
PHYSICAL INTIMACY

Sexual Boundaries & Expectations

The conversation most couples avoid and desperately need to have.

Boundary Agreement Resource Library
Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

This Conversation Matters

Most couples have never had an honest, direct conversation about their sexual expectations, preferences, and boundaries. They assume. They hint. They get frustrated. They withdraw. And the gap between what each person wants and what each person experiences grows wider every year.

This guide is not graphic. It is direct. The goal is to give you a framework for having this conversation with your partner openly and without shame.

Frequency expectations.

How often does each person want physical intimacy? This is one of the most common mismatches in marriage. Neither number is wrong. But if you have never discussed it directly, you are guessing.

Initiation patterns.

Who initiates? Is it always the same person? How does the other person feel about that? The person who always initiates often feels unwanted. The person who never initiates may have reasons that have never been discussed.

The right to say no.

Either partner can decline without it being a personal rejection, a punishment, or a weapon. But the person declining has a responsibility to communicate why and to initiate at another time.

Past experiences.

Trauma, abuse, religious messaging, body image. All of these affect how a person experiences physical intimacy. If your partner has wounds in this area, patience and understanding are not optional.

What is off the table.

Every person has boundaries. These need to be stated clearly and respected completely. No pressure, no guilt, no 'but other couples do it.'

Emotional connection first.

For many people, physical intimacy requires emotional safety. If there is unresolved conflict, emotional distance, or broken trust, the bedroom will reflect it.

EXERCISE: The Intimacy Conversation Guide

Answer separately, then share. No judgment. No defensiveness.

On a scale of 1-10, how satisfied am I with our physical intimacy?

What I wish my partner knew about what I need physically:

What makes me feel desired by my partner:

What makes me shut down or pull away physically:

One thing I would like more of:

One thing I need my partner to understand about my past:

Am I willing to have this conversation face to face?

IMPORTANT: If past sexual trauma is affecting your intimacy, please seek support from a licensed therapist who specializes in this area. This workbook cannot substitute for professional help with trauma.

