Couples Worksheet: Maintaining & Rebuilding Intimacy During Ventilator Care

1. Understanding Where We Are Now

- What does “intimacy” mean to me right now?

- What do I miss most about our closeness?

- What feels scary or uncertain about being intimate?

- What still makes me feel connected to you?

Notes:

Partner A:

Partner B:

2. Communication Check-In

- I feel most loved when you:

- It helps me feel safe when you:

- Something I want to say but find hard to express:

3. Safe Physical Closeness

- What feels comfortable?

- What feels uncomfortable or worrying?

4. Comfort & Safety Boundaries

- Signs we should pause:

- Positions that feel safe/unsafe:

- Medical guidance we need to check:

5. Emotional Connection

- I appreciate you because:

- One memory I cherish of us:

- Something I still love doing with you:

6. Reintroducing Sexual Intimacy (If & When Ready)

- What concerns do we have?

- What would help us feel more comfortable?

- What pace feels right?

7. Small Steps Plan

- What will we try this week?

- When will we try this?

8. Weekly Check-In

- What felt good?

- What didn't feel right?

- What do we want to try next?

Final Reminder:

Intimacy can change form—but it doesn't have to disappear.