How to Speak to Your Partner About Your Desire to Deepen in Your Intimate Connection

PRINTABLE WORKBOOK

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HELLO!

I'm Connie Eberhart

As a trauma-trained Sex+Intimacy Coach and Sexological Bodyworker, I generally find that there was one person within a partnership who has done a search on the internet and found their way to my website. They want to work with me, and either do not wish to tell their partner, or they want to talk with their partner but do not know how to go about entering into that conversation.

While this resource is primarily for entering into a conversation with a current partner, the self-inquiry that I guide you through is also very foundational for being able to communicate with a potential new lover. It's common for any one of us to slip back into old scripts, patterns or conditioning. If we can be honest about who we are as an erotic being, and how we wish to authentically share that energy with another, then we can be sure that communication around intimate connection *(and sexual satisfaction!)* will be established right from the get-go!

Tell me more about

What to Expect!

Messages Received While Growing Up

Where do these scripts, patterns and conditionings come from? If we take a moment to reflect, we may realize how many of the messages we have received have been unconsciously impacting the safety, connection and relationship with our own body, and especially within our intimate connections and communications with lovers.

Desired Elements in an Erotic Experience

These scripts also tend to keep us from identifying and expressing what it is that we **truly desire** to experience in our sex lives. Let's stop "doing" sex and actually co-create an ***experience*** or ***state*** that delights and connects us, and is true and meaningful!

Accessing Your "Why"

If in our conversation with a partner we can be clear about WHAT we want, and WHY it is important to us, then we will be coming from a place of true vulnerability, and less likely be sounding as if we are blaming, judging or criticizing.

