



Possible Conversation Starters: **INTIMACY**

Conversations with Your Partner

- “I know I haven’t seemed like myself lately. I’d really like to try to explain to you how my body feels these days so you won’t think that I’m not interested or that you’re doing something wrong. Talking will really help.”
- “I’m concerned that I’m doing something wrong or not doing things that feel good to you. Could we talk about how MS might be affecting our sexual relationship? I really want to try and understand.”

Conversations with Your Healthcare Provider

- “I’d like to schedule a separate appointment to talk about how MS seems to be affecting my sex life. This is important to me and I want to learn what I can do to manage the changes and MS symptoms that seem to get in the way.”

