

# **SEXUAL COMMUNICATION EXERCISE**

Strengthen Intimacy Through  
Honest Dialogue



# Sexual Communication Exercise

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## 1. Identify Your Preferences

- What do you currently enjoy most about your intimate connection?
  - *Example:* "I love when we hold hands during quiet moments."
- What's one thing you'd like to explore?
  - *Example:* "I'd like to try more sensual massages."

### Write Your Answers:

- What I love: \_\_\_\_\_
- What I'd like to explore: \_\_\_\_\_

## 2. Discuss Boundaries

- Share one boundary that's important to you.
  - *Example:* "I need to feel emotionally connected before I engage in physical intimacy."

### Write Your Boundary:

- My boundary: \_\_\_\_\_

## 3. Share One Desire

- Use a positive, encouraging tone to share something new you'd like to try.
  - *Example:* "I'd love for us to plan a romantic weekend getaway."

### Write Your Desire:

- My desire: \_\_\_\_\_