

Aspects of intimacy: The anticipate-engage-appreciate model

FORMING

OUR BIOLOGICAL SELF, PERSONAL HISTORY & SOCIAL AND CULTURAL CIRCUMSTANCES
(the factors that have shaped our attitude and approach to sex, relationships and intimacy)

OUR SEXUAL and INTIMATE SELF & OUR SEXUAL SCHEMAS
(how we feel about ourselves as a sexual person)

LIKING & WANTING
(how we feel about the place of sex and intimacy in our life)

ANTICIPATING

CIRCUMSTANCES
(how we feel about who would be the right person, and what would be a suitable place, and at a good time for sex and intimacy)

ANTICIPATING
(how we feel about what a sexually intimate experience might be like and whether it would be right for us)
&
CULTIVATING
(how we act to cultivate an openness to desire and a willingness to be aroused; how we act to create or avoid opportunities for sexual intimacy)

SELF
(how we feel about ourselves e.g. our mood, self-esteem, physical health, attractiveness etc.)

INTERPERSONAL
(how we interact with others, including experiencing mutual attraction, and how well we communicate verbally and nonverbally)

CAPACITY TO CONSENT
(our ability to know our own mind, make good judgements, communicate what we want and don't want, and have that be respected e.g. through being sufficiently sober and free from coercion)

ENGAGING

ATTENTION
(what we notice and pay attention to)
&
EROTICISM
(what scenarios excite or appeal to us)

ENGAGING
(how we think, feel, sensing, act and respond)
&
DEEPENING
(how our feelings of desire, pleasure, and depth of involvement increase or decrease in response to the the experience)

FEELINGS & EMOTIONS
(our positive (e.g. joy, pleasant surprise) and negative emotions (e.g. embarrassment, anxiety))

SENSATION
(what we perceive through our five senses - sight, sound, smell, taste and touch)
&
AROUSAL
(how our body responds)

ACTIONS & INTERACTIONS
(how we respond to each other and the way we communicate)

APPRECIATING

PEAK or SUFFICIENT PLEASURE
(how we know what and when is enough e.g. after orgasm)

APPRECIATING
(how we appreciate the experience we had and each other)
&
EVALUATING
(how we feel, think about, and communicate what worked well and what not so well)

AFTER-PLAY
(how we continue to take pleasure in each other's company)

SATISFACTION
(how we reflect on the overall experience, how well it met our hopes and expectations, and how it affects our feelings about the role of sex and intimacy in our lives)

FEEDBACK

