

Intimacy Communication Questionnaire for Couples



PURPOSE

This questionnaire is meant to create honest, open, and sometimes surprising conversations. It is not a contract, a promise, or a to-do list. Nothing written here obligates either partner to act on it. There are no wrong answers.

HOW TO ANSWER

When answering, imagine you are simply sharing thoughts, curiosities, and ideas, not making commitments. For example, instead of “I want this,” you might write “I’m curious about…” or “I think this could be exciting if…” This keeps the conversation open, safe, and pressure-free.

Be as detailed and specific as you can. In our experience, the more detail couples share about what, how, where, and why, the richer and more exciting the conversation becomes.

You will get out of it what you put into it!

KEEP IT FOR FUTURE

Also remember this is evergreen. Desires, comfort levels, and fantasies evolve over time. An answer that feels true today may change six months or a year from now. This questionnaire captures a moment, not a lifetime.

ADDITIONALLY

Each partner should complete their own copy, on their own time. There is no rush. When both are finished, share your answers together with **curiosity, humour**, and a **non-judgmental mindset**. The real value comes from the discussion, not the answers themselves.

Section 1 – Mindset, Desire, and Safety

1. What does a deeply satisfying intimate connection feel like to you, emotionally and physically?

2. What makes you feel most desired by your partner?

3. What are firm boundaries for you right now, even if they might change later?

- | | |
|---|---|
| <input type="checkbox"/> Feeling emotionally safe | <input type="checkbox"/> Feeling wanted |
| <input type="checkbox"/> Playful | <input type="checkbox"/> Spontaneous |
| <input type="checkbox"/> Planned | <input type="checkbox"/> Adventurous |
| <input type="checkbox"/> Other(s): _____ | |

Section 2 – Communication and Initiation

4. How do you most enjoy intimacy being initiated? Describe specific situations if possible.

5. What tends to make initiating intimacy feel awkward or difficult for you?

- | | |
|--|---|
| <input type="checkbox"/> Verbal flirting | <input type="checkbox"/> Touch throughout the day |
| <input type="checkbox"/> Eye contact | <input type="checkbox"/> Humour or teasing |
| <input type="checkbox"/> Being direct | <input type="checkbox"/> Being surprised |
| <input type="checkbox"/> Other(s): _____ | |

Section 3 – Frequency, Timing, and Energy

6. Ideally, how often would you like sexual intimacy, knowing that real life plays a role?

7. What helps you mentally and emotionally shift into an intimate mindset?

- | | |
|--|--|
| <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon |
| <input type="checkbox"/> Evening | <input type="checkbox"/> Late night |
| <input type="checkbox"/> Spontaneous, regardless of time | <input type="checkbox"/> Other(s): _____ |

Section 4 – Touch, Pace, and Sensation

8. Describe the type of touch you crave most. Include pace, pressure, and mood.

- | | |
|---|---|
| <input type="checkbox"/> Slow and teasing | <input type="checkbox"/> Firm and confident |
| <input type="checkbox"/> Gentle and nurturing | <input type="checkbox"/> Rough and intense |
| <input type="checkbox"/> Long, unhurried foreplay | <input type="checkbox"/> Other(s): _____ |

Section 5 – Giving and Receiving Pleasure

9. What do you enjoy most about giving pleasure to your partner?

10. What do you enjoy most about receiving pleasure from your partner?

- Slow build-up
- Verbal encouragement
- Extended focus without rushing
- Eye contact
- Hands and mouth together
- Other(s): _____

Section 6 – Positions, Movement, and Variety

11. Describe one or two positions you particularly enjoy and what you like about them.

- Face-to-face
- Standing
- Furniture or edge-of-bed
- From behind
- Seated
- Other(s): _____

12. Describe other positions you haven't tried together that you are curious about trying.

Section 7 – Talking About Acts

13. Which of the following acts do you enjoy or are you at curious about?

- Oral sex
- Anal play or anal sex
- Voyeurism
- Mutual or simultaneous masturbation
- Exhibitionism
- Other(s): _____

