



A GUIDE TO *Exploring Intimacy*





THANK YOU

Thank you for taking the time to explore this intimacy and connection workbook.

My hope is that these reflections give you an opportunity to slow down, check in with yourself, and become more aware of what helps you feel comfortable, connected, and present in your relationships.

This resource is designed to **encourage self-reflection and conversation** around intimacy, communication, boundaries, and connection. Take what feels helpful, skip what doesn't, and remember that your preferences and boundaries are yours to define.

REMINDER



Important Disclaimer

This workbook is an educational and self-reflection resource. It is not therapy, counseling, psychological treatment, or a substitute for professional mental health care.

Completing this workbook does not establish a therapist-client relationship with Peace Love MFT / Peace Love Marriage and Family Therapy and does not create an expectation of individualized clinical guidance or treatment.

The information provided is general in nature and may not be appropriate for every individual or relationship. If you are experiencing significant relationship distress, trauma, abuse, coercion, sexual concerns, or mental health concerns, consider seeking support from a qualified licensed mental health professional who can provide individualized care.

Your participation is completely voluntary. You do not need to answer any question that makes you uncomfortable. You are always allowed to pause, skip a question, change your mind, or stop.

A Final Reminder

Your boundaries matter.

Your comfort matters.

Your voice matters.

And intimacy should always include mutual respect and consent.

Thank you for allowing this resource to be part of your reflection and relationship journey.

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MY BRAKES & ACCELERATORS

This worksheet is about understanding what helps you feel connected, what slows you down, and what you may be curious about exploring. There are no right or wrong answers. Your preferences and boundaries can change.

MY COLOR SYSTEM



RED — STOP / NO

NOT COMFORTABLE, NOT INTERESTED, OR A BOUNDARY.



YELLOW — PAUSE / MAYBE

CURIOUS, UNSURE, OR SOMETHING I MAY CONSIDER DEPENDING ON THE SITUATION.



GREEN — GO / YES

SOMETHING I ENJOY, WELCOME, OR WOULD LIKE MORE OF.

REMEMBER: A GREEN IS NOT A PERMANENT YES. YOU CAN CHANGE YOUR MIND AT ANY TIME.



MY BRAKES

WHAT TENDS TO MAKE IT HARDER FOR ME TO FEEL CONNECTED OR INTERESTED?

CHECK ANY THAT APPLY:

- ☐ STRESS OR OVERWHELM
- ☐ FEELING TIRED
- ☐ UNRESOLVED CONFLICT
- ☐ FEELING CRITICIZED
- ☐ FEELING PRESSURED
- ☐ FEELING EMOTIONALLY DISCONNECTED
- ☐ FEELING UNAPPRECIATED
- ☐ LACK OF PRIVACY
- ☐ FEELING RUSHED
- ☐ BODY IMAGE CONCERNS
- ☐ TOO MANY RESPONSIBILITIES
- ☐ FEELING LIKE AFFECTION ALWAYS HAS TO LEAD TO SEX
- ☐ OTHER: _____

MY BIGGEST BRAKES ARE:

1. _____
2. _____



MY ACCELERATORS

WHAT HELPS ME FEEL CONNECTED, RELAXED, AFFECTIONATE, OR INTERESTED?

- ☐ FEELING APPRECIATED
- ☐ FEELING EMOTIONALLY CONNECTED
- ☐ LAUGHTER/PLAYFULNESS
- ☐ QUALITY TIME
- ☐ COMPLIMENTS
- ☐ FEELING DESIRED
- ☐ FEELING SUPPORTED
- ☐ FEELING RESPECTED
- ☐ NON-SEXUAL AFFECTION
- ☐ DATE NIGHTS
- ☐ PRIVACY
- ☐ HAVING ENOUGH TIME
- ☐ FEELING THAT MY BOUNDARIES WILL BE RESPECTED
- ☐ OTHER: _____

MY BIGGEST ACCELERATORS ARE:

1. _____
2. _____



5 SENSES

This section you will explore your brakes and accelerators through the 5 senses. Our bodies are full of information. It gives us hints of what we may or may not like. Utilize the checklist to support your reflection. This will help you fill out your table on the following pages.

MY COLOR SYSTEM



RED — STOP / NO

NOT COMFORTABLE, NOT INTERESTED, OR A BOUNDARY.



YELLOW — PAUSE / MAYBE

CURIOUS, UNSURE, OR SOMETHING I MAY CONSIDER DEPENDING ON THE SITUATION.



GREEN — GO / YES

SOMETHING I ENJOY, WELCOME, OR WOULD LIKE MORE OF.

REMEMBER: A GREEN IS NOT A PERMANENT YES. YOU CAN CHANGE YOUR MIND AT ANY TIME.



