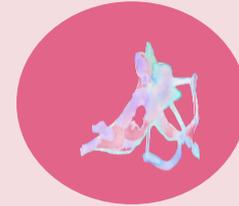
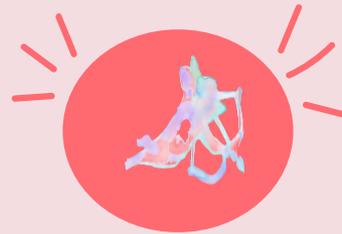




# **PARTNERS IN CRIME: SEX WORKERS AND RELATIONSHIP BUILDING AMIDST DIFFERENCE**



# REFLECTIVE WARM UP



**WHO AM I  
CONNECTED TO?**

**WHICH  
CONNECTIONS  
IN MY LIFE ARE  
MOST  
NOURISHING?**

**WHERE DO I  
DESIRE TO  
CREATE MORE  
EASE OR  
CLARITY IN MY  
CONNECTIONS?**

# GUIDEBOOK SECTIONS



**COMMUNICATION  
AND TRUST**



**COMING OUT**



**POST WORK  
CARE PLANS**



**BOUNDARIES**



**FEARS AND  
JEALOUSY**





# COMMUNICATION AND TRUST

**Communication** is how we grow in relationship to other people, regardless of whether this connection is romantic, platonic, collaborative, or familial. It's the thread that ties us together, and it takes practice!

**Trust** is a form of acceptance. It says to our loved ones that we don't feel the need to control them, and that we will accept them. Even when they fuck up (or when we fuck up!), we know we can work through it and make it right together.





# COMMUNICATION AND TRUST

- Do I trust myself?
- Am I able to attune to my own needs and communicate them?
- Am I able to keep promises to myself?

Think of someone you trust, like a mentor or best friend.

- What qualities does this person demonstrate that allow me to open myself up to trusting them?
  - What do I need to trust someone? Is this realistic?
- 



# COMING OUT AS A SEX WORKER

- Coming out is a process, and not a singular moment in time.
- Disclosure involves risk, whether that is to a romantic partner, family member, friend, or professional relationship.
- Consent and context are key.
- Being intentional in shouldering the burden of public stigma and learning how to navigate conversations with loved ones or acquaintances helps general education and dismantling stigma. It can also deepen relationships. When our partners and connections love and proudly accept the parts of us that have been shamed, it heals and strengthens relationships.





# COMING OUT AS A SEX WORKER

- What do I need in order to feel safe to come out to people in my life?
- How could coming out as a sex worker add value to my life?
- Who are the people I desire to be closest too/would like to come out to?
- What are the safety/ privacy implications of coming out to this person/people?
- What can I prepare in advance to navigate the conversation?
- What self care can I prepare for myself for after coming out?





# POST WORK CARE PLANS

**HAVING A POST-WORK CARE PLAN CAN HELP  
RESOURCE YOU AND CREATE CLARITY WITH THOSE  
CLOSE TO YOU**





# POST WORK CARE PLANS

- ★ Do I want more physical touch or am I touched out?
- ★ What would be helpful for me?
- ★ What is my role vs. another's role in caring for me after work?
- ★ Are my requests doable?
- ★ Do I want or need my partner's participation?
- ★ What is my capacity to care for others after work?



# POST WORK CARE PLANS





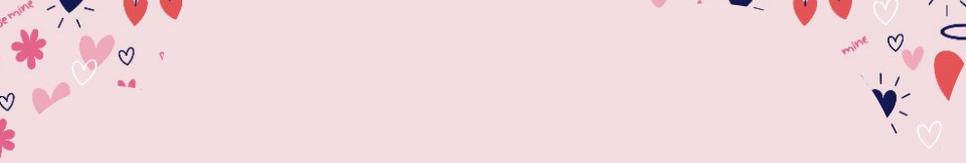
# BOUNDARIES

***“BOUNDARIES ARE THE DISTANCE AT WHICH I CAN LOVE YOU AND ME SIMULTANEOUSLY” - PRENTIS HEMPHILL***

Boundaries are your own personal limits and the subsequent decisions you make when those limits are met. Boundaries are not a method of controlling others.

Boundaries create the space where you and your partner can co-exist without resentment and with love. They are allowed to shift or transform as trust, time, and communication evolve in a relationship.





# BOUNDARIES

“I know you have some times where you feel you have to see a client last minute, but when you do so without checking in with me, I feel anxious and unconsidered. For me to feel safe, I would love for us to develop a plan together for how you respond to clients and communicate with me when you get last minute requests”

“When I get home for a shift at the club, you often try to touch me right away, and I feel overstimulated and resentful. I need to have 30 minutes of time to decompress, shower, and rest when I get home before we connect again.”



# BOUNDARIES

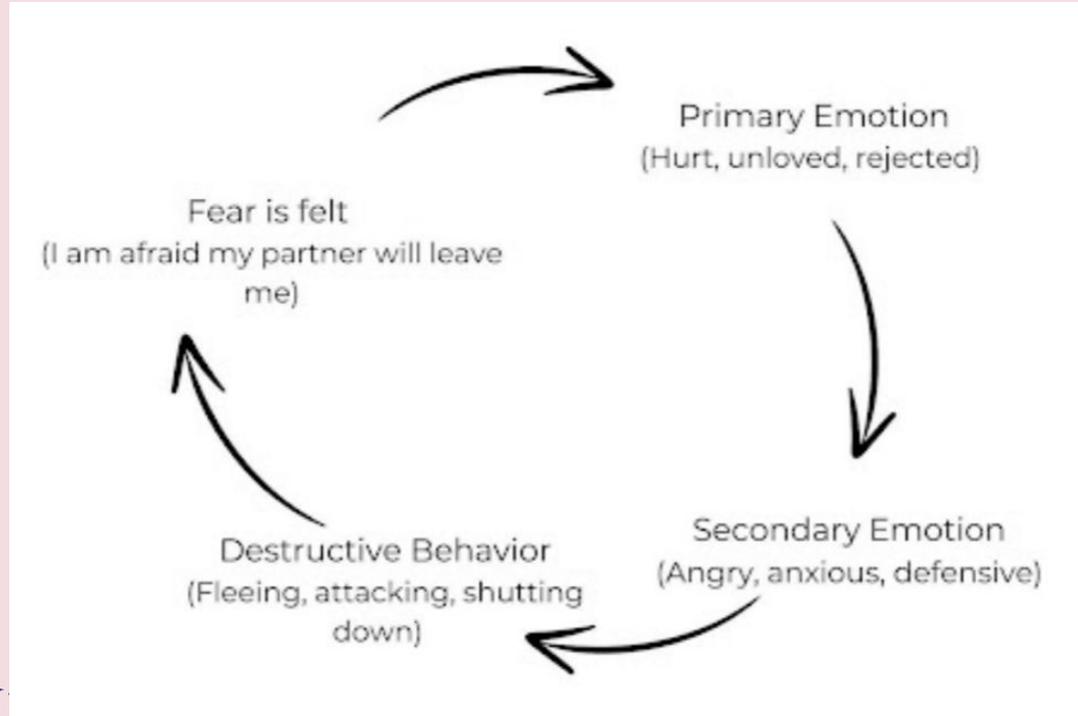
Examples of boundaries shifting or transforming could look like this:

“I’ve really noticed you prioritizing my needs, communicating with me before every last minute appointment and even skipping them to prioritize our connection. I want you to know I feel safe enough for you to experiment with taking appointments more spontaneously if that feels good for you. I trust you to continue considering my needs”

“I know I usually need decompression after work, but I don’t want you to feel like that’s an absolute. I know there will be some nights where you feel down and our physical connection is important for you to feel reassured. You can always tell me when you’re feeling that way, and I’ll do my best to be there with you.”



# FEARS AND JEALOUSY





# FEARS AND JEALOUSY

Spend time thinking through and writing down all the fears that you feel around your relationships and involvement in communities, considering how your identity as a sex worker comes into play.

