

YES/NO/MAYBE LIST

Indicate how interested you are in each activity with a yes/no/maybe and ask your partner to do the same. Discuss your responses together. Go beyond a simple yes or no. Use this list as a starting point and add other sexual activities pertinent to your own experience.

Discussing turn-ons, desires and fantasies with partners can be fun. The list allows you to learn a lot about your partner and yourself and opens the door to a more fulfilling and satisfying sexual experience and relationship. Revisit this list often.

	YES (INTO)	YES (WILLING)	MAYBE (RATE 0-5)	NO
Anal Sex	_____	_____	_____	_____
Analingis/Rimming	_____	_____	_____	_____
Biting	_____	_____	_____	_____
Blindfolds	_____	_____	_____	_____
Bondage	_____	_____	_____	_____
Breath Play	_____	_____	_____	_____
Cock Rings	_____	_____	_____	_____
Costumes or Uniforms	_____	_____	_____	_____
Cross Dressing	_____	_____	_____	_____
Cuddling	_____	_____	_____	_____
Cunnilingis/Eating out	_____	_____	_____	_____
Dirty Talk	_____	_____	_____	_____
Double Penetration	_____	_____	_____	_____
Ejaculation (Male or Female)	_____	_____	_____	_____
Erotic photography/videos	_____	_____	_____	_____
Felatio/Blow Job	_____	_____	_____	_____
Fetish Clothing	_____	_____	_____	_____
Fingering (Anal or Vaginal)	_____	_____	_____	_____
Fisting (Anal or Vaginal)	_____	_____	_____	_____
Flogging	_____	_____	_____	_____
Food Play	_____	_____	_____	_____
Foot Worship	_____	_____	_____	_____
Gags	_____	_____	_____	_____
G-Spot Stimulation	_____	_____	_____	_____
Hair Pulling	_____	_____	_____	_____
Hand Job (Penis or Vulva)	_____	_____	_____	_____
Ice Cubes	_____	_____	_____	_____
Intercourse (Anal or Vaginal)	_____	_____	_____	_____

YES/NO/MAYBE LIST

	YES (INTO)	YES (WILLING)	MAYBE (RATE 0-5)	NO
Kissing (Mouth or Full Body)	_____	_____	_____	_____
Lap Dance	_____	_____	_____	_____
Massage	_____	_____	_____	_____
Masturbation (Mutual)	_____	_____	_____	_____
Masturbation (Alone)	_____	_____	_____	_____
Menstruation Play	_____	_____	_____	_____
Nipple Stimulation/Play	_____	_____	_____	_____
Outdoor Sex	_____	_____	_____	_____
Pain Play	_____	_____	_____	_____
Positions (Rear Entry, Top, Bottom, Standing, etc.)	_____	_____	_____	_____
Phone Sex	_____	_____	_____	_____
Quickies	_____	_____	_____	_____
Rape Fantasy or Role Play	_____	_____	_____	_____
Role Play	_____	_____	_____	_____
Rough Sex	_____	_____	_____	_____
Sensation Toys	_____	_____	_____	_____
Sensory Deprivation	_____	_____	_____	_____
Sex Toys	_____	_____	_____	_____
Shaving/Grooming	_____	_____	_____	_____
Slow Play	_____	_____	_____	_____
Spanking	_____	_____	_____	_____
Strip Tease	_____	_____	_____	_____
Submission	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____