



Module 6 Worksheet

Integration & Sustainable Practice Guide

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

SECTION 1 | What You Learned in This Module

- Information does not automatically become transformation. Knowledge without integration stays theoretical.
- Integration means connecting knowledge to action, building routines that make new behaviors automatic, and creating systems instead of relying on willpower.
- The six modules work together as an interconnected system. Module 1 (anatomy) is the foundation. Each subsequent module builds on it.
- Sustainable practices beat perfect practices. Start with frequency you can realistically maintain, not what sounds ideal.
- Documentation is essential. Track what works so you do not have to rediscover patterns every time.
- When things are not working, diagnose which module the problem relates to before attempting to fix it.
- Intimacy either grows or stagnates. Ongoing attention, regular check-ins, and willingness to adapt are required for long-term sustainability.

SECTION 2 | Integration Assessment

For each module, assess whether you are actually applying what you learned.

Module 1 (Anatomy): Am I using anatomical knowledge during intimacy? ■ Yes ■ No ■ Sometimes

Module 2 (Pleasure Mapping): Have I communicated what I discovered about my body? ■ Yes ■ No ■ Partially

Module 3 (Communication): Am I using the frameworks for difficult conversations? ■ Yes ■ No ■ Sometimes

Module 4 (Positions): Have I adjusted positions based on what I learned? ■ Yes ■ No ■ Some adjustments

Module 5 (Partner Dynamics): Am I navigating differences with negotiation instead of pressure? ■ Yes ■ No ■ Sometimes

Which module do I need to revisit and apply more intentionally?



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SECTION 3 | Building Sustainable Practices

Identify practices you can realistically maintain long-term.

Intimacy frequency I can realistically maintain (not ideal, realistic):

Check-in conversation frequency I can maintain:

Existing habit I will attach check-ins to (Sunday coffee, monthly budget review, etc.):

Documentation system I will use (journal, worksheets, notes app, etc.):

SECTION 4 | Troubleshooting Framework

When something is not working, use this framework to diagnose before adjusting.

Step 1: What specifically is not working?

Step 2: Which module does this problem relate to?

- Module 1 (Anatomy/arousal not happening)
- Module 2 (Do not know what my body needs)
- Module 3 (Cannot communicate about what I need)
- Module 4 (Positions causing discomfort)
- Module 5 (Partner differences creating conflict)
- Life circumstances (stress, health, schedule)

Step 3: Am I actually applying what I learned from that module, or just knowing it?

Step 4: What is one targeted adjustment I can try based on this diagnosis?



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SECTION 5 | Ongoing Growth Plan

Intimacy either grows or stagnates. Plan for ongoing growth:

One new thing I will try this month (position adjustment, communication approach, pleasure zone):

When I will revisit the modules (quarterly, when life changes, etc.):

How I will maintain curiosity about my partner (questions to ask, check-ins to schedule):

SECTION 6 | Integration Commitment

You have completed all six modules of Intimacy 101. That is significant work.

Now the real work begins: integration. Turning knowledge into sustainable practice.

Choose ONE practice from this worksheet that you will commit to for the next 30 days. Not five things. One thing you can realistically maintain.

Document below.

My 30-Day Integration Commitment:

The one practice I commit to: _____

How often I will do it: _____

How I will track it: _____

Who will help hold me accountable (if anyone): _____

A NOTE FROM THEE FANTASY SHOPPE



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You completed all six modules. That is real work. Most people never get this far.

If you need help with integration, troubleshooting, or continuing education, we are here. Our staff has been helping people turn intimacy knowledge into sustainable practice for over 40 years.

These modules are resources you can return to whenever life changes or challenges arise. Revisit them. Use them as ongoing references. Keep learning.

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

TheeFantasyShope.com | (386) 252-7399

Thank you for showing up. Now go build something sustainable.