Intensity, meaning and recovery

Reflection and understanding | 1 of 2

Reflect on experience and communication. This worksheet is not a pain-tolerance or physical-safety test.

Name or initials (optional): _____ Date: _____

1. What draws me to intensity, and what emotional meaning does it have for me?

2. How do context, trust and my current mood change what I want?

3. Which experiences are a clear no, uncertain or worth discussing? No activity needs to be tried to justify a limit.

Intensity, meaning and recovery

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What personal needs or relevant health information would a partner need to understand?

5. What helps me feel cared for afterwards, and what signs mean I need more support?

6. How will I review an experience without treating greater intensity as progress?

My next step / support I can ask for / date to review: