

Regulated Romance Practice Workbook

Twelve embodied exercises to pace intimacy with consent, clarity, and nervous-system care so you stay fully yourself while love deepens.

How to use this workbook

Choose two practices for seven days. Keep a brief daily note about your body, your boundaries, and your bridge back to each other. Add one new practice weekly and review at the end of each week. Every page includes generous lined space for reflection and clear checkboxes to track momentum.

You will fill these pages. You will not rush yourself. You will let safety lead speed. Your future self is already grateful.

Practice Commitment

I choose to practice regulated romance for the next 30 days. I will protect time for presence and time for my own life. I will make consent simple and ongoing. I will repair small misses quickly. I will track what serves my body and our bond.

- I will begin this week with two exercises that feel doable.
- I will write a short note after each practice session.
- I will discuss pace choices kindly and clearly.
- I will review progress every seven days.

