

Remember, penetration is not the end all be all when it comes to pleasure. Explore some of these ideas with your partner(s) and see where it goes! Let this be a starting point to opening a conversation and learning about your partner and yourself. You can always change your mind. Enjoy your sexploration!

YES//NO//MAYBE LIST

Place a y/n/m in the corresponding box!

Dirty talk (discuss limits & preferences)

Mutual masturbation

Watching partner masturbate

Sex toys (vibrator, dildo, sleeve/stroker)

Oral (sucking/licking penis or vulva)

Vaginal fingering

Anal fingering

Rimming (anal licking, oral anal sex)

Butt plug

Dominating

Submitting

Handcuffs

Blindfolding

Ball gag

Temperature play

Spanking or slapping (discuss where & limits)

Choking and/or breath play (discuss limits)

GIVING

from/by me

together

watch partner

on them

together

on me

RECEIVING

to me

watched by partner





MORE YES/NO/MAYBE ...

Place a y/n/m in the corresponding box!

GIVING

RECEIVING

from/by me

to me

Playing with balls (touching, licking, sucking)

Playing with clit (touching, licking, sucking)

Breast/nipple play (licking, sucking, touching)



Kissing or licking neck

Kissing or licking ears

Biting (discuss where)

Roleplay

together

Phone sex

together

Video sex

together

Sexting

together

Watching porn

together

Being watched having sex

watch them

together

they'll watch me

Playing with another person (discuss limits)

just them

together

just me

Going to a sex party

just them

together

just me

Rubbing through clothes (dry humping)

together

Erotic massage (or the regular kind!)

create your own!

