



My Affirming Intimacy Map

A Reflection and Communication Guide

Intimacy can change over time, including during social, emotional, or medical aspects of gender transition. This guide is an invitation to notice what helps you feel comfortable, affirmed, connected, and in choice. There are no right answers. You may complete it alone, share parts with a partner, or revisit it as your needs change.

Before you begin

You can skip any prompt. “Unsure,” “not applicable,” and “not right now” are complete and valid answers. This worksheet is not a test, a contract, or a checklist for what intimacy should look like.

What helps me feel like myself?

The words, names, or language I like for my body are:

Words, names, or language I prefer to avoid are:

I tend to feel more comfortable and present in my body when:

Things that can make intimacy feel less comfortable, dysphoric, pressured, or overwhelming are:

When that happens, I may want support such as:

My connection and comfort needs

I feel most connected to another person when:

A partner can show interest without creating pressure by:

Before or during intimacy, a helpful check-in might sound like:

If I want to pause, slow down, or change direction, I would like to be able to say or signal:

My Intimacy Preferences Right Now

Use the columns below to reflect on what feels right for you today. You may mark more than one column, leave items blank, or add your own.

Type of connection	Yes	Maybe / Curious	Not right now	Unsure
Holding hands, cuddling, or quiet closeness				
Kissing or affectionate touch				
Giving or receiving compliments				
Talking, sharing fantasies, or playful connection				
Massage or sensual touch				
Being seen in ways that feel affirming				
Exploring touch without an expectation of orgasm				
Using toys, barriers, clothing, or other supports				
Sexual activity without penetration				
Penetrative sex				
Alone time, privacy, or decompression afterward				
Aftercare, reassurance, or a check-in afterward				

Make it your own

Something else I would like to include on my intimacy menu:

My definition of fulfilling intimacy right now is:

One small, no-pressure way I would like to explore connection is:

If I choose to share this with a partner, the part I most want them to understand is:

A gentle reminder: Your needs, boundaries, language, and desires are allowed to change. Consent is ongoing, and you are always allowed to pause, say no, ask for something different, or choose another form of connection.

This educational resource is not a substitute for individualized medical, mental health, or crisis support. If you would like support exploring intimacy, identity, or relationship changes, contact Steffen Counseling Services to learn about affirming sex therapy.