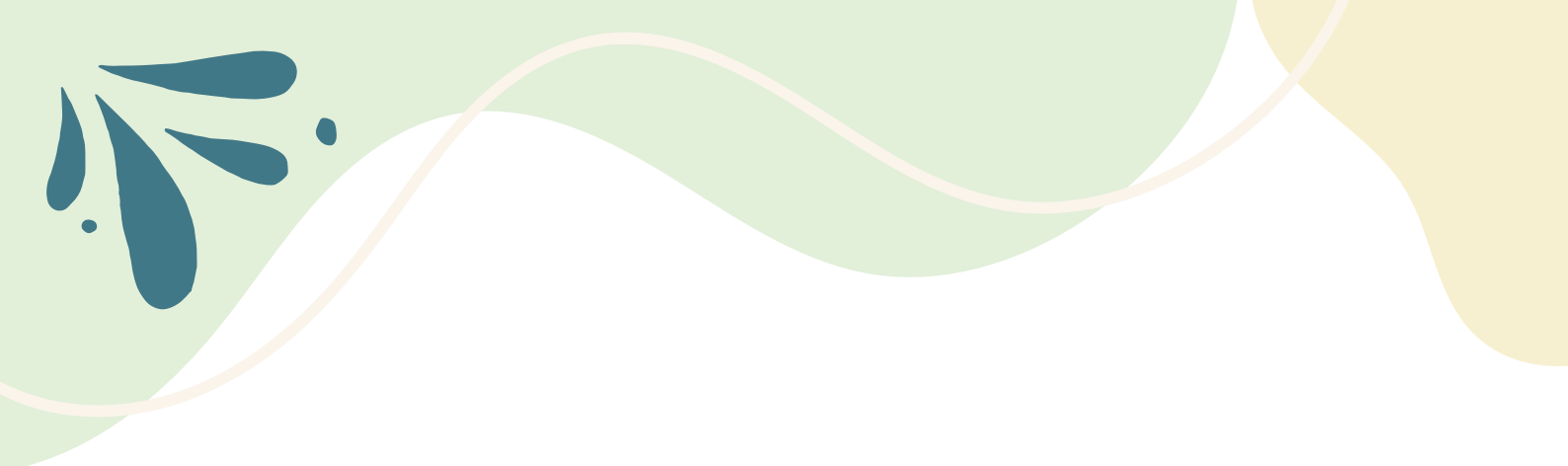




Yes, No, Maybe: Your Sexual Menu Workbook

This workbook will support you in exploring your sensual and sexual desires, boundaries, and interests by creating a sexual menu. Inside you'll find an expansive menu of choices, guidance on sharing it with your partner(s), and questions to deepen your self-exploration and intimacy.

by Meghan Jerry, LMFT, CST



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Cover design and formatting by Meghan Jerry, LMFT, CST.

First Edition 2026

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Yes, No, Maybe: Your Sexual Menu

This workbook is a self-exploration and communication tool. Learn more about your desires, boundaries, and interests, and communicate them with your partner(s). It's designed for use on your own, with your partner(s), or alongside a therapist. If it brings up difficult material, consider working with a sex therapist.

Unsure what you like in bed? Overwhelmed at the thought of trying to talk about it? You're not alone! Most of my clients come to my office never having spoken with their partner(s) about what they like in the bedroom. Many wouldn't know how to answer the question even if their partner(s) did ask. Creating a sexual menu can be a helpful way to increase your understanding of your own sexuality, open communication with your partner(s), and expand your sensual and sexual repertoire.

Before You Begin

This workbook is for adults 18 and older. Nothing here is required, so go at your own pace. Please read the [Instructions](#) and [Important Guidelines](#) before you start marking items. Come with curiosity and have fun!

Introduction

This sensual and sexual menu is meant to be used as a pressure-free exploration and communication tool. While some folks may enjoy using it as a playful inspiration list, it is not a contract.

What Is a Sexual Menu?

A sexual menu is a popular tool used in sex therapy. It's basically just a list of the sensual and sexual activities you enjoy, dislike, or are interested in exploring, whether alone or with your partner(s). You can use a sexual menu to help you discover desires, fantasies, avenues for exploration, boundaries, and to build intimacy.

Why Is a Sexual Menu Useful?

Consider going to a new restaurant and not having a menu to choose from. If you know it's a pub or Italian restaurant, you might have an idea of what's on offer:



burgers or pasta. But isn't it nice to look through all the tantalizing options? And talk about them with your dining companions? Maybe even agreeing on multiple dishes to try? That's the power of a sexual menu. It allows you to peruse some sensual and sexual options available to you to encourage exploration and communication.

Using a sexual menu as a tool can:

- Reduce shame
- Normalize interests and desires
- Clarify boundaries
- Increase self-understanding
- Increase understanding of each other
- Expand your options
- Build intimacy
- Increase pleasure

For a deeper dive into this tool, you might enjoy the accompanying blog post, [Yes, No, Maybe: Creating a Sexual Menu.](#)

This workbook discusses sensual and sexual play for consenting adults. It contains explicit language. It is for educational purposes only and not a substitute for counseling, therapy, other mental health services, or medical advice or treatment. For serious concerns regarding communication, relationships, or sexual health, see the [When to Seek More Support](#) section.

Instructions

This menu can be used purely to get to know yourself and your wants, needs, boundaries, and curiosities. It is also useful as a communication tool.

Start solo. If you want to use this as a tool with your partner(s), I recommend you fill out your own menu alone before sharing it with a partner and creating your shared menu. I want you to be able to tap into *your* wants and needs. At the end of this workbook, I've included sections about sharing your menu with your partner(s) and creating a shared menu.

Get comfy. Pick a time when you are relaxed and free of distractions. Maybe have a nice cup of tea or a fuzzy blanket to snuggle in while you go through this list. You can pause at any time and may want to go through the list in several sessions.

Don't yuck your yum (or anyone else's). A phrase often used in sex therapy—and one that's gained wider traction culturally—is “don't yuck my yum.” This means refraining from expressing judgment, criticism, or disgust about something someone enjoys. When someone shares their yums, be mindful to adopt an open, curious, and welcoming mindset. Take care not to yuck your own yums, too! Note: not judging someone's yum doesn't mean you have to take part in it.

Get informed. If you come across items and you're not sure what they mean, look them up in a reputable source (see [Learn More](#)) before you mark them as a “yes.” Looking up unfamiliar items ensures you're making an informed “yes” and might help you understand why someone else might be into them. Some items below carry safety considerations. If an item is new to you, learn about best practices before trying it. I've included some basic sexual health and safety guidelines in [Appendix A: Sexual Health & Safety Basics](#), but I recommend consulting other sources as well. Terms that may be unfamiliar to folks are defined in [Appendix B: Glossary](#).

Mark your answers. As you go through the list, mark how each item resonates for you: Yes, No, or Maybe, using the codes below. There is space for you to add notes for conditions (e.g., “after a shower”). There are blank spaces for you to add your own items in each category. Feel free to add another sheet if you need more room.

Tune into your body. How do you know which answer is right for you? Take a moment and tune into your body. When you think of the item, does your body signal interest, desire, tightness, or curiosity? Go with that. You might also find it helpful to think about whether your interest lies in giving, receiving, or both for each item. Physical arousal doesn't always mean “I want this.” For example, something might arouse you as a fantasy but not be something you want to do. Some body parts might have different answers. That's okay too. Feel free to mark that on your menu.

Be honest. Try your best to be honest with yourself about your answers to each item, even if you think your partner(s) might be disappointed in your answer. Even though it might seem scary, being honest about your yums and yucks is the best way to create a sensually and sexually enjoyable time for everyone involved. And that's the goal, right? If honesty feels unsafe, see [Important Guidelines](#).

Here's how it might be helpful to think of the options:

Yes – here we're looking for an enthusiastic “yes, I'm into this” (a “YUM” or “want”). It can be for activities you've done before and want to do again, or activities you want to try or have interest in. You might feel a sense of excitement or giddiness, butterflies in your stomach, a rush of energy in your body, or it might just sound fun/sexy/wonderful to engage in this activity.

Remember: a “yes” is not a contract or guarantee.

No – these are items that are a “hard no” for you for whatever reason (a “YUCK” or “won’t”). This could give you a sense of “ick” or disgust, aversion, or feelings of fear, which might show up as muscle tension. **Remember:** these limits must be respected and accepted fully.

Maybe – these are items that you’re curious about and open to exploring, have soft limits around, or want to discuss before acting on (a “hmm, I’m not sure,” or a “willingness,” meaning more “I’m open to it” than “I’m craving this”). This might feel neutral, or like curiosity or a hesitant leaning in. **Remember:** a “maybe” is not a “yes.”

It can be helpful to think of the options like a stoplight: “Yes,” like green, means go when the way is clear, after you pause to make sure no one blew through a red light. “No,” like a red light, means stop. “Maybe,” like a yellow light, means slow down, prepare to stop. The columns below are color-coded to represent this system.

Answer codes. You can go through and use checkmarks or X’s to fill in the columns. To distinguish between giving and receiving, I recommend marking the corresponding column with a “**G**” for giving and “**R**” for receiving. You can also make a note in the column as needed. If an item represents a fantasy only, meaning it’s not a “yes,” it’s more of an “I really like to think about...,” you might mark that item with an “**F**” for fantasy.

Body part notes. It may also be helpful to break items down by body part. Some body parts may be a “yes,” some may be a “no,” and some may be conditional as in “if we have recently showered.” Take licking, for example. What would you mark for the following body parts: abdomen, anus, back, butt cheeks, ears, face, inner thighs, neck, nipples, toes? I haven’t expanded every item for each body part because this workbook is already long enough! But feel free to write in your answers. I’ve included an example below.

Item	Yes	No	Maybe
Example: Making out	X		
<i>This person is indicating they enjoy and would want to engage in making out.</i>			
Example: Tickling		R	G (if my partner enjoys it)
<i>This person is indicating they do not want to be tickled, and they are open to tickling their partner if their partner enjoys it.</i>			



Example: Sex outdoors		F	
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This person is indicating they do not want to engage in sex outdoors, but enjoy it as a fantasy.

