

Low Desire Reflection Worksheet

A gentle self-check for women who feel confused, guilty, pressured, or disconnected from sexual desire.

Low sexual desire does not mean something is wrong with you. Desire can be affected by stress, emotional safety, relationship pressure, body image, mental load, hormones, medications, trauma history, sleep, and life transitions. This worksheet is designed to help you explore your experience with curiosity instead of shame.

1 How to Use This Worksheet

- Move slowly. You do not have to answer every question.
- Circle, check, write, or simply notice what feels true.
- Use this as a conversation starter in therapy or with a trusted partner.
- Let curiosity lead. The goal is understanding, not forcing desire.

Gentle reminder: Your body may be communicating that something needs care, rest, safety, connection, medical attention, or less pressure. Low desire is information — not a personal failure.

Reflecting on Desire

2 How I Feel About Desire Right Now

When I think about my sexual desire lately, I notice I feel:

- | | | |
|---------------------------------------|----------------------------------|-------------------------------------|
| ☐ Confused | ☐ Guilty | ☐ Pressured |
| ☐ Disconnected | ☐ Sad | ☐ Frustrated |
| ☐ Numb | ☐ Anxious | ☐ Avoidant |
| ☐ Resentful | ☐ Curious | ☐ Hopeful |
| ☐ Other: _____ | | |

One sentence that describes my relationship with desire right now is:

3 What I Wish My Partner Understood

If I could explain my experience without fear of judgment, I would want my partner to know:

What feels hardest to say out loud is:

Stress Load and Mental Load

4 My Current Stress Load

Rate each area from 0-10. 0 = not affecting me. 10 = heavily affecting me.

Work stress:	_____ /10	Parenting/caregiving stress:	_____ /10
Household responsibilities:	_____ /10	Emotional exhaustion:	_____ /10
Sleep problems:	_____ /10	Body image concerns:	_____ /10
Relationship tension:	_____ /10	Anxiety or depression:	_____ /10
Medical/hormonal/medication concerns:	_____ /10		

The biggest stressor affecting my desire right now may be:

5 My Mental Load

Sometimes desire decreases when the mind and body are carrying too much. Things I am currently responsible for include:

- | | |
|---|---|
| ☐ Managing the household | ☐ Planning meals |
| ☐ Cleaning | ☐ Childcare or caregiving |
| ☐ Emotional support for others | ☐ Remembering appointments |
| ☐ Managing schedules | ☐ Work responsibilities |
| ☐ Family obligations | ☐ Taking care of everyone else |
| ☐ Other: _____ | |

The part of my mental load that feels heaviest is:

Emotional Safety and Connection

6 Emotional Safety and Connection

Desire often becomes more accessible when the body feels emotionally safe.
Right now, I feel emotionally safe in my relationship:

- | | | |
|--|--|------------------------------------|
| ☐ Almost always | ☐ Often | ☐ Sometimes |
| ☐ Rarely | ☐ I am not sure | |

I feel closest to my partner when:

I feel more distant from my partner when:

Before I can feel sexually open, I may need more:

- | | |
|--|---|
| ☐ Emotional connection | ☐ Affection without pressure |
| ☐ Reassurance | ☐ Help around the house |
| ☐ Time to myself | ☐ Playfulness |
| ☐ Rest | ☐ Trust |
| ☐ Repair after conflict | ☐ Clear communication |
| ☐ Patience | ☐ Other: _____ |

Pressure, Guilt, and the Body

7 Pressure, Guilt, and Obligation

Sometimes desire becomes harder to access when intimacy starts to feel like a duty, expectation, or performance.

When sex or intimacy comes up, I often feel:

- | | |
|---|---|
| ☐ Curious | ☐ Neutral |
| ☐ Pressured | ☐ Guilty |
| ☐ Worried I will disappoint my partner | ☐ Afraid to say no |
| ☐ Disconnected from my body | ☐ Unsure what I want |
| ☐ Like I need to get it over with | ☐ Other: _____ |

The kind of pressure I notice most is:

A message I may need to practice: My desire matters. My no is allowed. I do not have to force my body to feel ready. Intimacy can be rebuilt gently.

8 Body Image and Feeling Present

During closeness or intimacy, I notice I may think about:

- | | |
|--|--|
| ☐ How my body looks | ☐ Whether I am attractive enough |
| ☐ Whether I am doing it right | ☐ Whether my partner is satisfied |
| ☐ How quickly I can be done | ☐ Pain or discomfort |
| ☐ Past experiences | ☐ My to-do list |
| ☐ Other: _____ | |

One thing my body may need from me is:

What Turns Desire Down

9 What Turns Desire Down

These may be my brakes - things that make desire harder to access.

- | | | |
|---|---|--|
| ☐ Stress | ☐ Exhaustion | ☐ Conflict |
| ☐ Feeling criticized | ☐ Feeling emotionally disconnected | ☐ Feeling touched out |
| ☐ Pain or discomfort | ☐ Hormonal changes | ☐ Medication side effects |
| ☐ Anxiety | ☐ Depression | ☐ Shame |
| ☐ Guilt | ☐ Body image concerns | ☐ Too much pressure |
| ☐ Lack of privacy | ☐ Lack of time | ☐ Trauma reminders |
| ☐ Other: _____ | | |

My top three brakes are:

1. _____
2. _____
3. _____

When these brakes are present, I notice my body may respond by:

One brake I may want to reduce or talk about in therapy is:

What Helps Desire Feel Possible

10 What Helps Desire Feel Possible

These may be my accelerators - things that help me feel more open, connected, or interested.

- | | |
|--|---|
| ☐ Emotional closeness | ☐ Feeling appreciated |
| ☐ Affection without pressure | ☐ Rest |
| ☐ Help with responsibilities | ☐ Flirting |
| ☐ Playfulness | ☐ Feeling desired |
| ☐ Feeling emotionally safe | ☐ Slow touch |
| ☐ Privacy | ☐ Feeling confident in my body |
| ☐ Time to transition out of work or parent mode | ☐ Honest communication |
| ☐ Repair after conflict | ☐ Other: _____ |

My top three accelerators are:

1. _____
2. _____
3. _____

One thing that would help desire feel more possible for me is:

One way I could create more space for this is:

Understanding My Desire with Compassion

11 What I Am Learning

After completing this worksheet, I notice:

My desire may be less about not wanting sex and more about:

A pattern I want to understand more clearly is:

A question I may want to bring to therapy, my medical provider, or my partner is:

One Gentle Next Step

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One Gentle Next Step

- ☐ Talk with my partner about emotional pressure
- ☐ Ask for more nonsexual affection
- ☐ Schedule more rest
- ☐ Bring this up in therapy
- ☐ Talk with a medical provider about hormones, pain, or medication side effects
- ☐ Practice saying no without overexplaining
- ☐ Explore what helps me feel connected
- ☐ Reduce pressure around sex
- ☐ Other: _____

My next small step will be:

Consent-based reminder: You are allowed to move slowly. You are allowed to say no. You are allowed to want closeness without wanting sex. Your body does not have to be convinced; it deserves to be listened to.

Closing Reflection

My desire does not have to be forced.

My body is allowed to move slowly.

My needs are allowed to matter.

I can approach this part of myself with curiosity, compassion, and care.

This worksheet is for reflection and education only. It is not a substitute for therapy, medical care, or crisis support. If low desire is connected to pain, trauma, medication changes, relationship distress, or emotional safety concerns, consider speaking with a licensed therapist or medical provider.