

Exercise: Spontaneous vs. Responsive Desire Check-In

This exercise helps you explore your unique desire style and how it shows up in daily life, digital connection, and your relationship. Understanding whether your desire tends to spark on its own or emerge through emotional or physical closeness can reduce frustration and create new opportunities for intimacy.

Step 1: Identify Your Desire Style

- I typically feel desire when:
 - It comes out of nowhere (Spontaneous)
 - I feel emotionally or physically close (Responsive)
- Digital intimacy (*e.g., sexting, erotic messaging, viewing fantasy content*) makes me feel:
 - More connected
 - More distracted
 - Both / Neither
- What could help me experience more satisfying desire in my relationship? (*check all that apply or add your own*)
 - More non-sexual physical touch (*e.g., cuddling, holding hands*)
 - Emotional connection before intimacy
 - Planned intimate moments
 - Flirty or playful communication throughout the day
 - Solo time to reconnect with my own body/mind
 - Less pressure around “getting in the mood”
 - _____

Reflection (*solo or shared*):

- Did anything surprise you about your answers? _____
- How well do your desire styles align as a couple and how might they be misunderstood?

- What’s one thing you each could try this week to honor the other’s desire style?