Example: Licking	G (abdomen); R (neck)	G (feet)	G (ears, if after a shower)
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This person is indicating they are willing to lick their partner's abdomen, and willing to let their partner lick their neck. But they are not willing to lick their partner's feet. They might be willing to lick their partner's ears if their partner has showered.

You'll see this menu is organized into categories. Feel free to skip the sections that don't apply to you. You can always return to the list later for those sections if they become of interest (there's a table of contents above for your convenience). That said, if it feels safe, it might be worthwhile to peruse the entire list—you never know what might tickle your fancy!

Before jumping into the menu, please review the Important Guidelines below.

Important Guidelines

When exploring a topic as vulnerable as sexuality, we must take care to do it gently. Since I'm not there with you to guide you through the process, please read through these important guidelines before you dive in.

Practice consent. This tool is to be used as a starting point for conversations. Every item on this list is optional. A "yes" on this list isn't consent, so check in each time you're together. Consent must be freely given, and you can always change your mind, at any time. Consent isn't possible if someone is unconscious, intoxicated, or otherwise unable to choose freely, and this menu should never be used to pressure, guilt, or persuade anyone. Respect "no" and "stop" and use safewords and safe signals (a pre-agreed word or signal that stops everything and prompts a check-in; learn more in [Appendix A: Sexual Health & Safety Basics](#)). You can read more about consent (and how it can be sexy) in my blog post, [Let's Talk About...Consent](#). If you feel pressured, coerced, or afraid of how your partner(s) will react to your "no," this is a safety concern. See the [When to Seek More Support](#) section for resources.

Take care of yourself. If you notice dread, panic, numbness, intense shame, or if traumatic memories surface as you go through this list, treat it as important information. Skip those items, take a moment to ground yourself by taking a deep

breath or feeling your feet on the floor, or pause going through the list for now. You might also want to reach out for support. See the [When to Seek More Support](#) section.

Make adjustments as needed. I endeavored to make this menu inclusive. I mostly use medical terms for body parts, plus slang terms where they're commonly recognized, but you might refer to your body parts as something else. Please feel free to cross out and write in the term that feels best to you. Check out the [Language](#) section for a list of terms you might want to use instead and the [Fill-in-the-Blank Questions](#) section to indicate your preferred terms.

Keep it confidential. If you're completing this menu with a partner, make an agreement to keep everyone's answers confidential and to respect their privacy (with the exception of processing in therapy). Do not photocopy, screenshot, or share your partner's menu without their full consent. Sharing someone's private answers without consent breaks trust and can cause real harm, and sharing intimate images without consent is illegal in many places.

I hope this tool provides you with deeper insight into your wants and needs, increases your understanding of your own sexuality, and brings you and your partner(s) closer together. Enjoy!

Sensual Touch & Play

These are sensual and lower-intensity items—many can be enjoyed on their own, as a prelude, or incorporated into sexual play. You may even want to incorporate some of these items into aftercare! (See the [Aftercare](#) section to add them there and read about this important practice.)

Important Note: Be sure to use products specially marked “body-safe” or “skin-safe.” Keep anything not made for genital use away from genitals. Oil-based products break down latex condoms and barriers. Sugary products like chocolate can irritate or contribute to yeast infections if used on or near genitals. Seek guidance from your medical provider with any questions or concerns.

Item	Yes	No	Maybe
Admiring/watching			
Affectionate touch, private			



Item	Yes	No	Maybe
Affectionate touch, public			
Back rubs			
Back scratching			
Blow/breathe on body parts			
Body dust			
Body paint			
Body pens			
Bubble bath, solo			
Bubble bath, together			
Chocolate body paint			
Cuddling, clothed			
Cuddling, nude			
Cupping/squeezing			
Dancing, nude, solo			
Dancing, nude, together			
Dancing, solo			
Dancing, together			
Ear nibbling			
Eye gazing			
Face touching/caressing			
Feeding each other			
Fondling			



Item	Yes	No	Maybe
Foot washing			
Frottage			
Hair brushing			
Hair grooming			
Holding hands			
Hugging			
Kissing, body parts			
Kissing, cheeks			
Kissing, chest/breasts			
Kissing, closed mouth			
Kissing, extended making out			
Kissing, feet			
Kissing, forehead			
Kissing, French (with tongue)			
Kissing, hands			
Kissing, neck (necking)			
Kissing, one person held against a wall			
Kissing, shoulders			
Kissing, stomach			
Licking			
Manicures			



Item	Yes	No	Maybe
Massage, full body, with sexual intent			
Massage, full body, without sexual intent			
Massage, sensual			
Napping together			
Nibbling			
Nuzzling			
Oil			
Play wrestling or "play fighting"			
Playfulness			
Rubbing			
Scalp massage/scratching			
Shaving			
Showering, solo			
Showering, together			
Sitting on partner's lap			
Skinny-dipping			
Skin-to-skin contact/lying together			
Slow play			
Spooning			
Stroking			
Stroking, hair			



Item	Yes	No	Maybe
Sucking			
Sucking, fingers			
Sucking, toes			
Teasing			
Tickling			
Touching			
Watching a romantic/sexy movie together			

Setting & Context

This section includes items to help you consider settings and contexts you'd like to explore (or avoid) for sensual/sexual play.

Important Note on Substances: Consent cannot be given when someone is intoxicated or incapacitated. If you choose to use substances before sensual or sexual play, agree on limits ahead of time while sober, keep amounts small enough that everyone can clearly decide and communicate, check in with each other often, and pause or stop if anyone seems impaired. Some substances, including some medications, can be dangerous in combination, so check with a medical provider if you're unsure.

Important Legal Note: Sexual activity in public or semi-public places may be illegal and carry legal consequences. Know your local laws.

Item	Yes	No	Maybe
After small amount of alcohol			
After small amount of cannabis (weed, edibles)			
After small amount of other substance			
Afternoon sex			
Anniversary/special occasion sex			
Car sex			
Different locations & rooms			
Erotic or porn audio in the background			
Hotel room sex			
Hotel room sex, loud			
If one person has mild illness			
If others are home			
If pets are in the room			
Late night sex			
Lighting, low/soft/candles			
Lighting, off/complete darkness			
Lighting, on/bright			



Item	Yes	No	Maybe
Making out in the movie theater			
Middle of the night sex			
Mirrors			
Morning sex			
Moving/playing in time with music/audio			
Music, rock/rap			
Music, romantic			
Music, soft/background			
Partially clothed			
Rainy day sex			
Scheduled sex			
Setting (making the space sexy)			
Sex in an office			
Sex in public places			
Sex in shower/bath			
Sex in the woods/park			
Sex in water (pool, hot tub, etc.)			
Sex outside (secluded)			
Sexual touch in more public spaces (some risk of being seen)			



Item	Yes	No	Maybe
Sexual touch in semi-private space (risk of being heard, unlikely to be seen)			
Sexual touch only at home/in private			
Sexual touch outdoors (secluded)			
Sleeping separately after			
Sleeping together after			
Spontaneous sex			
Under the table fondling			
Use of flavors (oils, lubes, body dust)			
Use of furniture			
Use of scent (candles, oils, incense)			
Vacation sex			
Visit, nude beach			
Visit, pleasure resort			
Visit, sex/swingers/BDSM club			



Item	Yes	No	Maybe

Verbal Intimacy & Erotic Communication

This section covers the words, sounds, and messages that can build connection and arousal—from sweet to explicit. (See the [Language](#) section for a list of some specific words and phrases.)

Important Note: Intimate photos and videos can be copied, forwarded, or leaked, even by accident. Agree ahead of time on privacy and on whether to save or delete images right away. Only share images of adults (18+) who have consented to have their images shared, and only send them to adults (18+) who have consented to receive them.

Item	Yes	No	Maybe
Begging			
Being quiet/hushed			
Being vocal/loud			
Compliments about body parts			
Compliments about performance			
Compliments about presence			
Describing what you're doing in the moment			
Direct eye contact			
Dirty talk			
Dirty talk, in another language			



Item	Yes	No	Maybe
Giving instructions/being told what to do			
Language, dominance/submission			
Language, intense/degrading			
Language, mild/affectionate			
Language, praise-focused			
Laughing/playfulness during sex			
Moaning/vocalizing			
Name-calling, affectionate			
Name-calling, obscene			
Sexting			
Sexting, erotic voice notes			
Sexting, explicit			
Sexting, photos			
Sexting, suggestive			
Sexting, videos			
Sharing fantasies, in writing			
Sharing fantasies, verbally			

Item	Yes	No	Maybe
Sharing verbal appreciation after sex			
Sharing verbal feedback after sex			
Silence/not talking			
Talking about imagined future scenarios together			
Talking about past experiences with other partners			
Talking about shared past sexual moments together			
Using explicit erotic language			
Using neutral or clinical language			

Clothing/Dress

This section includes items about what kinds of clothing, grooming, and appearance you and your partner(s) might like to incorporate when engaging in sensual or sexual play.

Item	Yes	No	Maybe
Body hair, natural			

Item	Yes	No	Maybe
Body hair, removed			
Body hair, trimmed			
Corsets			
Cosplay			
Costumes			
Crossdressing			
Going without underwear in public (going commando)			
High heels			
Leather clothing			
Lingerie/special underwear			
Nudity			
Partner suggesting or choosing outfits for you			
Revealing/ provocative clothing, private			
Revealing/ provocative clothing, public			
Specific fabric/texture (e.g., silk, latex)			
Stockings/thigh-highs			
Uniforms			



Item	Yes	No	Maybe
Wearing partner's clothes during sex/play			
Wigs			

Manual Sex

This section includes non-penetrative hands-on stimulation, for yourself or a partner.

