



Module 3 Worksheet

Communication Framework Guide

This worksheet is for your private use. Take your time with it.

SECTION 1 | What You Learned in This Module

- Communication about intimacy is difficult because of vulnerability, fear of judgment, lack of language, fear of disappointing your partner, and the myth of mind reading.
- Silence does not protect intimacy. It erodes it. Not communicating creates distance, not safety.
- Starting the conversation is the hardest part. Choose timing carefully, set the frame collaboratively, and start with what is working.
- Use "I" statements instead of "you" statements. Be specific, not vague. Frame desires as additions, not criticisms.
- Boundaries are not rejection. They are the framework that makes intimacy safe. You are allowed to say no. You are allowed to change your mind.
- Consent is ongoing, not a one-time conversation. Respecting boundaries builds trust. Pushing against them destroys it.
- You and your partner will want different things. That is normal. Look for overlap, not compromise. Some differences do not have solutions, and that is okay.

SECTION 2 | Communication Framework Practice

Practice framing a conversation you need to have. Fill in the blanks.

Step 1: Choose Your Timing

When will you have this conversation (not in bed, not during conflict)?

Step 2: Set the Frame

How will you explain why you want to have this conversation?

Example: "I have been thinking about how we could make our intimate time even better..."

Step 3: Start With What Is Working

What is already good about your intimacy that you want to acknowledge?



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SECTION 3 | Conversation Starters You Can Use

Choose one or adapt these to your situation. Practice saying them out loud.

- "I would love it if we tried..."
- "I have been curious about..."
- "I really respond to when you..."
- "What have you been curious about?"
- "Is there anything you have wanted to try but have not brought up?"
- "What feels really good to you that we could do more of?"

SECTION 4 | Boundary Language Practice

Practice these phrases. Boundaries are allowed to exist.

- "I am not comfortable with that."
- "That is not something I am interested in trying."
- "I need to stop."
- "I am open to that, but not right now."
- "I would be willing to explore that, but I need to talk through it first."

SECTION 5 | Reflection Questions

There are no right answers. This is private. Be honest with yourself.

Which communication barrier (vulnerability, fear of judgment, lack of language, fear of disappointing, or mind reading myth) affects you most?

What is one conversation you have been avoiding? What makes it difficult?



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How do you currently handle boundaries in your intimate relationship?

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SECTION 6 | Finding the Overlap (When You Want Different Things)

If you and your partner want different things, use this framework to find overlap:

What I want:

What my partner wants:

What we both value (even if the specifics differ):

Possible overlap or middle ground:

SECTION 7 | Your Action Item Before Module 4

Before moving to Module 4: Solo Exploration, have at least one conversation using the framework you learned.

It does not have to be perfect. It does not have to cover everything. Just practice starting. Use the timing, framing, and language strategies from this module.

After the conversation, write down what worked and what you would do differently next time.

Conversation Reflection:

What worked: _____

What I would do differently: _____

A NOTE FROM THEE FANTASY SHOPPE



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Thee Fantasy Shoppe | Where You Shop the Experience.

Communication is the hardest skill for most people. If you need help navigating these conversations, we are here.

Our staff averages over 15 years of experience helping people talk about intimacy in ways that feel safe, respectful, and productive. We have heard it all. Nothing you bring up will surprise us or make us uncomfortable.

Stop by our Daytona Beach location at Ridgewood and Madison, or give us a call.

TheeFantasyShoppe.com | (386) 252-7399

You are not alone in this.