RESOURCE 4.1



INTIMACY BLOCKS DISCOVERY

HVL Connect Client Resource

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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

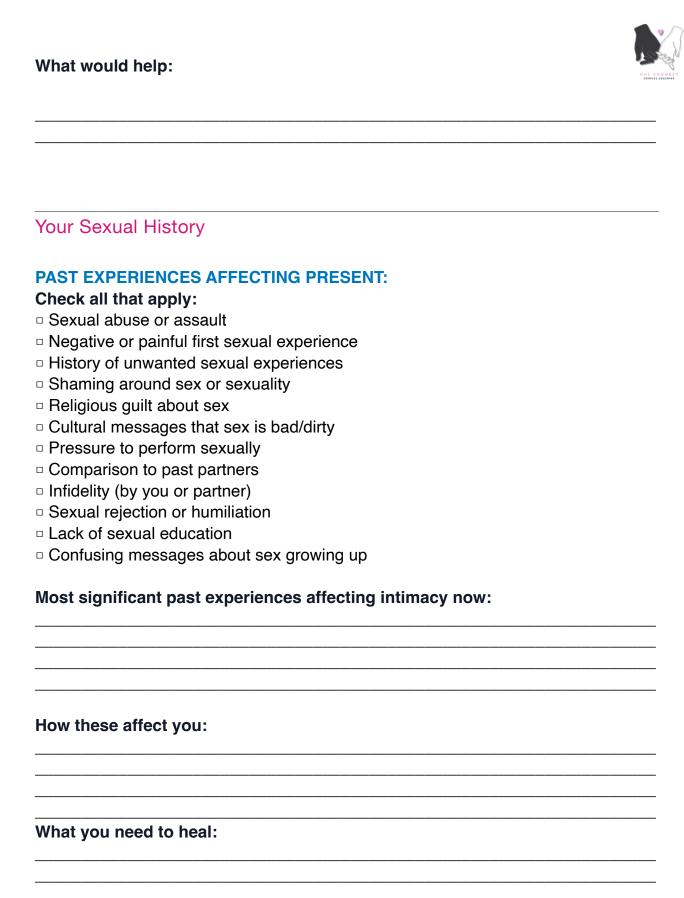
This assessment creates that awareness.



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
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IF BODY IMAGE IS A BLOCK:
Specific concerns:
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How this affects intimacy:
What you avoid because of body image:
mat you avoid boodes of body image.
Where this comes from:





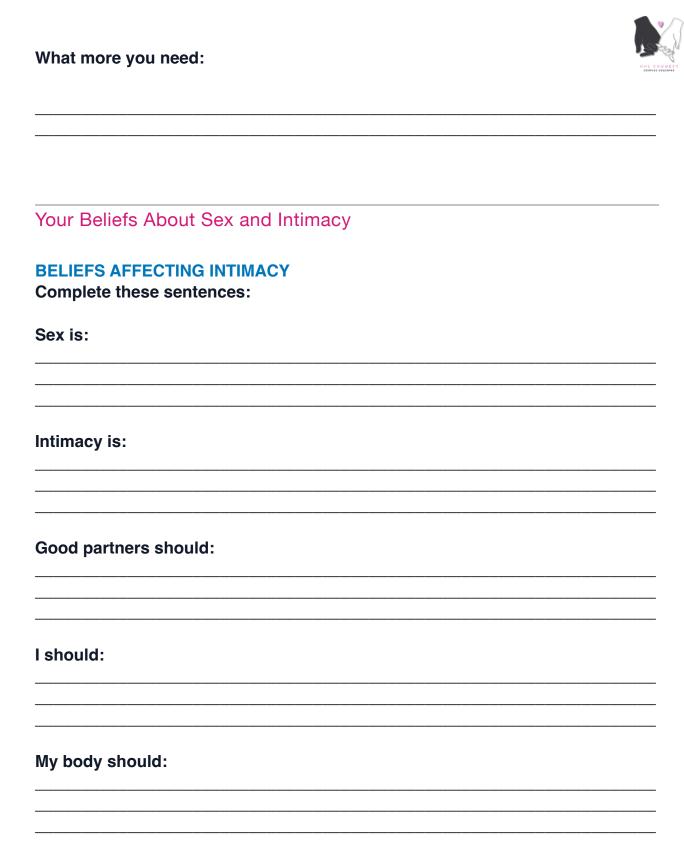
Trauma and Safety
TRAUMA IMPACT ON INTIMACY:
Rate each statement (1-5):
1 = Not true at all, 5 = Very true
I have past trauma that affects intimacy
I sometimes feel triggered during intimacy
I dissociate or "check out" during sex
I have flashbacks or intrusive thoughts
I feel unsafe during vulnerability 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:





Desire should:	H Y L C
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:

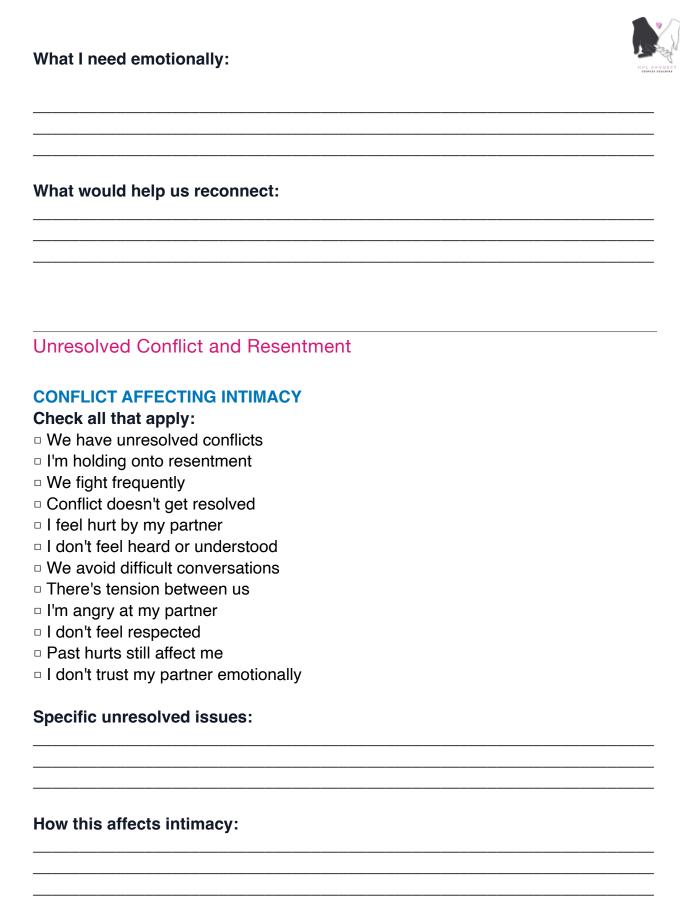
What type of desire do you typically experience?
 Spontaneous desire: Desire comes out of nowhere, you think about sex and want it
 Responsive desire: Desire emerges in response to pleasure, touch, or context Both/varies
□ Low/no desire currently
Understanding: Responsive desire is completely normal 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:

