



RESOURCE 4.3

REBUILDING PHYSICAL CONNECTION

HVL Connect Client Resource

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ABOUT THIS RESOURCE

Purpose: This resource provides a structured, step-by-step approach to rebuilding physical and sexual intimacy after disconnection, trauma, or challenges.

When to use this:

- You've experienced a period of disconnection
- You're recovering from infidelity or betrayal
- You're healing from trauma affecting intimacy
- You've had medical issues affecting sex
- You're experiencing low or no desire
- You want to rebuild after having children
- You're starting over after a long gap in intimacy
- You need a gentle, gradual approach

What this resource provides:

- 5-phase rebuilding framework
- Structured exercises for each phase
- Pacing guidance
- Troubleshooting tools
- Communication practices
- Progress tracking

Important: Go at your own pace. This is not a race. Some phases may take weeks or months. Honor your process.



INTRODUCTION: THE REBUILDING JOURNEY

Why Rebuilding Takes Time

YOU CAN'T RUSH INTIMACY:

Rebuilding requires:

- Safety and trust
- Gradual exposure
- Positive experiences
- Patience and compassion
- Communication
- Addressing blocks
- Time

Trying to rush it often backfires:

- Increases anxiety
- Creates pressure
- Reinforces avoidance
- Damages trust
- Makes things worse

Slow and steady wins this race.

The 5-Phase Framework

PHASE 1: FOUNDATION (Safety and Connection)

- Rebuild emotional intimacy
- Create safety
- Address blocks
- Establish communication

PHASE 2: NON-SEXUAL TOUCH (Physical Reconnection)

- Reintroduce touch without sexual pressure
- Build comfort with physical closeness
- Reduce anxiety
- Rebuild positive associations

PHASE 3: SENSUAL EXPLORATION (Pleasure Focus)

- Explore pleasure without goal
- Build arousal and desire
- Learn each other's bodies
- Remove performance pressure



PHASE 4: SEXUAL RECONNECTION (Gradual Reintroduction)

- Reintroduce sexual touch
- Build confidence
- Address anxiety
- Create positive experiences

PHASE 5: INTEGRATION (Sustainable Intimacy)

- Maintain connection
- Continue growth
- Prevent disconnection
- Build lasting intimacy

How to Use This Framework

GUIDELINES:

Go in order:

- Don't skip phases
- Build on previous phase
- Master each before moving forward

Go at your pace:

- Some phases take longer
- That's okay and normal
- Listen to your body and emotions
- Don't rush

Communicate:

- Check in regularly
- Share how you're feeling
- Adjust as needed
- Support each other

Be flexible:

- You may need to go back a phase
- That's not failure, that's wisdom
- Adjust to what you need
- Progress isn't always linear

Seek support:

- Work with therapist or coach
- Especially if trauma is present
- Get medical help if needed
- Don't do this alone if it's hard



PHASE 1: FOUNDATION

Building Safety and Emotional Connection

DURATION: 2-4 weeks (or longer if needed)

GOAL: Create emotional safety and connection as foundation for physical intimacy

Why Foundation Matters

YOU CAN'T BUILD PHYSICAL INTIMACY WITHOUT EMOTIONAL SAFETY:

Foundation includes:

- Feeling emotionally connected
- Trusting your partner
- Feeling safe and respected
- Communicating openly
- Addressing major blocks
- Being on same page

If foundation is shaky, physical intimacy will be too.

Foundation Exercises

EXERCISE 1.1: DAILY CONNECTION PRACTICES

Implement these daily:

- 6-second kiss (morning and evening)
- 20-second hug (at least once)
- 20-minute conversation (no distractions)
- Highs and lows sharing
- Appreciation exchange
- "I love you" (said meaningfully)

Our daily practices:

EXERCISE 1.2: WEEKLY INTIMACY CHECK-IN

Every week, discuss:

- How are you feeling about our relationship? (1-10)
- What's working well?
- What do you need from me?



- How are you feeling about rebuilding intimacy?
- What pace feels right?
- Any concerns or fears?

