

Yes, No, Maybe ...and More!

DEFINITIONS

Y Stands for "yes!" An enthusiastic "I want to do that, I think I would, or I would definitely be open to trying that!"

N Stands for "no!" A hard "I don't want to do that, or I would not be open to trying it."

M Stands for "maybe!" This can mean that we are not sure, would like to learn/research more, discuss it with our partner, or that we would be open to this if they wanted to try it, but might not ask for it on our own

F Stands for "fantasy!" This means that you may not be interested in or comfortable actually DOING that thing, but you might be open to imagining it or talking about it, with the understanding that it won't actually happen

HOW TO USE THIS LIST

In the first column, there are a variety of different sexual activities listed. If you do not know what any of the activities are, I encourage you to look them up.

Step 1: Set aside some time to read the list and mark next to each activity a Y, N, M, or F according to the definitions above. If you're not sure, you can leave it blank and talk about it with your partner or therapist

Step 2: Mark the column for "Giving" (G) or "Receiving" (R) to indicate whether you prefer to initiate/lead the activity or receive - or both!

Step 3: Talk about your lists together! Make sure that you tell your partner(s) any important thoughts or feelings you have about any item, especially any discomfort, uncertainty, or nervousness. Communication is key!

Something to remember - just because you put a letter down now doesn't mean it can't change. You should ALWAYS discuss an activity before doing it, and make sure that everyone is enthusiastically consenting at that time

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ACTIVITY	Y/N/M/F	G	R	ACTIVITY	Y/N/M/F	G	R
Anal Sex	—	<input type="radio"/>	<input type="radio"/>	Licking	—	<input type="radio"/>	<input type="radio"/>
Biting	—	<input type="radio"/>	<input type="radio"/>	Lingerie	—	<input type="radio"/>	<input type="radio"/>
Body Touch	—	<input type="radio"/>	<input type="radio"/>	Making Out	—	<input type="radio"/>	<input type="radio"/>
Clitoral Stimulation	—	<input type="radio"/>	<input type="radio"/>	Manual Sex/Hand Job	—	<input type="radio"/>	<input type="radio"/>
Cock Rings	—	<input type="radio"/>	<input type="radio"/>	Massage	—	<input type="radio"/>	<input type="radio"/>
Costumes	—	<input type="radio"/>	<input type="radio"/>	Mutual Masturbation	—	<input type="radio"/>	<input type="radio"/>
Cuddling	—	<input type="radio"/>	<input type="radio"/>	New Positions	—	<input type="radio"/>	<input type="radio"/>
Cunnilingus	—	<input type="radio"/>	<input type="radio"/>	Nipple Play	—	<input type="radio"/>	<input type="radio"/>
Dirty Talk	—	<input type="radio"/>	<input type="radio"/>	Perineum Play	—	<input type="radio"/>	<input type="radio"/>
Dry Humping	—	<input type="radio"/>	<input type="radio"/>	Prostate Stimulation	—	<input type="radio"/>	<input type="radio"/>
Ejaculation on Body	—	<input type="radio"/>	<input type="radio"/>	Rimming/Analingus	—	<input type="radio"/>	<input type="radio"/>
Ejaculation on Face	—	<input type="radio"/>	<input type="radio"/>	Role Play	—	<input type="radio"/>	<input type="radio"/>
Fellatio/Blow Job	—	<input type="radio"/>	<input type="radio"/>	Spanking	—	<input type="radio"/>	<input type="radio"/>
Fingering (Anal/Vaginal)	—	<input type="radio"/>	<input type="radio"/>	Strap On/Pegging	—	<input type="radio"/>	<input type="radio"/>
G Spot Stimulation	—	<input type="radio"/>	<input type="radio"/>	Strip Tease	—	<input type="radio"/>	<input type="radio"/>
Hair Pulling	—	<input type="radio"/>	<input type="radio"/>	Tickling	—	<input type="radio"/>	<input type="radio"/>
Ice Cubes	—	<input type="radio"/>	<input type="radio"/>	Titty Fucking	—	<input type="radio"/>	<input type="radio"/>
Kissing Mouth/Body	—	<input type="radio"/>	<input type="radio"/>	Toe/Finger Sucking	—	<input type="radio"/>	<input type="radio"/>
Lap Dance	—	<input type="radio"/>	<input type="radio"/>	Vibrators/Dildos	—	<input type="radio"/>	<input type="radio"/>