

Intimacy Guide: Starting the Conversation

A Practical Guide for Building Deeper
Connections



ASCOLTA

Wellness

Welcome to the Intimacy Guide

Do you feel disconnected in your relationship? Struggling to talk about sexual intimacy or feeling lost in meeting each other's needs?

This quick guide offers **practical language around intimacy** and helps you explore your needs. Together, you'll find achievable steps toward a **deeper connection**.

When we start drifting away from our partner or feel a misalignment in physical or emotional connection, it can feel impossible to find a **roadmap back to connection**.

If we want our needs to be met, we first have to communicate them in a way that our partner will listen to and understand. To be able to communicate them, we need to understand what exactly it is that we are needing. Furthermore, to understand what we are needing, we need to go within and shine a light on how we are feeling.

You may be thinking, "*Of course I know what I feel and what I need*"—and maybe you do. If so, great! This guide can still help you **solidify communication, connection, and intimacy**. If you're unsure or feel your needs may not be fully apparent to your partner, *then this guide is for you too*.

Step 2: Communicate Your Needs

Once you've identified your feelings, the next step is to communicate them effectively to your partner. Clear communication paves the way for deeper understanding and connection.



Once you understand what you're feeling, the next step is to explore what you need. Use the list of needs as inspiration and try to get as specific as possible with each one so your partner knows exactly how they can support you.

Exploring Needs

Think about how your needs have been met before or are being met now. Then, consider how to communicate them clearly and without judgment, focusing on collaboration and understanding. Remember, this is a conversation. We can't control our partner's response to our request—they may say yes, no, not now, or maybe. The goal is to collaborate, balancing meeting each other's needs without self-abandoning.

Your Role

- Speak from a place of owning your own experience.
- Take responsibility for your emotions.
- Identify how you feel and communicate without blame

Your Partner's Role

- Tune into your partner's feelings and needs.
- Avoid defensiveness and reflect back what your partner may be feeling.
- Take accountability for your role in their need not being met.

Prompts for Reflection

Take a moment to reflect on meaningful memories together. When did you feel most appreciated and loved? What was your partner doing? What were you doing together? Sharing these reflections helps your partner understand and repeat those gestures in the future. Use these prompts to start the conversation:

- "I loved it when we used to..."
- "I love it when you..."
- "When I see... I feel..."
- "The way I show love is..."
- "I feel loved when you..."

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Exploring Touch

Touch can be a significant way to connect with your partner—or to understand boundaries better. If you dislike touch, this is still an important conversation to have. Knowing what you don't like is just as valuable as knowing what you do. **Discussing preferences** fosters deeper connection and understanding.

Touch with a partner releases oxytocin, the bonding hormone. Exploring different types of touch can broaden your understanding of what feels meaningful to both of you. If touch is important to your partner, take the time to explore what they enjoy most—and what you enjoy giving. Try experimenting with different types of pressure and tempo together.

Talk and share about the different types of touch that you like. If you don't know, even better! Have a play and experiment with the different types of pressure and tempo.

Different types of touch

Soft touch

- light and airy
- a light tickle
- a caress
- gentle cradling of the face or other part of the body
- a hand on the arm or leg

Prompt: The soft kind of touch I like is...

Hard touch

- a massage
- pressure on a particular part
- firm weight that activates the parasympathetic nervous system

Prompt: The hard/firm kind of touch I like is...

Quick

- stroke or movement with touch

Prompt: The quick kind of touch I enjoy is...

Slow Touch

- feeling touch for longer and the slower movement

Prompt: I like slow touch in the way that you...

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Emotional Needs

- Love and Affection – Feeling cherished through kind words, touch, or gestures.
- Validation – Knowing your feelings and opinions are acknowledged and valued.
- Trust – Feeling secure that your partner is honest and reliable.
- Empathy – Having your emotions understood and cared for.
- Emotional Safety – The ability to express yourself without fear of judgment or rejection.
- Connection – Experiencing a sense of closeness and intimacy.

Communication Needs

- Open Communication – Honest and transparent conversations about thoughts, feelings, and needs.
- Active Listening – Feeling heard and understood during discussions.
- Conflict Resolution – Handling disagreements respectfully and constructively.

Physical Needs

- Physical Affection – Non-sexual touch like hugs, kisses, or hand-holding.
- Sexual Intimacy – A fulfilling and consensual sexual connection.
- Proximity – Spending quality time together or being physically near one another.

Practical Needs

- Support – Help with responsibilities, challenges, or life goals.
- Reliability – Knowing you can count on your partner to follow through.
- Shared Responsibilities – Fairly dividing tasks like household chores or parenting duties.

Personal Growth Needs

- Independence – Having time and space to pursue your own interests and individuality.
- Encouragement – Support in achieving personal or professional goals.
- Respect – Recognizing and valuing each other's autonomy, opinions, and boundaries.

Relational Needs

- Shared Goals – Having aligned values or plans for the future (e.g., family, career, lifestyle).
- Fun and Playfulness – Enjoying laughter, spontaneity, and shared adventures.
- Commitment – A mutual sense of loyalty and dedication to the relationship.

Spiritual or Existential Needs

- Shared Values – Feeling connected through similar beliefs or life perspectives.
- Purpose – Feeling like the relationship contributes to a meaningful and fulfilling life.


Ready to Deepen Your Connection?

Take the next step toward emotional and physical intimacy. Let me guide and support you on this transformative journey. Together, we can create the relationship you both deserve.

Book Your Session Today!

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