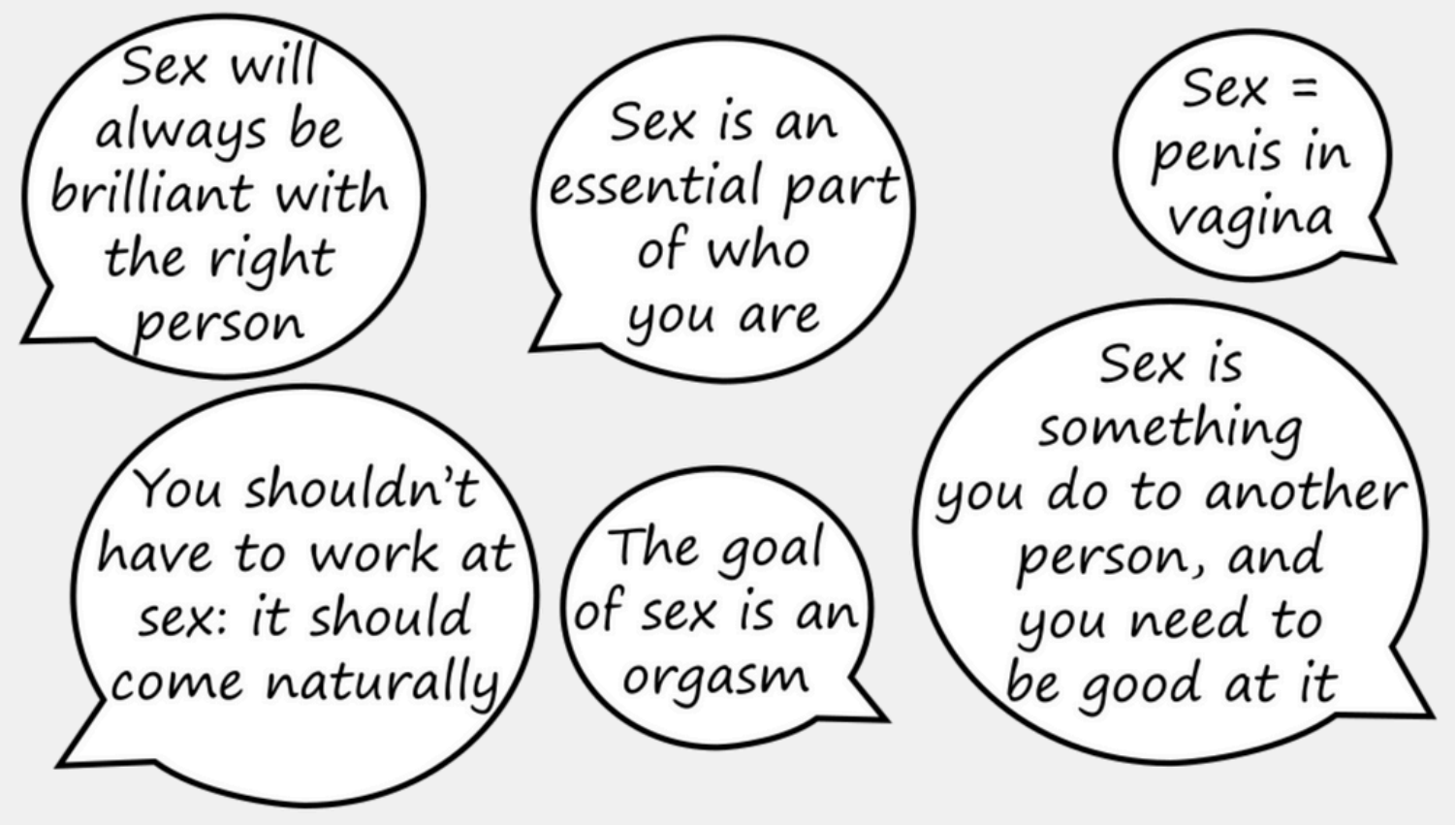
Opening the Conversation with a Partner

Now with this "Erotic Intelligence" in place you will be able to have an easeful conversation about your desires with a new partner, or enter into a meaningful conversation with a long-term lover about connecting even deeper in your lovemaking.

Think About Your Earlier...

Messages About Sex

Think about all the messages we're taught about sex...



Most of us have been conditioned to believe we should already know how to be great lovers and feel totally comfortable with our sexuality...even though most of us also never received any real sex education; education that included the idea of owning our own pleasure versus performing for our partner, or that it's okay to want sex that doesn't look like the very narrow definition of "normal sex". The pressures on us to '*have*' an orgasm or to '*give*' an orgasm - every time - keep us glued to an agenda, versus noticing and following, moment-to-moment, what would be most delicious! This can lead us to having a lot of mediocre sex and also sex that isn't very consensual, nor is it mutually co-created and agreed upon. Too many people are not having the sex they actually want to have! Nor is their sex nourishing or connecting!

Let's Begin With...

Self-Inquiry

1. What were some of the early messages I received about sex?

2. Have friends, family, lovers (or other) judged or tried to control my sexuality or sexual expression? How?

3. What sex or desire experiences have made me feel most true to myself? Why? What future experiences will make me feel most true to myself?

Important Elements of an

Erotic or Sensual Experience

Which one of these words ring true for you? Feel free to add any further words you want or cross out those you don't like the idea of.

Intimate	firey	calming	growthful
hot	soft	unpressured	spiritual
vulnerable	hard	safe	challenging
orgasmic	moving	slow	animal
exciting	grounding	quick	wild
stress-relieving	emotional	transactional	comforting
arousing	escaping reality	boundaried	wholesome
relaxing	embodied	clear	passionate
connected	mindful	straight-forward	romantic
loving	present	exotic	cheeky
caring	zoned out	erotic	getting proficient
rough	on another planet	exploratory	developing skills
companionable	earth-moving	experimental	empowering
fun	dirty	pushing of limits	releasing
silly	filthy	edgy	letting-go
playful	base	dangerous	controlled
meaningful	naughty	in-control	nurturing

1. Which words reflect desired elements of an erotic experience? Which do you NOT want to be included?

Start by beginning to...

Access Your "Why"

So you want to have a conversation with a partner about your desire to "deepen in your intimate connection". Let's first get clear on what is most important to you. What is it that you are currently experiencing, and what do you want instead?

