



AI and Intimacy

A Conversation Checklist for Couples

Explore Together (talk & check what applies)

Definitions & language

- ☐ We agree on what “using AI for emotional/sexual connection” means for us.

Our working definition:

Emotional connection

- ☐ If one of us chats with AI for comfort/companionship, how do we feel?
- ☐ Would it bother me if my partner told the bot things they don't tell me?

Sexual content

- ☐ Feelings about sexualized chats/role-plays/explicit imagery with a bot.
- ☐ If the bot involves interests I didn't know about, how do we handle it?
- ☐ If the bot involves interests I know about but don't share, what then?

Before we begin

- ☐ I named my feelings (e.g., curious, excited, uneasy, skeptical).
- ☐ I'm clear on my intention (connect, understand, protect the relationship).
- ☐ I can talk about my own biases without blaming.
- ☐ We chose a good time/place (no rush, low stress, privacy).
- ☐ Phones on Do Not Disturb; we can pause if needed.

Frequency & context

- ☐ How often could feel okay? _____ times/day or week; max _____ minutes.
- ☐ Contexts allowed (e.g., travel, insomnia, stress cool-down): _____
- ☐ Contexts not allowed (e.g., in bed, during conflict): _____

Topics off-limits

- ☐ Trauma details ☐ Real-life friends/family ☐ Work specifics ☐ Other: _____

Role-plays

- ☐ Scenarios we're okay with: _____
- ☐ Scenarios that are not okay: _____

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Impact on us

- ☐ Could AI use help our connection (practice, reduce anxiety, creativity)?
- ☐ Where might it become avoidance of intimacy/repair?

Privacy & risk

- ☐ We assume chats/images may be stored; we'll avoid identifying details.
- ☐ If a leak happened, how would it impact our relationship/family/careers?

Plan if something leaks: _____

Values & environment

- ☐ We care about environmental/ethical concerns and will factor them in.

Boundaries & Agreements (co-create; be specific)

What "cheating" means for us (circle what matters):

Intent • Secrecy • Sexual energy • Time spent • Impact on relationship • Other: _____

Limits

- ☐ Time caps: up to ____/day, ____/week.
- ☐ Contexts: OK in _____
- ☐ Not OK in _____
- ☐ Content boundaries (allowed / not allowed): _____

Transparency

- ☐ Tell each other in real time ☐ within 24 hours ☐ only if it crosses a line
- ☐ Keep a simple usage log we can review together (Y/N)
- Trial & review
- ☐ 30-day trial; check-in date: //____ (put it on the calendar).
- ☐ We agree on what we'll look for: connection, mood, conflict, avoidance.

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Red Flags (pause & re-evaluate if these show up)

- ☐ Secrecy or hiding usage
- ☐ Escalating hours/time
- ☐ Creeping resentment or more conflict about sex
- ☐ Reduced interest in partner or real-life intimacy
- ☐ Blurred lines between fantasy and reality
- ☐ Using AI to avoid difficult conversations or repair

If a red flag appears, we will:

- ☐ Pause AI use
- ☐ Talk within 24–48 hrs
- ☐ Adjust boundaries
- ☐ Book therapy

Notes: _____

Next Steps (small, clear actions)

- ☐ We each share one curiosity and one worry (no fixing, just listening)

My curiosity: _____. My worry: _____

My partner's curiosity: _____

My partner's worry: _____

- ☐ We set 1 action that supports connection this week (e.g., a no-goal cuddle, a walk-and-talk, 10-minute check-in).

Action: _____

- ☐ We saved this checklist and the check-in date in our calendars.

Need more support? Reach out for a free 15 minute phone consultation.