

## TEN JOURNAL PROMPTS FOR INTIMACY

1. Intimacy means...
2. I feel safe when...
3. I connect with my body by...
4. My emotional turn-ons are...
5. I love initiating intimacy by...
6. My secret fantasy is...
7. I feel comfortable talking about sex when...
8. When I am vulnerable I need...
9. I feel connected to my partner when...
10. I want more...