Item	Yes	No	Maybe
Manual stimulation, anus			
Manual stimulation, penis (hand job)			
Manual stimulation, perineum			
Manual stimulation, strap-on			
Manual stimulation, testicles			
Manual stimulation, vulva/clitoris			

Item	Yes	No	Maybe
Masturbation, mutual			
Masturbation, partner watches			
Masturbation, solo			

Oral Sex

This section includes mouth-based stimulation and play.

Important Note: Deep throating and facesitting can restrict breathing, so agree on a stop signal ahead of time. See [Using Safewords & Safe Signals](#) in Appendix A to learn more.

Item	Yes	No	Maybe
Deep throating			
Kissing, after oral sex			
Oral sex, anilingus/anilingus (rimming)			
Oral sex, cunnilingus (eating out, head)			
Oral sex, facesitting			
Oral sex, fellatio (blow job, head)			



Item	Yes	No	Maybe
Oral sex, mutual (6g)			
Oral sex, strap-on			
Oral sex, testicles			

Penetrative Sex

This section includes penetrative acts, with body parts or toys, whether solo or partnered.

Item	Yes	No	Maybe
Anal penetration, fingers			
Anal penetration, penis			
Anal penetration, strap-on (pegging)			
Anal penetration, toy			
A-spot play			
Double penetration with toy(s)			
Fisting, anal			
Fisting, vaginal			
G-spot play			



Item	Yes	No	Maybe
Multiple penetration with toys			
P-spot play			
Vaginal penetration, fingers			
Vaginal penetration, penis (PIV)			
Vaginal penetration, strap-on			
Vaginal penetration, toys			

Other Types of Sexual Play

This section includes a mix of other types of sexual activities. See the Important Note under [Verbal Intimacy & Erotic Communication](#) for image safety considerations.

Item	Yes	No	Maybe
Ejaculate, inside anus (creampie)			
Ejaculate, inside mouth			
Ejaculate, inside vagina (creampie)			

Item	Yes	No	Maybe
Ejaculate, on chest			
Ejaculate, on face (facial)			
Ejaculate, on neck (pearl necklace)			
Ejaculate, on stomach			
Ejaculate, spitting			
Ejaculate, sucked out of vagina/anus (felching)			
Ejaculate, swallowing			
Erotic dancing			
Erotic photos, deleted after a set time			
Erotic photos, nude			
Erotic photos, partially clothed			
Erotic photos, saved			
Erotica, read for partner			
Erotica, written for partner			
Flicking, clitoris			
Flicking, nipples			
Gentle sex			



Item	Yes	No	Maybe
Hickeys			
Intercrural sex (thigh sex)			
Intergluteal sex (buttjob)			
Mammary intercourse (titty fucking)			
Massage, erotic, with orgasm (happy ending)			
Nipples, licking			
Nipples, sucking			
Period sex			
Phone sex			
Porn, audio			
Porn, erotica			
Porn, videos			
Porn, watch solo			
Porn, watch together			
Position experimentation			
Post online, pictures			
Post online, videos			
Quickies			
Roleplay			



Item	Yes	No	Maybe
Roleplay, scenes (hospital, prison, etc.)			
Roleplay, with costumes			
Rough sex			
Smelling partner's scent			
Spanking, hairbrush			
Spanking, light & playful, hand			
Squirting			
Squirting, on partner			
Strip poker/games			
Striptease/lap dance			
Tantra			
Tribadism (scissoring)			
Video recording, deleted after a set time			
Video recording, saved			
Virtual reality sex			
Virtual/video-call sex			

Item	Yes	No	Maybe

Toys, Aids & Accessories

This section includes toys, aids, and accessories you might want to include in your sensual/sexual play.

Item	Yes	No	Maybe
Adult games			
Anal beads			
Anal beads, vibrating			
App-controlled sex toys			
Ben Wa balls			
Blindfolds			
Bullet vibrators			
Butt plugs, non-vibrating			
Butt plugs, vibrating			
Clitoral vibrators			
Cock rings, non-vibrating			
Cock rings, vibrating			
Condoms/barriers			

Item	Yes	No	Maybe
Cuffs/restraints			
Depth-limiting/ control rings			
Dilators			
Dildos			
Dildos, double- ended			
Edible, food			
Edible, lube			
Glass toys			
Grinders			
Lubricant			
Lubricant, flavored			
Masks			
Masturbation sleeves, disposable			
Masturbation sleeves, partnered			
Masturbation sleeves, solo			
Nipple toys			
Penetrative toys, doesn't look like penis			
Penetrative toys, looks like fantasy/creature			
Penetrative toys, looks like penis			



Item	Yes	No	Maybe
Penis extensions			
Penis pump			
Prostate toys			
Rabbit vibrators			
Remote-control sex toys, at home			
Remote-control sex toys, in public			
Remote-control sex toys, long distance			
Sex furniture (ramps, loungers)			
Sex machines			
Sex swing			
Strap-ons			
Suction/air-pulse toys			
Wall/table toy mounts			
Wand massagers			
Wearable vibrators			

Aftercare

Sensual and sexual play can bring up a lot of emotions. Aftercare is an important and enjoyable step after play to connect with one another and tend to your emotional and physical needs. (You may also want to add items from the [Sensual Touch & Play](#) section.)

Item	Yes	No	Maybe
Checking in verbally			
Cleaning up the space/toys			
Cooking together			
Cuddling/ spooning			
Cup of tea/cocoa			
Drawing			
Gentle touch, genitals			
Gentle touch, stroking, holding hands, scalp massage			
Gently cleaning each other			
Hydration & snack			
Light conversation			
Listening to music			
Massaging			
Meditating			
Napping			

Item	Yes	No	Maybe
Picnic, snacks/ice cream in bed			
Playing a game			
Processing/ debriefing the experience			
Quiet time, solo before reconnecting			
Quiet time, together			
Reading, next to each other			
Reading, to each other			
Restroom break			
Sharing memes/funny videos			
Showering, solo			
Showering, together			
Snuggling in blankets			
Stretching			
Time alone, separate rooms			
Verbal appreciation, gratitude, reassurance			

Item	Yes	No	Maybe
Watching a show/movie together			
Wet spot cleanup			

Kink, Power Dynamics & Sensation

This section includes more intense kink- and sensation-specific activities. Feel free to skip this section if it's not relevant to you right now—you can always return to it later.

Important Safety Note: Some activities in this section carry a real risk of serious injury or death, including choking/breath play, suspension, knife or fire play, and severe pain. Use of substances increases the risk. If any of these are new to you, it is imperative that you learn from experienced practitioners, educators, or kink-aware organizations before trying them. A “yes” on this list is never a reason to try these items without learning how to do them safely and obtaining consent first. Clearly defined, practiced safewords and safe signals, and a way to quickly release restraints (e.g., safety shears, keys within reach), are non-negotiable. See [Appendix A: Sexual Health & Safety Basics](#) to learn more.

Bondage/Restraints

This section includes physical restriction—from soft and playful to intricate and immobilizing. Some items here carry real risk. See the Important Safety Note above.

Item	Yes	No	Maybe
Bondage under clothing			
Bondage, heavy			

Item	Yes	No	Maybe
Bondage, intricate			
Bondage, light			
Cages/confinement			
Chains			
Collars			
Collars, with leash			
Crosses			
Crosses, bondage wheels			
Crosses, Roman			
Crosses, Saint Andrew's			
Cuffs, fabric/Velcro			
Cuffs, leather/metal			
Cuffs/restraints, ankles			
Cuffs/restraints, wrists			
Gags, ball			
Gags, cloth/tape			
Handcuffs			
Harnesses (leather or rope)			
Hoods			
Immobilization			
Manacles/irons			
Mummification			



Item	Yes	No	Maybe
Plastic/cling wrapping			
Restraint table			
Ropes, decorative/non-restrictive			
Ropes, Shibari			
Spanking bench			
Spreader bars			
Stocks			
Straitjacket			
Suspension			
Tape, bondage			
Thumbcuffs			
Tied to bed/chair			

Discipline

This section includes structure, rules, and rituals within a power dynamic. See the [Important Guidelines](#) section on consent and the Important Safety Note at the start of the [Kink, Power Dynamics & Sensation](#) section.

Item	Yes	No	Maybe
Chastity play/belts			
Daily rituals			



Item	Yes	No	Maybe
Daily tasks			
Earning privileges			
Eye contact restrictions			
Household chores/cleaning			
Hygiene rituals (bathing, toileting, etc.)			
Loss of privileges (TV, video games, etc.)			
Ordering/choosing food			
Postures/poses			
Punishment			
Rules/rule following			
Speech restrictions			
Standing/sitting/kneeling in a corner			
Writing lines			



Dominance & Submission (D/s)

This section includes items related to power exchange between partners. See the [Important Guidelines](#) section on consent and the Important Safety Note at the start of the [Kink, Power Dynamics & Sensation](#) section.

Item	Yes	No	Maybe
Begging			
Being serviced			
Bowing			
Bratting			
Caregiver/little dynamic (CGL)			
Cigar/ashtray service			
Commands/orders/instructions			
Diminutives			
Domination			
Following orders			
Honorifics			
Kneeling			
Name-calling			
Orgasm, denial			
Orgasm, edging			
Orgasm, forced			
Ownership			
Pet play			
Service			

Item	Yes	No	Maybe
Serving as a maid/ butler			
Shaving			
Spitting			
Submission			
Submission, 24/7 slave			
Submission, brat			
Submission, servant			
Switching			
Tea/coffee service			
Teasing			
Wearing a symbol of ownership			

Sensory Play

This section includes heightening or altering physical sensation—pain, pleasure, temperature, and everything in between. Some items here carry real risk. See the Important Safety Note at the start of the [Kink, Power Dynamics & Sensation](#) section.

Item	Yes	No	Maybe
Biting			
Choking/breath play (high risk, see Safety Note)			



Item	Yes	No	Maybe
Clamps, genitals			
Clamps, nipples			
Clothespins			
Earplugs			
Electro play, TENS unit			
Electro play, violet wand			
Hair pulling			
Hot wax/candles			
Ice cubes			
Pinching			
Scratching, leaving marks			
Scratching, lightly			
Sensation contrast (e.g., hot/cold, hard/soft)			
Sensory deprivation			
Temperature play			
Tickling/feathers			
Wartenberg wheel			



Impact Play

This section includes striking or spanking as a form of sensation and/or power exchange. Some items here carry real risk. See the Important Safety Note at the start of the [Kink, Power Dynamics & Sensation](#) section.

