

Intimacy

Choose the Closeness I Want

Adults | 10 to 15 minutes

Intimacy can include conversation, shared time, touch, sexual contact, or other forms of connection. What feels welcome can change. Choose one kind of closeness to reflect on today. You do not owe contact, an explanation, or a particular response because of your relationship status.

Consider what is wanted, what is uncertain, and what is not wanted. Plan only a freely chosen next step.

Describe the conditions

Notice pace, privacy, comfort, physical symptoms, trust, and how a no is received. Separate your preference from what you think you should want. A wish for emotional closeness does not automatically imply consent to touch or sex.

Offer a clear invitation or limit

You might say: I would like company, but not touch tonight. Invite the other person's preference without negotiation pressure. If a response includes threats, repeated pushing, or retaliation, focus on individual support rather than practicing intimacy together.

1. What kind of closeness, if any, do I want today?**2. What conditions would help it feel comfortable and freely chosen?****3. What limit or uncertainty do I want respected?****4. What invitation, pause, or private support is my next step?****Clinical use and adaptation**

Privately assess coercion and relationship safety before conjoint use. Respect diverse identities, asexuality, disability, culture, and changing desire. New pain or sexual-health concerns warrant appropriate healthcare. Never prescribe touch, exposure, disclosure, or sexual activity through this worksheet.