



STEFFEN
COUNSELING SERVICES

Yes / No / Maybe Intimacy Menu

A communication tool for people of all genders and bodies to explore intimacy, boundaries, and desire together

1. How to use this worksheet

This worksheet is meant to support conversations about intimacy, pleasure, and boundaries in a clear, collaborative, and pressure-free way. It is not a to-do list, and it is not a test of how “good” or “compatible” you are.

You can each fill out your own copy first and then share, or complete it together if that feels safe and comfortable.

Steps

1. Choose a calm time when you both feel relatively grounded, not in the middle of conflict, and have enough privacy.
2. Go through each activity and mark the boxes that fit how you feel right now.
3. Use the Notes / Conditions column to add details like “only when sober,” “only with more aftercare,” “only on special occasions,” or “never during conflict.”
4. When you compare answers, focus on understanding each other rather than trying to convince anyone to change their mind.
5. Create shared lists:
 - Shared **YES** list: activities that are a YES for both of you.
 - Shared **NO** list: any activity that is a NO for either of you.
 - Shared **MAYBE** list: activities that are a YES for one person and some kind of MAYBE for the other, or MAYBE for both.

You can pause this process anytime. If you feel overwhelmed, activated, or shut down, it is okay to stop and return later.

2. Legend: Interest level and role

Interest level

- **Yes**
“This feels exciting, safe enough, and like something I’d like to explore with you given my current comfort and circumstances.”
- **No**
“This does not feel okay for me right now. I’m not available for this, and I don’t want to be pressured to change my mind.”
- **Maybe**
“I feel some interest or curiosity, but I’m not ready to say a full yes yet.”

All of these answers are valid. Your “no” and your “maybe” are just as important as your “yes.”

Role (how you’re interested in engaging)

- **Giving / Topping**
“I’m interested in doing or offering this to someone else.”
- **Receiving / Bottoming**
“I’m interested in someone else doing or offering this to me.”
- **Both / Either**
“I’m interested in both giving and receiving this.”

You can choose one or more role options for any activity. For example, you might enjoy giving a certain kind of touch but not receiving it, or the other way around.

3. Consent, trauma, and emotional safety

- Every item on this menu is **optional**. You do not owe anyone a “yes” to anything on this worksheet.
- You have the right to **change your mind** at any time—before, during, or after any activity. A previous yes is not automatic consent in the future.
- “No” is a complete sentence. You do not have to give an explanation unless you want to.
- If you notice dread, panic, numbness, shame, or intense discomfort as you read certain items, treat that as important information. You can skip those items and take care of yourself.

- If any part of this process brings up memories of past harm or trauma, it may be helpful to pause and talk with a trusted therapist or support person.
 - If you feel pressured, coerced, or afraid of how someone will react to your “no,” this is a safety concern. Reaching out to a therapist, trusted person, or support resource may be important.
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A. Grounding and Communication

Activity	Yes	No	Maybe	Giving / Topping	Receiving / Bottoming
Using a Yes / No / Maybe menu together	☐	☐	☐	☐	☐
Having regular check-ins about sex and intimacy	☐	☐	☐	☐	☐
Talking about previous sexual or intimate experiences	☐	☐	☐	☐	☐
Sharing sexual health history	☐	☐	☐	☐	☐
Periodic STI testing	☐	☐	☐	☐	☐
Talking about STI status before sexual contact	☐	☐	☐	☐	☐
Using barriers (condoms, internal condoms, etc.) for genital contact that can transmit STIs	☐	☐	☐	☐	☐
Using barriers for oral-genital or oral-anal contact	☐	☐	☐	☐	☐
Using barriers (dental dams, gloves) for manual or oral contact with genitals or anus	☐	☐	☐	☐	☐
Talking explicitly about pregnancy prevention (if relevant)	☐	☐	☐	☐	☐
One partner using hormonal birth control (if relevant)	☐	☐	☐	☐	☐