Item	Yes	No	Maybe
Belts			
Caning			
Floggers			
Marks, lasting (e.g., bruising)			
Marks, temporary (e.g., redness)			
Paddles, wooden			
Riding crops			
Slapping, body parts			
Slapping, face			
Spanking, hand			
Spanking, implements (e.g., paddles)			
Spanking, over-the-knee			
Whips			

Other Kinks, Fetish Play & Specialty Interests

This section includes a wide range of specific interests, objects, and practices—explore what calls to you, leave what doesn't. Some of the items on this list can fit into multiple kink categories depending on how they're used. You get to define that for yourself! Some items here carry real risk. See the Important Safety Note at the start of the [Kink, Power Dynamics & Sensation](#) section.

Item	Yes	No	Maybe
Ball stretching			
Blood play			
Breeding kink			
CBT (cock & ball torture)			
CNC (consensual non-consent)			
Cuckolding			
Degradation			
Enemas			
Eroticizing, objectifying, or sexualizing a disability, identity, or difference			
Exhibitionism, another watches			
Exhibitionism, in a public place/sex club			
Exhibitionism, partner watches you			
Exhibitionism, sex against a window			
Face fucking			

Item	Yes	No	Maybe
Fetish clothing			
Financial kink (findom)			
Fire play			
Food play			
Foot job/play			
"Forced" oral sex (throat fucking)			
Furry play			
Gender play			
Genital torture			
Humiliation			
Kidnapping roleplay			
Knife play			
Latex			
Masks			
Masochism			
Medical play			
Menstruation play			
Nipples, biting			
Nipples, torture			
Objectification			
Pain, mild			
Pain, moderate			
Pain, severe			



Item	Yes	No	Maybe
Piercing play (needles)			
Praise			
Primal play			
Rubber/latex clothing			
Sadism			
Scat play			
Sex magic/magick			
Sploshing			
Squeezing balls			
Tattooing			
Urine play (golden showers/watersports)			
Vomit play			
Voyeurism			
Wearing symbolic jewelry			
Worship			
Worship, body			
Worship, feet (foot worship)			
Worship, penis (cock worship)			
Worship, shoe/boot (boot worship)			
Worship, vulva (pussy worship)			



Item	Yes	No	Maybe

Sex With Others/Nonmonogamy

This section includes activities that exist outside of a monogamous context.

Item	Yes	No	Maybe
Double penetration			
Foursome			
Group sex, with others			
Group sex, with partner only			
Multiple penetration			
Orgy (5 or more)			
Partner watches you have sex with someone else			
Swapping, full			
Swapping, soft			
Swinging			
Threesome			
Triple penetration			
Watching partner have sex with someone else			



Item	Yes	No	Maybe

Feelings

This section explores what you would like to feel (or not feel) when engaging in sensual/sexual play.

Note: You may be in the mood for different feelings for different encounters or with different types of play. Make a note of these nuances here, in the [Creating a Shared Menu](#) section, or on a separate sheet of paper and discuss them with your partner(s).

Important: Marking “yes” to feelings like coerced, forced, victimized, etc. means you’re interested in experiencing that feeling within a safe, consensual context or a purely fantasy one—NOT that you want to actually be harmed or violated. If you are interested in creating play which involves those emotions, I recommend you proceed very slowly with lots of planning conversations, well-practiced safewords and safe signals, and clear boundaries beforehand. If any of those feelings come up during sex in a way that doesn’t feel safe or consensual, it may be worth pausing and talking with a therapist or contacting one of the resources listed in the [When to Seek More Support](#) section. See [Using Safewords & Safe Signals](#) in Appendix A to learn more.

Item	Yes	No	Maybe
Abandoned			
Accomplished			
Adored			
Adventurous			
Afraid			
Angry			



Item	Yes	No	Maybe
Animalistic			
Appreciated			
Ashamed			
Attractive			
Bad			
Beautiful			
Belonging			
Beloved			
Big			
Casual			
Cathartic			
Cherished			
Clever			
Coerced			
Competent			
Confident			
Connected			
Controlled			
Corrupted			
Defeated			
Degraded			
Desired			
Dirty			
Disrespected			
Dutiful			



Item	Yes	No	Maybe
Embarrassed			
Encouraged			
Euphoric			
Excited			
Focused			
Forced			
Forgiven			
Free			
Good			
Graceful			
Helpless			
Humble			
Humiliated			
Idolized			
Impressed			
In-charge			
Innocent			
Lacking control			
Languorous			
Loved			
Lustful			
Mean			
Naughty			
Needy			
Nurtured			



Item	Yes	No	Maybe
Nurturing			
Objectified			
Open			
Overpowered			
Overwhelmed			
Owned			
Passionate			
Passive			
Perverted			
Pitied			
Playful			
Powerful			
Protected			
Punished			
Ravished			
Reassured			
Rebellious			
Redeemed			
Relaxed			
Resentful			
Respected			
Sad			
Sadistic			
Safe			
Satiated			



Item	Yes	No	Maybe
Seduced			
Served			
Sexy			
Small			
Special			
Strong			
Submissive			
Subservient			
Trusted			
Trusting			
Uninhibited			
Unintimidated			
Used			
Useful			
Victimized			
Violated			
Wanted			
Worshiped			
Worthless			
Wrong			
Youthful			



Language

Communication is key to great sensual and sexual play. This section contains explicit language that some might call “dirty talk.” It’s designed to help you explore what kind of language you enjoy, want to avoid, or might want to explore. It is, of course, a very small sampling of the kinds of things you could say to create anticipation, enhance moments of sensual or sexual play, or to express afterward. It’s meant to give some ideas for those who are new to talking in this way. Have fun with it! Be creative, do some research, and write down sexy words or phrases when you come across them in books or movies. As long as everyone involved is comfortable and having a good time, there’s no wrong way to play with words.

Words

This section includes words you might want to use as part of “dirty talk,” or simply to refer to your body.

Item	Yes	No	Maybe
Ache/aching			
Anus			
Aroused			
Ass			
Asshole			
Babe			
Baby			
Baby girl/boy			
Balls			
Bang			
Beautiful			
Beg			
Bitch			
Bits			



Item	Yes	No	Maybe
Bone/boner			
Boobs			
Booty			
Boss			
Bottom			
Box			
Boy/boi			
Brat			
Breasts			
Bulge			
Bush			
Butch			
Butt			
Button			
Chest			
Clit			
Clitoris			
Cock			
Cum			
Cum slut			
Cunt			
Daddy			
Darling			
Dick			
Dirty			



Item	Yes	No	Maybe
Down there			
Dripping			
Eating out			
Face fucking			
Faster			
Femme			
Filthy			
Finger bang			
Finger fuck			
Front/back hole			
Fuck			
Fuck toy			
Gag			
Girl			
Goddess			
Gorgeous			
Hard/hard-on			
Hole			
Honey			
Horny			
Hot			
Jerk off			
Jizz			
Jugs			
Juicy			



Item	Yes	No	Maybe
Junk			
Kitten			
Lick			
Little			
Load			
Love			
Lover			
Ma'am			
Man			
Master			
Masturbation			
Member			
Mine			
Miss			
Mister			
Mistress			
More			
Muff			
Nads			
Nasty			
Naughty			
Nipples			
Package			
Pecker			
Penis			



Item	Yes	No	Maybe
Pig/piggy			
Please			
Pound			
Prick			
Princess			
Property			
Pup			
Pussy			
Ravage			
Ride			
Rump			
Sack			
Schlong			
Screw			
Scrotum			
Sex			
Sexy			
Shaft			
Shoot			
Sir			
Sissy			
Skank			
Slam			
Slap			
Slave			



Item	Yes	No	Maybe
Slide			
Slit			
Slower			
Slut			
Smack			
Snatch			
Suck			
Sweet			
Sweetheart			
Tease			
Testicles			
Throb			
Tight			
Tingle			
Tits			
Top			
Toy			
Tramp			
Twat			
Vag			
Vagina			
Vixen			
Vulva			
Wad			
Wang			



Item	Yes	No	Maybe
Wank			
Wet			
Whore			
Woman			

Phrases

This section includes phrases you might want to use to spice things up, practice consent, and communicate your preferences or enthusiasm.

Item	Yes	No	Maybe
Are you okay?			
Can I touch you here?			
Can we try [fill in the blank] together?			
Do you like that?			
Do you want me to [fill in the blank]?			
Do you want more?			
Don't stop!			
Harder, please!			
I love it when you [fill in the blank].			



Item	Yes	No	Maybe
I love the way you kiss me there/like that.			
I need you.			
I want to feel you inside me.			
I want to feel your mouth everywhere.			
I want you.			
I'd love to [fill in the blank], would you like that?			
I'm blushing just saying this, but I miss/want your [body part] so much.			
I'm going to cum.			
I'm going to take my time with you, and I don't care how long it takes.			
I'm so wet/hard/ready for you.			
I'm yours to use.			
I'm yours.			
I've been thinking about [fill in the blank] with you all day.			
I've wanted this all day.			



Item	Yes	No	Maybe
Is this good?			
Last night was incredible. I can't stop thinking about it.			
Mmmm, just like that.			
Please.			
Right there.			
Slower.			
Take it.			
Tell me what you need.			
Tell me what you want.			
Touch me here.			
Use me.			
We can stop anytime, just let me know.			
What if I [fill in the blank], would you like that?			
Yes, just like that.			
Yes, right there!			
You belong to me.			
You feel/taste/smell so good.			



Item	Yes	No	Maybe
You look so beautiful when you cum.			
You look so good like this.			
You're doing so well.			
You're perfect.			
You're such a good girl/boy/lover, etc.			

