

Touch, Talk, Trust

Unlock the Insights to
Transform Your Intimacy

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Disclaimer: The information presented in this workbook is intended for educational and personal enrichment purposes only. While it draws from therapeutic principles and clinical experience, this workbook is not a substitute for professional mental health services, couples therapy, sex therapy, or medical advice.

Every individual and relationship are unique. The exercises, reflections, and activities within these pages are designed to foster emotional connection, enhance communication, and explore intimacy. However, they may not be appropriate or sufficient for all situations, especially those involving trauma, abuse, or significant relational distress. In such cases, the author and publisher strongly encourage you to seek support from a licensed therapist or qualified healthcare professional.

By using this workbook, you acknowledge that the author and publisher are not responsible for any outcomes that may result from its use. Participation in the activities is voluntary, and individuals and couples are encouraged to engage at their own pace and comfort level.

This workbook may contain topics related to sexuality, vulnerability, and emotional expression. Reader discretion is advised.

If you are experiencing a mental health crisis, please seek immediate help from a licensed professional or contact emergency services.

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Dedication

To the survivors of abuse, may you find protection and peace along with the strength needed to recover your voice and tell your story.

To the betrayed, may you find the strength to trust others again, to experience genuine fidelity.

To the patients who fight both noticeable and hidden battles, may you receive compassionate care and restorative prayers for your wellness.

To the caregivers who give their love from their deepest reserves, may you discover time for rest while practicing the self-care you give to others without hesitation.

To the parents who are caring for the next generation, may you find the strength needed to heal your own hearts.

To the individuals who experience infertility, may you feel supported and be reminded that you deserve to feel noticed beyond your roles.

To evolving individuals, may you continue to seek intimate experiences, desire, and be reminded that your sexual feelings are valid while your bodies change.

To every person who selects growth over avoidance, may your confidence be restored. May your body experience pleasure, because it was always meant to be enjoyed without any need for earning it.

This book honors your efforts to build bridges through courageous and loving actions.

With blessings, new reflections, and the unwavering belief in your journey,

A handwritten signature in black ink, appearing to be 'Karimah', with a long horizontal flourish extending to the right.

Karimah

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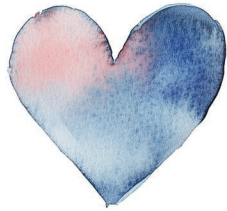
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*Love is patient,
love is kind.
It does not envy,
it does not boast,
it is not proud.
It does not dishonor others,
it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.
Love does not delight in evil
but rejoices with the truth.
It always protects,
always trusts,
always hopes,
always perseveres.
Love never fails . . .*



1 CORINTHIANS 13: 4-8
(New International Version)

Acknowledgments

To my husband, Nelson,

Thank you for your continual support and your belief in me. Your encouragement and dedication have been my driving force. Thank you for showing up, always providing feedback and covering me with your prayers. I thank you for having my back in my *many* endeavors. You recognized the value of this original supplemental workbook from my talk, and it is because of you that it has evolved into my very first published book. Our love and our faith in God are the foundations upon which our marriage and this work stands.

To my mom,

Words cannot express my gratitude for all you have done. You have been my therapist, my prayer warrior, my cheerleader, and my first editor. Your wisdom, guidance, and relentless love have shaped who I am today and continue to guide me in all I do. Thank you for being there every step of the way, pouring your heart into making this work better and supporting me through every step.

To Dr. Sonia,

I would like to express my deepest gratitude to you for your belief in my vision and encouragement throughout the journey of writing and publishing this workbook. Your partnership has not only been a source of motivation, but also a beacon of light that kept me moving forward. I am incredibly grateful for your wisdom, your dedication to nurturing growth, and your commitment to seeing this work reach those who need it most.

To all my dear clients,

I want to take a moment to express my deepest gratitude to each of you who has entrusted me with your healing journey. Your openness, courage, and commitment to growth inspire me every day. It is an honor to walk alongside you as you navigate the complexities of life, relationships, and personal transformation. I deeply appreciate the trust you place in this space, and I am continually moved by your resilience and dedication to building better, healthier futures. Thank you for allowing me to be part of your story.

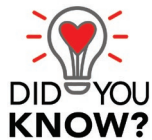
This book is as much yours as it is mine. Thank you for everything, from the bottom of my heart.

INTRODUCTION

The Real Reason Couples Struggle with Intimacy

One of the most important lessons I have learned as a certified sex therapist is that couples rarely seek help simply because of problems in the bedroom.

Couples often explain a desire to improve their sex life. However, in therapy, it is quickly revealed what they really want is to feel safe, to be seen, to be heard, and to be desired.



.....
**Approximately 25 to 50% of marriages are sexless (engaging
in intercourse less than once a month).**
.....

