



RESOURCE 4.1

INTIMACY BLOCKS DISCOVERY

HVL Connect Client Resource

Dante Yigael, Certified Life & Relationship Coach

Email: dante@hvlccc.com | Phone: 832-800-0417 | www.hvlconnect.com

ABOUT THIS RESOURCE

Purpose: This resource helps you identify and understand the blocks preventing deeper physical and emotional intimacy in your relationship.

When to use this:

- You're experiencing low desire or intimacy challenges
- You want more physical/sexual connection but something's in the way
- You're feeling disconnected sexually or emotionally
- You're avoiding intimacy and don't know why
- You want to understand your intimacy patterns
- You're preparing to work on intimacy issues
- You're in intimacy coaching

What this resource provides:

- Comprehensive assessment of intimacy blocks
- Understanding of common barriers
- Personal, relational, and external factors
- Framework for identifying your specific blocks
- Foundation for addressing them
- Action planning tools

Important: This work can bring up difficult emotions and past experiences. Be gentle with yourself. Consider working with a therapist if trauma is present.



INTRODUCTION: UNDERSTANDING INTIMACY BLOCKS

What Are Intimacy Blocks?

INTIMACY BLOCKS ARE:

- Barriers preventing deeper connection
- Physical, emotional, psychological, or relational obstacles
- Conscious or unconscious
- From past or present
- Individual or shared
- Solvable (with awareness and work)

Common manifestations:

- Low or no sexual desire
- Avoidance of physical intimacy
- Difficulty with emotional vulnerability
- Performance anxiety
- Body image issues
- Past trauma affecting present
- Relationship disconnection
- Communication breakdown around intimacy

Why Intimacy Blocks Happen

INTIMACY BLOCKS DEVELOP FROM:

Personal history:

- Past trauma or abuse
- Negative sexual experiences
- Shame or guilt about sex
- Religious or cultural messages
- Body image issues
- Mental health challenges

Relationship factors:

- Unresolved conflict
- Trust issues
- Poor communication
- Power imbalances



- Resentment
- Emotional disconnection

External stressors:

- Life stress
- Work pressure
- Parenting demands
- Health issues
- Financial stress
- Lack of time or energy

Biological factors:

- Hormonal changes
- Medical conditions
- Medications
- Aging
- Pain or discomfort
- Physical health

The Importance of Identifying Blocks

YOU CAN'T SOLVE WHAT YOU DON'T UNDERSTAND.

Identifying blocks helps you:

- Understand what's really going on
- Stop blaming yourself or partner
- Address root causes, not just symptoms
- Create targeted solutions
- Have compassion for yourself and partner
- Move forward with clarity

This assessment creates that awareness.



PART 1: PERSONAL INTIMACY BLOCKS

Your Relationship with Your Body

BODY IMAGE AND PHYSICAL COMFORT:

Rate each statement (1-5):

1 = Not true at all, 5 = Very true

___ I feel comfortable in my body

___ I like how my body looks

___ I feel attractive and desirable

___ I'm comfortable being naked with my partner

___ I don't worry about how I look during intimacy

___ I feel confident in my physical appearance

___ I accept my body as it is

___ I don't compare my body to others

___ I feel sexy and sensual

___ My body image doesn't interfere with intimacy

Total Score: ____ (out of 50)

40-50: Positive body image

30-39: Some body image concerns

20-29: Significant body image issues

10-19: Body image is major block

IF BODY IMAGE IS A BLOCK:

Specific concerns:

How this affects intimacy:

What you avoid because of body image:

Where this comes from:



What would help:

Your Sexual History

PAST EXPERIENCES AFFECTING PRESENT:

Check all that apply:

- ☐ Sexual abuse or assault
- ☐ Negative or painful first sexual experience
- ☐ History of unwanted sexual experiences
- ☐ Shaming around sex or sexuality
- ☐ Religious guilt about sex
- ☐ Cultural messages that sex is bad/dirty
- ☐ Pressure to perform sexually
- ☐ Comparison to past partners
- ☐ Infidelity (by you or partner)
- ☐ Sexual rejection or humiliation
- ☐ Lack of sexual education
- ☐ Confusing messages about sex growing up

Most significant past experiences affecting intimacy now:

How these affect you:

What you need to heal:



Trauma and Safety

TRAUMA IMPACT ON INTIMACY:

Rate each statement (1-5):

1 = Not true at all, 5 = Very true

- ☐ I have past trauma that affects intimacy
- ☐ I sometimes feel triggered during intimacy
- ☐ I dissociate or "check out" during sex
- ☐ I have flashbacks or intrusive thoughts
- ☐ I feel unsafe during vulnerability or intimacy
- ☐ I have difficulty trusting my partner physically
- ☐ I struggle with feeling present during intimacy
- ☐ My body tenses up or shuts down
- ☐ I avoid intimacy because of past trauma
- ☐ I need to feel very safe to be intimate

Total Score: _____ (out of 50)

40-50: Significant trauma impact - therapy strongly recommended

30-39: Moderate trauma impact - consider trauma therapy

20-29: Some trauma impact - may benefit from therapy

10-19: Minimal trauma impact

IF TRAUMA IS PRESENT:

Type of trauma:

How it shows up in intimacy:

What triggers you:



What you need to feel safe:

Support you need:

IMPORTANT: If trauma is significantly affecting intimacy, please work with a trauma-informed therapist. Intimacy coaching can complement therapy but not replace it for trauma work.

Shame and Guilt

SHAME AROUND SEXUALITY

Check all that apply:

- ☐ I feel guilty about enjoying sex
- ☐ I feel shame about my desires
- ☐ I worry I'm "too much" or "not enough" sexually
- ☐ I feel dirty or wrong for wanting sex
- ☐ I can't talk about sex without embarrassment
- ☐ I hide my sexuality
- ☐ I feel shame about my body during sex
- ☐ I feel guilty for saying no to sex
- ☐ I feel guilty for wanting sex
- ☐ I internalized messages that sex is bad
- ☐ I struggle with religious/cultural guilt about sex
- ☐ I feel shame about past sexual experiences

Sources of shame/guilt:

How this affects intimacy:



Messages you received about sex:

What you need to release shame:

Mental Health and Emotional State

MENTAL HEALTH IMPACT

Check all that apply:

- ☐ Depression affecting desire or energy
- ☐ Anxiety interfering with intimacy
- ☐ Stress overwhelming me
- ☐ Difficulty being present
- ☐ Intrusive thoughts during intimacy
- ☐ Performance anxiety
- ☐ Fear of judgment
- ☐ Perfectionism affecting intimacy
- ☐ Difficulty relaxing or letting go
- ☐ Emotional numbness
- ☐ Difficulty experiencing pleasure
- ☐ Mental health medication affecting desire/function

How mental health affects intimacy:

What you're doing to address it:



What more you need:

Your Beliefs About Sex and Intimacy

BELIEFS AFFECTING INTIMACY

Complete these sentences:

Sex is:

Intimacy is:

Good partners should:

I should:

My body should:



Desire should:

If I really loved my partner, I would:

EXAMINE YOUR BELIEFS

Beliefs that help intimacy:

Beliefs that block intimacy:

Where unhelpful beliefs came from:

New beliefs you want to develop:



Your Desire and Arousal Patterns

UNDERSTANDING YOUR DESIRE:

What type of desire do you typically experience?

- ☐ **Spontaneous desire:** Desire comes out of nowhere, you think about sex and want it
- ☐ **Responsive desire:** Desire emerges in response to pleasure, touch, or context
- ☐ **Both/varies**
- ☐ **Low/no desire currently**

Understanding: Responsive desire is completely normal and common, especially for women. It doesn't mean something is wrong.

