

Before You Walk In

A preparation sheet for the conversation

Take 15 minutes with this sheet. Alone, honest, before the conversation. You don't need to have everything figured out. You just need to know where you stand.

PART 1 — WHERE YOU ARE

How long has this thought been with you?

Is this a fantasy, an identity, or something in between — and does it matter right now?

What does the feeling actually contain for you? Erotic? Emotional? Both?

PART 2 — YOUR RELATIONSHIP

How do you and your partner currently talk about sex and desire?

Is there anything he is carrying right now that would make this the wrong moment?

PART 3 — THE CONVERSATION

What is your first sentence?

Will you say it yourself, or send him something first?

There's a page written for him: navigating-compersion.com/for-you

What do you want to say tonight — and what can wait?

What does a good outcome look like tonight? (Not eventually. Tonight.)

What will you do if he goes quiet?

What will you do if he says no?

PART 4 — AFTER

How will you give him space tomorrow?

How will you take care of yourself tomorrow?

It takes courage to even sit with this. Most people never do. You've been here before — not knowing how someone will react, but saying it anyway. You know how that story ends. Trust that.
