

How to Talk About Different Sex Drives Without Shame — Checklist

A quick reference before or during the conversation about mismatched sex drives.

Before You Start

- ☐ ☐ Know what you're asking for: opening the conversation, or naming what you need?
- ☐ ☐ Name your fear to yourself first. What's the worst thing she could say?
- ☐ ☐ Choose the right moment: calm, private, not when either of you is depleted
- ☐ ☐ If needed, ask ahead: "There's something I want to talk about. When's a good time?"

What To Watch For

- ☐ ☐ She starts talking fast or louder: slow your voice down, don't match her intensity
- ☐ ☐ She goes quiet: give her space to process, don't fill the silence immediately
- ☐ ☐ She responds with a counter-complaint: hear it fully before responding to your original point
- ☐ ☐ You feel flooded or defensive: pause and say "Can I take a minute?"

What To Say

- ☐ ☐ Open with what you miss: "I miss feeling close to you"
- ☐ ☐ Frame it clearly: "This isn't a complaint. I want to understand what's happening between us."
- ☐ ☐ Name what you want without pressure: "I want to feel wanted by you again. I'm not saying it to push you."
- ☐ ☐ Ask what she needs: "What would help you feel more connected?"

What Not To Do

- ☐ ☐ Don't open with a count: "It's been X weeks since we..." is a scoreboard, not a conversation
- ☐ ☐ Don't treat her response as a verdict. One conversation isn't the final word
- ☐ ☐ Don't go quiet after a bad response. Come back in 24 to 48 hours
- ☐ ☐ Don't promise to fix everything. This is a first step, not a turnaround

Repair Move

If the conversation broke down, use this re-entry within 48 hours:

"That conversation didn't go the way I wanted. I think I said it wrong. Can we try again?"

Don't relitigate what happened. Just reopen the door.

Success Check

- ☐ ☐ I said something true about what I've been feeling
- ☐ ☐ I didn't frame it as a complaint or a demand
- ☐ ☐ The conversation happened, even if it wasn't perfect