

The Intimacy Rebuilding Guide

Coming Back to Each Other After the Breach

PURPOSE

Intimacy after betrayal does not return on its own. This tool gives both partners a structured, honest framework for rebuilding emotional, physical, and spiritual closeness — at a pace that serves healing rather than rushing past it.

INSTRUCTIONS

Parts 1 and 2 are completed privately. Parts 3 and 4 are completed together. The betrayed spouse sets the pace on all matters related to physical reconnection. The unfaithful spouse does not negotiate that pace.

PART 1 — WHERE I AM WITH INTIMACY (Complete Privately)

My honest experience of emotional intimacy right now:

- | | |
|---|---|
| <input type="checkbox"/> I feel completely disconnected | <input type="checkbox"/> I feel cautiously open |
| <input type="checkbox"/> I am numb — I feel nothing toward my spouse | <input type="checkbox"/> I have moments of genuine connection |
| <input type="checkbox"/> I am present physically but absent emotionally | <input type="checkbox"/> I feel closer than I expected |

My honest experience of physical intimacy right now:

- | | |
|--|--|
| <input type="checkbox"/> I cannot be physically close right now | <input type="checkbox"/> I want physical closeness but feel conflicted |
| <input type="checkbox"/> Physical closeness triggers grief or anger | <input type="checkbox"/> I am cautiously willing to reconnect |
| <input type="checkbox"/> Physical intimacy has not been affected in the way I expected | |

What makes emotional closeness feel impossible right now:

What would make me feel emotionally safer with my spouse:

PART 2 — WHAT MY BODY NEEDS ME TO KNOW (Private)

The body carries memory. Complete this section honestly — for yourself, not for your spouse.

Physical closeness currently makes me feel:

The specific trigger that makes physical reconnection hardest:

What I need my partner to understand about where I am physically:

A small step toward physical closeness I could genuinely take right now:

The boundary I need my spouse to honor without question:

PART 3 — OUR INTIMACY AGREEMENTS (Complete Together)

The pace of physical reconnection — set by the betrayed spouse:

The boundaries we are both committing to honor without negotiation:

The daily practice we will commit to for emotional reconnection:

We agree that physical reconnection will never be pressured, used as a reward, or withheld as punishment. Check if both partners agree:

Partner A agrees

Partner B agrees

How we will communicate when one of us is struggling with closeness:

The small, consistent act of connection we will practice every day:

PART 4 — THE INTIMACY COMMITMENT (Sign Together)

We are not rebuilding what was. We are building something new — deliberately, patiently, and on a foundation of genuine safety.

- We commit to never using physical intimacy as leverage — for reward or punishment
- We commit to honest communication when closeness feels unsafe or impossible
- We commit to the betrayed spouse setting the pace — without pressure or guilt
- We commit to addressing emotional disconnection before pursuing physical reconnection
- We commit to regular check-ins about where each of us is — without judgment
- We commit to professional support if physical reconnection remains blocked after 90 days

"We are not where we were. We are not yet where we are going. We are choosing to move toward each other — slowly, honestly, and without skipping the work that makes closeness real."

Partner A: _____

Date: _____

Partner B: _____

Date: _____