(See Resource 3.1 for full template)

Our check-in day/time:

EXERCISE 1.3: VULNERABILITY SHARING

Take turns sharing:

- Fears about intimacy
- What you need to feel safe
- Past experiences affecting present
- Hopes for your intimate life
- What would help you feel ready

Rules:

- Listen without judgment
- Validate feelings
- Thank for sharing
- Don't try to fix
- Just understand

When we'll do this:

EXERCISE 1.4: ADDRESSING BLOCKS TOGETHER

Review Resource 4.1 together:

- Share your primary blocks
- Understand each other's blocks
- Discuss what you each need
- Create support plan
- Commit to addressing blocks

Our blocks and plan:

EXERCISE 1.5: CREATING SAFETY AGREEMENTS

Agree on:

- We'll go at the pace of the slower person
- Either person can say "stop" or "pause" anytime
- We'll communicate throughout the process
- We'll check in regularly
- We won't pressure each other
- We'll celebrate small wins
- We'll be patient with setbacks



- We'll seek help if we need it
- Our safety agreements:**

Both partners sign:

Partner 1: _____ Date: _____
Partner 2: _____ Date: _____

Phase 1 Completion Checklist

READY TO MOVE TO PHASE 2 WHEN:

- ☐ We feel emotionally connected (7+ out of 10)
- ☐ We're communicating openly about intimacy
- ☐ We've addressed major blocks or have plan to
- ☐ We both feel safe and trust each other
- ☐ We've established daily connection practices
- ☐ We're having regular check-ins
- ☐ We both feel ready to reintroduce physical touch
- ☐ We've agreed on safety agreements
- ☐ We're on the same page about pacing

If you can't check most of these, stay in Phase 1 longer.



PHASE 2: NON-SEXUAL TOUCH

Rebuilding Physical Connection Without Pressure

DURATION: 2-6 weeks (or longer if needed)

GOAL: Reintroduce physical touch and affection without any sexual expectation or pressure

IMPORTANT: During this phase, sexual touch is OFF THE TABLE. This removes pressure and allows you to enjoy touch for its own sake.

Why Non-Sexual Touch Matters

WHEN INTIMACY HAS BEEN DIFFICULT:

- Touch becomes associated with pressure
- You avoid all touch to avoid sex
- Physical connection disappears
- Anxiety builds around touch

NON-SEXUAL TOUCH:

- Rebuilds positive associations
- Removes performance pressure
- Allows you to enjoy touch
- Reduces anxiety
- Rebuilds comfort with physical closeness
- Creates foundation for sexual touch later

Ground Rules for Phase 2

DURING THIS PHASE:

YES:

- Hugging
- Kissing (not deep/passionate)
- Holding hands
- Cuddling
- Massage
- Gentle touch
- Affection
- Closeness



NO:

- Touching genitals
- Touching breasts (unless both agree it's okay)
- Sexual kissing
- Any touch with sexual intent
- Expectation of sex
- Pressure to "go further"

AGREEMENT:

"We agree that for the next [timeframe], we will not engage in sexual touch. This allows us to enjoy physical affection without pressure. Either of us can extend this phase if needed."

Both partners sign:

Partner 1: _____ Date: _____
Partner 2: _____ Date: _____



Phase 2 Exercises

EXERCISE 2.1: DAILY AFFECTION

Every day:

- 3+ hugs (at least 20 seconds each)
- 3+ kisses (at least 6 seconds each)
- Hold hands (while walking, watching TV, etc.)
- Sit close on couch
- Touch while talking (hand on arm, etc.)

Track your daily affection:

Week 1: _____ days completed

Week 2: _____ days completed

Week 3: _____ days completed

Week 4: _____ days completed

EXERCISE 2.2: CUDDLING PRACTICE

3-4 times per week, cuddle for 15-30 minutes

Positions to try:

- Spooning
- Face-to-face
- One person's head on other's chest
- Intertwined
- Whatever feels comfortable

While cuddling:

- Talk or be silent
- Just be present
- Enjoy the closeness
- No pressure for more

Our cuddling schedule:

Days: _____

Time: _____

EXERCISE 2.3: MASSAGE EXCHANGE

Once or twice per week, exchange massages

Guidelines:

- 15-20 minutes each
- Focus on back, shoulders, feet, hands, legs
- Avoid sexual areas
- Use lotion or oil
- Ask what feels good
- This is about giving pleasure and relaxation, not arousal

**Communication during:**

"Does this pressure feel good?"

"Where would you like me to focus?"

