



RESOURCE 4.2

COMMUNICATION ABOUT SEX AND INTIMACY

HVL Connect Client Resource

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ABOUT THIS RESOURCE

Purpose: This resource provides tools, scripts, and frameworks for talking openly and effectively about sex and intimacy with your partner.

When to use this:

- You struggle to talk about sex
- You need to discuss intimacy issues
- You want to express desires or needs
- You need to give or receive feedback
- You're addressing intimacy blocks together
- You want to deepen sexual communication
- You're rebuilding intimacy after challenges

What this resource provides:

- Communication frameworks and tools
- Conversation scripts for difficult topics
- Techniques for giving and receiving feedback
- Desire and boundary communication
- Conflict resolution around intimacy
- Ongoing communication practices

Important: These conversations require vulnerability, safety, and mutual respect. Go slowly and be patient with each other.



INTRODUCTION: WHY SEXUAL COMMUNICATION MATTERS

The Communication Gap

MOST COUPLES DON'T TALK ABOUT SEX:

Common reasons:

- Too embarrassing
- Don't know how
- Fear of hurting feelings
- Assume partner should "just know"
- Worry about rejection
- Shame or discomfort
- Never learned how

Result:

- Unmet needs
- Misunderstandings
- Resentment
- Disconnection
- Unfulfilling intimate life

What Good Communication Creates

WHEN YOU CAN TALK ABOUT SEX:

- Needs get met
- Desires are understood
- Problems get solved
- Intimacy deepens
- Trust builds
- Connection strengthens
- Sex gets better

Communication is the foundation of great intimacy.

Principles of Sexual Communication

EFFECTIVE SEXUAL COMMUNICATION IS:

Honest:

- Say what's true
- Don't fake or pretend
- Share real feelings and desires

**Respectful:**

- Kind and considerate
- Non-judgmental
- Honors boundaries

Specific:

- Clear and detailed
- Not vague or hinting
- Actionable

Ongoing:

- Not one conversation
- Regular check-ins
- Evolves over time

Vulnerable:

- Requires courage
- Opens your heart
- Risks rejection

Collaborative:

- You're on same team
- Working together
- Finding solutions together



PART 1: CREATING SAFETY FOR SEXUAL CONVERSATIONS

Building a Safe Container

FOR VULNERABLE CONVERSATIONS, YOU NEED SAFETY:

Create safety by:

- Choosing right time and place
- Being sober and calm
- Putting away distractions
- Making it private
- Setting aside enough time
- Approaching with care and respect
- Agreeing to listen without judgment

When and Where to Talk

TIMING MATTERS:

Good times:

- Outside the bedroom (not during or right after sex)
- When both are calm and rested
- During dedicated conversation time
- When you have privacy
- During weekly check-in
- When both are open and available

Bad times:

- During sex
- Right after sex (especially if it didn't go well)
- When angry or upset
- When rushed
- In public
- When tired or stressed
- When one person isn't ready

SETTING MATTERS:

Good settings:

- Private space
- Comfortable environment
- No interruptions
- Face-to-face
- Neutral location (not bedroom if that feels charged)



Our best time/place for intimate conversations:

Ground Rules for Sexual Conversations

AGREE TO THESE BEFORE DIFFICULT CONVERSATIONS:

- ☐ We'll listen without interrupting
- ☐ We'll speak respectfully and kindly
- ☐ We won't judge or criticize
- ☐ We'll assume positive intent
- ☐ We'll take breaks if needed
- ☐ We'll focus on solutions, not blame
- ☐ We'll appreciate each other's vulnerability
- ☐ We'll keep this conversation private
- ☐ We'll approach with curiosity, not defensiveness
- ☐ We'll remember we're on the same team

Additional ground rules we agree on:

Starting the Conversation

HOW TO BRING UP SEXUAL TOPICS:

Formula:

"I'd like to talk about [topic] because [reason]. Is now a good time, or should we schedule a time to talk?"

Examples:

"I'd like to talk about our intimate life because I want us to feel more connected. Is now a good time, or should we schedule a time to talk?"