WHAT AFFECTS YOUR DESIRE:

Increases desire:

Decreases desire:

Ideal conditions for intimacy:

Current barriers to desire:



PART 2: RELATIONAL INTIMACY BLOCKS

Emotional Connection

EMOTIONAL INTIMACY AND PHYSICAL INTIMACY

Rate each statement (1-5):

1 = Not true at all, 5 = Very true

- ___ I feel emotionally connected to my partner
- ___ We have deep, meaningful conversations
- ___ I feel understood by my partner
- ___ I can be vulnerable with my partner
- ___ We're emotionally intimate outside the bedroom
- ___ I feel close to my partner most of the time
- ___ We share our inner worlds with each other
- ___ I feel seen and known by my partner
- ___ Emotional intimacy is strong in our relationship
- ___ I want physical intimacy when emotionally connected

Total Score: _____ (out of 50)

40-50: Strong emotional connection

30-39: Good connection, room for growth

20-29: Emotional disconnection affecting physical intimacy

10-19: Significant emotional disconnection

IF EMOTIONAL DISCONNECTION IS A BLOCK

How we're disconnected:

When this started:

What's contributing:



What I need emotionally:

What would help us reconnect:

Unresolved Conflict and Resentment

CONFLICT AFFECTING INTIMACY

Check all that apply:

- ☐ We have unresolved conflicts
- ☐ I'm holding onto resentment
- ☐ We fight frequently
- ☐ Conflict doesn't get resolved
- ☐ I feel hurt by my partner
- ☐ I don't feel heard or understood
- ☐ We avoid difficult conversations
- ☐ There's tension between us
- ☐ I'm angry at my partner
- ☐ I don't feel respected
- ☐ Past hurts still affect me
- ☐ I don't trust my partner emotionally

Specific unresolved issues:

How this affects intimacy:



What needs to be addressed:

What I need from partner:

Trust and Safety

TRUST IN THE RELATIONSHIP

Rate each statement (1-5):

1 = Not true at all, 5 = Very true

- ☐ I trust my partner completely
- ☐ I feel safe being vulnerable
- ☐ I feel emotionally safe with my partner
- ☐ I feel physically safe with my partner
- ☐ I trust my partner with my body
- ☐ I trust my partner to respect my boundaries
- ☐ I feel secure in our relationship
- ☐ I don't worry about judgment or criticism
- ☐ I can be myself fully
- ☐ I feel protected and cared for

Total Score: _____ (out of 50)

40-50: Strong trust and safety

30-39: Generally safe, some concerns

20-29: Trust issues affecting intimacy

10-19: Significant safety/trust issues

IF TRUST OR SAFETY IS A BLOCK

What's affecting trust:



When I don't feel safe:

What I need to feel safe:

What needs to be repaired:

Communication About Intimacy

HOW YOU TALK ABOUT SEX

Rate each statement (1-5):

1 = Not true at all, 5 = Very true

- ☐ We talk openly about sex and intimacy
- ☐ I can express my desires and needs
- ☐ I can say no without guilt
- ☐ We discuss what we like and don't like
- ☐ We can give feedback without hurt feelings
- ☐ We check in about our intimate life
- ☐ I feel heard when I share about intimacy
- ☐ We can laugh and be playful about sex
- ☐ Communication about sex is comfortable
- ☐ We're on the same page about intimacy

Total Score: _____ (out of 50)

40-50: Great communication

30-39: Good communication, room for improvement

20-29: Communication challenges

10-19: Significant communication breakdown



IF COMMUNICATION IS A BLOCK

What's hard to talk about:

What happens when we try:

What I wish I could say:

What I need to feel safe communicating:

Desire Discrepancy

DIFFERENT LEVELS OF DESIRE:

Current situation:

My desire level (1-10): _____

Partner's desire level (1-10): _____

Discrepancy: _____

Who typically initiates: _____

How often you're intimate: _____

How often you'd like to be intimate: _____

How often partner would like: _____



IF DESIRE DISCREPANCY IS A BLOCK

How this affects you:

How this affects your partner:

Feelings about the discrepancy:

What you've tried:

What might help:

Initiation and Rejection Patterns

HOW INTIMACY GETS STARTED (OR DOESN'T)

Current pattern:

How I feel about initiating:



How I feel about being initiated with:

How I handle rejection:

How partner handles rejection:

Pattern that's developed:

IF INITIATION/REJECTION IS A BLOCK

What's not working:

How this makes you feel:

What you need around initiation:



What would feel better:



PART 3: EXTERNAL AND PRACTICAL BLOCKS

Life Stress and Demands

STRESS AFFECTING INTIMACY

Rate current stress level (1-10): _____

Major stressors:

- ☐ Work stress
- ☐ Financial stress
- ☐ Parenting demands
- ☐ Family obligations
- ☐ Health concerns
- ☐ Life transitions
- ☐ Caregiving responsibilities
- ☐ Other: _____

How stress affects intimacy:

What would reduce stress:

Time and Energy

PRACTICAL BARRIERS

Check all that apply:

- ☐ Too tired for intimacy
- ☐ No time for intimacy
- ☐ Interrupted by kids
- ☐ No privacy
- ☐ Different schedules



- ☐ Too busy
- ☐ Intimacy feels like another task
- ☐ No energy left at end of day
- ☐ Can't relax enough
- ☐ Always something more urgent

Biggest practical barrier:

What would help:

Physical Health and Medical Factors

HEALTH AFFECTING INTIMACY

Check all that apply:

- ☐ Chronic pain
- ☐ Illness or medical condition
- ☐ Hormonal changes (menopause, postpartum, etc.)
- ☐ Medications affecting desire or function
- ☐ Physical discomfort during sex
- ☐ Fatigue or low energy
- ☐ Sleep issues
- ☐ Aging-related changes
- ☐ Recovery from surgery or illness
- ☐ Disability or mobility issues

Specific health factors:

How this affects intimacy:



What you're doing to address it:

What more you need:

Have you discussed with doctor? ☐ Yes ☐ No

If no, will you? _____

Parenting and Family Dynamics

IF YOU HAVE CHILDREN:

How parenting affects intimacy

Check all that apply:

- ☐ Too exhausted from parenting
- ☐ No time alone
- ☐ Kids interrupt
- ☐ No privacy
- ☐ Touched out (don't want more physical contact)
- ☐ Identity shift (see self as parent, not sexual being)
- ☐ Body changes from pregnancy/birth
- ☐ Different priorities now
- ☐ Partner and I are co-parents, not lovers
- ☐ Focus is on kids, not relationship

Biggest parenting-related barrier:



What you miss about pre-kids intimacy:

What would help:

Lifestyle and Habits

HABITS AFFECTING INTIMACY

Check all that apply:

- ☐ Alcohol or substance use
- ☐ Pornography use (by you or partner)
- ☐ Technology/phone use in bed
- ☐ Poor sleep habits
- ☐ Lack of exercise
- ☐ Poor nutrition
- ☐ No self-care
- ☐ Overworking
- ☐ Lack of date nights or couple time
- ☐ No romance or foreplay
- ☐ Routine/boring intimate life

Habits that need to change:

What you're willing to do:



PART 4: IDENTIFYING YOUR PRIMARY BLOCKS

Your Intimacy Block Profile

REVIEWING YOUR RESPONSES

PERSONAL BLOCKS (check your top 3):

- ☐ Body image issues
- ☐ Past trauma
- ☐ Sexual shame or guilt
- ☐ Mental health challenges
- ☐ Negative beliefs about sex
- ☐ Desire/arousal challenges
- ☐ Performance anxiety

RELATIONAL BLOCKS (check your top 3):

- ☐ Emotional disconnection
- ☐ Unresolved conflict/resentment
- ☐ Trust or safety issues
- ☐ Poor communication about intimacy
- ☐ Desire discrepancy
- ☐ Initiation/rejection patterns
- ☐ Power imbalances

EXTERNAL BLOCKS (check your top 3):

- ☐ Life stress
- ☐ Time/energy constraints
- ☐ Physical health issues
- ☐ Parenting demands
- ☐ Lifestyle/habits
- ☐ Lack of privacy
- ☐ Practical barriers



