

When Physical Intimacy Has Disappeared From Your Marriage – Checklist

A quick-reference card for before or during the conversation about wife no physical intimacy.

Before You Start

- ☐ ☐ Pick a calm moment with no agenda after it
- ☐ ☐ Put your phone away
- ☐ ☐ Know your goal: make honest contact, not fix everything tonight
- ☐ ☐ Check for unresolved tension — clear that first if it's there
- ☐ ☐ Know which script fits where you are right now

What To Watch For

- ☐ ☐ She stays in the conversation (even briefly) — that's a yes
- ☐ ☐ She goes quiet but doesn't leave — she's processing, stay present
- ☐ ☐ She shares something about her own experience — listen before you respond
- ☐ ☐ Something shifts in her physical presence over the next day or two

What To Say

- ☐ ☐ Low-stakes opener: "I've been thinking I miss being close to you. Not in a loaded way. I just miss it."
- ☐ ☐ Naming the distance: "I feel like we've been less physically connected lately and I wanted to say something instead of pretending I hadn't noticed."
- ☐ ☐ Asking her experience: "Is there something going on for you that I should know about?"
- ☐ ☐ Small request: "Can we just sit closer tonight? Nothing else. I'd just like to be near you."
- ☐ ☐ After a previous bad conversation: "Last time I brought this up I came across as frustrated. What I actually wanted to say is I miss feeling close to you."

What Not To Do

- ☐ ☐ Don't bring this up when you're frustrated or tired
- ☐ ☐ Don't follow her if she leaves the room — let her go
- ☐ ☐ Don't defend your approach if she pushes back

- ☐ ☐ Don't fill the silence after you say your piece
 - ☐ ☐ Don't press for resolution in one conversation
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Repair Move

If it went sideways:

"I can see that came up at a bad time. I'm not looking for a big conversation. I just wanted you to know I meant what I said."

If she calls it manipulative:

"You're right to be skeptical. I know I haven't always shown up well. I'm trying to do it differently."

Success Check

- ☐ ☐ She stayed in the conversation without shutting down
- ☐ ☐ Her physical presence with you has shifted at all in the last few days