"Let me know if anything doesn't feel good"

Our massage day: _____

EXERCISE 2.4: HAND CARESSING

Several times per week

What to do:

- Sit facing each other
- One person offers their hand
- Other person explores their hand with touch
- Trace lines, massage palm, touch fingers
- Be present and mindful
- Switch after 5-10 minutes

Why this works:

- Builds mindful touch
- Removes pressure
- Creates presence
- Builds comfort

EXERCISE 2.5: CLOTHED BODY EXPLORATION

Once per week (when comfortable)

What to do:

- Both stay clothed
- Take turns (15 minutes each)
- One person lies down
- Other person touches their body (over clothes)
- Shoulders, arms, legs, back, stomach
- Avoid sexual areas
- Focus on sensation and presence

Receiver:

- Notice sensations
- Breathe
- Give feedback if needed
- Relax and receive

Giver:

- Be curious and exploratory
- Ask what feels good
- Pay attention to responses
- Give pleasure through touch



EXERCISE 2.6: EYE GAZING

2-3 times per week

What to do:

- Sit facing each other
- Hold hands (optional)
- Look into each other's eyes
- Don't talk
- Stay present
- 3-5 minutes

Why this works:

- Builds intimacy
- Creates vulnerability
- Deepens connection
- Reduces anxiety

EXERCISE 2.7: SLEEPING CLOSE

Every night (if comfortable)

Options:

- Fall asleep cuddling
- Fall asleep holding hands
- Fall asleep touching (feet, legs, etc.)
- Sleep close even if not touching

Goal:

- Physical proximity
- Comfort with closeness
- Building positive associations with bed/bedroom

Phase 2 Check-Ins

WEEKLY CHECK-IN QUESTIONS

How are you feeling about physical touch? (1-10)

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

What's working well?



What's challenging?

What do you need?

Are you ready to move to Phase 3, or do you need more time in Phase 2?

Phase 2 Completion Checklist

READY TO MOVE TO PHASE 3 WHEN:

- ☐ We're comfortable with daily affection
- ☐ Touch feels good, not anxiety-provoking
- ☐ We're cuddling regularly without pressure
- ☐ We can give/receive massage comfortably
- ☐ Physical closeness feels natural again
- ☐ We're both enjoying non-sexual touch
- ☐ Anxiety around touch has decreased significantly
- ☐ We both feel ready to explore sensual touch
- ☐ We're communicating well about touch

**If you can't check most of these, stay in Phase 2 longer.
There's no rush. Take the time you need.**



PHASE 3: SENSUAL EXPLORATION

Pleasure-Focused Touch Without Goal

DURATION: 3-8 weeks (or longer if needed)

GOAL: Explore sensual pleasure and arousal without the goal of orgasm or intercourse

IMPORTANT: During this phase, intercourse is still off the table. You're building arousal and desire without pressure to "finish" or perform.

Why Sensual Exploration Matters

THIS PHASE:

- Rebuilds arousal and desire
- Removes performance pressure
- Focuses on pleasure, not goal
- Allows you to explore without anxiety
- Teaches you each other's bodies
- Builds anticipation
- Makes intimacy about the journey, not destination

When there's no pressure to "finish," you can actually enjoy the experience.

Ground Rules for Phase 3

DURING THIS PHASE

YES:

- All touch from Phase 2
- Sensual touch (breasts, inner thighs, etc.)
- Arousal is okay and welcome
- Exploring what feels good
- Taking your time
- Stopping whenever you want

NO (at least for first half of this phase):

- Genital touch
- Oral sex
- Intercourse
- Orgasm as goal
- Pressure to "finish"

LATER IN PHASE (when ready):

- Can add genital touch



- Can include orgasm
- Still no intercourse
- Still no pressure

AGREEMENT:

"We agree to explore sensual pleasure without the goal of intercourse or orgasm (at least initially). We're focusing on pleasure and connection, not performance or outcome."