"I'd like to talk about something that's been on my mind about our physical relationship. When would be a good time for us to have this conversation?"



"I want to share some things about what I need sexually. Can we set aside time this week to talk about our intimate life?"

YOUR OPENING SCRIPT:



PART 2: EXPRESSING DESIRES AND NEEDS

The Desire Conversation Framework

HOW TO SHARE WHAT YOU WANT:

STEP 1: AFFIRM THE POSITIVE

Start with what's working or what you appreciate

Example:

"I love our intimate connection and how close I feel to you when we're together."

STEP 2: SHARE YOUR DESIRE

Be specific about what you want more of or want to try

Formula:

"I'd love to [specific desire]. It would make me feel [emotion/benefit]."

Example:

"I'd love to spend more time on foreplay. It would help me relax and feel more connected to you."

STEP 3: INVITE THEIR RESPONSE

Make it a conversation, not a demand

Example:

"How does that sound to you? What do you think?"

STEP 4: COLLABORATE

Work together to find what works for both

Example:

"What would make that feel good for you too? How can we make this work for both of us?"

Expressing Specific Desires

WHAT YOU WANT MORE OF:

Formula:

"I really enjoy [specific thing]. I'd love more of that because [how it makes you feel]."

Examples:

"I really enjoy when you kiss my neck. I'd love more of that because it really turns me on."

"I love when we take our time and aren't rushed. I'd love to prioritize that because I feel so much more connected and present."

"I enjoy when you initiate. I'd love you to initiate more often because it makes me feel desired."



WHAT YOU WANT TO TRY:

Formula:

"I've been thinking about trying [specific thing]. I'm curious about it because [reason].
Would you be open to exploring that together?"

Examples:

"I've been thinking about trying [activity]. I'm curious about it because I think it might be fun for us. Would you be open to exploring that together?"

"I'd like to try being more vocal during intimacy. I think it might help us both stay present and connected. What do you think?"

"I'm interested in exploring [type of touch or activity]. Would you be open to trying that sometime?"

YOUR DESIRES TO SHARE:

What I want more of:

How I'll express it:

What I want to try:

How I'll express it:

Talking About Frequency

DESIRE DISCREPANCY CONVERSATION:

Formula:

"I've noticed we have different needs around frequency. I'd like to talk about how we can both feel satisfied. Can we explore what works for both of us?"



Share your perspective:

"For me, I feel most connected when we're intimate [frequency]. When we go longer without intimacy, I feel [emotion]."

Invite their perspective:

"What's your experience? What frequency feels right for you?"

Collaborate:

"How can we find a middle ground that works for both of us? What would help you feel more desire? What do I need to understand?"

YOUR FREQUENCY CONVERSATION:

What I'll say:

What I want to understand:

What I'm willing to compromise on:



PART 3: GIVING FEEDBACK

The Feedback Sandwich

STRUCTURE FOR GIVING FEEDBACK:

1. **POSITIVE** (what you appreciate/enjoy)
2. **FEEDBACK** (what you'd like different)
3. **POSITIVE** (affirmation and appreciation)

Example:

Positive: "I love being intimate with you and feeling close to you."

Feedback: "Sometimes I need more foreplay to feel ready. Could we spend more time on that?"

Positive: "I appreciate you being open to this conversation. It means a lot that we can talk about this."

Giving Feedback Gently

FORMULA FOR GENTLE FEEDBACK:

"I love [positive]. I'd enjoy even more if [specific request]. What do you think?"

Examples:

"I love when you touch me. I'd enjoy even more if you used a lighter touch on [body part]. What do you think?"

"I love our intimate time together. I'd feel even more connected if we could slow down a bit. How does that sound?"

"I appreciate your enthusiasm. I'd enjoy it more if we could try [specific thing]. Would you be open to that?"

AVOID:

- Criticism: "You never do [thing]"
- Comparison: "My ex used to..."
- Blame: "You're doing it wrong"
- Vagueness: "I need you to be better"
- Demands: "You have to..."