One partner using non-hormonal birth control (e.g., copper IUD, condoms only)	☐	☐	☐	☐	☐
Using fertility awareness methods (if relevant)	☐	☐	☐	☐	☐
Having sex only with barrier protection	☐	☐	☐	☐	☐
Having sex without barriers after mutual testing and agreement	☐	☐	☐	☐	☐
Talking about hopes, fears, and boundaries around pregnancy (if relevant)	☐	☐	☐	☐	☐
Discussing beliefs and plans around abortion (if relevant)	☐	☐	☐	☐	☐
Sharing fantasies verbally	☐	☐	☐	☐	☐
Writing down fantasies and sharing them	☐	☐	☐	☐	☐
Sexting about sex or intimacy	☐	☐	☐	☐	☐
Talking about kink, BDSM, or fetishes in general	☐	☐	☐	☐	☐
Naming hard limits (things that are off the table)	☐	☐	☐	☐	☐
Naming soft limits ("not now, maybe later")	☐	☐	☐	☐	☐
Using safewords or a clear stop signal	☐	☐	☐	☐	☐
Using a color system (green/yellow/red) to communicate during play	☐	☐	☐	☐	☐

Pausing to check in during sexual activity	☐	☐	☐	☐	☐
Talking after sex about what felt good or didn't	☐	☐	☐	☐	☐
Scheduling sex or intimacy dates	☐	☐	☐	☐	☐
Having spontaneous sexual encounters (no planning)	☐	☐	☐	☐	☐
Using a nonverbal signal or gesture to stop at any time	☐	☐	☐	☐	☐

B. Context, Environment, and Vibe

Sexual touch only at home or in private spaces	☐	☐	☐	☐	☐
Sexual touch in someone else's private space (hotel, friend's place, etc.)	☐	☐	☐	☐	☐
Sexual touch in semi-private spaces (might be heard but unlikely to be seen)	☐	☐	☐	☐	☐
Sexual touch in more public spaces (some risk of being seen)	☐	☐	☐	☐	☐
Sexual touch outdoors (e.g., forest, beach, backyard)	☐	☐	☐	☐	☐
Sexual touch in the shower or bath	☐	☐	☐	☐	☐
Sexual touch in a pool or hot tub	☐	☐	☐	☐	☐
Using candles or soft lighting	☐	☐	☐	☐	☐
Sexual activity with bright lights on	☐	☐	☐	☐	☐
Sexual activity in complete darkness	☐	☐	☐	☐	☐

Sexual activity with soft background music	☐	☐	☐	☐	☐
Sexual activity with erotic or porn audio in the background	☐	☐	☐	☐	☐
Moving or playing in time with music	☐	☐	☐	☐	☐
Using scent (candles, oils, incense)	☐	☐	☐	☐	☐
Using flavored products (oils, lubes)	☐	☐	☐	☐	☐
Sexual activity while partially clothed	☐	☐	☐	☐	☐
Sexual activity fully clothed (grinding / "dry humping")	☐	☐	☐	☐	☐
Sexual activity when everyone is sober	☐	☐	☐	☐	☐
Sexual activity after a small amount of alcohol	☐	☐	☐	☐	☐
Sexual activity while more intoxicated	☐	☐	☐	☐	☐
Sexual activity while using cannabis	☐	☐	☐	☐	☐
Sexual activity while using other substances	☐	☐	☐	☐	☐
Sexual activity when one person is emotional or crying	☐	☐	☐	☐	☐
Sexual activity when one person has a mild illness (e.g., cold)	☐	☐	☐	☐	☐
Sexual activity during menstruation	☐	☐	☐	☐	☐
Sexual activity when others are in the same home	☐	☐	☐	☐	☐

Sexual activity with pets in the room	☐	☐	☐	☐	☐
Staying together overnight after sex	☐	☐	☐	☐	☐
Leaving or sleeping separately after sex	☐	☐	☐	☐	☐