Both partners sign:

Partner 1: _____ Date: _____

Partner 2: _____ Date: _____

Phase 3 Exercises

EXERCISE 3.1: SENSATE FOCUS (MODIFIED)

This is a structured touching exercise used in sex therapy:

STAGE 1: Non-genital sensual touch (2-4 weeks)

What to do:

- Set aside 30-45 minutes
- Take turns (15-20 minutes each)
- Receiver is naked or partially clothed (whatever's comfortable)
- Giver explores receiver's body with touch
- Avoid genitals and breasts (for now)
- Focus on sensation, not arousal
- No goal, just exploration

Receiver:

- Notice sensations
- Breathe
- Stay present
- Give feedback: "I like that" or "softer/harder"
- Don't worry about getting aroused or not

Giver:

- Be curious
- Explore different touches (light, firm, slow, fast)
- Pay attention to responses
- Ask what feels good
- Give pleasure

Frequency: 2-3 times per week



STAGE 2: Including breasts and genital touch (after 2-4 weeks in Stage 1)

What to do:

- Same as Stage 1
- Now include breasts and genitals
- Still no goal of orgasm
- Just exploring what feels good
- Either person can say "that's enough" anytime

Important:

- Arousal is okay
- Orgasm might happen—that's okay too
- But it's not the goal
- Focus stays on sensation and pleasure

Frequency: 2-3 times per week

EXERCISE 3.2: MAKING OUT

Like teenagers, make out without "going further":

What to do:

- Set aside 20-30 minutes
- Kiss passionately
- Touch each other (over or under clothes)
- Get aroused
- Enjoy the anticipation
- Stop before intercourse

Why this works:

- Builds desire
- Creates anticipation
- Removes pressure
- Makes kissing and touch the main event

Frequency: 2-3 times per week

EXERCISE 3.3: SHOWER OR BATH TOGETHER

Share bathing time:

What to do:

- Shower or bath together
- Wash each other
- Enjoy the intimacy
- Touch sensually
- No expectation of sex after

Why this works:

- Vulnerable and intimate
- Sensual without pressure
- Builds comfort with nakedness
- Creates positive associations

Frequency: Once per week



EXERCISE 3.4: MUTUAL PLEASURE (LATER IN PHASE)

When you're both ready:

What to do:

- Touch each other simultaneously
- Include genital touch
- Focus on giving and receiving pleasure
- Orgasm is okay if it happens
- But not required
- Stop when you want

Communication:

"Does this feel good?"

"Show me what you like"

"I love touching you"

Frequency: 1-2 times per week (when ready)

EXERCISE 3.5: ORAL SEX (OPTIONAL, LATER IN PHASE)

If you both want to include this:

Guidelines:

- Only if both are comfortable
- Receiver focuses on pleasure
- Giver focuses on giving
- No pressure to orgasm
- Can stop anytime
- Still no intercourse

Frequency: As desired

Phase 3 Communication

DURING THIS PHASE, TALK ABOUT

What feels good:

"I love when you touch me [where/how]"

"That feels amazing"

"More of that"

What you're noticing:

"I'm feeling more desire"

"I'm getting more comfortable"

"This is helping me relax"

What you need:

"Can we slow down?"

"I need a break"

"I'm ready to try [next thing]"



Appreciation:

"Thank you for being patient"

"I love exploring with you"

"This feels so good"

Phase 3 Check-Ins

WEEKLY CHECK-IN QUESTIONS

How are you feeling about sensual touch? (1-10)

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Is desire/arousal returning?

What's working well?

What's challenging?

Are you ready to move toward intercourse, or do you need more time exploring?



Phase 3 Completion Checklist

READY TO MOVE TO PHASE 4 WHEN:

- ☐ We're comfortable with sensual touch
- ☐ Arousal is happening naturally
- ☐ Desire is returning (even if not fully back)
- ☐ We're enjoying pleasure-focused touch
- ☐ Anxiety has decreased significantly
- ☐ We're communicating well during intimacy
- ☐ We both feel ready to reintroduce intercourse
- ☐ We trust the process and each other
- ☐ We're excited, not anxious, about next phase

If you can't check most of these, stay in Phase 3 longer.



PHASE 4: SEXUAL RECONNECTION

Reintroducing Intercourse Gradually

DURATION: 2-6 weeks (or longer if needed)

GOAL: Reintroduce intercourse in a way that feels safe, pleasurable, and pressure-free

IMPORTANT: Go slowly. The first time might not be perfect, and that's okay. Focus on connection, not performance.