Give some thought as to your "why" for wanting to work with a Sex+Intimacy Coach, or to simply give focused attention to your sexual connection.

Examples of results are:

- Feeling safe with each other to open up about desires
- Feeling joy and erotic aliveness again
- Reigniting the romance and feel like lovers again
- Feeling more connected in your sexuality

1. What results are you looking to achieve through some conscious efforts? (Is it reclaiming safety, finding relaxation, feeling closeness, finding pleasure, expanding your eroticism, etc?)

2. If you experienced these results, how would your life change for the better for you individually? For you as a couple?

3. Why is this an important time in your life to do this work? What would you be missing out on if you didn't make this a priority and tend to this now?

Communication in these

Four Steps

01

First Step

Check with your partner about a good time to talk

02

Second Step

Create a safe, raw, and real space

03

Third Step

Lead your conversation with your “why” instead of complaining and criticizing

04

Fourth Step

Be genuinely curious about your partners perspectives and concerns

Now It's Time To

Open the Conversation

01. Check with your partner about a good time to talk

The biggest hurdle to communicating about sex is often our fear of losing love or hurting a partner's feelings. We don't want to make anyone feel bad, or that they've done something wrong.

Set aside dedicated time for face-to-face conversation. Make it a conscious one, not a fly-by attempt while doing the dishes or preparing dinner (or cornering your partner into the conversation during a long drive). And definitely do not broach this conversation in the middle of sex.

Be real about where you are. You might be nervous or scared to bring up the topic. It's OK. Most likely, your partner will be too. Let them know that this is important to you and scary at the same time. This may ease the discomfort for both of you.

Here are some ways to express that:

"Can we talk for a few minutes? I want to talk to you about something that's important to me, but I'm feeling scared. Are you in a space to talk about it now?"

"I want to talk to you about our sex life, and I'm feeling nervous about bringing it up with you. It's been such a difficult topic for me. Could we set aside a few minutes to talk about this privately so that we each can feel seen and understood?"

"I'm curious if you would like to talk about this now, or if you'd like to have dinner with me on Friday and we can talk about it then. Or is there a time that works better for you?"

Now It's Time To

Open the Conversation

02. Create a safe, raw, and real space

Start by sharing your own vulnerability about the topic and then explain directly that they have done nothing wrong. Be open to hearing and doing what would create more safety for them, and be open to sharing what would create safety for you.

Example: "I love our intimacy and I want us to keep exploring how we can have even more pleasure in our sex life together. I feel scared to talk to you about sex, because sex was something that felt shameful to talk about growing up. I want you to know that this is scary for me, that you haven't done anything wrong, and I wonder what would create a safe space for you to talk with me about our sex life."

Make a request: Convey to your partner that you are making a request, not placing a demand on them. Do not expect that your lover will want to talk about the subject, and don't act combative if they're resistant to having the conversation.

Say something positive: Start by mentioning something your partner does that you like, especially something that relates to what you wish to discuss with them. *Example: "I love how you touch me and how willing you are to please me".*

Avoid Language Like: *"I found a coach/program that I think we need to do.", "I think we need to do this together" ,"We should do this!"*

Unfortunately, this could be interpreted as: *"You need to do this coaching because you aren't good at sex."* This can be hurtful and put people in defense.

Instead, make it about YOURSELF! *"I really want to be an amazing partner for you.", I want to expand and learn about myself and my sexuality and create the best possible experience I can, and I want to experience that with you."*

Now It's Time To

Open the Conversation

03. Lead your conversation with your "why" instead of complaining and criticizing

The prompts from the worksheets above are meant to prepare you to express your "why" so that your partner may understand and see why this is important for you to do and what these results provide for you. Focus on your part by using "I" statements. Not "you", "us", "we". Remember: "outcome" for "self".

Avoid complaining and criticizing your partner. It's not that you have to avoid saying what is not working. It's most powerful when you back it up with what it is that you want instead--so you set your partner up for success in delivering it. Again, for the most impact, use "I" statements that reflect your desires and needs as much as possible.

