

# 5 Gentle Scripts for Talking About Desire Differences

A practical guide to reduce pressure, ease tension, and begin a kinder conversation about intimacy



By IntimaBalance Counselling  
Cecilia Engelbrecht, AMACCPH  
Relationship & Intimacy Counsellor

Desire differences are one of the common concerns couples bring into relationship and intimacy support.

When partners want different levels of closeness, affection, sex, or initiation, it can quickly lead to pressure, rejection, guilt, resentment, or distance.

These scripts are designed to help you speak more gently, reduce tension, and begin the conversation with care.

# How to Use These Scripts

- Choose one script that feels relevant.

Do not use these scripts during a heated argument or when one of you feels flooded, defensive, or pressured.

Use them when you both have enough calm to listen.

You can read the script as written, or change the words so they sound more natural to you.

The goal is not to force intimacy.

The goal is to speak with more care, reduce shame, and understand each other more clearly.

# Script 1: Name the Feeling Without Blame

“I feel [emotion] when [situation].  
I would like [need or request].”

Example:

“I feel disconnected when we avoid talking about intimacy. I would like us to set aside 10 minutes this week to check in gently.”

Why this helps:

This keeps the focus on your experience instead of blaming your partner.

## Script 2: Open the Conversation Gently

“I’m curious how you’ve been feeling about intimacy lately. Would you be willing to share what has been on your mind?”

Why this helps:

Curiosity feels safer than accusation. It invites your partner into the conversation instead of putting them on trial.

## Script 3: Focus on Closeness, Not Performance

“I love you, and I want us to feel close. Can we talk about what kind of closeness feels good and manageable for you right now?”

Why this helps:

This reduces pressure and makes space for emotional closeness, affection, rest, conversation, or touch.

## Script 4: Make a Gentle Plan Together

“Could we make a gentle plan for when we might both feel more comfortable being close or intimate?”

Optional follow-up:

“What would help this feel relaxed rather than pressured?”

Why this helps:

Planning does not mean forcing intimacy. It can help couples create time, safety, and emotional readiness.

## Script 5: Say No Without Disconnecting

“I’m not in the mood tonight, but I still want to feel close to you. Could we cuddle, talk for a few minutes, or plan another time?”

Why this helps:

A kind no can protect both consent and connection. It helps the lower-desire partner say no without disappearing, and helps the higher-desire partner feel less rejected.

# Need More Personalised Support?

If desire differences are creating pressure, rejection, conflict, or distance in your relationship, you do not have to navigate it alone.

IntimaBalance offers relationship and intimacy counselling for individuals and couples who want to communicate with more care and rebuild connection.

- Book a free 15-minute
- introduction call:

[www.intimabalance.com](http://www.intimabalance.com)

[cecilia@intimabalance.com](mailto:cecilia@intimabalance.com)

WhatsApp: +27 82 307 8629

# Important Note

This guide is for general relationship education and reflection. It does not replace counselling, psychotherapy, medical care, legal advice, crisis support, or safeguarding intervention.

If there is fear, coercion, intimidation, emotional abuse, physical violence, sexual pressure, threats, or immediate danger in the relationship, communication tools may not be safe to use without appropriate professional support.

If you are in immediate danger,  
contact emergency services or a  
crisis support service in your area.

