

How to Bring Up Desire Changes After 40 - Checklist

Use this before or during the conversation to stay grounded.

Before You Start

- ☐ ☐ I've picked a neutral, low-pressure moment (not in bed, not mid-argument)
- ☐ ☐ I know what I want to say: the change in my body, not a full medical explanation
- ☐ ☐ I'm clear that I want her to know I still desire her (that comes first)
- ☐ ☐ I'm not expecting her to do or fix anything tonight
- ☐ ☐ I've given myself permission to be imperfect in how I say this

What To Watch For

- ☐ ☐ If she goes quiet, that's processing, not rejection
- ☐ ☐ If she asks "is it me?" and that's my cue to lead with clear reassurance
- ☐ ☐ If she brings up her own feelings: let her. Don't interrupt.
- ☐ ☐ If she responds with skepticism: acknowledge the delay, don't defend it
- ☐ ☐ If the conversation stalls: let it rest and come back in 24 to 48 hours

What To Say

- ☐ ☐ Lead with desire: "I still want you. That hasn't changed."
- ☐ ☐ Name the change plainly: "My body hasn't been cooperating the way it used to."
- ☐ ☐ Separate the two: "This is about my body, not about how I feel about you."
- ☐ ☐ Invite her in: "How have you been experiencing things lately?"
- ☐ ☐ Take the pressure off: "I'm not asking you to do anything right now. I just didn't want to keep carrying this alone."

What Not To Do

- ☐ ☐ Don't lead with the problem before you've said you still want her
- ☐ ☐ Don't turn it into a medical briefing
- ☐ ☐ Don't apologize more than once

☐ ☐ Don't expect her to respond warmly the first night: she may need time

☐ ☐ Don't fill her silence with more explanation

Repair Move

If it went badly or she shut down:

"I know that was a lot to bring up. I'm still here if you want to talk more."

Wait 24 to 48 hours before trying again.

Success Check

☐ ☐ She responded to me, even if the response was hard to hear

☐ ☐ I said what I came to say without catastrophizing it

☐ ☐ I feel less alone with this than I did before the conversation