SAMPLE

In each section, utilizing the information learned from the checklist on the previous page to support you in filling out the table below. Reflect on past experiences with partner. Accelerators are green. Brakes are red. Yellow is where curiosity lies. Try to be specific possible. For example candle are Greenlight, below I would note a scent. (eg tropical sented candle)

Green	Yellow	Red
Dim/Candle lite writing	Massage candle	Lights on
Dirty Talk	Role Playing	Name calling



THE FIVE SENSES OF INTIMACY (SIGHT)

NON-SEXUAL WAYS **SIGHT** CAN CREATE INTIMACY:

- ☐ EYE CONTACT
- ☐ SMILING AT ONE ANOTHER
- ☐ LOOKING AT OLD PHOTOS TOGETHER
- ☐ GETTING DRESSED UP FOR ONE ANOTHER
- ☐ WATCHING A FAVORITE SHOW TOGETHER
- ☐ SITTING TOGETHER WITHOUT PHONES
- ☐ OTHER: _____

WHAT I LIKE TO SEE

- ☐ EYE CONTACT
- ☐ WATCHING MY PARTNER GET DRESSED
- ☐ DRESSING UP FOR ONE ANOTHER
- ☐ WEARING SOMETHING MY PARTNER FINDS ATTRACTIVE
- ☐ FLIRTING WITH FACIAL EXPRESSIONS
- ☐ WATCHING MY PARTNER MOVE/DANCE
- ☐ WATCHING EACH OTHER DURING KISSING OR AFFECTION
- ☐ LOOKING AT EACH OTHER IN THE MIRROR
- ☐ DIM/SOFT LIGHTING
- ☐ CANDLELIGHT
- ☐ CREATING AN INVITING BEDROOM SPACE
- ☐ SHARING ROMANTIC OR SENSUAL PHOTOS WITH EACH OTHER
- ☐ WATCHING A ROMANTIC OR SENSUAL MOVIE TOGETHER
- ☐ SEEING MY PARTNER INITIATE AFFECTION
- ☐ OTHER: _____



THE FIVE SENSES OF INTIMACY (SIGHT)

In each section, utilizing the information learned from the checklist on the previous page to support you in filling out the table below. Reflect on past experiences with partner. Accelerators are green. Brakes are red. Yellow is where curiosity lies. Try to be specific possible.

Green	Yellow	Red



THE FIVE SENSES OF INTIMACY (SOUND)

NON-SEXUAL WAYS **SOUND** CAN CREATE INTIMACY:

- ☐ COMPLIMENTS
- ☐ WORDS OF APPRECIATION
- ☐ "I LOVE YOU"
- ☐ CHECKING IN ABOUT MY DAY
- ☐ LAUGHING TOGETHER
- ☐ LISTENING WITHOUT INTERRUPTING
- ☐ MUSIC WE BOTH ENJOY
- ☐ READING OR TALKING TOGETHER
- ☐ OTHER: _____

WHAT I LIKE TO HEAR

- ☐ COMPLIMENTS
- ☐ "I WANT YOU"
- ☐ "YOU LOOK GOOD"
- ☐ WORDS OF AFFECTION
- ☐ FLIRTY CONVERSATION
- ☐ WHISPERING
- ☐ LAUGHING TOGETHER
- ☐ ROMANTIC MUSIC
- ☐ A PLAYLIST WE CREATED TOGETHER
- ☐ HEARING MY PARTNER EXPRESS WHAT THEY ENJOY
- ☐ TALKING ABOUT WHAT WE WOULD LIKE TO TRY
- ☐ TALKING ABOUT FANTASIES OR CURIOSITIES
- ☐ HEARING MY PARTNER ASK FOR CONSENT/CHECK IN
- ☐ OTHER: _____



THE FIVE SENSES OF INTIMACY (SOUND)

In each section, utilizing the information learned from the checklist on the previous page to support you in filling out the table below. Reflect on past experiences with partner. Accelerators are green. Brakes are red. Yellow is where curiosity lies.

Green	Yellow	Red



THE FIVE SENSES OF INTIMACY (SMELL)

THINGS THAT CREATE A COMFORTABLE ENVIRONMENT FOR ME: (**SMELL**)

- ☐ FRESH SHEETS
- ☐ SHOWER/BATH
- ☐ FAVORITE LOTION
- ☐ CANDLE OR ROOM SCENT
- ☐ FRESH LAUNDRY
- ☐ NATURAL SCENTS
- ☐ OTHER: _____

SCENTS THAT CREATE ATTRACTION & COMFORT

- ☐ FRESHLY SHOWERED PARTNER
- ☐ FAVORITE PERFUME/COLOGNE
- ☐ FAVORITE LOTION
- ☐ CLEAN SHEETS
- ☐ FRESHLY WASHED HAIR
- ☐ A SCENT ASSOCIATED WITH MY PARTNER
- ☐ CANDLES
- ☐ ESSENTIAL-OIL/AROMATHERAPY SCENTS
- ☐ A FAVORITE FOOD OR DRINK
- ☐ CREATING A RELAXING BEDROOM SCENT
- ☐ OTHER: _____



THE FIVE SENSES OF INTIMACY (SMELL)

In each section, utilizing the information learned from the checklist on the previous page to support you in filling out the table below. Reflect on past experiences with partner. Accelerators are green. Brakes are red. Yellow is where curiosity lies.