C. Physical Affection and Non-Sexual Touch

Holding hands in public	☐	☐	☐	☐	☐
Holding hands in private	☐	☐	☐	☐	☐
Cuddling with clothes on	☐	☐	☐	☐	☐
Cuddling naked	☐	☐	☐	☐	☐
Spooning	☐	☐	☐	☐	☐
Back rubs or massage without sexual intent	☐	☐	☐	☐	☐
Full-body massage with sexual intent	☐	☐	☐	☐	☐
Gentle stroking of hair or head	☐	☐	☐	☐	☐
Kissing on the forehead	☐	☐	☐	☐	☐
Kissing on cheeks	☐	☐	☐	☐	☐
Kissing on neck	☐	☐	☐	☐	☐
Kissing on shoulders	☐	☐	☐	☐	☐
Kissing on chest	☐	☐	☐	☐	☐
Kissing on stomach	☐	☐	☐	☐	☐
Kissing on hands	☐	☐	☐	☐	☐
Kissing on feet	☐	☐	☐	☐	☐
Sitting on partner's lap	☐	☐	☐	☐	☐
Napping together	☐	☐	☐	☐	☐
Sleeping in the same bed without sex	☐	☐	☐	☐	☐

D. Kissing and Making Out

Closed-mouth kissing	☐	☐	☐	☐	☐
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Light open-mouth kissing	☐	☐	☐	☐	☐
Deep kissing with tongue	☐	☐	☐	☐	☐
Extended making out without touching genitals	☐	☐	☐	☐	☐
Kissing with lipstick or gloss that may transfer	☐	☐	☐	☐	☐
Kissing after oral sex (tasting fluids)	☐	☐	☐	☐	☐
Rough, passionate kissing	☐	☐	☐	☐	☐
Slow, sensual kissing	☐	☐	☐	☐	☐
Kissing while standing	☐	☐	☐	☐	☐
Kissing while one person is gently held against a wall (with consent)	☐	☐	☐	☐	☐
Kissing while sitting on someone's lap	☐	☐	☐	☐	☐
Kissing with playful nibbling on lips	☐	☐	☐	☐	☐
Sexual activity without kissing	☐	☐	☐	☐	☐

E. Kissing and Making Out

Partner suggesting or choosing outfits for you (with your consent)	☐	☐	☐	☐	☐
Wearing lingerie or special underwear	☐	☐	☐	☐	☐
Going without underwear under clothing in public	☐	☐	☐	☐	☐
Wearing partner's clothing during intimacy	☐	☐	☐	☐	☐
Wearing costumes (e.g., role-based outfits)	☐	☐	☐	☐	☐

Cosplay as fictional characters	☐	☐	☐	☐	☐
Wearing collars or symbolic jewelry	☐	☐	☐	☐	☐
Wearing specific shoes or heels during intimacy	☐	☐	☐	☐	☐
Wearing stockings or thigh-highs	☐	☐	☐	☐	☐
Wearing wigs or changing hairstyle for intimacy	☐	☐	☐	☐	☐
Wearing masks or blindfolds	☐	☐	☐	☐	☐
Taking erotic photos while partially clothed	☐	☐	☐	☐	☐
Taking erotic or nude photos	☐	☐	☐	☐	☐
Partner keeping erotic images of you	☐	☐	☐	☐	☐
Partner deleting erotic images after a set time	☐	☐	☐	☐	☐
Keeping body hair natural	☐	☐	☐	☐	☐
Removing or trimming pubic or body hair	☐	☐	☐	☐	☐
Specific grooming preferences for hair or body hair	☐	☐	☐	☐	☐

F. Verbal Intimacy and Erotic Talk

Giving compliments about your partner's body or presence during sex	☐	☐	☐	☐	☐
Sharing verbal appreciation after sex	☐	☐	☐	☐	☐
Using explicit erotic language	☐	☐	☐	☐	☐