INSTEAD:

- Positive framing: "I love when you..."
- Specific requests: "Could you try..."
- Collaboration: "What if we..."
- Appreciation: "I appreciate..."
- Invitations: "Would you be open to..."



YOUR FEEDBACK TO SHARE:

What I want to give feedback about:

How I'll frame it positively:

In-the-Moment Guidance

DURING INTIMACY, YOU CAN GUIDE:

Positive reinforcement:

"Yes, that feels amazing"

"I love when you do that"

"More of that, please"

"That's perfect"

Gentle redirection:

"A little softer/harder"

"Can you try [this] instead?"

"Let's slow down"

"I need a break"

Showing, not just telling:

- Guide their hand
- Show them what you like
- Demonstrate on them
- Move your body

Non-verbal cues:

- Moaning or sounds
- Body language
- Moving toward/away
- Breathing



PART 4: RECEIVING FEEDBACK

How to Receive Feedback About Sex

WHEN YOUR PARTNER SHARES FEEDBACK:

DO:

- Listen without interrupting
- Thank them for sharing
- Ask clarifying questions
- Take it as information, not criticism
- Appreciate their vulnerability
- Be curious, not defensive
- Try what they're suggesting

DON'T:

- Get defensive
- Take it personally
- Shut down
- Make excuses
- Turn it around on them
- Dismiss their experience
- Make them feel bad for sharing

RECEIVING FEEDBACK SCRIPT:

"Thank you for telling me. I want to understand. Can you help me understand what you need? I appreciate you being vulnerable with me. I want to make this good for you."

Then:

- Ask questions
- Clarify specifics
- Try what they're suggesting
- Check in: "Is this better?"

When Feedback Feels Hard

IF FEEDBACK TRIGGERS YOU:

Pause and breathe:

"I'm feeling [emotion]. Can we take a short break and come back to this?"

Name your feeling:

"I'm feeling defensive right now, but I want to hear you. Give me a moment."

Ask for what you need:

"I want to understand. Can you help me see this as information, not criticism?"

**Remember:**

- They're trying to improve intimacy, not criticize you
- Feedback is a gift
- They're being vulnerable
- This helps you be a better lover
- It's about connection, not performance

SELF-SOOTHING STATEMENTS:

"This isn't about me being bad at sex. This is about us learning each other."

"Feedback helps me know what they need. I want to know."

"They're sharing because they trust me and want intimacy to be good for both of us."

"I can handle this. I'm capable of learning and growing."



PART 5: DIFFICULT CONVERSATIONS

Talking About Low Desire

IF YOU'RE THE LOWER DESIRE PARTNER:

What to say:

"I want to talk about our intimate life because I know this is affecting both of us. I want you to know that my low desire isn't about you or how attractive I find you. I'm dealing with [blocks/factors], and I'm committed to working on this. Here's what I need from you: [support]. Can we work on this together?"

Be specific about:

- What's affecting your desire
- What you're doing to address it
- What you need from partner
- Your commitment to the relationship
- Timeline or expectations

IF YOU'RE THE HIGHER DESIRE PARTNER:

What to say:

"I want to talk about our intimate life. I love you and I'm attracted to you, and I'm feeling [emotion] about the frequency of our intimacy. I don't want to pressure you, and I also need to share my experience. Can we talk about what's going on and how we can both feel satisfied?"

Be specific about:

- How you're feeling (not blaming)
- What you need
- Your willingness to understand their experience
- How you can support them
- What compromise might look like

Talking About Performance Issues

IF YOU'RE EXPERIENCING PERFORMANCE ISSUES:

What to say:

"I want to talk about something that's been happening. I've been experiencing [issue], and I want you to know it's not about you or my attraction to you. I'm [feeling] about it, and I want to address it. I'm going to [see doctor/therapist/etc.]. What I need from you is [patience/support/understanding]. Can we work through this together?"

Be specific about:

- What's happening
- How you're feeling
- What you're doing about it



- What you need from them
- Reassurance about attraction/love

IF YOUR PARTNER IS EXPERIENCING PERFORMANCE ISSUES:

What to say:

"I want you to know that I love you and I'm attracted to you regardless of [issue]. I appreciate you talking to me about this. How can I support you? What do you need from me? I'm here for you, and we'll figure this out together."

