

# Intimacy & Connection After an mBC Diagnosis

Intimacy is about more than sex—it's about feeling connected, feeling desired, and feeling like yourself. After an mBC diagnosis, many women notice changes in their bodies, energy levels, confidence, and relationships. These changes can affect how you experience closeness with a partner—or even how you see yourself.

This is something many women go through, but few talk about openly. You deserve support in this part of your life too.



## Adjusting to Changes in Your Body

Your body may feel different during and after treatment. You might notice changes in your energy, your level of desire, or your physical comfort. Some days you may feel more like yourself, and other days you may not.

These changes are real, and they are valid. Be patient with yourself as you learn what your body needs now. Moving at your own pace is not only okay—it's necessary.

## Talk About It (Even When It Feels Hard)

Your partner may not know what you need unless you share it.

### Try saying:

“My body feels different right now—can we take things slow?”

“I still want to feel close, just in a different way.”

“Some days are harder than others—can we check in with each other?”

Honest conversations can build trust and reduce pressure.

## Redefine What Intimacy Means

### Intimacy can look like:



Holding hands



Laughing together



Deep conversations



Physical closeness without pressure

There is no “right” way—only what feels good and safe for you.

## Reconnecting with Your Body

Your relationship with your body may shift after an mBC diagnosis. You may feel disconnected, self-conscious, or unsure. Taking small steps to reconnect can help you rebuild confidence over time.

This might look like caring for your body in gentle ways, wearing something that makes you feel comfortable, or simply acknowledging all that your body has carried you through. Your body is still worthy of care, respect, and love.



# Join the Support Our Sisters Community

Connect with women who understand your journey and access real conversations about relationships, intimacy, and healing.

Visit  
<https://SupportOurSistersWithMBC.org>  
for more information.



## Set Boundaries Without Guilt

There may be times when intimacy doesn't feel right—and that's okay. You are allowed to say no, to slow things down, or to ask for space without guilt. Your comfort matters, and your needs deserve to be respected.

Intimacy should never feel like pressure or obligation. It should feel safe and mutual.

## Intimacy Beyond a Partner

Intimacy isn't only about relationships with others—it can also be about your connection with yourself. Taking time to understand what feels comforting, soothing, or pleasurable to you is just as important.

Your needs matter, whether you have a partner or not.

## When You Want Intimacy, But Need Support

### If you're experiencing:

- Pain during sex
- Vaginal dryness
- Low libido
- Discomfort from treatment

Talk to your care team.

### Ask:

- “Are there options to make intimacy more comfortable?”
- “Can you refer me to a specialist (pelvic health, sexual health)?”

There are solutions—you don't have to figure it out alone.