Fill-in-the-Blank Questions

This section lets you dig deeper into what works (and what doesn't) for you and helps you communicate preferences and boundaries with your partner(s). Answer in any order, and skip anything that doesn't feel right. The [Language](#) section and [Using Safewords & Safe Signals](#) in Appendix A might be helpful in answering some of these questions.

Relational/Emotional

I feel most desired when:

I feel most connected to you during sex when:

One thing I wish you knew about my sexuality is:

I would like you to initiate sex by:

I would not like you to initiate sex by:

It would be easier for me to receive pleasure if:

After sex, I most need:

Preferences/Fantasy

I am most able to “get in the mood” when (e.g., the house is clean, we’re connected, the house is empty):

During sex, I like to imagine I:

During sex, I like to imagine you:

Sex is most pleasurable to me when:

Sex is least pleasurable to me when:

My favorite sexual position is:

That position makes me feel (physically, mentally, emotionally):

A sexual experience I'd like to recreate is:

I feel most adventurous when:

Something I long for sexually is:

Something I'm curious about but nervous to try:

Things that increase my enjoyment of sex are:

Things that decrease my enjoyment of sex are:

Body/Identity

I prefer my chest/breasts to be referred to as:

I prefer my genitals to be referred to as:

Please never refer to my genitals as:

Please refer to my gender as:

Please never refer to my gender as:

Please refer to me using these pronouns:

Please never use these pronouns to refer to me:

The body parts I most enjoy having stimulated:

The body parts that are off-limits to me:

I am not comfortable with you talking about my body in a way that is:

Safety/Communication

When I want you to slow down and check in with me, I say:

When I want you to stop, I say (safeword):

When I want you to stop, I will (safe signal):

What makes me feel safest during sex is:

Words that are upsetting or off-limits for me are:

When I want you to enthusiastically keep going, I say:

I am comfortable with you sharing the following level of detail about our sex life with others:

Medical

I have these allergies:

I have these medical conditions/injuries:

Adjustments that would help with these are:

I am currently taking medications that may affect my sexual experience regarding (arousal, libido, orgasm, sensation, etc.):

The barriers I prefer to use are (e.g., condoms, dental dams, gloves):

I prefer to get tested for STIs (e.g., monthly, after new partners):

The birth control I use/prefer to use is:

Sharing Your Menu

One way a sexual menu is useful is to increase understanding of your own sexuality. Another way is to help you communicate your desires and boundaries with your partner(s).

Before you begin, set aside time to share your menus when you're relaxed, well-fed, and free of distractions. You might want to break it up into multiple conversations if it runs long. And make it fun! This is meant to be a fun, flirty exploration together that builds intimacy.

There are some key things to keep in mind when sharing your menu:

Expect differences. When sharing your menus, expect to see many differences. Exploring these differences is part of what makes this exercise so useful—and fun! Menu size differences are normal.

For some people, one menu might have many “yes” items while another might have fewer. I encourage you not to look at this as a problem. It is expected that your menus will be different from one another. There is lots of pleasure to be had and lots of exploration that can be enjoyed, even with a more limited menu. Avoid shaming your partner(s) for having a smaller menu or making them feel not good enough. That doesn't lead to enjoyable sex for anyone and can damage trust. **Remember:** quality sex is better than quantity sex. You're using this tool to create intimacy and understanding, not to try to convince your partner to have sex the way you want to. The most important thing in creating a shared menu is that it leads to pleasure for everyone involved.

That said, if you're dismayed by how many items on your menu are off-limits for reasons such as lack of self-confidence, sensory issues, trauma, etc., it might be worthwhile to work with a sex therapist.

Don't yuck their yum. Refrain from expressing judgment, criticism, or disgust about something your partner(s) enjoys. (Make sure not to yuck your own yums, too!)

Be curious. The best way to use this menu is to let it spark curiosity. As you go through the menu, you might find it helpful to ask your partner(s), and maybe even yourself, some open-ended questions such as:

- What's exciting about that for you?
- If you're comfortable sharing, what makes that a “no”?
- What would make this “maybe” item a “yes” or a “no”?

Discussing “yes” items. Ask yourself when, where, how, with whom, and in what context the item is a yes for you, and talk about it. **Remember:** a “yes” still needs to be explored and consent needs to be obtained every time and throughout every encounter.

Discussing “no” items. Do not try to talk them out of the “no” or expect them to explain it to you. You can ask why it’s a “no” to build intimacy and understanding, but do not attempt to convince them to change their answer. **Remember:** a “no” must be honored fully; consent is mandatory.

Discussing “maybe” items. Explore what makes you curious about this item and discuss under what contexts you both might be interested in exploring this item. Contexts for exploring might include after you’ve both showered, after you talk about it more, after you get more information together, or all three. **Remember:** you are not trying to turn a “maybe” into a “yes”; you are practicing curiosity about it together.

Exploring alternative options. This one is delicate, so please take your time with it. Sometimes it can be enjoyable to explore alternative options for “maybe” and “no” items—*only* if the person who marked “maybe” or “no” is *really* open to it. If your partner is into a particular item that doesn’t do it for you, you might be curious if there is a way to honor both the desire and the limit. For example, if your partner is into anal sex, but it’s not your thing, you both might want to explore reading or writing stories featuring this act, watching erotic movies featuring this act, fantasizing about engaging in this act together without acting on it, or providing that stimulation to them with a toy or strap-on. Of course, you can also just leave it as a “no.”

Why is it delicate? Because there’s a risk of pressuring your partner if you’re the “yes” partner. You might agree that only the “maybe”/“no” partner will suggest exploring alternative options. If the “yes” partner is the one to bring it up, I recommend making it very clear there’s no pressure to say yes to one of the options. The goal here is to find an option that is a “yes” for everyone involved. Using the example above, if the “maybe” or “no” partner enjoys writing erotic stories, choosing that alternative might be a wonderful option. Avoid scenarios where the “no” partner agrees to an alternative option just to please their partner. Just like when driving, unless you want a ticket and a life-endangering accident, a red light means STOP here.

Explore body part variations. Some body parts may be a “yes,” some may be a “no,” and some may be conditional as in “if we have recently showered.”

Expect changes and update your menus often. As your individual menus change over time, so will your shared menu(s). You can update your sexual menu as often as you’d like as you learn more about and explore your body and interests. Maybe you

tried something on your “maybe” list and now it’s a “yes!” or maybe life circumstances mean a previous “yes” or “maybe” turns into a firm “no, not now.” Try your best to accept these changes as a normal part of life and bring curiosity and a sense of humor to them. Revisit it for yourself and with your partner(s) as often as you’d like.

Creating a Shared Menu

Whenever you engage in sensual or sexual play with someone, there are at least three menus: yours, theirs, and your shared menu (with more than one partner, there are more menus still). Sometimes an item on your menu is a firm “no” for your partner. On your shared menu you might leave that item off or adjust it to something else, as described above. The goal of the shared menu is that everything on it is enjoyable for everyone. Remember, just as with your individual menus, your shared menu will change over time.

Let’s explore your menus—where you agree, where you’re curious, and where you differ. Below you’ll find prompts and questions to help you understand your menus. You may want to create a third copy of this menu and label it your “shared menu” representing the items you’ve agreed to play with or try (or avoid) when being sensual or sexual together. You could also get creative and make a shared menu in any format you want (I suggest one below). Have fun with it!

About consent. It is imperative that I take a moment to discuss consent here. A sexual menu is not a contract. Your partner marking “yes” doesn’t mean you can jump into that activity the next time you get busy. This menu does not replace communication or represent a final decision. Use this tool as a part of your ongoing consent practices like check-ins and safewords. Consent must *always* be freely given, enthusiastic, informed, and specific. You and your partner(s) always have the ability to change your mind or withdraw consent if something isn’t working for you, even in the middle of an activity. You can read more about consent on my blog post [Let’s Talk About...Consent](#).

Exploring Shared “Yes” Items

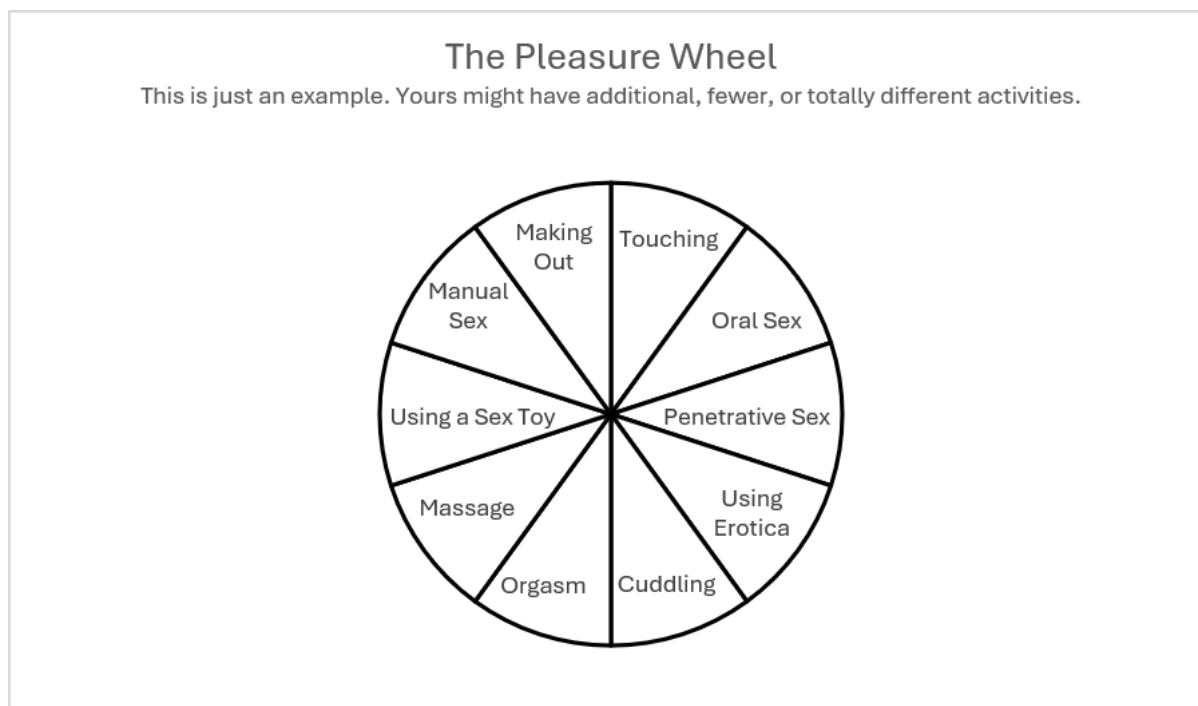
These are items that you both/all said “yes” to. **Remember:** a yes is not a contract for a future encounter; you must obtain consent before and during every encounter.

