

ALLO AND ACE PODCAST

WORKSHEET FOR A FRESH START

SELF ACCEPTANCE - PROMISES

1 Education and Exploration (I promise to):

1- Take the time to educate myself about different aspects of sexuality, including diverse sexual orientations, gender identities, and relationship dynamics.

2- Explore resources such as books, podcasts, and online forums that provide information and perspectives on sexuality.

3- Engage in self-reflection and introspection to better understand my own desires, preferences, and boundaries.

2 Practice mindfulness techniques and self-Compassion (I promise to):

1-Practice mindfulness techniques to stay present and non-judgemental about your thoughts and feelings regarding sexuality.

2-Cultivate self-compassion by treating yourself with kindness and understanding, especially when facing internalized shame or societal pressures.

3-Challenge negative self-talk and replace it with affirming and empowering statements that reinforce your worth and validity.

3 Connect with Supportive communities (I promise to):

1-Seek out communities and social spaces where you feel accepted and supported in your sexuality.

2-Surround yourself with friends, family members, or online groups who affirm and validate your identity and experiences.

3-Participate in LGBTQ+ events, pride celebrations, or support groups where you can connect with others who share similar experiences and perspectives.

4 Set boundaries and prioritize self-care (I promise to):

1-Establish boundaries that honor your needs and comfort levels in sexual and romantic interactions.

2-Practice assertive communication to express your boundaries and advocate for your own well-being in relationships

3-Remember that self-acceptance is an ongoing journey, and it's okay to seek support and guidance along the way. Trust yourself and your unique path toward embracing your sexuality with love and acceptance.

ALLO AND ACE PODCAST

ALLO/ACE RELATIONSHIP RESTART WORKBOOK

1 Understanding each other's perspectives

1.1- Exploring Sexual Orientation

- Discuss each partner's sexual orientation and how it influences their experiences and desires.
- Share personal insights into what sexual attraction means to each of you.
- Acknowledge and respect the differences in sexual orientation within the relationship.

1.2- Clarifying Expectations

- Talk openly about your expectations regarding intimacy and physical affection.
- Consider how your expectations may differ due to your respective sexual orientations.
- Explore ways to reconcile differing expectations and find common ground.

1.3- Embracing Differences

- Emphasize acceptance and appreciation for each other's sexual orientations.
- Validate each other's experiences and feelings without judgment.
- Discuss how your differences can complement and enrich your relationship.

ALLO AND ACE PODCAST

ALLO/ACE RELATIONSHIP RESTART WORKBOOK

2 Communication and Boundaries

2.1- Open Dialogue

- Foster a safe and supportive environment for open communication
- Practice active listening and empathy when discussing sensitive topics.
- Encourage honesty and transparency about feelings, needs, and concerns. Stay curious.

2.2- Establishing Boundaries

- Identify and communicate personal boundaries regarding intimacy and physical touch
- Respect each other's boundaries and refrain from pressuring or guiltting each other.
- Discuss ways to navigate situations where boundaries may intersect or conflict.

2.3- Negotiating Compromise

- Work together to find compromises that honor both partners' needs and comfort levels
- Brainstorm creative solutions for maintaining intimacy and connection without sexual activity.
- Be flexible and willing to adapt as you navigate your evolving relationship dynamic.

ALLO AND ACE PODCAST

ALLO/ACE RELATIONSHIP RESTART WORKBOOK

3 Exploring Alternative Intimacy

3.1- Non-Sexual Intimacy

- Explore different forms of non-sexual intimacy that foster emotional connection and closeness.
- Experiment with activities such as cuddling, holding hands, and spending quality time together.
- Discuss what types of non-sexual affection are most meaningful to each partner.

3.2- Emotional Intimacy

- Prioritize emotional connection and intimacy in your relationship.
- Share your thoughts, feelings, and vulnerabilities with each other.
- Cultivate trust and intimacy through deep conversations and mutual support.

3.3- Creative Expression

- Get creative in finding ways to express love and affection outside of nontraditional sexual activity.
- Write love letters, create art together, or engage in shared hobbies that strengthen your bond.
- Embrace your unique connection and celebrate the depth of your relationship beyond physical intimacy.

