

When Did Our Desire Get Disconnected?

Trace the story before trying to solve it

Name: _____ Date: _____

Desire changes across seasons and situations. Check what feels relevant; leave the rest blank.

You can complete this alone first, then share only what feels comfortable.

LOOKING BACK

When did you first notice a change in desire or connection?

What was happening in your body, relationship, faith, work, or life then?

Was there one turning point, or did the shift happen gradually?

When do you still notice curiosity, attraction, or openness, if at all?

A SIMPLE TIMELINE

BEFORE

SHIFT

NOW

Body & Emotions

Possible contributors to explore, not a diagnosis

PHYSICAL

- | | |
|---|--|
| ☐ Poor sleep or ongoing fatigue | ☐ Illness, pain, or chronic symptoms |
| ☐ Pain or discomfort during intimacy | ☐ Hormonal or life-stage changes |
| ☐ Pregnancy, postpartum, or breastfeeding | ☐ Medication or birth control changes |
| ☐ Stress and little time to recover | ☐ Body image or feeling disconnected from my body |
| ☐ Alcohol or substance use | ☐ Not enough pleasurable touch |
| ☐ Little exercise or movement | ☐ Less physical attraction than before |
| ☐ Erection difficulties (erectile dysfunction) | ☐ Sex does not feel good |
| ☐ Difficulty becoming aroused | |

Which physical changes began around the time desire shifted?

EMOTIONAL

- | | |
|---|--|
| ☐ Feeling pressured or obligated | ☐ Unresolved hurt, conflict, or resentment |
| ☐ Fear of rejection or disappointing someone | ☐ Anxiety, low mood, or emotional exhaustion |
| ☐ Little emotional closeness | ☐ Difficulty saying no or setting boundaries |
| ☐ Shame about desire or my body | ☐ Past experiences affecting safety |
| ☐ Feeling unseen or unsupported | ☐ Touch that feels like a demand |
| ☐ Past unresolved sexual trauma | ☐ Feeling depressed after a season or life change |
| ☐ Fear I will be punished if I do not have sex | |

What feelings come up when intimacy is suggested?

Faith & Mind

Notice beliefs, meaning, curiosity, and mental space

SPIRITUAL OR VALUES-RELATED

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|---|--|
| ☐ Conflicting beliefs about sexuality | ☐ Shame learned in a faith or family setting |
| ☐ Uncertainty about what aligns with my values | ☐ Feeling disconnected from spiritual meaning |
| ☐ Difficulty reconciling pleasure and faith | ☐ Fear of being judged for my desires |
| ☐ Feeling that intimacy is a duty | ☐ Past teachings I want to revisit |
| ☐ Different beliefs between partners | ☐ A change in my spiritual identity |
| ☐ Scrupulosity: fear God or family thinks sexual desire makes me bad | |

Which beliefs support desire? Which ones make it harder to feel free?

INTELLECTUAL OR MENTAL

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|--|---|
| ☐ Mental overload or constant planning | ☐ Too many distractions to be present |
| ☐ The same routine no longer feels engaging | ☐ Little curiosity about what I enjoy |
| ☐ A lack of sexual education or information | ☐ Unspoken expectations about what I want during sex |
| ☐ Different ideas about intimacy | ☐ Feeling bored or unstimulated |
| ☐ Performance worries or self-monitoring | ☐ No space for imagination or novelty |
| ☐ Never thinking about sex | ☐ Unvoiced sexual desires |
| ☐ Thinking of sexual images instead of being present during sex | ☐ My mind will not calm down |

What would help your mind feel engaged, curious, or at ease?