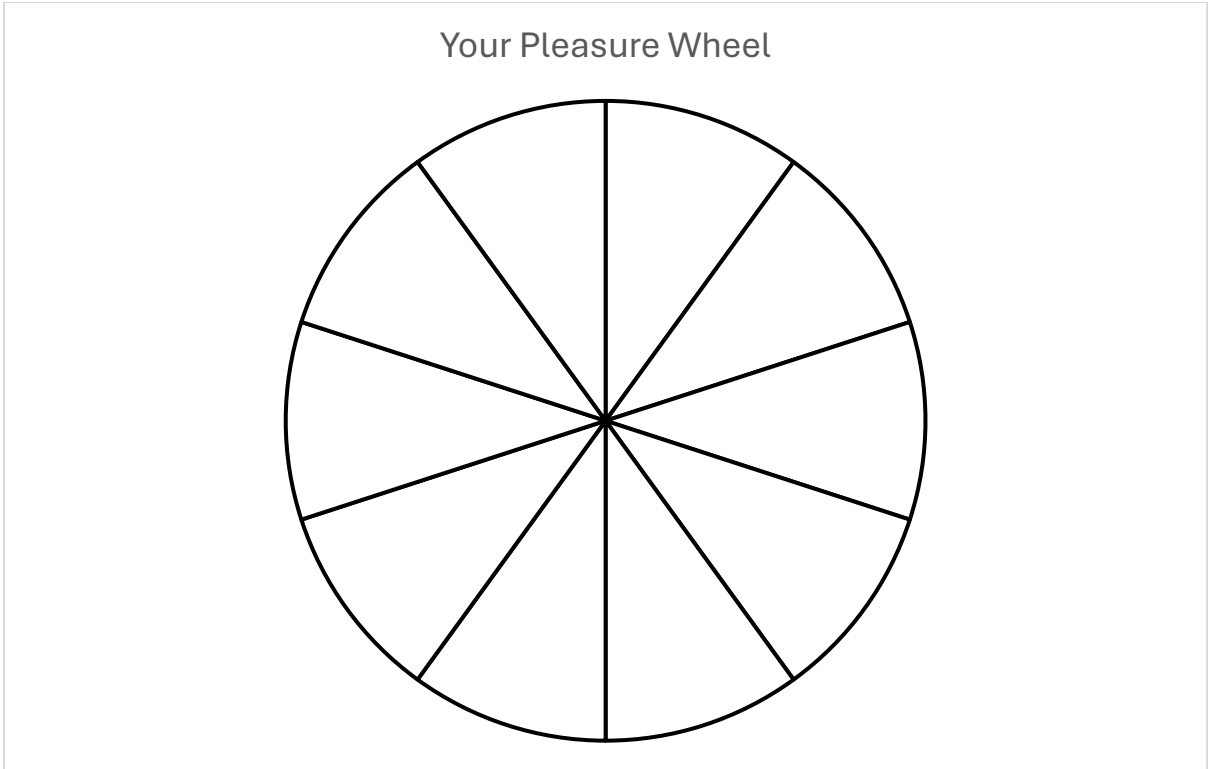
Let’s create your own unique menu of “yes” items. Fill in the Pleasure Wheel below (or the full-page version in [Appendix C: The Pleasure Wheel](#)) with every item you both marked as a “yes.” You can also create your Pleasure Wheel on another sheet of

paper if you need more space. (I've even had clients repurpose a Twister board and turn it into a Pleasure Wheel game board!)

What Is the Pleasure Wheel? This tool helps encourage a non-hierarchical, pleasure-focused (not goal-focused) view of sensual and sexual play, and a fluidity/flexibility in moving around the wheel to whatever item feels appropriate for everyone involved at a particular time. Ready for another menu metaphor? Well, the Pleasure Wheel is useful in creating variability. Sometimes you might go out to dinner and order appetizers, main courses, desserts, and drinks—the whole shebang. Sometimes you might just want a quick bite to eat, ordering a sandwich, or only appetizers. Sometimes you might be in the mood for decadence and go out for dessert only, ordering a sampling of the most sinfully delicious items. Using the Pleasure Wheel, you can approach your sensual and sexual play along the same lines. You can “order” multiple items off the wheel, go all the way around the wheel, focus on just one piece of the pie and really savor it, and everything in between. I find it especially useful for enhancing flexibility. If one item is off the menu for the night (perhaps your partner isn't in the mood for penetrative sex, or your bodies don't join the party with arousal), you can easily pivot to any other item or several.

The Pleasure Wheel is another tool to add to your sexual pleasure and wellbeing toolbox. Read more about this amazing tool in my blog post, [The Pleasure Wheel: Create More Pleasure](#). This concept is inspired by Robert T. Francoeur's *Becoming a Sexual Person*, 2nd ed. (New York: Macmillan, 1991).





What are the top five feelings you both want to experience during sensual/sexual play? What are the contexts in which you want to experience those feelings? Fill in the table below.

Feelings	Context/Notes

For each of your “yes” items discuss:

Take some time to explore the nuance of each “yes.” For example, you both might have said “yes” to back rubs. Explore the speed, the pressure, and the times you most enjoy back rubs.

What are the items you both say “yes” to that you want to do more often?

What are the items that you’d both like to try but haven’t yet?

What might you both need to do to make trying those items enjoyable?

Which one item do you both want to try first?

Exploring Shared “Maybe” Items

A “maybe” can mean a person is curious about an item. It could mean they need more information, more trust with a partner, or to work through insecurity. When exploring “maybe” items, lead with curiosity and openness, looking at it as a way to learn more about each other. Don’t explore them just to try to get anyone to say yes; that kind of pressure has no place in a healthy, consensual relationship.

List your shared “maybe” items.

For each of your “maybe” items discuss:

What interests you about this item?

What emotions come up when thinking about it (curiosity, excitement, nervousness, uncertainty, etc.)?

What concerns do you have about it?

What, if anything, would make you feel more comfortable with trying this item (clear boundaries, more discussion, more information, trust, etc.)?

What conditions might make the “maybe” a “yes”?

What conditions would make the “maybe” a “no”?

After exploring it together, has your rating changed? **Remember:** it's totally okay for a “maybe” to stay a “maybe” or turn into a “no,” even if your partner wishes it to be a “yes.”

If the “maybe” is now a “yes,” how might you want to explore this together so it is enjoyable?

Trying Something New

If, after exploring your shared “yes” and “maybe” items, you’ve both decided to try something new together, I want to share one of my favorite terms borrowed from kink communities—labbing. Labbing means practicing, testing, or experimenting together in a low-pressure manner, rather than trying to make it erotic right out of the gate.

Embracing the concept of labbing can allow you to be beginners together, to play with the clunky awkwardness of trying something new, and to build trust. You can also learn what you like (and what you don’t), discover all the nuances of this new activity, and let your creativity flow. Have fun with it!

Exploring Differences

Differences are to be expected for any menu. How often do you go out to eat and order different things from the menu? Probably all the time! The same is true for a sexual menu—it’s common to want to order different things. You also (hopefully) wouldn’t go out to dinner and say, “eww, why are you ordering that?” to your partner(s), so when exploring this section, remember not to yuck each other’s yums, too.

The goal of this section is to increase your understanding of one another and foster intimate communication. It is not about convincing, debating, or changing someone’s mind. (You might be sick of reading that by now, but it is THAT important!)

List your mismatched responses:

If you marked "yes":

What does this item represent or provide for you (connection, curiosity, excitement, novelty, etc.)?

If you marked "no":

If you're comfortable sharing, what are your thoughts or concerns?

Is this a hard boundary?

If it's not a hard boundary, are there conditions that would change how you feel about it?

Together:

Are there alternative experiences that might meet similar needs?

If you find it difficult to discuss differences in a way that leaves you both feeling heard, you might find my blog posts, [*How to Talk to Your Partner \(And Actually Feel Heard\): Healthy Communication Tips*](#) and [*Reflective Listening: The Communication Skill That Can Transform Your Relationship*](#), helpful. If you can't discuss differences with mutual respect, see the [When to Seek More Support](#) section for resources.

Wrapping Up

How could I resist a condom pun? At the end of each conversation about your individual and shared sexual menus, make sure to take a moment to offer appreciation to one another for being vulnerable enough to share, for honoring your commitment to your relationship and your sexual pleasure by completing this (hefty!) workbook, and for practicing curiosity and understanding. If it feels safe and comfortable, you might want to end this exercise with a long hug.

What is one thing you learned about your partner(s)?

What is one thing you want your partner(s) to know about you?

What is one thing you appreciate about your partner(s) through this exercise and experience?

That's it, folks—we made it! Thank you for joining me on this journey. I hope it has brought you a deeper understanding of yourself, and if sharing with a partner, of each other. Unlike how it's portrayed in movies, a great sex life takes curiosity, effort, and practice. By taking the time to explore your desires and boundaries, you're well on your way to creating the kind of sensual and sexual connection the movies can only dream about!

Warmest regards,

Meghan

When to Seek More Support

This content is for educational purposes only and is not a substitute for professional mental health or medical care. Seek medical or mental health help if you're in crisis or have concerns.

