience, and open communication.

What have you learned about your emotional and physical barriers to sexual intimacy?

How has communication with your partner improved, and what areas still need work?

What new activities or experiences have you enjoyed together, and how have they impacted your connection?

What steps can you take moving forward to continue improving your sexual relationship?

Did anything surprise you about this activity? If so, describe.

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