The more vulnerable and open you can be with your partner about the situation and your desire to change it, the more they can understand how important this is for you.

It can sound like:

"It doesn't work for me that I don't see you at all during the day, and then you want sex in the evenings when I feel so disconnected from you. What I really need is time with you in the evening, to make intimate connection possible between us."

Be direct in your conversation: You might be tempted to pad it with lines such as, *"It would be nice if you did this..."* or *"it's probably a good idea.."*. The most powerful approach is to own your desire to do this work and using clear language such as *"I want to do this. It's important for me to contribute this way to our relationship."*

Come from a place of personal responsibility: focus on yourself and your own personal growth and desires. What is your part and what are your desires in this?

Now It's Time To

Open the Conversation

04. Be genuinely curious about your partner's perspective and concerns

At this point in the conversation, it is time to open the floor to hearing how it has landed for your partner. Talking about sex and intimacy can be very vulnerable! Be prepared; you may not receive immediate "buy in". If your partner is defensive or reluctant, stay open and get curious without fighting with them. Respect your partner's perspective and avoid trying harder to explain your point or change their mind. Instead, get curious about your partner's experience and point of view.

Asking about your partner's concerns and fears lets them know that you care about them and how they feel. You may say something like:

- *"I realize this can be a lot to take in. I am curious to hear about how **you** have been feeling about our sex life and intimate connection?"*
- *"As I share some of this, what's coming up for **you**? What are your reflections as to how our sex life has been and where it's going?"*
- *"I am ready to start working on our sex life and deepening in our intimate connection. What concerns or fears do you have about us doing this work?"*

Welcome your partner's perspective and listen carefully to their concerns. Your partner may not have thought about this in advance. Let them consider your request. Stay open to hearing their feedback or point of view. Respect their need to take some time to think about it. Decide on a time to come back to this conversation in the future.

Now It's Time To

Open the Conversation

As you are acknowledging your partner's perspective and concerns and listening to their response, you may also wish to ask non-combative clarifying questions:

- *"I get that it's a big ask to work on our sex life. It must feel scary for you right now. Can you tell me more about what scares you?"*
- *"Is it a "no" to finding a solution to our challenge? Or a "no" to getting a coach?"*
- *"Since we are not able to figure this out on our own, what do you see being the solution to fixing this?*

If you find yourself or your partner getting defensive or withdrawing from the conversation, name it and find a better time to continue the conversation.

You might say: *"I am noticing I am getting defensive about this decision, and I don't want to push you to change your mind. Can we continue talking about this another time?"*

Lastly, you don't need to solve this in one conversation. For many couples, this is a series of conversations over months. Give your partner space and time to process this. Set up a follow-up conversation to get back to discussing this.

"It sounds like you need time to process. I get it. It's a big topic to wrap your head around. I really want to understand your thoughts with no pressure to make any decision. Will you join me in a follow-up conversation next week, on Sunday when we have our brunch time together?"

"Thanks for hearing me out. What concerns might you have about me doing this work?"

Be open to finding a solution. It may not be obvious. Ask open-ended questions that promote brainstorming and creativity: *"How can we make this work together?"* or *"What do you need from me to feel safe about this decision?"*

Here are some

Sample Conversations:

Sample Conversation 1:

“Can we talk for a few minutes? I want to talk to you about our sex life, but I’m feeling scared. Are you in a space to talk about it this evening after we finish dinner at 8pm?”

“You’re such a supportive partner, which is why I feel comfortable enough to bring this up. I noticed that sex has been hard for us. I know it has been hard for me. I can’t fully be present with you during it. I want to enjoy sex with you -- I love you and want to express this love through being close with you. and I have no idea what to do about it. I am lost and I need your help in working on our sex life together.”

“It’s important for me to do this right now because I don’t want to be leaving sexual pleasure off the table as we get older. Working on this together is going to make me happy and relaxed, I know it. Your support would mean so much to me.”