14. Are there acts you enjoy but rarely talk about, or that you are curious about but unsure you would enjoy?

Section 8 – Power, Control, and Playful Dynamics

15. What does power or control mean to you in an intimate setting, if anything?

16. What situations suits you best and what, if any, would consider trying?

- | | |
|--|--|
| <input type="checkbox"/> Taking control | <input type="checkbox"/> Giving up control |
| <input type="checkbox"/> Light dominance | <input type="checkbox"/> Light submission |
| <input type="checkbox"/> Switching roles | <input type="checkbox"/> Verbal direction |
| <input type="checkbox"/> Other(s): _____ | |

Section 9 – Fantasy, Role Play, and Scenarios

17. Describe a fantasy or scenario you find intriguing, even if it stays hypothetical.

18. Which situational play(s) are you at least curious about?

- | | |
|---|---|
| <input type="checkbox"/> Role play | <input type="checkbox"/> Costumes or characters |
| <input type="checkbox"/> Public or semi-public settings | <input type="checkbox"/> Stranger-style scenarios |
| <input type="checkbox"/> Dominant/Submissive dynamics | <input type="checkbox"/> Other(s): _____ |

Section 10 – Food Play and Sensory Exploration

19. What foods, textures, or sensations appeal to your curiosity?

- | | |
|--|--|
| <input type="checkbox"/> Whipped cream | <input type="checkbox"/> Chocolate or sauces |
| <input type="checkbox"/> Fruit | <input type="checkbox"/> Ice |
| <input type="checkbox"/> Warm liquids | <input type="checkbox"/> Feeding each other |
| <input type="checkbox"/> Other(s): _____ | |

Section 11 – Toys, Props, and Accessories

20. What toys or accessories have you used before? What did you enjoy or dislike?

21. What toys or accessories would you be curious about trying on yourself? On your partner?

- | | |
|--|--|
| <input type="checkbox"/> Vibrators | <input type="checkbox"/> Restraints |
| <input type="checkbox"/> Blindfolds | <input type="checkbox"/> Feathers or soft textures |
| <input type="checkbox"/> Mirrors | <input type="checkbox"/> Temperature play |
| <input type="checkbox"/> Other(s): _____ | |

Section 12 – Group or Expanded Experiences

22. What feelings, curiosities, or limits come up for you around this topic?

- | | |
|--|--|
| <input type="checkbox"/> Fantasy only | <input type="checkbox"/> Talking about it without intention to act |
| <input type="checkbox"/> Watching together | <input type="checkbox"/> Curious but unsure |
| <input type="checkbox"/> Not interested at this time | <input type="checkbox"/> Other(s): _____ |

Section 13 – Photos, Videos, and Visual Expression

23. What boundaries are important to you regarding taking, saving, deleting, or sharing images or videos?

24. What, if any, would you be curious about?

- | | |
|--|--|
| <input type="checkbox"/> Boudoir-style | <input type="checkbox"/> Erotic but subtle |
| <input type="checkbox"/> Explicit | <input type="checkbox"/> Sexting |
| <input type="checkbox"/> Video | <input type="checkbox"/> Not comfortable |
| <input type="checkbox"/> Outdoors | <input type="checkbox"/> Other(s): _____ |

Section 14 – Locations, Adventure and Newness

25. How do you feel about trying something completely new? Do you have anything in mind?

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> Bedroom | <input type="checkbox"/> Other room |
| <input type="checkbox"/> Hotels | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Outdoors | <input type="checkbox"/> Semi-public places |
| <input type="checkbox"/> Vehicles | <input type="checkbox"/> Other(s): _____ |

Section 15 – Fantasy, Curiosity and "Never Said Out Loud"

26. Are there fantasies you have had but never shared?

27. Are there fantasies you enjoy privately or are curious about, but hesitate to say out loud?

Final Reflection

28. What stood out most to you about your own answers?

29. What do you need from your partner to feel safe and connected when trying something new?

30. In priority order, what ideas or changes would you genuinely enjoy exploring together?