Offer:

- Reassurance
- Patience
- Support
- Taking pressure off
- Focusing on other forms of intimacy
- Working together

Talking About Past Trauma

IF YOU HAVE TRAUMA AFFECTING INTIMACY:

What to say:

"I need to share something important with you. I have past trauma that affects my sexuality and intimacy. Sometimes I [specific ways it shows up]. I want you to know this isn't about you. I'm working on healing [in therapy/etc.]. What I need from you is [specific needs]. Can you help me feel safe?"

Be specific about:

- What they need to know (only what you're comfortable sharing)
- How it affects intimacy
- What triggers you
- What helps you feel safe
- What you're doing to heal
- How they can support you

IF YOUR PARTNER SHARES TRAUMA:

What to say:

"Thank you for trusting me with this. I'm so sorry that happened to you. I want to support you and make sure you feel safe with me. What do you need from me? How can I help you feel safe? I'm here for you."

Offer:

- Belief and validation
- Patience and understanding
- Respect for boundaries
- Willingness to go slow
- Support for their healing
- Commitment to their safety



Talking About Boundaries

SETTING SEXUAL BOUNDARIES:

Formula:

"I need to share a boundary with you. I'm not comfortable with [specific thing] because [brief reason]. I need you to respect this boundary. What I am comfortable with is [alternatives]. Can we agree on this?"

Examples:

"I need to share a boundary. I'm not comfortable with [activity] because it doesn't feel good to me. I need you to respect this. What I am comfortable with is [other activities]. Can we agree on this?"

"I have a boundary around [situation]. I need [specific boundary]. This is important to me because [reason]. Can you support me in this?"

RESPECTING PARTNER'S BOUNDARIES:

What to say:

"Thank you for telling me. I respect your boundary. I won't do [thing] anymore. I appreciate you being clear with me."

Then:

- Honor the boundary
- Don't push or test it
- Don't make them feel bad
- Find alternatives together
- Check in periodically (boundaries can change)



PART 6: ONGOING COMMUNICATION PRACTICES

The Weekly Intimacy Check-In

REGULAR CONVERSATIONS PREVENT PROBLEMS:

Weekly check-in questions:

1. How are you feeling about our intimate life? (1-10)
2. What's working well?
3. What would you like more of?
4. What would you like less of?
5. Is there anything you want to try?
6. Is there anything you need to talk about?
7. How can I love you better this week?

Our weekly intimacy check-in:

Day/Time: _____

During Intimacy Communication

TALKING DURING SEX:

Check-ins:

- "Does this feel good?"
- "What do you need?"
- "More of this or something different?"
- "Are you okay?"

Guidance:

- "Touch me here"
- "Slower/faster"
- "I love when you..."
- "Can we try...?"

Affirmation:

- "You feel amazing"
- "I love this"
- "You're so beautiful/handsome"
- "This is perfect"

Consent:

- "Is this okay?"
- "Can I...?"
- "Do you want to...?"
- "Let me know if you need to stop"

After Intimacy Communication

POST-INTIMACY CHECK-IN:

Questions to ask:

"How was that for you?"

"What did you enjoy most?"

"Was there anything you didn't enjoy?"

"What would make it even better next time?"

Appreciation:

"Thank you for being vulnerable with me"

"I love being close to you"

"That was amazing"

Feedback (if needed):

"I really loved [specific thing]"

"Next time, I'd love to try [thing]"



PART 7: CONVERSATION SCRIPTS

Script: Initiating Intimacy Conversation

"Hey, I'd like to talk about our intimate life. I love you and I want us to feel connected and satisfied. Can we set aside some time this week to talk about what's working and what we both need? I want this to be good for both of us."

Script: Expressing Need for More Intimacy

"I want to talk about something that's been on my mind. I love you and I'm attracted to you, and I'm feeling like I need more physical intimacy. I'm not trying to pressure you—I want to understand what's going on for you and find a way for us both to feel satisfied. Can we talk about this?"