“I have some ideas of how to work on this, such as getting professional help with a sex coach. But that’s not so important here. I want to know if you’re on board with working on this together. Will you join me in working on this together?”

“I know this is a lot; take your time to process this. And no pressure to make a decision right away. I do want to keep talking about it, so could we chat about this again on Saturday when you’ve had time to think about this a bit? Perhaps about 3pm?”

Here are some

Sample Conversations:

Sample Conversation 2:

"I want to talk to you about our sex life, but I'm feeling nervous about bringing it up with you. Could we set aside a few minutes to talk about this privately?"

"I know you've been wanting us to have sex more frequently, which I want also. I have been finding it hard because my body doesn't seem to want to get in the mood for it. I am confused as to why this is happening. And I know if affects you, too. I miss being able to connect with you on this intimate level. And I hate these fights that we have monthly. It's important for me that we solve this together and find support to help us to see where our blind spots might be."

"Will you help me solve this together?"

See Yourselves as a Team

One of the best things you can do for your relationship is think of you and your partner as teammates, working together against whatever is getting in the way of having the sex life of your wildest dreams. No one partner is the problem. You are two individuals who brought history, complications, and ever-evolving needs to your relationship, and your task is to spread all of it out in front of you and say, "*OK, how do we make sense of this together?*"

Give your teammate the benefit of the doubt during your conversation. If things start to get heated, it can be easy to feel like your partner is purposefully trying to hurt or upset you. And they're probably going to be thinking the same thing about you.

Get the Support Your Love Deserves

Break free of the heart-breaking & divisive patterns to loving connection & passion.

Imagine sex feeling easy...
Imagine sex coming from desire, not obligation or guilt...
Imagine sex feeding your love for each other

Stepping into intimate lovemaking requires you to **dare intimacy** -- by learning to overcome the barriers to it.

OBLIGATORY SEX	INTIMATE LOVEMAKING
Feeling guarded and walking on eggshells to make sure that you do the *right* thing at the *right* time	Letting your guard down and moving *towards* each other in an open and vulnerable way
Holding back on saying what you want for fear of hurting or pushing away your partner	Communicating desires without guilt or shame and in ways that have each of you feeling seen, felt and understood
Getting it over with so one partner gets their pleasure	Making pleasure part of the *shared* experience of lovemaking
Rushing through foreplay and intercourse without taking time to get aroused	Realizing there is no “foreplay”, only following moment-to-moment pleasure
Engaging out of guilt or fear of losing your partner	Engaging with each other from fullness and generosity
Enduring sex or “giving in” after the montly “it’s been a while” conversation	Scheduling as a way to honor each other’s timing and capacity for pleasure
Going through the motions to “get-off” with minimal touch and arousal, just enough to orgasm	Connecting deeply through touch and sexual play in ways that enliven and excite both of you
Feeling ashamed of this part of your life, even though the rest of your relationship is loving and fulfilling	Being proud of what you’ve created together and never doubting that you made the right decision for your love

When you **dare intimacy**, sex becomes a means of fulfillment that goes beyond the borders of the body

Facilitating Processes and Practices for Bringing Presence and Pleasure...
to our Bodies, our Intimate Relationships, and to our Life.

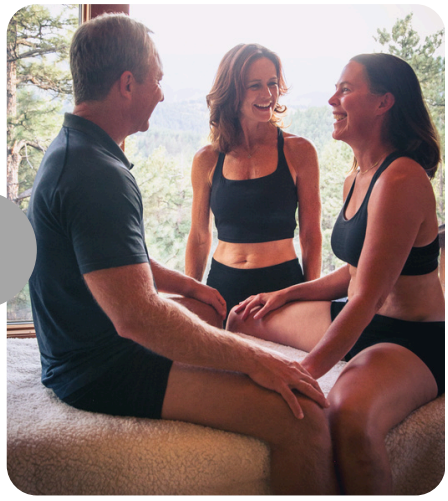
Neurobiology of Trauma + Science of Sex + Depth of Spirit
= How we Re-Member and Come Home to our True Self

Virtual Guidance

Working with individuals and couples. Trauma-informed, somatic-based, experiential learning, and always at the pace of needs, desires and your nervous system.