Green	Yellow	Red



THE FIVE SENSES OF INTIMACY (TASTE)

NON-SEXUAL WAYS **TASTE** CAN CREATE INTIMACY:

- ☐ COOKING TOGETHER
- ☐ SHARING A FAVORITE MEAL
- ☐ TRYING A NEW RESTAURANT
- ☐ MAKING DESSERT TOGETHER
- ☐ MORNING COFFEE/TEA TOGETHER
- ☐ SHARING SNACKS
- ☐ OTHER: _____

TASTE & SHARED SENSORY EXPERIENCES

- ☐ KISSING
- ☐ LONGER/MORE INTENTIONAL KISSING
- ☐ TRYING DIFFERENT TYPES OF KISSES
- ☐ SHARING A FAVORITE DESSERT
- ☐ FEEDING EACH OTHER
- ☐ SHARING FRUIT
- ☐ CHOCOLATE
- ☐ FAVORITE BEVERAGE TOGETHER
- ☐ COOKING A ROMANTIC MEAL
- ☐ TRYING A NEW RESTAURANT
- ☐ CREATING A SPECIAL DATE-NIGHT MEAL
- ☐ EXPLORING FOODS/FLAVORS TOGETHER
- ☐ OTHER: _____



THE FIVE SENSES OF INTIMACY (TASTE)

In each section, utilizing the information learned from the checklist on the previous page to support you in filling out the table below. Reflect on past experiences with partner. Accelerators are green. Brakes are red. Yellow is where curiosity lies.

Green	Yellow	Red



THE FIVE SENSES OF INTIMACY (TOUCH)

TOUCH THAT HELPS ME FEEL CONNECTED:

- ☐ HOLDING HANDS
- ☐ HUGS
- ☐ CUDDLING
- ☐ SITTING CLOSE TOGETHER
- ☐ ARM AROUND ME
- ☐ BACK/SHOULDER TOUCH
- ☐ HAIR/SCALP TOUCH
- ☐ MASSAGE
- ☐ KISSING
- ☐ BACK RUB
- ☐ SHOULDER MASSAGE
- ☐ FOOT MASSAGE
- ☐ PLAYING WITH MY HAIR
- ☐ TOUCHING MY ARMS/HANDS
- ☐ GENTLE TOUCH
- ☐ FIRM TOUCH
- ☐ SLOW TOUCH
- ☐ PLAYFUL TOUCH
- ☐ BEING PULLED CLOSER
- ☐ DANCING TOGETHER
- ☐ LYING TOGETHER WITHOUT SEXUAL EXPECTATIONS
- ☐ EXPLORING DIFFERENT TYPES OF TOUCH
- ☐ OTHER: _____



THE FIVE SENSES OF INTIMACY (TOUCH)

In each section, utilizing the information learned from the checklist on the previous page to support you in filling out the table below. Reflect on past experiences with partner. Accelerators are green. Brakes are red. Yellow is where curiosity lies.

Green	Yellow	Red



CONNECTION BEYOND THE 5 SENSES

SEXUAL INTIMACY OFTEN STARTS BEFORE PHYSICAL INTIMACY.

THINGS THAT CAN HELP ME FEEL CONNECTED:

- ☐ FLIRTING THROUGHOUT THE DAY
- ☐ SENDING A LOVING/FLIRTY MESSAGE
- ☐ PLANNING INTENTIONAL TIME TOGETHER
- ☐ DATE NIGHT
- ☐ TAKING A SHOWER OR BATH TOGETHER
- ☐ DANCING TOGETHER
- ☐ GIVING MY PARTNER A MASSAGE
- ☐ CUDDLING WITHOUT THE EXPECTATION OF SEX
- ☐ KISSING WITHOUT RUSHING TOWARD SEX
- ☐ TALKING ABOUT WHAT TURNS US ON
- ☐ TALKING ABOUT BOUNDARIES
- ☐ TALKING ABOUT WHAT FEELS GOOD
- ☐ EXPRESSING APPRECIATION FOR MY PARTNER
- ☐ SHARING A FANTASY OR CURIOSITY
- ☐ INITIATING AFFECTION
- ☐ ALLOWING MY PARTNER TO INITIATE
- ☐ CREATING A RELAXING ENVIRONMENT
- ☐ TAKING TIME TO RECONNECT AFTER CONFLICT
- ☐ OTHER: _____



MY INTIMACY RESET

A Quick Self-Ritual Before Intimacy

BEFORE CONNECTING WITH SOMEONE ELSE, TAKE A MOMENT TO RECONNECT WITH YOURSELF.

