



LIVING BEYOND
BREAST CANCER®

FAMILY CONCERNS



Speaking to your partner about sex & intimacy

Breast cancer treatments may affect you sexually and how you feel about yourself. Speaking with your partner can relieve your stress and help you find ways to enjoy your sex life despite treatments.

This talk is a good way to share how you feel and to hear from your partner. They may have their own worries. Many partners are afraid of hurting someone who is getting treatment or feel selfish sharing their problems with that person.

You can let your partner know it is OK to have their own concerns. You can try to work through issues together.

Use the following worksheet to start a discussion about your worries and your body. Let your partner know what causes pain and what feels good, as well as what you need emotionally.

How has your desire for sex or intimacy changed since starting treatment?

Remember to hear from your partner, too. They may want more than you can offer right now, but it is helpful to hear and discuss their concerns. Here are some sample questions for them:

- How do you feel breast cancer has affected our sex life?
- Are there worries you have not been comfortable sharing?

My treatments have some side effects that affect sex _____

I am worried about (my looks, not feeling desire, how you feel about me) _____

What my doctor says _____

It hurts when _____

It feels good when _____

I wish you would _____

I would like (to cuddle more, sex less often, different positions) _____



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Information adapted from LBBC.ORG

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