Script: Expressing Need for Less Pressure

"I need to share something with you. I'm feeling pressure around intimacy, and it's making it harder for me to feel desire. I love you and I'm attracted to you, but I need the pressure to ease up so I can reconnect with my own desire. Can we talk about how to make intimacy feel good for both of us without pressure?"

Script: Sharing What You Need Sexually

"I want to share something about what I need sexually. I love our intimate time together, and I think it could be even better if [specific need]. This would help me [how it helps]. I'd love to hear what you need too. Can we talk about how we can both feel satisfied?"

Script: Addressing Intimacy Blocks

"I've been doing some thinking about what's blocking intimacy for me. I want to share this with you because I'm committed to working on it. My main blocks are [blocks]. This affects me by [impact]. I'm going to [actions I'm taking]. What I need from you is [support]. Can we work on this together?"

Script: Requesting Feedback

"I want to be the best lover I can be for you. Can you share with me what you enjoy most and what you'd like more of? I want to know what feels good for you. I promise to listen without getting defensive."

Script: Declining Intimacy Kindly

"I love you and I'm attracted to you, but I'm not feeling up for intimacy right now because [reason]. It's not about you—I'm just [tired/stressed/not in the right headspace]. Can we [alternative: cuddle/connect another way/plan for another time]?"



Script: Discussing Desire Discrepancy

"I've noticed we have different needs around frequency, and I want to talk about it. For me, I feel most connected when we're intimate [frequency]. I know that might be different for you. Can we talk about what frequency feels right for you and how we can find a balance that works for both of us?"

Script: Addressing Performance Anxiety

"I want to talk about something I've been experiencing. I've been feeling anxious about [performance issue], and it's affecting my ability to be present during intimacy. I want you to know this isn't about my attraction to you—it's about my own anxiety. I'm working on [what you're doing]. What would help me is [needs]. Can we take pressure off and focus on connection rather than performance?"

Script: Reinitiating After Long Gap

"I know it's been a while since we've been intimate, and I miss that connection with you. I'd like to reconnect physically. Can we talk about what's been getting in the way and how we can prioritize intimacy again? I love you and I want us to feel close."

Script: Trying Something New

"I've been thinking about something I'd like to try with you. I'm curious about [activity/approach] because [reason]. I think it might be fun/connecting/pleasurable for us. Would you be open to exploring that together? If not, that's okay too—I just wanted to share."

Script: Expressing Appreciation

"I want to tell you how much I appreciate our intimate life. I love [specific things you enjoy]. You make me feel [emotions]. Thank you for being vulnerable and open with me. I feel so connected to you."



PART 8: TROUBLESHOOTING

When Conversations Get Difficult

IF CONVERSATION BECOMES HEATED:

Pause:

"I can feel this getting heated. Can we take a 20-minute break and come back to this when we're calmer?"

Acknowledge emotions:

"I can see you're upset. I'm feeling [emotion] too. Let's take a breath and try to understand each other."

Refocus:

"We're on the same team. We both want intimacy to be good. Let's focus on solutions."

Use ground rules:

"Let's remember our agreement to listen without judgment. Can we start over?"

When Partner Gets Defensive

IF THEY REACT DEFENSIVELY:

Reassure:

"I'm not criticizing you. I'm sharing what I need because I want us to feel connected."

Validate:

"I understand this might be hard to hear. I appreciate you listening."

Clarify:

"This isn't about you being bad at sex. This is about us learning each other and making intimacy great for both of us."

Invite their perspective:

"I want to hear your experience too. What's this like for you?"

When You Don't Know What to Say

IF YOU'RE STRUGGLING TO FIND WORDS:

Be honest:

"This is hard for me to talk about, but I want to try."

Use this resource:

"I found this resource that helped me think about this. Can we go through it together?"

Write it down:

"I'm having trouble saying this out loud. Can I write it down for you?"

Start simple:

"I don't have all the words yet, but I know I need [basic need]. Can we start there?"