Your Primary Intimacy Blocks

MY TOP 3 INTIMACY BLOCKS

Block #1:

How it shows up:

How it affects intimacy:

Where it comes from:

What I need to address it:

Block #2:

How it shows up:

How it affects intimacy:

Where it comes from:



What I need to address it:

Block #3:

How it shows up:

How it affects intimacy:

Where it comes from:

What I need to address it:

Partner's Blocks (If Known)

MY PARTNER'S TOP INTIMACY BLOCKS (from their perspective or your observation):

Block #1:



How it affects them:

How it affects us:

What they need:

Block #2:

How it affects them:

How it affects us:

What they need:

Block #3:

How it affects them:



How it affects us:

What they need:

Shared Blocks

BLOCKS WE SHARE AS A COUPLE

Relational issues:

External stressors:

Communication challenges:

What we need to work on together:



PART 5: UNDERSTANDING YOUR BLOCKS

The Cycle of Intimacy Avoidance

COMMON PATTERN:

1. Block is present (shame, stress, disconnection, etc.)



2. Desire decreases or disappears



3. Avoid intimacy (consciously or unconsciously)



4. Partner feels rejected



5. Tension builds



6. Emotional disconnection increases



7. Block gets stronger



8. Cycle repeats and worsens

YOUR CYCLE:

What triggers the cycle:

How you avoid:

How partner responds:

How this affects relationship:



Where you are in cycle now:

How Blocks Interact

BLOCKS DON'T EXIST IN ISOLATION

Example:

Stress (external) → leads to emotional disconnection (relational) → triggers
body image issues (personal) → results in avoidance

YOUR PATTERN

How your blocks connect:

Which block is the root:

Which blocks are symptoms:

Understanding this helps you address the right thing first.



The Impact on Your Relationship

HOW INTIMACY BLOCKS AFFECT YOUR RELATIONSHIP

Emotional impact:

Relational impact:

How you feel:

How partner feels:

What you're losing:

What you want instead:



PART 6: MOVING FORWARD

What You Can Control

YOU CAN'T CONTROL:

- Your past
- Your partner's blocks
- External circumstances (entirely)
- Instant change

YOU CAN CONTROL:

- Your awareness
- Your willingness to work on blocks
- Getting support (therapy, coaching)
- Communication with partner
- Your choices and actions
- Your healing journey

Focus on what you can control.

Prioritizing Your Blocks

WHICH BLOCKS TO ADDRESS FIRST

Address immediately (with professional help):

- ☐ Trauma significantly affecting intimacy
- ☐ Severe mental health issues
- ☐ Medical issues needing treatment
- ☐ Abuse or safety concerns

Address soon (with coaching/therapy):

- ☐ Significant relational issues
- ☐ Deep-seated shame or guilt
- ☐ Major trust or safety concerns
- ☐ Chronic communication breakdown

Address ongoing (with partner and support):

- ☐ Desire discrepancy
- ☐ Stress management



- ☐ Lifestyle changes
- ☐ Communication skills
- ☐ Emotional connection

YOUR PRIORITY ORDER

1. First (most urgent/foundational):

Why: _____

Support needed: _____

2. Second:

Why: _____

Support needed: _____

3. Third:

Why: _____

Support needed: _____

Support You Need

TO ADDRESS YOUR BLOCKS, YOU NEED

Professional support:

- ☐ Individual therapy
- ☐ Couples therapy
- ☐ Sex therapy
- ☐ Trauma therapy
- ☐ Medical consultation
- ☐ Intimacy coaching
- ☐ Other: _____

From partner:



From yourself:

Resources:

Your Commitment to Addressing Blocks

I COMMIT TO:

- ☐ Being honest about my blocks
- ☐ Seeking support I need
- ☐ Doing the work (therapy, coaching, etc.)
- ☐ Communicating with my partner
- ☐ Being patient with the process
- ☐ Addressing root causes, not just symptoms
- ☐ Taking responsibility for my part
- ☐ Supporting my partner's work on their blocks
- ☐ Believing change is possible