- ☐ CHECK IN
- ☐ HOW AM I FEELING?
- ☐ DO I WANT INTIMACY RIGHT NOW?
- ☐ WHAT DO I NEED TO FEEL COMFORTABLE?
- ☐ RESET
- ☐ SHOWER OR FRESHEN UP
- ☐ DRINK WATER
- ☐ TAKE A FEW DEEP BREATHS
- ☐ STRETCH OR MOVE MY BODY
- ☐ CHANGE INTO SOMETHING COMFORTABLE OR CONFIDENCE-BOOSTING
- ☐ SET THE MOOD
- ☐ TIDY MY SPACE
- ☐ ADJUST LIGHTING
- ☐ CHOOSE MUSIC
- ☐ ADD A FAVORITE SCENT
- ☐ PUT AWAY DISTRACTIONS/PHONE
- ☐ CONNECT WITH MYSELF
- ☐ GIVE MYSELF A COMPLIMENT
- ☐ NOTICE HOW MY BODY FEELS
- ☐ LET GO OF PRESSURE TO PERFORM
- ☐ REMIND MYSELF I CAN SLOW DOWN OR STOP
- ☐ CHOOSE MY INTENTION



MY INTIMACY RESET

A Quick Self-Ritual Before Intimacy

TONIGHT I WANT TO FEEL:

- ☐ RELAXED ☐ PLAYFUL ☐ CONNECTED
- ☐ CONFIDENT ☐ DESIRED ☐ CURIOUS
- ☐ AFFECTIONATE ☐ PRESENT ☐ OTHER: _____
- ☐ READY CHECK

- ☒ GREEN: I'M INTERESTED AND COMFORTABLE.
- ☐ YELLOW: I NEED TO SLOW DOWN, CHECK IN, OR SEE HOW I FEEL.
- ☐ RED: I DON'T WANT INTIMACY RIGHT NOW.

MY PERSONAL RITUAL:

1. _____
2. _____
3. _____

REMEMBER

I DON'T HAVE TO PERFORM.

I DON'T HAVE TO BE "IN THE MOOD."

I CAN ASK FOR WHAT I NEED.

I CAN CHANGE MY MIND.

I CAN PAUSE OR STOP AT ANY TIME.

INTIMACY STARTS WITH BEING CONNECTED TO YOURSELF.



COUPLES REFLECTION

AFTER SHARING YOUR REDS, YELLOWS & GREENS
5 QUESTIONS TO REFLECT ON TOGETHER

TAKE TURNS ANSWERING. LISTEN TO UNDERSTAND—NOT TO DEFEND, EXPLAIN, OR CONVINCE.

1. WHAT DID YOU LEARN ABOUT YOUR PARTNER THAT YOU DIDN'T KNOW BEFORE?
2. WHAT DID YOUR PARTNER SHARE THAT HELPED YOU BETTER UNDERSTAND WHAT HELPS THEM FEEL SAFE, COMFORTABLE, OR CONNECTED?
3. WAS THERE ANYTHING IN THEIR YELLOW LIST THAT YOU WOULD LIKE TO BE CURIOUS ABOUT TOGETHER—WITHOUT PRESSURE OR EXPECTATION?
4. WHAT GREEN DID YOUR PARTNER SHARE THAT YOU WOULD LIKE TO INTENTIONALLY CREATE MORE OPPORTUNITIES FOR?
5. WHAT IS ONE SMALL THING EACH OF YOU CAN DO TO HELP CREATE MORE CONNECTION AND INTIMACY?

PARTNER 1: _____

PARTNER 2: _____

REMEMBER

RED = RESPECT THE BOUNDARY.

YELLOW = SLOW DOWN AND GET CURIOUS.

GREEN = EXPLORE WITH MUTUAL CONSENT.

THE GOAL ISN'T TO CONVINCE YOUR PARTNER TO MOVE A RED TO YELLOW OR A YELLOW TO GREEN.

THE GOAL IS TO UNDERSTAND EACH OTHER BETTER AND CREATE MORE OPPORTUNITIES FOR CONNECTION.

DATE

MOOD



JOURNAL

YOUR THOUGHTS

GOALS

TO DO

CONGRATULATIONS

CONGRATULATIONS ON
FINISHING THIS WORKBOOK!



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