



# YES NO MAYBE SEX CHECKLIST

Are you looking for ways to spice things up in the bedroom? Trying new things can make your sex life more fun and vibrant. It can also help facilitate better communication about what you and your partner do or don't like. Even if you have been together for years, you can learn new things about your partner. I recommend filling out the yes, no, maybe checklist alone and then coming together with your partner to talk about what activities you want to try, which ones you may be open to, and which ones are definite no for you.

**Code Guide: Y = Yes N = No M = Maybe IDK = I don't know F = Fantasy N/A = not applicable**

- |   |   |
|---|---|
| <input type="checkbox"/> Anal Sex   | <input type="checkbox"/> Fetish Clothing                                  |
| <input type="checkbox"/> Anilingus/Rimming  | <input type="checkbox"/> Fingering (Anal or Vaginal)                      |
| <input type="checkbox"/> Anal Toys (Giving or receiving)                            | <input type="checkbox"/> Fisting (Anal or Vaginal)                        |
| <input type="checkbox"/> Biting   | <input type="checkbox"/> Flirting   |
| <input type="checkbox"/> Blindfolds   | <input type="checkbox"/> Food Play  |
| <input type="checkbox"/> Bathing Together   | <input type="checkbox"/> Foot Massage                                     |
| <input type="checkbox"/> Restricting movement<br>(Bondage Rope or Tape, Restraints) | <input type="checkbox"/> Gags   |
| <input type="checkbox"/> Caressing  | <input type="checkbox"/> Gender Play                                      |
| <input type="checkbox"/> Choking  | <input type="checkbox"/> G-Spot Stimulation                               |
| <input type="checkbox"/> Climax Together  | <input type="checkbox"/> Holding Hands                                    |
| <input type="checkbox"/> Cock Rings   | <input type="checkbox"/> Hand Job (Penis or Vulva)                        |
| <input type="checkbox"/> Compliments  | <input type="checkbox"/> Handcuffs  |
| <input type="checkbox"/> Cross Dressing   | <input type="checkbox"/> Homemade porn                                    |
| <input type="checkbox"/> Cuddling   | <input type="checkbox"/> Hot Wax Candles<br>(They Make Ones for Intimacy) |
| <input type="checkbox"/> Deep Throating   | <input type="checkbox"/> Humiliation                                      |
| <input type="checkbox"/> Dildos (Use With Partner Or Alone)                         | <input type="checkbox"/> Ice Cubes  |
| <input type="checkbox"/> Dirty Talk (Talk About What You<br>Like In Particular)     | <input type="checkbox"/> Intercourse (Anal or Vaginal)                    |
| <input type="checkbox"/> Domination (Topping)                                       | <input type="checkbox"/> Kissing (Mouth or Full Body)                     |
| <input type="checkbox"/> Double Penetration   | <input type="checkbox"/> Lap Dance  |
| <input type="checkbox"/> Dressing Up  | <input type="checkbox"/> Licking  |
| <input type="checkbox"/> Dry Humping With Clothes On                                | <input type="checkbox"/> Massage  |
| <input type="checkbox"/> Edging   | <input type="checkbox"/> Masturbation (Mutual or Alone)                   |
| <input type="checkbox"/> Erotic Photography/Videos<br>(Taking or Viewing)           | <input type="checkbox"/> Using Masturbation Sleeve With a Partner         |
| <input type="checkbox"/> Eye Contact  | <input type="checkbox"/> Menstruation Play                                |
| <input type="checkbox"/> Felatio/Blowjob/Oral Sex                                   | <input type="checkbox"/> Necking (Kissing on the Neck)                    |
|   | <input type="checkbox"/> Nipple Stimulation/Play                          |
|   | <input type="checkbox"/> Open Relationship                                |



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- |   |   |
|---|---|
| <input type="checkbox"/> Orgasm Delay/Denial  | <input type="checkbox"/> Slow Play  |
| <input type="checkbox"/> Outdoor Sex  | <input type="checkbox"/> Strap-on Play  |
| <input type="checkbox"/> Pain Play (Clamps, Face Slapping,<br>Spanking, Hair Pulling, Pinching/Scratching<br>-Discuss Location) | <input type="checkbox"/> Strap-on Sex   |
| <input type="checkbox"/> Period Sex   | <input type="checkbox"/> Stripping  |
| <input type="checkbox"/> Positions (Rear Entry, Top, Bottom, Standing, etc.)  | <input type="checkbox"/> Strip Tease  |
| <input type="checkbox"/> Phone Sex  | <input type="checkbox"/> Submission (Being Topped)                            |
| <input type="checkbox"/> Polyamory  | <input type="checkbox"/> Swinging   |
| <input type="checkbox"/> Pornography  | <input type="checkbox"/> Threesomes<br>(MMF, FFM, MMM, FFF)                   |
| <input type="checkbox"/> Prostate Massage/Stimulation   | <input type="checkbox"/> Toys   |
| <input type="checkbox"/> Public Sex/Sex Outside   | <input type="checkbox"/> Tongue or Mouth on Testes/Anus                       |
| <input type="checkbox"/> Quickies   | <input type="checkbox"/> Triple Penetration                                   |
| <input type="checkbox"/> Rape Fantasy/Role Play<br>(Age, Teacher/Student, Medical, etc.)  | <input type="checkbox"/> Tribadism<br>(Rubbing Naked Genitals With a Partner) |
| <input type="checkbox"/> Reading Erotica with Partner   | <input type="checkbox"/> Urine Play   |
| <input type="checkbox"/> Rough Sex  | <input type="checkbox"/> Whipping   |
| <input type="checkbox"/> Sex or BDSM Clubs  | <input type="checkbox"/> Vibrators<br>(Use With a Partner)                    |
| <input type="checkbox"/> Sex or BDSM Parties  | <input type="checkbox"/> Video Sex  |
| <input type="checkbox"/> Sex Toys   | <input type="checkbox"/> Voyeurism  |
| <input type="checkbox"/> Sex Toy Shopping   | <input type="checkbox"/> Wax (Dripping)                                       |
| <input type="checkbox"/> Sexting  | <input type="checkbox"/> Wearing Lingerie                                     |
| <input type="checkbox"/> Shaving/Grooming   | <input type="checkbox"/> Wrestling or Play Fighting                           |

Remember that the point of doing this is to create a fun and intimate environment for you and your sexual partner. Having good communication is key, as is withholding judgment. Try to keep an open mind and think of these as items on a menu you might enjoy. Just because you like something or abhor it, doesn't mean your partner will feel the same way. Go slowly and talk through each activity. You don't have to try anything you are not comfortable with. Sex is very personal and vulnerable. You are in charge of your body and what you do with it. If you have trauma or triggers when it comes to your body, I recommend you share that with your trustworthy partner and talk to a trained therapist. You don't have to go through this alone.