Why Gradual Reintroduction Matters

AFTER A GAP IN INTIMACY:

- First time back can feel scary
- Performance anxiety is common
- Expectations can be high
- Pressure can kill desire

GRADUAL APPROACH:

- Reduces anxiety
- Removes pressure
- Allows for adjustment
- Creates positive experiences
- Builds confidence

Ground Rules for Phase 4

DURING THIS PHASE

DO:

- Continue all practices from previous phases
- Start with short, low-pressure encounters
- Focus on connection, not performance
- Communicate throughout
- Stop if either person needs to
- Celebrate attempts, not just "success"

DON'T:

- Expect perfection
- Put pressure on performance
- Make it a big deal
- Skip foreplay
- Rush
- Judge yourself or partner



Phase 4 Exercises

EXERCISE 4.1: THE FIRST TIME BACK

When you're both ready

Preparation:

- Choose a time when you're relaxed
- No distractions
- No pressure or expectations
- Plan for plenty of time
- Create comfortable atmosphere

Approach:

- Lots of foreplay (30+ minutes)
- Use all the touch you've been practicing
- Build arousal naturally
- When you're both ready, try intercourse
- Start slow and gentle
- Communicate throughout
- It's okay if it doesn't work perfectly
- It's okay to stop and try again another time

After:

- Cuddle and connect
- Talk about the experience
- Appreciate each other
- Don't judge or criticize
- Celebrate the attempt

EXERCISE 4.2: SHORT, LOW-PRESSURE ENCOUNTERS

Keep it brief:

- 10-15 minutes of intercourse
- Not trying to last long
- Not trying to have simultaneous orgasms
- Just reconnecting
- Building positive experiences

Why this works:

- Removes performance pressure
- Makes it manageable
- Builds confidence
- Creates success experiences

Frequency: 1-2 times per week initially



EXERCISE 4.3: SENSUAL FIRST, SEXUAL SECOND

Always prioritize foreplay and connection

Structure:

- 20-30 minutes of sensual touch
- Build arousal and connection
- Then move to intercourse
- Keep focus on pleasure and connection
- Orgasm is bonus, not requirement

Why this works:

- Ensures arousal and readiness
- Maintains pleasure focus
- Reduces pressure
- Keeps intimacy about connection

EXERCISE 4.4: DIFFERENT POSITIONS AND APPROACHES

Experiment to find what works

Try:

- Different positions (some may feel better/safer)
- Different times of day
- Different locations
- Different pacing (slow, playful, passionate)
- With lights on/off (whatever's comfortable)

Communicate:

"How does this feel?"

"Want to try something different?"

"This position works well for me"

EXERCISE 4.5: PLEASURE-FOCUSED INTERCOURSE

Shift focus from performance to pleasure

Instead of:

- "Did I last long enough?"
- "Did we both orgasm?"
- "Was I good?"

Focus on:

- "Does this feel good?"
- "Am I connected to my partner?"
- "Am I present and enjoying this?"
- "Are we both experiencing pleasure?"

Reframe success:

- Success = connection and pleasure
- Not = performance or orgasm



Troubleshooting Phase 4

IF FIRST ATTEMPT DOESN'T GO WELL

Remember:

- This is normal
- It doesn't mean failure
- You can try again
- Each attempt builds confidence

Do:

- Be kind to yourself and partner
- Talk about what happened
- Adjust approach
- Try again when ready
- Go back to Phase 3 if needed

Don't:

- Blame yourself or partner
- Give up
- Make it mean something bigger
- Put more pressure on next time

IF PERFORMANCE ANXIETY IS HIGH

Strategies:

- Focus on your partner's pleasure
- Stay present (not in your head)
- Breathe deeply
- Use mindfulness
- Remember it's about connection
- Take pressure off performance
- Consider shorter encounters
- Talk to doctor if physical issues

IF DESIRE IS STILL LOW

Consider:

- Are you rushing?
- Do you need more time in Phase 3?
- Are there unaddressed blocks?
- Do you need medical consultation?
- Is stress or life circumstances affecting you?
- Do you need therapy support?

Don't force it. Address the underlying issues.

IF PAIN OR DISCOMFORT OCCURS

Important:

- Don't push through pain
- Stop and address it



- See doctor to rule out medical issues
- Use lubricant
- Try different positions
- Go slower
- More foreplay
- Consider pelvic floor therapy if needed

Pain is not normal. Get help.

