

DIVE INTO YOUR DESIRES, EDGES, AND FANTASY

Yes, No, Maybe & *Fantasy* List

A worksheet to help you explore your embodied yes, find your clear no, dance with the edgy maybe... and feel into the power of fantasy.

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Yes, No, Maybe and *Fantasy*.

This worksheet will help you explore your desires and fantasies. For each activity, choose an emphatic Yes, a decided No, or a Maybe for something you'd be curious to try under the right circumstances. Think about your desires, not just what's possible within your current relationship status. If something is fun to think about but you wouldn't want it in real life, tick the Fantasy box. If something doesn't apply to your body, leave it blank. One list can't possibly cover the infinite variety of possible pleasures, so there are some fill in the blanks at the end for anything that's missing!

ACTIVITY	Y	N	M	F
Anal fingering (giving)				
Anal fingering (receiving)				
Anal sex w/ toy or penis (giving)				
Anal sex w/ toy or penis (receiving)				
Anal rimming (giving)				
Anal rimming (receiving)				
BDSM play*				
Biting and nibbling				
Blindfolding (giving)				
Blindfolding (receiving)				
Butt plug for self				
Butt plug for other				
Choking (giving)				
Choking (receiving)				
Cuckhold or hot wife play				
Cuddling and snuggling				
Deep breathing practices				
Deep-throating (giving)				
Deep-throating (receiving)				
Dirty talk (in-person)				
Dick pics (giving)				
Dick pics (receiving)				
Domination / submission play*				
Double penetration (giving)				
Double penetration (receiving)				
Dressing up in costumes				
Dressing up in lingerie				
Dry humping / grinding				

ACTIVITY	Y	N	M	F
Edging (ejaculation delay)				
Erotic massage (giving)				
Erotic massage (receiving)				
Exhibitionism				
Eye contact / eye-gazing				
Facesitting (giving)				
Facesitting (receiving)				
Fisting (vaginal) (giving)				
Fisting (vaginal) (receiving)				
Fisting (anal) (giving)				
Fisting (anal) (receiving)				
Food play				
Foot play				
Gagging (giving)				
Gagging (receiving)				
Genital massage (giving)				
Genital massage (receiving)				
Golden showers (giving)				
Golden showers (receiving)				
Group sex				
Hair pulling (giving)				
Hair pulling (receiving)				
Homemade porn (photos)				
Homemade porn (videos)				
Hot wax play (giving)				
Hot wax play (receiving)				
Humiliation (giving)				
Humiliation (receiving)				

ACTIVITY	Y	N	M	F
Impact play* (giving)				
Impact play* (receiving)				
Kinky sex*				
Lap dance (giving)				
Lap dance (receiving)				
Listening to audio erotica				
Making out				
Massage (giving)				
Massage (receiving)				
Mutual masturbation				
Nipple clamps (for self)				
Nipple clamps (for other)				
Nipple play (giving)				
Nipple play (receiving)				
Oral sex (giving)				
Oral sex (receiving)				
Orgasm delay / denial				
Pegging (giving)				
Pegging (receiving)				
Penis (cock) rings				
Penis (cock) worship				
Period sex				
Phone sex / sexting				
Play wrestling				
Quickies				
Reading erotica together				
Role playing				
Scissoring (vulva-to-vulva)				

ACTIVITY	Y	N	M	F
Sex outside				
Sex party				
Sex toys (for self)				
Sex toys (for other)				
Showers or baths together				
Slow sex (conscious sex)				
Spanking (giving)				
Spanking (receiving)				
Squirting				
Strap-on play				
Strip tease				
Swallowing ejaculate or squirt				
Swinging or swapping				
Tantric sex				
Temperature play (hot / cold)				
Threesomes				
Tickling				
Voyeurism				
Vulva worship				
Watching porn				
69 sex position				

FILL IN THE BLANKS FOR YOUR DESIRES...

**BDSM play, impact play, kinky sex, and domination/submission play can be big umbrella terms. These types of play require additional Yes/No/Maybe lists and deeper conversations, as the activities under each vary greatly.*