

Being Intimate

Self-management website for people who have had a stroke www.selfhelp4stroke.org

Topic 4 Emotional Support

The following suggestions may help you with being intimate

	I'll try this	This is not for me
Set aside uninterrupted time and when I wont be so tired		
Use cushions/pillows for support Be comfortable kissing and touching without necessarily having intercourse		
Consider different positions that might make things easier		
Be open and consider each others needs		
Ask my GP about tablets		
Share my worries with my partner		
Look for further information online		
Speak to a health professional involved in my care		
Go on a date and be more romantic with my partner		
Tell them that I still care		
Create a space where we both feel comfortable and intimate		
Wear something that makes me feel more comfortable and attractive		



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	I'll try this	This is not for me
Don't be afraid to go back-to-basics and find what works for each of us		
Spend more time doing things that make me feel good		