5 THINGS THAT MADE YOU FALL IN LOVE WITH YOUR PARTNER IN THE BEGINNING

REALLY THINK ABOUT THIS

1

2

3

4

5



5 THINGS THAT YOU CURRENTLY DESIRE OR ARE ATTRACTED TO ABOUT YOUR PARTNER

REALLY THINK ABOUT THIS

1

2

3

4

5



DIFFERENT TYPES OF DESIRE/ATTRACTION

Platonic

The desire to form a friendship with someone, without being romantically or sexually attracted to them. It's also known as a platonic crush or "squish". Platonic attraction can apply to same-sex or opposite-sex friendships.

Sensual

This is the desire to interact with others in a non-sexual way, such as through physical contact. It can include touching someone on the arm, kissing, cuddling, holding hands, or sensual massages. Sensual attraction can also be applied in non-tactile ways, such as attraction to voices, or odor.

Romantic

A feeling of love or strong attraction towards another person, and the actions taken to express those feelings. It can include the desire for romantic contact, such as handholding, showing love, or expressing affection. Romantic attraction can also occur without the desire for physical or sexual contact

Sexual

This is a feeling of sexual desire or the ability to arouse sexual interest in another person. It can involve wanting to have sexual contact with someone, or showing sexual interest in them. Sexual attraction can occur without romantic attraction, and vice versa.

Aesthetic

This is a feeling of appreciation for someone's appearance, without necessarily wanting a physical, romantic, or sexual connection with them. It's different from just acknowledging someone is pleasant to look at. Aesthetic attraction can include: physical features, hairstyle, clothes, etc.

Intellectual

This is the desire to engage with someone in an intellectual way, such as having a conversation with them or "picking their brain". It has more to do with what or how a person thinks instead of the person themselves.



10 OF YOUR FAVORITE NON-SEXUAL WAYS TO HAVE INTIMACY/CLOSENESS

REALLY THINK ABOUT THIS

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

- 6 _____

- 7 _____

- 8 _____

- 9 _____

- 10 _____



WHAT ARE SOME BOUNDARIES THAT HELP YOU FEEL SAFE IN YOUR BODY AND IN YOUR SPACE?

DO YOU HAVE ANY KNOWN TRIGGERS?



COMMITMENTS YOU'D LIKE TO MAKE AND DO YOUR BEST AT KEEPING FOR YOUR PARTNER

Example: I commit to doing my best to listen to your concerns with curiosity



A FEW NOTES....

Starting over in a relationship between an Allosexual (experiences sexual attraction) and an Asexual (experiences little to no sexual attraction) partner can present unique challenges. This workbook was created to help both partners navigate their differences, communicate effectively, and rebuild a fulfilling connection.

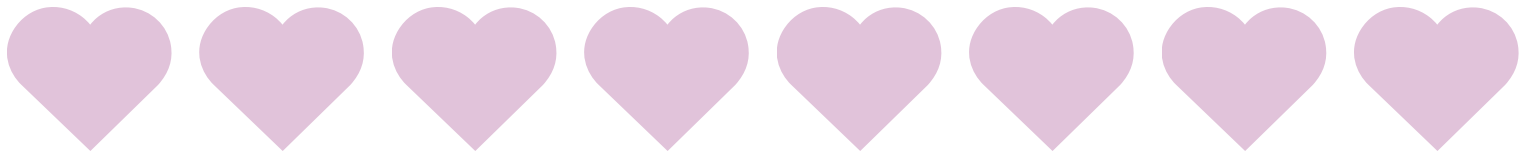
By understanding each other's needs, setting boundaries, and exploring alternative forms of intimacy, you can strengthen your relationship and create a more supportive and understanding partnership.

Starting over in this type of relationship requires empathy, communication, and a willingness to explore alternative forms of intimacy.

Remember that every relationship is unique, and it's okay to work through challenges at your own pace. With patience, understanding, and mutual support, you can create a relationship that honors both partners.

We love this community and we hope this workbook and podcast episode help. (Episode 6 on the Allo and Ace Podcast)

-Skyler & Jessi



****We are not professionals. We are not Therapists. We wanted to create this guide to help others going through what we've worked through and what we continue to work through and offer what we've had help us.**