Phase 4 Check-Ins

AFTER EACH INTIMATE ENCOUNTER

How was that for you? (1-10)

What did you enjoy?

What would make it even better?

How are you feeling about our intimate life?

What do you need going forward?



Phase 4 Completion Checklist

READY TO MOVE TO PHASE 5 WHEN

- ☐ We've successfully reconnected sexually
- ☐ Intercourse feels comfortable (most of the time)
- ☐ Anxiety has decreased significantly
- ☐ We're both experiencing pleasure
- ☐ We're communicating well during intimacy
- ☐ We feel confident in our intimate connection
- ☐ We're ready to maintain and deepen intimacy
- ☐ We trust ourselves and each other
- ☐ Intimacy feels natural again (or getting there)

If you can't check most of these, stay in Phase 4 longer.



PHASE 5: INTEGRATION

Maintaining and Deepening Intimacy

DURATION: Ongoing

GOAL: Maintain the intimacy you've rebuilt and continue to deepen connection

IMPORTANT: Intimacy requires ongoing attention. Don't stop the practices that got you here.

Why Integration Matters

YOU'VE DONE THE HARD WORK

- Rebuilt emotional connection
- Reintroduced physical touch
- Explored sensual pleasure
- Reconnected sexually

NOW:

- Maintain what you've built
- Continue to grow
- Prevent disconnection
- Keep intimacy alive

Integration is about making intimacy a sustainable part of your relationship.

Integration Practices

DAILY:

- 6-second kiss (multiple times)
- 20-second hug
- Physical affection
- "I love you"
- Appreciation

WEEKLY:

- Date night or quality time
- Intimacy check-in
- Sexual connection (frequency that works for you)
- Affectionate touch

MONTHLY:

- Deep intimacy conversation
- Try something new
- Relationship review
- Celebrate your connection

Maintaining Desire

DESIRE REQUIRES

Novelty:

- Try new things
- Break routine
- Explore together
- Keep it fresh

Anticipation:

- Build desire throughout day
- Flirt
- Text
- Create anticipation

Prioritization:

- Make time for intimacy
- Protect intimate time
- Don't let life crowd it out
- Schedule if needed

Connection:

- Emotional intimacy fuels physical
- Stay connected daily
- Address issues promptly
- Keep communicating

Self-care:

- Take care of yourself
- Manage stress
- Maintain health
- Feel good in your body

Preventing Disconnection

WATCH FOR WARNING SIGNS:

- ☐ Frequency decreasing
- ☐ Avoiding intimacy
- ☐ Not communicating about sex
- ☐ Feeling disconnected
- ☐ Resentment building
- ☐ Touch decreasing
- ☐ Desire dropping



IF YOU NOTICE THESE:

- Address immediately
- Don't wait
- Have intimacy check-in
- Go back to earlier phases if needed
- Seek support

Prevention is easier than repair.

Continuing to Grow

INTIMACY CAN ALWAYS DEEPEN

Continue to:

- Explore new things
- Deepen communication
- Try new approaches
- Learn about sexuality
- Work on blocks
- Grow individually and together
- Keep it interesting

Resources for growth:

- Books about sexuality
- Workshops or classes
- Therapy or coaching
- Conversations with partner
- Self-exploration

Your Ongoing Intimacy Plan

OUR INTIMACY MAINTENANCE PLAN

Daily practices:

Weekly practices:



Monthly practices:

How we'll prevent disconnection:

How we'll continue to grow:

Support we'll seek:



TRACKING YOUR PROGRESS

Phase Progress Tracker

PHASE 1: FOUNDATION

Start date: _____

End date: _____

Duration: _____

Key learnings: _____

PHASE 2: NON-SEXUAL TOUCH

Start date: _____

End date: _____

Duration: _____

Key learnings: _____

PHASE 3: SENSUAL EXPLORATION

Start date: _____

End date: _____

Duration: _____

Key learnings: _____

PHASE 4: SEXUAL RECONNECTION

Start date: _____

End date: _____

Duration: _____

Key learnings: _____

PHASE 5: INTEGRATION

Start date: _____

Ongoing practices: _____

Intimacy Rating Over Time

TRACK YOUR INTIMACY SATISFACTION:

Month 1: _____

Month 2: _____

Month 3: _____

Month 4: _____

Month 5: _____

Month 6: _____



Trend: ☐ Improving ☐ Stable ☐ Declining

If declining, what needs attention:

Celebrating Progress

WINS TO CELEBRATE

Small wins:

Big wins:

How we've grown:

What we're proud of:

Celebrate your progress. This work is hard and you're doing it.



