

Tip Sheet: Work to Improve Intimacy

One key to preparing for intimacy is to make peace with your body. Try activities that can help you get in touch with your body and reduce feelings of numbness or disgust.

- Get a massage. Try either a professional masseuse, or ask your partner to give you a massage.
- If you have a partner, practice simple, sensual touching. Find a quiet, peaceful time and simply touch or massage each other gently on a spot that is not strongly linked to your sexuality. Allow yourselves to enjoy the pleasure of simply touching and the joy of being in each other's company. Do not progress to sexual intercourse.
- Close your eyes and have your partner lead you around the house. By trusting your partner to keep you from getting hurt, you can learn to let go of your fears of intimacy.