When Partner Won't Talk

IF PARTNER AVOIDS CONVERSATION:

Express importance:

"This is really important to me. I need us to talk about this. When can we make time?"

Make it safe:

"I want this to be a safe conversation. I'm not blaming you. I just want us to understand each other."

Set a time:

"I know this is uncomfortable, but we need to talk about this. Can we schedule 30 minutes this weekend?"

Seek help:

"If it's too hard to talk about this alone, would you be willing to talk with a therapist or coach?"



PART 9: YOUR COMMUNICATION PLAN

Conversations You Need to Have

TOPICS WE NEED TO DISCUSS:

Topic 1: _____

Why it's important:

When we'll talk:

What I'll say:

Topic 2: _____

Why it's important:

When we'll talk:

What I'll say:

Topic 3: _____

Why it's important:



When we'll talk:

What I'll say:

Your Communication Commitments

I COMMIT TO:

- ☐ Talking openly about sex and intimacy
- ☐ Being honest about my needs and desires
- ☐ Listening without judgment
- ☐ Receiving feedback with openness
- ☐ Giving feedback kindly and specifically
- ☐ Regular check-ins about our intimate life
- ☐ Creating safety for vulnerable conversations
- ☐ Being patient with the process
- ☐ Appreciating my partner's vulnerability
- ☐ Working together to improve our intimacy

Why this matters to me:

What I'm willing to do:

Signed: _____

Date: _____



Establishing Regular Check-Ins

OUR INTIMACY COMMUNICATION PRACTICE:

Weekly check-in:

Day/Time: _____

Duration: _____

Monthly deep dive:

Day/Time: _____

Duration: _____

After intimacy:

We'll check in about: _____

When issues arise:

We'll address them by: _____



FINAL REMINDERS

Communication Is a Skill

TALKING ABOUT SEX IS LEARNED:

- It feels awkward at first
- It gets easier with practice
- You'll make mistakes—that's okay
- Keep trying
- Be patient with yourselves

The more you practice, the easier it becomes.

Vulnerability Is Strength

SHARING ABOUT SEX REQUIRES COURAGE:

- You're being brave
- Vulnerability creates intimacy
- Opening up brings you closer
- Your honesty matters
- This is how deep connection is built

Thank your partner for their vulnerability.

You're on the Same Team

REMEMBER:

- You both want intimacy to be good
- You're working together, not against each other
- Feedback is information, not criticism
- You're learning each other
- This is a collaboration

Approach with curiosity and compassion.

Good Communication Creates Great Intimacy

WHEN YOU CAN TALK ABOUT SEX:

- Needs get met
- Desire increases
- Connection deepens



- Trust builds
- Intimacy improves
- Relationship strengthens

This work is worth it.

NEXT STEPS

AFTER COMPLETING THIS RESOURCE:

- Identify conversations you need to have
- Choose scripts that resonate
- Schedule time to talk with partner
- Establish regular check-in practice
- Practice giving and receiving feedback
- Be patient with the process
- Complete Resource 4.3: Rebuilding Physical Connection
- Celebrate your communication efforts

ADDITIONAL RESOURCES

RELATED HVL CONNECT RESOURCES:

- Resource 4.1: Intimacy Blocks Discovery
- Resource 4.3: Rebuilding Physical Connection
- Resource 4.4: Creating Your Intimacy Vision
- Resource 3.2: Intimacy Building Exercises

RECOMMENDED READING:

- "Mating in Captivity" by Esther Perel
- "Come As You Are" by Emily Nagoski
- "She Comes First" by Ian Kerner
- "The Guide to Getting It On" by Paul Joannides
- "Passionate Marriage" by David Schnarch

ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

- Intimacy Coaching
- Sexual Communication
- Desire and Connection



- Relationship Enhancement

Approach:

- Evidence-based and practical
- Creates safety for vulnerability
- Non-judgmental and supportive
- Focused on connection and collaboration

Contact:

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**Your willingness to communicate is the foundation of great intimacy.
Start talking. Keep talking. Your relationship will thank you.**