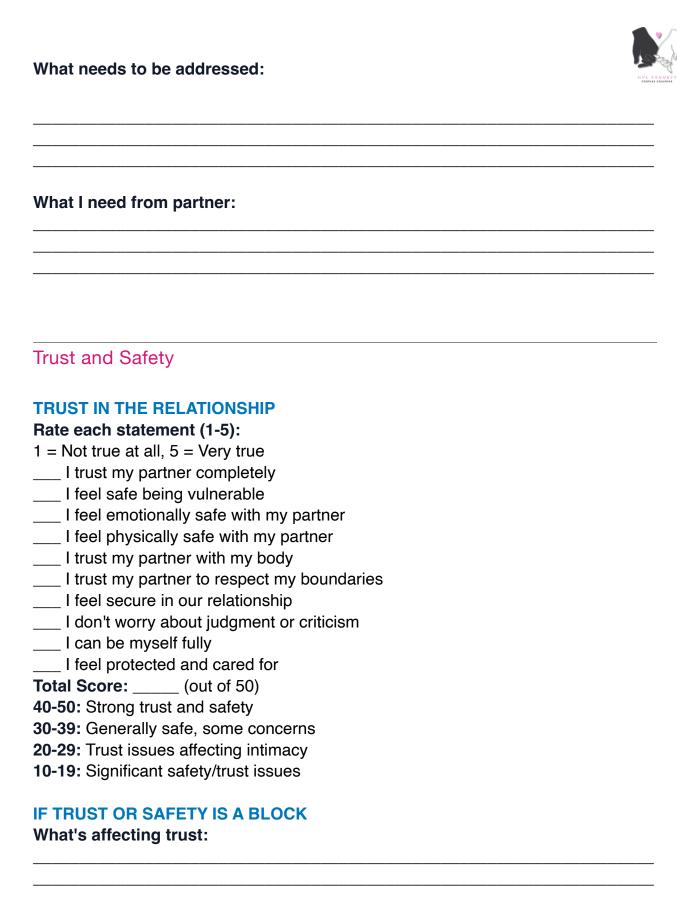


PART 2: RELATIONAL INTIMACY BLOCKS

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:







When I don't feel safe:	H.V.L. C: coorsis
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	

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:

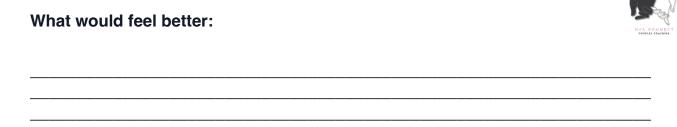


IF DESIRE DISCREPANCY IS A BLOCK

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:





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	
Double 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



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:
 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
HEALTH AFFECTING INTIMACY
Physical Health and Medical Factors
What would help:
Biggest practical barrier:
□ Too busy □ Intimacy feels like another task □ No energy left at end of day □ Can't relax enough □ Always something more urgent



What you're doing to address it:	Mys. cons
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:	
ifestyle 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

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:	HYL COMME COUPLE COLCING
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

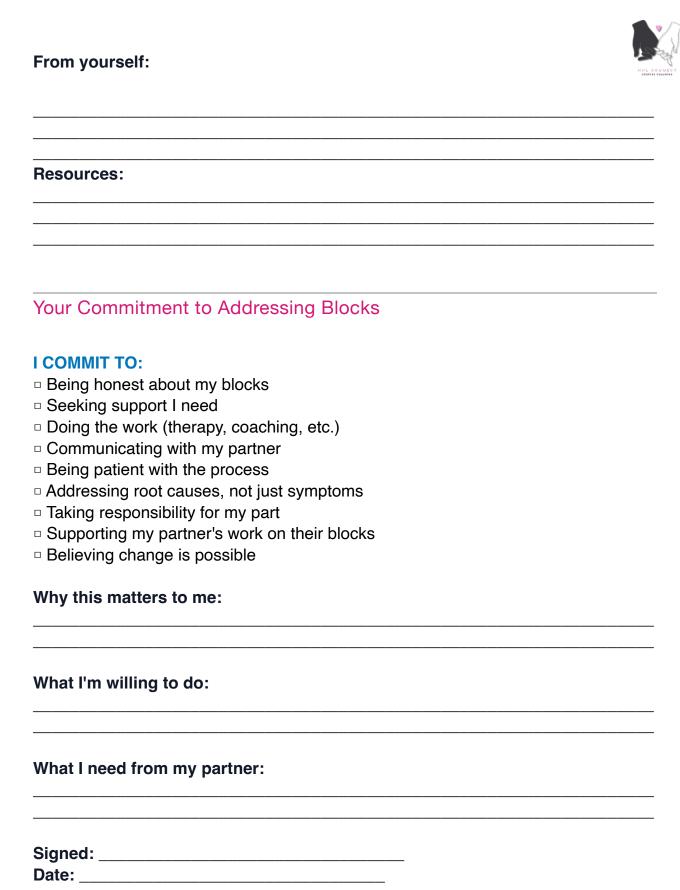
Address ongoing (with partner and support):

- 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:



Next Steps



IMMEDIATE ACTIONS

This week:		
o		
o		
This month:		
o		
Ongoing:		
o		
П		

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

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.

Hyd. GOMBEST

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





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:

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Website: www.hvlconnect.com

You've taken a brave step in identifying your blocks. Now the work of healing begins.