WHAT HAPPENS TO YOU WHEN KINK GETS CLOSE?

Think of a real moment when kink made connection feel big. Let your body remember.

A BODY-BASED EXPLORATION OF HOW YOU NAVIGATE CONNECTION, DISTANCE AND UNCERTAINTY.

1. MAP IT IN YOUR BODY

Where do you notice it? Use the key to mark on the body map what you feel in that moment. There's no right or wrong way to do this.

- ○ = tension
- ≈ = buzzing / activation
- ● = heaviness
- → = urge to move toward
- ← = urge to move away
- ✕ = numb / hard to feel
- ♡ = warmth / openness
- ✳ = anything else (use your own marks!)



2. WHAT'S HAPPENING INSIDE?

As you think about that moment, what do you notice in your body, emotions, thoughts and urges? Add a few words or draw.

BODY SENSATIONS
(e.g. tight, buzzing, heavy, open)

EMOTIONS
(e.g. anxious, excited, lonely, calm)

THOUGHTS
(e.g. "What does this mean?", "I need space", "Don't mess this up")

URGES
(e.g. reach out, go quiet, fix it, escape)

3. WHAT DOES YOUR BODY WANT TO DO?

When connection feels uncertain, my body wants to…

- ☐ get closer
- ☐ reach out
- ☐ explain
- ☐ fix it
- ☐ know where I stand
- ☐ watch carefully
- ☐ become smaller
- ☐ get away
- ☐ go quiet
- ☐ be alone
- ☐ do something intense
- ☐ freeze / do nothing
- ☐ I don't know yet
- ☐ other: ____________

4. WHAT HELPS ME FEEL SAFE?

How do you know you're feeling safe enough? What changes in your body?

You might land in different places depending on the person, role, context or day. There are no right answers.

5. WHERE DO YOU LAND?

For each line, mark where you usually land (●) and where you land when you're really activated (✳). You can use two different colours.

When something shifts between us…	I MOVE TOWARD	●—————————●	I MOVE AWAY
When I don't know where I stand…	I NEED TO KNOW	●—————————●	I NEED SPACE
When feelings get big…	I EXPRESS	●—————————●	I CONTAIN
When there is a rupture…	I REPAIR NOW	●—————————●	I NEED TIME

MAKE YOUR MAP

TURN WHAT YOU NOTICED INTO INSIGHT, LANGUAGE AND OPTIONS.

These are strategies, not identities. You might recognise yourself in more than one, depending on the person, the role or the situation.

1. REFLECT ON YOUR PATTERN

Using what you noticed on page 1, which of these movements feel familiar to you? Circle, highlight or write your own words. You can include more than one.



REACH

I move toward connection when it feels uncertain.



PROTECT

I create space when connection becomes intense.



SCAN

I want connection, and part of me watches for danger.



GROUND

I can move toward connection and away rom it.

2. MY PERSONAL PATTERN(S)

How do these movements show up for you in kink? What situations, people or roles bring them out?

3. MY RESOURCES

What do you already know how to do, even when this gets activated?

What my body already knows how to do

What I can ask for

MY RESOURCES IN CONNECTION

What I can give

What helps me return

4. WHERE IT GETS HARDER

What tends to be challenging for you or for others when this pattern shows up?

5. WHAT I NEED IN DIFFERENT SITUATIONS

Fill in what helps you feel more connected, safe and regulated. This might be different depending on the situation.

	DURING PLAY	RIGHT AFTER	WHEN THERE'S DISTANCE	DURING RUPTURE
FROM MYSELF				
FROM MY PARTNER(S)				
FROM THE ENVIRONMENT				

6. SOMETHING I WANT TO TRY OR EXPLORE

Based on what you've noticed, what's one small shift, question or support that could help you next time?

You don't need a better style. You need more choices.

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