WHOLE Bodywork

Sexological Bodywork, Scar Tissue Remediation, Pelvic Care, Mapping, Releasing, Healing, Expanding what is available.



Immersion Retreats

Generally 2-5 days at my beautiful Boulder, CO location. Transformation on every level! Virtual Immersions also possible. Think, your very own ***"Sex, Love & Goop" experience!***

What Clients Are Saying

"Connie's expertise in this field has transformed my life! She's been able to meet me exactly where I'm at and offer the expertise needed to legit change my life's trajectory. A vibrant life is possible, and she has the knowledge, experience, and drive to help her clients get there."

"For decades, and with multiple therapists, I struggled with issues related to sex and intimacy, due to early childhood and other issues. I certainly managed my way through into my late 40s, but my wife and I hit a point at which, while things felt "fine" overall, there was clearly a block. Connie simply worked magic with us. Not with a magic wand, reference to sexual techniques, or just telling me to move past it. She understood intuitively where I was and what I would need, far more than I ever had. Within a short period of time, our relationship in general and sex life in particular have been transformed, without ever once feeling like things were being forced or uncomfortable. She's the ultimate professional who helps you reach potential far beyond your expectations and imagination."

"Connie is truly an expert in this field! I intentionally began working with her due to her diverse skill set, trustworthiness, and dependability. She exudes integrity and deeply desires the best outcome for her clients. I've thrown some difficult situations her way, yet she's responded in each situation with resourcefulness, transparency, and compassion. As a client, I feel like Connie truly sees me for who I am and honors the journey I'm on with utmost care."

"Connie is truly an amazing person! Together we have taken on my most challenging issues and made huge strides. I am the happiest I have ever been and owe a great deal of that to her!"

What Clients Are Saying

"Connie's insights and support were just what I needed when I reached out to her for coaching. I feel so grateful to have found her. She's knowledgeable and friendly, and helped me expand my perspective a lot. Our short coaching engagement set me on a path of self discovery that I will never turn back from. And I'll never forget Connie's role in my journey. Thank you Connie!"

"My husband and I, happily married for almost 20 years, started working with Connie about six months ago and it has been one of the best investments of time, energy and money that we've made for each of us individually and for our relationship. Connie is a wonderful listener and deeply attunes to each of us. During and after every session, Connie offers incredible insights and resources that have transformed my relationship to my own sexuality, as well as deepened intimacy with my husband. I am especially moved by how much my husband's work with Connie in individual sessions has seemingly dissolved life-long issues relating to shame and discomfort around certain aspects of sexuality. I recommend her highly to anyone is open to lasting transformation regarding their relationship to self/body/sexuality, as well as anyone interested in deepening their capacity for greater intimacy with partner(s)."

"Connie is amazing!! When I first decided to make the call to set up an appointment I was really nervous. I had a trauma history so I was worried about safety. Connie eased my fears. She is non judgmental and no question is stupid. She is helping me to appreciate my body and move forward. I would highly recommend Connie. She is wonderful and very gifted at what she does."

Connie Eberhart

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Sexological Bodyworker • Somatic Sex Educator
Pelvic Care Specialist: All Genders
Scar/Trauma Reconciliation + Pleasure Reclmation
Master Trainer/Lead Coach in The Erotic Blueprints™

I help *INDIVIDUALS* repair and re-pattern
physical and emotional blocks to their vitality and their desire,
so that as a *COUPLE* they may experience
Deeper Intimacy, **Authentic Connection**,
and **Greater Sexual Satisfaction.**

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The extent to which we prioritize and care for our eroticism, sexual vitality and embodied health (and the depths to which we see all of it as sacred) is the extent to which we allow our genius to be fully present in the world. ~ Christiane Pelmas