

Intimacy Worksheet

To assess your use of strategies for improving intimacy, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Vary times			
Vary positions			
Discuss sexual issues			
Intimacy “dates”			
Planning re sex, e.g. extra rest			
Use pain meds			
Hormone treatments			
Alternatives to sex			
Focus on closeness and caring			