

COSY coPD and Sexuality

It is not easy to find words to describe the broad spectrum of sexuality. Can I show you some images of how sexuality can be understood as a display and expression of intimacy, a way of affirming care and a physical act?

Me with myself



smiling at me



caring for me



spoiling me



being close to me



touching me

Me and ...



being connected



talking – laughing – caring



cuddling – tenderness



kissing



having sex – making love

- «What reactions and feelings do you these images trigger in you?»
- «Do you recognise your fulfilled needs in any of the images?»
- «Do you recognise your UN-fulfilled needs in any of the images?»
- «Are there any needs related to your sexuality and intimacy that are not shown here?»
- «Do you see a connection between COPD and limitations in your s exuality?»