

# 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.*