If your relationship involves fear, control, or violence, using this workbook is not advised. Reach out to a clinician or a resource like the [National Domestic Violence Hotline](#) (1-800-799-7233) for support and safety planning.

If you or someone you know has experienced sexual assault, call the [National Sexual Assault Hotline](#) at 1-800-656-HOPE or visit [RAINN.org](#).

If you ever feel unsafe or unable to cope, please reach out to a [crisis support helpline](#) or call or text 988 (the [988 Suicide & Crisis Lifeline](#), in the U.S.).

If outside the U.S., visit [findahelpline.com](#).

Learn More

I hope you've found this workbook helpful. You can check out other resources I've created by visiting [kindredcounselingcenter.com](#).

For health and safety basics and a glossary of terms included in this workbook, see Appendices A and B.

Related blog posts mentioned in this workbook:

- [Yes, No, Maybe: Creating a Sexual Menu](#)
- [Let's Talk About...Consent](#)
- [The Pleasure Wheel: Create More Pleasure](#)
- [How to Talk to Your Partner \(And Actually Feel Heard\): Healthy Communication Tips](#)
- [Reflective Listening: The Communication Skill That Can Transform Your Relationship](#)

Additional resources:

- [AASECT Therapist Directory](#)
- [NCSF Kink and Polyamory Aware Professionals Directory \(KAP\)](#)
- A comprehensive collection of resources organized by category can be found on my website, [The Resources List](#).



If you'd like to explore working with me, you're welcome to [schedule a free 20-minute consultation](#). I'm available in [Doylestown, PA](#) or [virtually](#) anywhere in PA. I'd love to hear from you.

Appendix A: Sexual Health & Safety Basics

There are some basic sexual health and safety practices that can make expanding your menus more enjoyable. These are just general guidelines and aren't medical advice. Consult your medical provider regarding any questions or concerns. I've included some kink-specific safety information. However, I cannot stress enough how important it is to receive proper education and training before embarking on some of these practices.

- Use lube. Some folks think lube is only for when "things aren't working." This isn't true! Lube can make sex more pleasurable, and pleasure is the goal!
 - Keep in mind, oil-based lubes can break down latex condoms and barriers. Silicone lube can damage silicone toys. Flavored or sugary lubes can irritate the vulva/vagina and may contribute to yeast infections in some people. Warming lubes are sometimes too intense for folks, so test first!
 - If trying a new lube, spot test to check for allergic reactions, perhaps on your inner arm, before using for sensual/sexual play on more sensitive areas.
 - Some of my clients have found it helpful to keep a decorative soap dispenser on the bedside filled with lube (no soap!) for easy reach. Keep a plate under the dispenser to protect your furniture.
- Trim and file your nails to make physical intimacy, especially any type of penetrative sex, feel better for your partner. Wash your hands and scrub your nails to reduce the risk of disrupting your partner's pH balance if they have a vagina.
- Go slowly with penetrative play. Use lots and lots of lube! All penetrative play, but fisting especially, takes preparation, lots of lube, patience, and stopping at any pain.
- Painful sex isn't something to push through. Talk with a medical provider if you're experiencing pain.
- Some folks are put off by the wet spot, which is an inevitable part of great sex (because we're using lots of lube, right?!). It can be helpful to put down a towel, blanket, or waterproof mat/blanket before the fun begins if worrying about the wet spot or the sensory feeling of it will distract you. Cleaning up afterward is then a quick removal of the towel/blanket/mat; you can also just

switch out the top sheet (a waterproof mattress protector under sheets is helpful to have too).

- It can also be helpful to keep a stack of hand towels in the nightstand drawer for quick cleanups as needed during or after play.
- Toys and accessories can be wonderful additions to sensual and sexual play. Keep in mind:
 - Make sure any penetrative toys are made with body-safe materials. Check glass toys for any chips or cracks before using them.
 - Clean toys, or use a fresh condom, between uses, when switching between vaginal and anal use, and between partners. Take care to use lubes that are safe for your toy material (e.g., no silicone-based lube on silicone toys).
 - When using toys for anal play make sure they have a flared base, so toys don't get lost inside the anal cavity.
 - When using cock rings, chastity cages, and penis pumps, wear them for short times to reduce the risk of circulation issues. Remove them if there's any pain, numbness, or color change.
 - Avoid metal cock rings as they can be difficult to remove and have been known to cause trips to the ER for that reason. Use silicone or leather with adjustable snaps.
 - Ben Wa balls should have a retrieval cord for safe and effective removal.
 - Never use electrical toys (TENS unit, violet wand) above the waist (including the chest and neck). Skip them entirely with a pacemaker or other implanted device, a heart condition, epilepsy, or pregnancy. Otherwise, remove metal before playing and keep the skin dry.
 - For hot wax play, only use candles made for body play (labeled low-temperature). Do not use regular candles. Beeswax and many scented paraffin and soy candles melt hot enough to cause burns.
- If engaging in bondage, keep in mind:
 - Never leave a restrained person alone.
 - Have safewords and safe signals established (see [Using Safewords & Safe Signals](#)).
 - Frequently do nerve and circulation checks.



- Have quick-release tools within reach at all times.
 - Pay attention to breathing and overheating risks.
- Choking, or any activity that includes pressure on the neck, can cause injury or death. There is no 100% safe way to do it. If you engage in this practice, do so only after formal training, and make sure you have safe signals (not just safewords) established.
- If engaging in impact play, keep in mind:
 - Aim for fleshy areas like the buttocks and outer thighs. Avoid the kidneys, spine, tailbone, joints, and neck. Slapping the face carries added risk to the eyes, ears, and jaw.
 - Blood thinners and some conditions make people bruise more easily.
 - Visible marks are a consent topic too: agree ahead of time on where marks are okay.
 - Broken skin can expose partners to blood-borne infections, so clean implements and don't share them without cleaning.
 - Whips, canes, and single-tails take real skill, and mistakes can cause serious injury, so learn hands-on from experienced practitioners.
- Any type of play that breaks the skin carries blood-borne infection risk. Use sterile, single-use equipment, never share it, and learn from trained practitioners.
- Never move from anal to vaginal play without washing (body parts and toys) or changing barriers to avoid spreading bacteria.
- Peeing after sex may help reduce the risk of urinary tract infections (UTIs). Research has been mixed about how effective it is, but many providers still recommend it, and it can't hurt.
- After sex there can be an emotional drop. In kinky spaces it is sometimes called "sub drop" or "top drop," and it can happen after "vanilla" sex too. It is common to feel sad, tired, or emotional after intense play, even a day or two later. Incorporate aftercare as part of your sexual play, check in with partners, and make sure to practice self-care.
- Get tested for STIs before new partners and as often as your risk calls for. Share your testing history and STI status, and be sure to ask new partners for theirs, before engaging in sensual/sexual play.



- Oral, anal, and some forms of penetrative sex can transmit STIs. Oral-anal contact (rimming), and anything that goes from the anus to the mouth, including fingers and toys, can spread bacteria, parasites, and hepatitis A. Barriers, handwashing, vaccination, and regular testing can reduce risk. Ask your medical provider about options.
- Some activities carry a risk of pregnancy, so talk about contraception with your medical providers and partner(s) if pregnancy is unwanted.

Using Safewords & Safe Signals

A safeword is a word that expresses that a boundary has been reached or crossed. It means stop all action immediately and check in. A safe signal is a non-verbal safeword meaning the same thing.

Choosing a Safeword. Sometimes during sexual play, we might use the words “stop” or “no” even when we’re having a great time. “Don’t stop!” or “Oh no, I promise to be good!” (when engaging in spanking play) can be part of the play and not indicate a boundary has been reached or crossed. For this reason, many sex therapists recommend folks use a safeword—even if only engaging in “vanilla” sex (no judgment there, vanilla is delicious!). A safeword is chosen intentionally, like “pineapple,” “potato,” or “Beetlejuice,” because it isn’t likely to come up in the scene naturally.

You can also use the popular stoplight method (“green” is yes/keep going; “yellow” is slow down, pause, and check in; “red” is stop everything now and check in). This way you and your partner(s) won’t accidentally confuse play language and consent language.

Safe Signals. There can be several scenarios when relying solely on a safeword is not safe (someone wearing a ball gag, loud music playing, a partner going non-verbal, a partner who is hard of hearing, etc.) so having a prearranged safe signal, a non-verbal gesture, is vital. Some examples of a safe signal are squeaking a toy, shaking a bell, dropping a set of keys, tapping your partner twice (“tapping out”), squeezing your partner, waving a brightly colored flag/scarf, flashing a bright LED light, using an easy-switch vibration buzzer, or raising an open palm in a “stop” gesture. If hands are restrained, choose a signal the person can still make, like squeaking a toy or dropping a noisy object.

If using the stoplight method, agree on what gesture corresponds to what colors. For example, one sharp tap is red, two quick taps is yellow, three slow taps is green.

Practice, practice, practice. When you're first adding safewords and safe signals, I recommend you set aside time to practice using them. Make sure to discuss and agree upon your safewords and safe signals prior to engaging in play. Use the same safewords/safe signals every time to avoid confusion. Consistency will help everyone involved relax.

Every five or ten minutes, have one partner check in and the other respond with "green"/the green safe signal (if accurate; use whatever safeword/safe signal is appropriate for the moment). If there is no answer, the wrong safeword/safe signal is used, or if yellow or red is used, pause and check in. Alternate partners until everyone has practiced checking in and responding. This way you can catch issues early and build trust and comfort with this new system (and each other).

Important: Consent can change any second and can be withdrawn at any time; using a safeword/safe signal does exactly that. It is saying, "I withdraw consent right now." Any action that continues after a safeword/safe signal is used is no longer consensual, breaks trust, and can cross into assault. Treat every use of a safeword/safe signal as a hard stop and immediately check in with your partner.

