

SEXUAL AND EMOTIONAL INTIMACY

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Guided by the table below, talk with your partner about what feels true **for you** regarding your blocks and your supports around sexual intimacy and emotional intimacy. (Adapted from the book, *Taking Sexy Back: How to Own Your Sexuality and Create the Relationships You Want*)

	Sexual Intimacy	Emotional Intimacy
Blocks	My role as a parent Work stress Schedules Tension between us Energy Caregiving Past experiences Distraction Fear Body image concerns Worry about performance Alcohol or other substance Other...	My role as a parent. Work stress Schedules Tension between us Energy Caregiving Past experiences Distraction Fear Worry about doing it wrong and/or disappointing you Alcohol or other substance Other...
Supports	Time Peace between us Feeling energetic Feeling creative Feeling connected Feeling good in my skin Feeling desirable Feeling desired Sexy movies/stories Flirtation Context or setting Talking about sex Alcohol or other substance Other...	Time Peace between us Feeling heard Patience A movie, play, concert, show Movement Activity Problem-solving Specific topics Planned time Date Context or setting Alcohol or other substance Other...