

SEXUAL DESIRE & INTIMACY INVENTORY

A refined reflection on desire, connection, and relational truth

INTRODUCTION

There is a quiet truth many people carry:

We are rarely taught how to understand our own desire— let alone how to share it. Desire is not simply physical. It is shaped by safety, experience, identity, and the parts of us that have learned when to open... and when to close. *Nothing is off the table—not because everything must be acted on, but because everything can be explored with honesty.*

This inventory is an invitation into that exploration.

HOW TO USE THIS INVENTORY

Approach this slowly. There is no urgency here.

1. Complete this on your own first

Let your responses be private, honest, and unfiltered.

2. Respond from truth—not expectation

This is not about who you think you should be. It is about who you are right now.

3. Use the response scale:

1. **Yes, this feels aligned**
2. **Maybe, I am open / curious**

3. **No, this does not feel aligned for me**

4. If completing as a couple:

Return to this together—not to compare, but to understand.

5. Let this be a beginning, not a conclusion

This is not a test. It is a doorway.

SECTION I — DESIRE & RHYTHM

Desire has a pace. It is rarely constant—and that is not a problem.

I feel desire for sexual connection frequently

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I feel desire more occasionally or cyclically

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer a consistent rhythm of intimacy

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer flexibility depending on how I feel

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

My desire is influenced by emotional connection

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

My desire is influenced by stress, energy, or environment

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

Reflection

When do I feel most open to intimacy? When do I tend to withdraw?

SECTION II – INITIATION & INVITATION

Desire often begins in how we are approached.

I enjoy initiating intimacy

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy being desired and pursued

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I want more balance in initiation

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I feel pressure around initiating

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy subtle, playful buildup throughout the day

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer a clear and direct invitation

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

Reflection

What helps me feel wanted—without feeling pressured?

SECTION III – TOUCH & SENSUALITY

Before anything else, there is touch.

I enjoy slow, extended foreplay

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy giving sensual touch

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy receiving sensual touch

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer touch that is intentional and present

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy eye contact and emotional connection during intimacy

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer a quieter, more internal experience

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

Reflection

What kind of touch helps my body soften?

SECTION IV — ENVIRONMENT & ENERGY

Where and how intimacy happens matters.

I enjoy familiarity and comfort

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy novelty and variation

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer a calm, grounded environment

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy spontaneity

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy a slower, unfolding pace

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy a more energetic or playful pace

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

Reflection

What environments support my desire? What disrupt it?

SECTION V — PLAY, CURIOSITY & EXPRESSION

Desire often lives in curiosity.

I enjoy playful or flirtatious energy

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I am open to exploring new experiences

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy imagination and fantasy (shared or internal)

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy emotional depth more than novelty

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I feel hesitant or guarded around exploration

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I would like to feel more freedom in this area

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

Reflection

Where do I feel open? Where do I feel protective?

SECTION VI — POWER & RELATIONAL DYNAMICS

Every relationship has an energetic exchange.

I enjoy leading at times

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy being guided at times

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer equality and shared direction

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I am curious about expanding relational dynamics

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I feel uncertain or cautious in this area

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

Reflection

What dynamics feel energizing? What feels uncomfortable?

SECTION VII – SENSORY EXPERIENCE

Desire is deeply sensory.

I enjoy intentional atmosphere (music, lighting, mood)

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I enjoy variation in sensation and touch

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I am open to supportive elements (such as lubricants or tools)

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

I prefer simplicity and minimal stimulation

Yes, this feels aligned

Maybe, I am open / curious

No, this does not feel aligned for me

Reflection

What heightens my experience? What overwhelms it?

SECTION VIII — BOUNDARIES & SAFETY

Desire cannot exist without safety.

I feel comfortable expressing my needs

- **Yes**
- **Maybe**
- **No**

I find it easy to say no

- **Yes**
- **Maybe**
- **No**

I trust my partner to respect my boundaries

- **Yes**
- **Maybe**
- **No**



I feel fully at ease in my body

- **Yes**
- **Maybe**
- **No**

I sometimes feel pressure or obligation

- **Yes**
- **Maybe**
- **No**

I would like more support in communication

- **Yes**
- **Maybe**
- **No**

Reflection

What helps me feel safe enough to open?

SECTION IX — EMOTIONAL CONNECTION

For many, desire is relational.

- Emotional connection increases my desire
- Stress or disconnection decreases my desire
- Feeling seen and understood matters deeply to me
- I need time to transition into intimacy
- I sometimes feel disconnected from my desire

Reflection

What bridges the gap between emotional and physical intimacy for me?

SECTION X — INTEGRATION

Pause here. Notice—not judge.

- What felt easy to answer?
- What felt unclear or complex?
- Where do I feel confident in myself
- Where do I feel unsure or tender?

If you are completing this with a partner:

- Where are we naturally aligned?
- Where are we different—but not wrong?
- What is one small place we can meet each other?

A FINAL NOTE

Desire is not something you force.
It is something you learn to listen to.

Nothing is off the table—because everything can be approached with care, consent, and curiosity.

CONTINUING THIS WORK

This inventory is a beginning. A deeper, guided process allows us to:

- understand your unique desire patterns

- work with emotional and nervous system influences
- strengthen communication around intimacy
- gently explore differences without pressure or shame



Educational Disclaimer

This material is for educational purposes only and is not medical, psychological, or therapeutic advice. It does not replace professional care or establish a therapeutic relationship. Please consult a qualified professional for personalized support. This resource is not a substitute for therapy and does not establish a therapeutic relationship.

Copyright © 2026. Dr. Tiffany Stanley, Ph.D., LPC-S, MA, ABS, CST. Tiffany Stanley Therapy. All Rights Reserved.