TROUBLESHOOTING

When Progress Stalls

IF YOU'RE STUCK IN A PHASE

Ask:

- What's making this hard?
- What do I need to feel ready to move forward?
- Are there unaddressed blocks?
- Do I need more time?
- Do I need support?

Do:

- Communicate with partner
- Adjust the exercises
- Seek professional help
- Be patient
- Don't force it

Remember:

- There's no timeline
- Your pace is right for you
- Stuck doesn't mean failure
- You can get unstuck with support

When You Need to Go Backwards

SOMETIMES YOU NEED TO GO BACK A PHASE

This happens when:

- You moved too fast
- Something triggered you
- Life stress increased
- Blocks resurfaced
- You need more foundation

This is not failure. This is wisdom.

Do:

- Go back to previous phase
- Rebuild foundation
- Address what came up
- Move forward when ready

When to Seek Professional Help

SEEK HELP IF:

- You're stuck for more than 2 months
- Trauma is significantly affecting progress
- Medical issues are present
- Communication is breaking down
- One partner is unwilling to participate
- Anxiety or depression is interfering
- You need more support than this resource provides

Professional support options:

- Sex therapist
- Couples therapist
- Trauma therapist
- Medical doctor
- Intimacy coach (like HVL Connect)

Don't struggle alone. Get help.



FINAL REMINDERS

This Is a Journey

REBUILDING INTIMACY:

- Takes time
- Isn't linear
- Has ups and downs
- Requires patience
- Is worth it

Be kind to yourself and your partner.

Progress Over Perfection

YOU DON'T NEED:

- Perfect sex
- Simultaneous orgasms
- Porn-level performance
- To be "good" at sex

YOU NEED:

- Connection
- Pleasure
- Communication
- Presence
- Love

Focus on connection, not performance.

You're Doing Brave Work

REBUILDING INTIMACY REQUIRES

- Vulnerability
- Courage
- Patience
- Commitment
- Communication
- Trust

You're doing all of this. That's huge.



Your Intimacy Can Heal

WITH TIME AND WORK

- Connection can be restored
- Desire can return
- Intimacy can be rebuilt
- Your relationship can thrive

Don't give up. Keep going.

NEXT STEPS

AFTER REVIEWING THIS RESOURCE:

- Determine which phase you're starting in
- Review exercises for that phase
- Discuss with partner
- Commit to the process
- Start Phase 1 practices
- Track your progress
- Be patient with yourselves
- Complete Resource 4.4: Creating Your Intimacy Vision
- Seek support if needed
- Celebrate every step forward

ADDITIONAL RESOURCES

RELATED HVL CONNECT RESOURCES:

- Resource 4.1: Intimacy Blocks Discovery
- Resource 4.2: Communication About Sex and Intimacy
- Resource 4.4: Creating Your Intimacy Vision
- Resource 3.2: Intimacy Building Exercises

RECOMMENDED READING:

- "Come As You Are" by Emily Nagoski
- "Mating in Captivity" by Esther Perel
- "Passionate Marriage" by David Schnarch
- "Healing Sex" by Staci Haines (if trauma is present)
- "The New Male Sexuality" by Bernie Zilbergeld



PROFESSIONAL SUPPORT:

- AASECT (American Association of Sexuality Educators, Counselors and Therapists) - find certified sex therapist
- Psychology Today therapist finder
- Your doctor for medical concerns

ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

- Intimacy Coaching
- Rebuilding Physical Connection
- Desire and Arousal
- Trauma-Informed Intimacy Support

Approach:

- Evidence-based (sensate focus, mindfulness, attachment theory)
- Trauma-informed
- Gradual and paced
- Focused on connection over performance
- Holistic and compassionate

Important: Dante provides coaching, not therapy. For trauma, medical issues, or clinical concerns, therapy is recommended alongside or instead of coaching.

Contact:

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**You can rebuild. One phase at a time. One touch at a time.
Start where you are. Go at your pace. Trust the process.**