Appendix B: Glossary

Term	Meaning
24/7 slave	A consensual, negotiated arrangement where the D/s, master/slave dynamic is not exclusive to BDSM sessions/scenes.
Aftercare	Emotional, psychological, and physical comfort practiced by partners after sexual activity.
Anal beads	A string of graduated beads inserted into the anus and gradually removed.
Analingus/anilingus	Oral sex stimulating the anus (rimming).
A-spot	An area deep on the front wall of the vagina, beyond the G-spot, where the front vaginal wall meets the cervix (anterior fornix erogenous zone).
Ball stretching	Using gentle sustained weight, tension, or stretchers to pull the testicles downward away from the body.
BDSM	An acronym for Bondage and Discipline (B&D), Dominance and Submission (D&S), and Sadism and Masochism (S&M). Describes a wide range of consensual sexual practices.
Ben Wa balls	Weighted balls worn inside the vagina (Kegel balls, orgasm balls, Venus balls).
Blood play	Play involving blood, such as drawing, light pricking, or small cuts.
Body dust	Scented or edible body powder applied to the skin.
Body paint	Skin-safe, non-toxic paint applied to the skin.
Body pens	Marker or brush filled with skin-safe, edible ink or paint.
Boi	A term for a youthful or submissive masculine-presenting person; meaning varies by community.



Bondage wheel cross	A piece of BDSM furniture with a rotating or spinning wheel integrated with an X-shaped cross framework. It restrains a person standing or "spreadeagle" while allowing rotation or inversion. Also called a bondage wheel.
Bratting	Playful defiance that invites a response from a partner.
Breeding kink	Arousal around the idea of impregnation, whether or not pregnancy is possible or wanted.
Butch	A masculine-presenting person, often used in queer communities.
Caning	Striking with a thin, flexible rod (a cane).
Caregiver/little dynamic (CGL or CG/L)	Roleplay between adults, with one partner in a nurturing caregiver role and the other in a younger, playful role.
CBT (cock and ball torture)	Intense sensation play focused on the penis and testicles, from squeezing to pain.
Chastity play/belts	Restricting access to the genitals, often with a belt or device, usually with a partner holding the key.
Cigar/ashtray service	When a submissive partner's body is used as an "ashtray" or personal attendant (e.g., providing light, holding the cigar) to a dominant partner (cigar play).
CNC (consensual non-consent)	Agreed-upon roleplay of resisting or being overpowered, with limits and safewords/safe signals negotiated in advance.
Cosplay	Wearing costumes and accessories to look like specific characters.
Crossdressing	Wearing clothing or accessories that are traditionally or stereotypically associated with a different gender.
Cuckolding	Arousal from a partner being sexual with someone else.
Cunnilingus	Oral sex stimulating the vulva/clitoris (eating out, head).



D/s (dominance and submission)	A power exchange in which one partner leads and the other follows, by agreement. Roles are negotiated and can be renegotiated or ended at any time.
Deep throating	Taking the length of a penis/strap-on deep into the mouth and towards the back of the throat.
Degradation	Consensual put-downs or humbling words or acts.
Dental dam	A thin sheet of latex or polyurethane placed over the vulva or anus during oral sex to reduce STI risk.
Depth-limiting rings	Soft rings worn at the base of a penis or toy to limit how deep penetration goes.
Dilators	Graduated tools that help the body gradually adjust to penetration. Can be used as a part of pelvic floor physical therapy to treat painful penetration/hypertonic (tight) pelvic floor muscles or just for play.
Diminutives	"Small" or youthful terms such as "little one."
Double penetration	Penetration of the vagina and anus at the same time, or of one opening by a penis and toy, two objects, or two partners (DP).
Drop	An emotional and physical crash that can happen after sexual play.
Edging	Building toward orgasm, then backing off, repeatedly.
Electro play	Using electrical stimulation on the body, such as a TENS unit or violet wand.
Exhibitionism	Deriving sexual arousal or gratification from exposing one's genitals or body to others (with consent), or from the fantasy of being seen sexually.
Felching	Sucking semen/ejaculate out of the vagina or anus.
Femme	A feminine-presenting person, often used in queer communities.



Findom (financial kink)	Giving money or gifts to a dominant partner as part of a power exchange.
Fire play	Using flame near the skin.
Fisting	Inserting a whole hand into the vagina or anus.
Floggers	Impact tools with many strands (called falls) attached to a handle.
Forced orgasm	A negotiated scene in which one partner is told or made to orgasm, often with continued stimulation and sometimes several orgasms in a row, within agreed limits.
Frottage	Rubbing bodies together, often clothed, for pleasure (dry humping).
Furry play	Arousal around animal characters, costumes, roleplay, or personas.
Gender play	Exploring or playing with gender roles, presentation, or expression.
Grinders	A toy used for external stimulation through rocking, sitting, or rubbing (grinding) against its surface.
G-spot	A sensitive area on the front wall of the vagina, a few inches inside (Gräfenberg spot).
Hard limit	A firm, non-negotiable boundary representing an activity or behavior that a person absolutely refuses to do under any circumstances.
Honorifics	Titles such as Sir, Ma'am, or Mistress.
Intercrural sex	Thrusting between the thighs (thigh sex).
Intergluteal sex	Rubbing between the butt cheeks, without penetration (buttjob).
Kink	Sexual interests or practices outside what's considered conventional.



Labbing	Practicing or experimenting with something new in a low-pressure way, not aiming for it to be erotic right away.
Languorous	Slow, leisurely, and relaxed.
Mammary intercourse	Thrusting between the breasts (titty fucking).
Manacles/irons	Heavy, historical-style metal restraints.
Masochism	Enjoying pain or intense sensation with consent.
Medical play	Roleplay or scenes using medical settings or equipment.
Multiple penetration	Penetration of more than one opening at once, or of one opening by more than two objects or partners.
Mummification	Wrapping the whole body to immobilize it.
Nonmonogamy	Umbrella term for relationship structures where partners are not sexually or romantically exclusive to one another, with the full knowledge and consent of everyone involved. Also called consensual nonmonogamy (CNM) and ethical nonmonogamy (ENM).
Orgasm denial	A sexual practice in which a person is prevented from reaching orgasm, by agreement with a partner or by themselves, after arousal has begun or peaked.
Pegging	Anal penetration of a partner with a strap-on.
Perineum	The area between the genitals and the anus.
Pet play	Taking on an animal role, such as puppy or kitten, or general "human pet."
Pleasure resort	A clothing-optional or adults-only resort.
Primal play	Instinct-driven play such as chasing, struggling, or biting.
P-spot	The prostate, felt through the front wall of the rectum.



Riding crop	A short rod with a small flat tip, used for light striking.
Roman cross	A T-shaped cross that restrains someone with arms outstretched horizontally and legs bound straight.
Sadism	Enjoying giving pain or intense sensation with consent.
Safe signal	A pre-agreed gesture or sound that means the same as a safeword, for when talking isn't possible. For example, ringing a bell or dropping a set of keys.
Safeword	A pre-agreed word that means stop everything and check in, chosen because it isn't likely to come up during play (for example, pineapple or Beetlejuice).
Saint Andrew's Cross	An X-shaped cross that restrains someone in a standing or semi-inclined "spreadeagle" position. Also called a saltire or X-cross.
Scat play	Play involving feces.
Scene	A planned BDSM or kink play session with a clear beginning, end, and pre-negotiated rules.
Sensory deprivation	Limiting one or more senses (e.g., sight, hearing) to heighten others.
Sex magic/magick	Using sexual energy in rituals for spiritual or intention-setting purposes.
Shibari	Japanese decorative rope bondage.
Single-tail whip	A type of impact toy featuring a single, solid or braided lash rather than multiple tails. Also called singletail.
Sissy	In kink, a feminization dynamic in which someone takes on a "feminine" role, sometimes with humiliation; meaning varies.
Soft limit	An activity a person is hesitant about, dislikes, or feels nervous about, but might consider trying under specific conditions.
Sploshing	Wet and messy play with food.



Spreader bars	Bars that hold the ankles or wrists apart.
Squirting	Fluid released from the urethra during arousal or orgasm.
Stocks	A frame that holds the head and wrists in place.
Strap-on	A harness worn on the hips that holds a dildo or other toy.
Sub drop	An emotional and physical crash that can happen to a submissive partner after an intense BDSM or kink session.
Suspension	Being lifted or hung off the ground by ropes or equipment.
Swapping, full/soft	Partners exchanging with another couple; "full" includes sex, "soft" stays short of intercourse.
Swinging	Consensual partner-swapping or sexual play with others, often as a couple.
Switching	Moving between dominant (D/top) and submissive (s/bottom) roles.
Symbolic jewelry	Wearable items that visually communicate a person's kinky identity, relationship status, power dynamic, specific sexual preferences, or something else. For example, collars, rings, bracelets, anklets, or the BDSM triskelion (three comma-shaped spiral "arms" curving outward from the center, enclosed in an unbroken outer circle).
Tantra	Slow, mindful intimacy focused on breath and presence. Also a spiritual practice for some.
TENS unit	A device that sends low-voltage electrical pulses through adhesive electrode pads placed on the skin (Transcutaneous Electrical Nerve Stimulation unit).
Thumbcuffs	Restraining devices (e.g., metal, leather) to lock a person's thumbs closely together.



Top drop	An emotional and physical crash a dominant partner can experience after an intense BDSM or kink scene. Also called dom drop.
Tribadism	Rubbing genitals together with a partner, often called scissoring.
Vanilla	Conventional, mainstream sexual activity that does not involve BDSM, kinks, fetishes, or heavy power dynamics.
Violet wand	A device that produces tingling or stinging through glass attachments.
Voyeurism	Arousal from watching others, with their knowledge and consent.
Vulva	External parts of the genitals for folks who have a vagina. Includes mons pubis, labia majora, labia minora, clitoris, vestibule (location of urethra and vaginal openings), and Bartholin's glands (produce lubrication).
Wartenberg wheel	A small, spiked wheel rolled lightly across the skin.
Wet spot	Patch of moisture/lubrication left after sensual/sexual play on the bedsheets, mattress, or furniture.
Worship	Devoted attention to a partner's body part or an item, such as feet, boots, or a body.



Appendix C: The Pleasure Wheel