Why this matters to me:

What I'm willing to do:

What I need from my partner:

Signed: _____

Date: _____



Next Steps

IMMEDIATE ACTIONS

This week:

- ☐ _____
- ☐ _____
- ☐ _____

This month:

- ☐ _____
- ☐ _____
- ☐ _____

Ongoing:

- ☐ _____
- ☐ _____

Sharing with Your Partner

IF YOU HAVEN'T ALREADY, SHARE THIS WITH YOUR PARTNER

What to share:

- Your primary blocks
- How they affect you
- What you need
- What you're committed to doing
- How they can support you

How to share:

- Choose good timing
- Be vulnerable and honest
- Don't blame
- Focus on solutions
- Invite their sharing too



Script:

"I've been doing some work to understand what's blocking intimacy for me. I want to share what I've learned and hear about your experience too. My main blocks are [blocks]. This affects me by [impact]. What I need is [needs]. I'm committed to [actions]. Can we talk about this together?"



REFLECTION AND INTEGRATION

What You've Learned

BIGGEST INSIGHTS FROM THIS ASSESSMENT

What surprised me:

What I already knew but needed to acknowledge:

What makes sense now:

What I'm ready to address:

What I'm afraid to address:

What gives me hope:



Your Intimacy Vision

WHEN BLOCKS ARE ADDRESSED

How I'll feel:

How our intimacy will be:

What will be different:

What I'm looking forward to:

Why this is worth the work:



FINAL REMINDERS

Blocks Are Normal

ALMOST EVERYONE HAS INTIMACY BLOCKS:

- You're not broken
- You're not alone
- This is normal and common
- Blocks are solvable
- Change is possible

Having blocks doesn't mean something is wrong with you.

Awareness Is the First Step

YOU'VE DONE IMPORTANT WORK:

- You've identified your blocks
- You understand where they come from
- You know what you need
- You're ready to address them

This awareness is powerful and necessary.

Healing Takes Time

BE PATIENT WITH YOURSELF:

- Blocks didn't develop overnight
- They won't disappear overnight
- Healing is a process
- Progress isn't linear
- Small steps matter

Trust the process.



You Don't Have to Do This Alone

GET SUPPORT:

Therapist
Coach
Doctor
Partner
Support group
Trusted friends

Asking for help is strength, not weakness.

Your Relationship Can Heal

WITH AWARENESS AND WORK:

Blocks can be addressed
Intimacy can be rebuilt
Connection can be restored
Desire can return
Your relationship can thrive

Don't give up. Keep going.

NEXT STEPS

AFTER COMPLETING THIS RESOURCE:

- Review your primary blocks
- Prioritize what to address first
- Seek professional support as needed
- Share with your partner
- Complete Resource 4.2: Communication About Sex and Intimacy
- Work with coach/therapist on addressing blocks
- Be patient and compassionate with yourself
- Celebrate your awareness and commitment



ADDITIONAL RESOURCES

RELATED HVL CONNECT RESOURCES:

Resource 4.2: Communication About Sex and Intimacy

Resource 4.3: Rebuilding Physical Connection

Resource 4.4: Creating Your Intimacy Vision

Resource 1.3: Professional Support Resources (for finding therapist)

RECOMMENDED READING:

"Come As You Are" by Emily Nagoski (desire and arousal)

"Mating in Captivity" by Esther Perel (desire in long-term relationships)

"The Body Keeps the Score" by Bessel van der Kolk (trauma)

"Healing Sex" by Staci Haines (trauma and sexuality)

"She Comes First" by Ian Kerner (pleasure and technique)

ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

Intimacy Coaching

Understanding Intimacy Blocks

Desire and Connection

Holistic Intimacy Support

Approach:

Evidence-based (attachment theory, somatic work, sex therapy principles)

Trauma-informed

Holistic and compassionate

Focused on root causes

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

Contact:

Email: dante@hvlconnect.com

Phone: 832-800-0417

Website: www.hvlconnect.com

You've taken a brave step in identifying your blocks.

Now the work of healing begins.