Underneath most physical disconnections lie emotional wounds, unspoken needs, missed opportunities, and communication breakdowns.

Sex may be the symptom, but the lack of intimacy is the foundational issue. When partners feel emotionally connected and valued, physical and sexual intimacy becomes a natural expression of that bond.

True intimacy is not just about what happens under the sheets.

It is about the way you *Touch*. The way you *Talk*. The way you *Trust*.

Touch, Talk, Trust is thoughtfully divided into four core sections, each designed to deepen your journey toward building and sustaining intimacy. Whether you are reading on your own or with a partner, you'll find practical tools, reflection prompts, and guidance to help you reconnect, grow, and thrive in your relationship. While originally created for couples, singles will also find meaningful opportunities for self-awareness, personal growth, and emotional insight. These reflections are intended to gently guide you and uncover valuable truths along the way.

In the upcoming pages, we will explore how emotional security, communication, and physical touch all work together to create lasting and fulfilling intimacy. The beginning of the book sets the tone for the journey ahead. Chapters 1 to 5 unpack the three pillars of intimacy and provide the groundwork for transformation. Chapters 6 to 13 address real-life barriers and transitional moments that can strain intimacy but also create opportunities for deeper connection. Chapter 14 and the conclusion explore how to avoid stagnation and strategies to maintain intimacy over time.

This workbook is about presence and willingness.

No pressure. No performance. No perfection.

Let the transformation begin.

How to Use This Workbook

CONGRATULATIONS ON TAKING THIS STEP TO DEEPEN YOUR CONNECTION.

That decision alone reflects courage, commitment, and care.

This workbook is designed to guide you on a meaningful journey, one that helps you rediscover and nurture your connection through interactive exercises, thoughtful discussions, and daily practices that foster closeness and unity.

Together, you'll explore the three pillars of lasting intimacy:

- ♥ **TOUCH:** Nonverbal connection that fosters closeness
- ♥ **TALK:** Open, honest communication that builds emotional safety
- ♥ **TRUST:** A deep and steadfast belief in a person's reliability, honesty, and intentions. It is the foundation upon which strong, healthy relationships are built.

As you move through these pages:

♥ **Dedicate at least 30 minutes weekly to read and engage in the exercises.**

I recommend carving out 30 to 60 minutes each week for intentional connection. Treat it like a standing date in your relationship.

♥ **Complete it together.** This workbook works best when both partners participate. Read aloud, reflect together, and share your honest thoughts and feelings.

♥ **Find a quiet, comfortable space.** Choose a setting free from distractions where you both feel relaxed and emotionally safe.

♥ **Take turns writing personal reflections.** When prompted, each partner should take time to journal their own responses. Resist the temptation to peek or read your partner's responses until both of you have completed your reflections. After you have both written, come together for your couple discussion and then summarize your shared takeaways in the space provided.

♥ **Use “I” statements:** Instead of blaming or pointing fingers, talk about how *you* feel. For example, say “I feel *(fill in the blank)* when . . .” instead of “You never *(fill in the blank)* to me.” This helps your partner understand your experience without feeling attacked.

♥ **Practice active listening:** Give your full attention when your partner is speaking. That means no interrupting, making eye contact, and showing you are listening by nodding or saying things like “I hear you” or “That makes sense.” After they finish, clarify by repeating what you heard to make sure you understand.

- ♥ **Stay open and patient.** Growth happens when you are willing to listen with empathy and speak with kindness, even when the topic is challenging.
- ♥ **Give each other grace.** This is not about perfection. It is about presence. Allow space for emotions, differences, and pauses. This is where the healing happens.
- ♥ **Celebrate your progress big or small.** Whether it is a vulnerable share, a new insight, or a shared laugh, appreciate each step forward together.
- ♥ **Revisit and reflect.** You may want to return to some sections later. Each season of your relationship may reveal something new.

Let this workbook be your **guide**, your **mirror**, and your **memory book** of growth. May every intentional step bring you closer.

I am wishing you deeper connection, lasting trust, and endless love!



CHAPTER 1

Drifting Apart or Growing Together? The Choice Is Yours

“Most relationships do not collapse overnight. They fade quietly, gradually under the weight of avoidance, routine, and silence.”

—Bryan Reeves, certified relationship coach, speaker, and writer

LET US BE HONEST: PEOPLE DO NOT FALL OUT OF LOVE. They drift apart. Life gets mundane. Conversations shrink to task lists. Intimacy fades into familiarity. Then, the person you love feels more like a roommate than a partner.

A drift is not the end of your relationship. It is a signal! It is a gentle nudge reminding you to stop coasting and start connecting again. Most couples do not stop loving each other. They stop reaching for each other. They stop being intentional.

Drift is not caused by a lack of love. It is caused by a lack of effort.