

Start with one topic

You do not need to explain every interest or make a decision today. Choose one thing you would like to understand, then decide whether you want to discuss it.

01 Read the example on this page.

02 In the full workbook: try one topic on page 2; explore it on pages 3-6 if useful.

03 In the full workbook: copy only what you choose to share onto page 7.

04 In the full workbook: use page 8 privately after a conversation, if one happens.

A WORKED EXAMPLE

Fictional example - adapt or skip anything.

The starting thought

I am curious about my partner taking the lead, but I do not know what that means for me.

What I know / what I do not know

I like the idea of having fewer decisions to make. I do not yet know which situations would feel comfortable.

What I am willing to do now

Talk about what taking the lead means to each of us. I am not agreeing to try an activity.

An opening I could use

There is something I am curious about. Would you be open to talking about what taking the lead means to us? It is okay if now is not a good time.

For adults. Skip any prompt. You do not owe anyone this workbook or a conversation. Discussing a topic does not mean agreeing to an activity. This is a reflection resource, not an assessment or activity-safety plan.

Try the process

Use a real or fictional topic. Short answers are enough. If a question does not fit, leave it blank. Your notes are for you.

One thing I am curious about

Choose just one topic, feeling, or question.

For now, I am only willing to discuss

Name the scope of a conversation, without promising an activity.

Before deciding, I want to understand

What would you need to ask or learn?

Something I do not want

You can name a limit without explaining or defending it.

A sentence I could use to start

Try: Would you be open to talking about ...?

Keep this page private unless you choose to share it. You can stop here; completing the rest is optional.