



STEFFEN
COUNSELING SERVICES

Good Enough Sex Model Reflection Worksheet

Use this worksheet to apply the Good Enough Sex Model to your own relationship or personal growth. These reflection questions and journaling prompts can help you identify unrealistic expectations, strengthen communication, and cultivate greater emotional intimacy.

There are no right or wrong answers. Move through each section with curiosity, honesty, and self-compassion.

Reflection Questions

1. Examine Your Expectations

What expectations about sex have I felt pressured to live up to?

Where did these expectations come from (media, family, culture, past relationships, pornography, social media, etc.)?

Are these expectations realistic for my life and relationship today?

2. Notice What Already Works

Think of a sexual experience that felt emotionally meaningful, even if it wasn't "perfect."

What made it feel satisfying?

What helped you feel connected?

3. Reframe Imperfection

How do I usually respond when sex doesn't go as planned?

How might I practice greater acceptance instead of self-criticism or disappointment?

4. Improve Communication

What is one need, desire, boundary, or insecurity I would like to share with my partner?

What would help me have that conversation with kindness and openness?

5. Build Connection Beyond Sex

What activities help my partner and me feel emotionally connected?

Examples may include:

- cuddling
- holding hands
- laughing together
- date nights
- meaningful conversations
- acts of affection
- quality time

Which of these would I like to prioritize this week?

Journal Prompts

Prompt 1

Describe a time when "good enough" intimacy felt genuinely fulfilling.

What made the experience meaningful?

Prompt 2

How does perfectionism influence my expectations around sex or intimacy?

What would change if I believed that imperfect experiences are still valuable?

Prompt 3

List three ways my partner and I could become more flexible, playful, or curious in our intimate relationship.

- 1.
 - 2.
 - 3.
-

Prompt 4

How can I practice more patience and compassion with myself and my partner when intimacy doesn't go as expected?

Weekly Action Plan

This week, I will focus on:

- ☐ Letting go of one unrealistic expectation.
 - ☐ Initiating one honest conversation.
 - ☐ Prioritizing emotional connection over performance.
 - ☐ Practicing self-compassion after an imperfect experience.
 - ☐ Trying one new way to connect with my partner.
-

Reflection

After completing these exercises, what is one idea from the Good Enough Sex Model that I want to remember moving forward?

Remember: Healthy intimacy isn't about perfection. It's about connection, kindness, flexibility, and growing together over time.