Then work through each fear and think through the words, actions and behaviors that express this fear in your relationship. Repeat this process when you feel a fear coming up: *what is the fear, and how is it being expressed?* This simple process of acknowledgement can begin to transform how we show up.



# RETURNING TO CONNECTION



**LOVE IS  
ABUNDANT**

**GIVE  
YOURSELF  
GRACE**



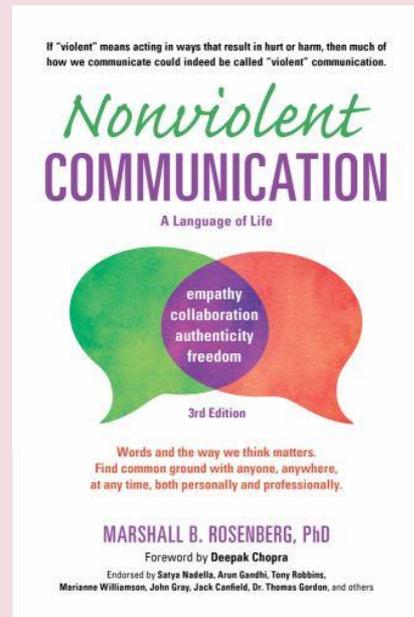
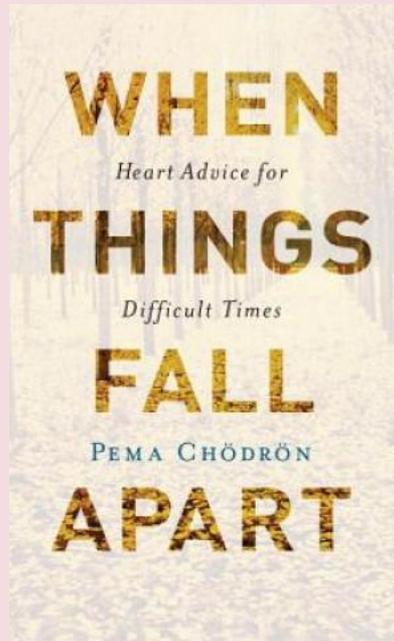
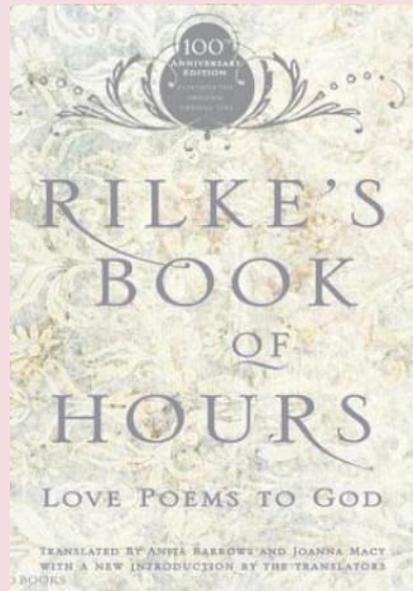
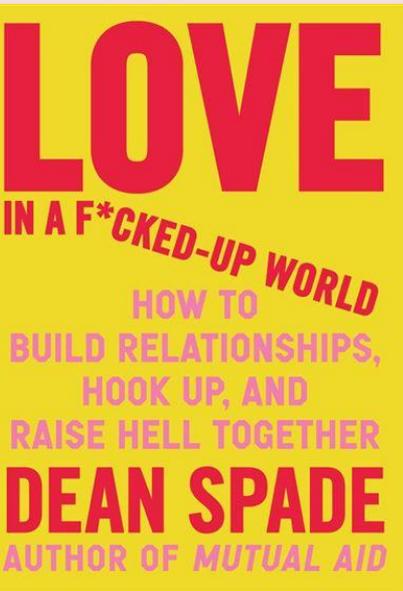
**REMEMBER  
YOU'RE  
NEVER  
ALONE**





# EMILY AND MOLLY'S PICKS:

## BOOKS THAT GUIDE RELATIONSHIPS WITH SELF AND COMMUNITY



**WORKINGGIRLSPRESS@PROTON.ME**

