

YES/NO/MAYBE LIST

EXPLORING YOUR SEXUALITY



Indicate how interested you are in each activity with a yes/no/maybe and ask your partner/s to do the same. Discuss your responses together. Go beyond a simple yes or no. Use this list as a starting point and add other sexual activities pertinent to your own experiences. Ask additional questions like:

How willing are you to explore outside your identified sexual orientation? Are certain parts of your or a partners body off limits? What kind of sexual aftercare do you prefer? Do certain sexual acts or scenarios trigger post traumatic response? What other acts make you uncomfortable (being seen fully naked, eye contact during sex, etc.)? Do you have any medical conditions or allergies that affect your sexuality?

Used alone, this list is a great tool to help you identify and set personal boundaries better preparing you for your next sexual encounter.

Discussing turn-ons, desires and fantasies with partners can be fun. Y/N/M lists allow you to learn a lot about your partner/s and yourself opening the door to more fulfilling, satisfying sexual experiences and relationships.

Anal Sex	Nipple Stimulation/Play
Analingus/Rimming	Open Relationship
Biting	Orgasm Delay/Denial
Blindfolds	Outdoor Sex
Bondage	Pain Play
Breath Play	Positions (Rear Entry, Top, Bottom, Standing, etc.)
Cock Rings	Phone Sex
Costumes or Uniforms	Polyamory
Cross Dressing	Pornography (Video or Reading Erotica)
Cuddling	Prostate Massage
Cunnilingus/Eating out	Public Sex
Dirty Talk	Quickies
Domination (Topping)	Rape Fantasy or Role Play
Double Penetration	Role Play(Age, Teacher/Student, Medical, etc.)
Ejaculation (Male or Female)	Rough Sex
Electrosex	Scat Play
Erotic photography/videos (Taking or Viewing)	Sensation Toys
Exhibitionism	Sensory Deprivation
Face Slapping	Sex or BDSM Clubs
Fellatio/Blow Job	Sex or BDSM Parties
Fetish Clothing	Sex Toys
Fingering (Anal or Vaginal)	Sex with Strangers
Fisting (Anal or Vaginal)	Shaving/Grooming
Flogging	Slow Play
Food Play	Spanking
Foot Worship	Strap-On Sex
Furry Play	Strip Tease
Gags	Submission (Being Topped)
Gender Play	Swinging
Group Sex	Threesome (MMF, FFM, MMM, FFF)
G-Spot Stimulation	Titty Fucking
Hair Pulling	Triple Penetration
Hand Job (Penis or Vulva)	Urine Play
Ice Cubes	Vomit Play
Intercourse (Anal or Vaginal)	Voyeurism
Kissing (Mouth or Full Body)	Wax (Dripping)
Lap Dance	Webcam Sex
Massage	
Masturbation (Mutual or Alone)	
Menstruation Play	