

The Intimacy and Sexual Menu

A gentle, collaborative way to explore connection, desire, and play

How to Use This Menu

*This is about **connection, not performance.***

Go at your own pace, stay in communication, and prioritize emotional and physical safety.

Think of this like a shared menu—there is no pressure to choose everything. Each partner can:

- Circle what feels interesting
- Star what feels exciting
- Cross out anything that feels like a “no”

Then come together and choose **1–3 experiences to explore.**

Light Bites (Low Pressure / Connection-Focused)

Gentle ways to reconnect and build closeness

- Extended kissing or making out
- Giving or receiving a massage
- Writing or reading a romantic or sensual note
- Creating a cozy, candlelit space together
- Listening to music and relaxing together
- Touching or flirting throughout the day
- Sitting close and sharing appreciations

Sensory Experiences (Slow + Present)

Engaging the body and senses

- Shower or bath together
- Use music to guide the rhythm of connection
- Explore temperature (warm oils, cool sensations)
- Use a blindfold to heighten touch
- Incorporate taste (fruit, chocolate, etc.)
- Focus on slow, full-body touch

Playful & Creative (Fun + Flirty Energy)

Bringing in novelty and lightness

- Build a cozy “fort” or create a special space
- Recreate an early dating memory
- Dress up or wear something that feels attractive
- Create a shared playlist
- Write or act out a romantic or playful scenario
- Have a themed “date night at home”

Erotic Communication (Expression + Desire)

Deepening vulnerability and openness

- Share fantasies (at your own pace)
- Practice asking for what you want
- Read something sensual together
- Try playful or intentional language during connection
- Explore what turns each of you on emotionally and mentally

Exploration & Variety (Trying Something New)

Expanding beyond routine

- Try a different time of day (morning, afternoon, evening)
- Change locations within your home
- Slow things down and extend the experience
- Let one partner guide the experience
- Focus on different types of touch or pacing

Advanced / Intentional Exploration

For couples who feel ready and have strong communication

- Explore power dynamics (with clear consent and boundaries)
 - Introduce props, toys, or supportive tools
 - Experiment with roles or structured scenarios
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- Try something new that has been discussed openly

Your Shared Selection

(Choose 1–3 to explore this week)

1. 2. 3.

Reflection (Afterward)

What felt good or surprising?

When did you feel most connected?

Was anything uncomfortable or worth adjusting?

What would you like more of next time?

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