Using neutral or more clinical language	☐	☐	☐	☐	☐
Providing verbal directions about what feels good	☐	☐	☐	☐	☐
Asking for reassurance ("Is this still okay?") during sex	☐	☐	☐	☐	☐
Describing what you are doing in the moment	☐	☐	☐	☐	☐
Talking about shared past sexual moments together	☐	☐	☐	☐	☐
Talking about imagined future scenarios together	☐	☐	☐	☐	☐
Mild, affectionate name-calling	☐	☐	☐	☐	☐
More intense degrading language (with consent and boundaries)	☐	☐	☐	☐	☐
Praise-focused language ("You're doing so well," "Good girl/boy/lover," etc.)	☐	☐	☐	☐	☐
Dominance/submission language	☐	☐	☐	☐	☐
Asking partner to beg for something	☐	☐	☐	☐	☐
Being asked to beg for something	☐	☐	☐	☐	☐
Sharing fantasies verbally during sex	☐	☐	☐	☐	☐
Being more vocal or loud during sex	☐	☐	☐	☐	☐
Being mostly quiet during sex	☐	☐	☐	☐	☐
Sexting during the day about later plans	☐	☐	☐	☐	☐
Sexting with photos or videos	☐	☐	☐	☐	☐

Erotic or intimate voice notes	☐	☐	☐	☐	☐
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G. Solo and Mutual Masturbation

Masturbating in front of a partner	☐	☐	☐	☐	☐
Partner masturbating in front of you	☐	☐	☐	☐	☐
Masturbating side by side	☐	☐	☐	☐	☐
Mutual masturbation as the main activity	☐	☐	☐	☐	☐
Watching partner masturbate without touching them	☐	☐	☐	☐	☐
Partner watching you masturbate without touching you	☐	☐	☐	☐	☐
Giving step-by-step instructions while partner masturbates	☐	☐	☐	☐	☐
Receiving step-by-step instructions while you masturbate	☐	☐	☐	☐	☐
Masturbating on video call	☐	☐	☐	☐	☐
Using toys on yourself while partner watches	☐	☐	☐	☐	☐
Partner using toys on themselves while you watch	☐	☐	☐	☐	☐
Sharing how you usually touch yourself when alone	☐	☐	☐	☐	☐

Talking about porn or erotic media habits and preferences	☐	☐	☐	☐	☐
Watching porn or erotic media together or sharing what you liked	☐	☐	☐	☐	☐

H. Genital Focused Touch (Hands)

<i>H1. General genital and pelvic touch</i>					
Manual stimulation of external genitals over clothing	☐	☐	☐	☐	☐
Manual stimulation of external genitals under clothing	☐	☐	☐	☐	☐
Manual stimulation of the pubic mound / mons area	☐	☐	☐	☐	☐
Manual stimulation of inner thighs	☐	☐	☐	☐	☐
Manual stimulation of the perineum (area between genitals and anus)	☐	☐	☐	☐	☐
Manual stimulation of genitals in semi-public spaces (under clothing)	☐	☐	☐	☐	☐
External anal touch (over skin)	☐	☐	☐	☐	☐
Anal fingering (with lube)	☐	☐	☐	☐	☐
Manual stimulation of any scar tissue or surgical sites (with care and consent)	☐	☐	☐	☐	☐
Manual stimulation of genitals that have been surgically altered (e.g., after gender-affirming or other surgeries)	☐	☐	☐	☐	☐

Manual stimulation of areas that feel sexually responsive but are not traditionally labeled as “genitals” (e.g., lower belly, hips, inner pelvis)	☐	☐	☐	☐	☐
Using gloves for manual contact with genitals or anus	☐	☐	☐	☐	☐
Manual exploration focused on discovering what feels good in your unique anatomy	☐	☐	☐	☐	☐
<i>H2. Touch involving anatomy with a vulva</i>					
Manual stimulation of the outer vulva (labia, outer areas)	☐	☐	☐	☐	☐
Manual stimulation focused on the clitoral area / glans	☐	☐	☐	☐	☐
Manual stimulation of vulva through clothing	☐	☐	☐	☐	☐
Internal vaginal fingering	☐	☐	☐	☐	☐
Internal touch focused on the G-spot area	☐	☐	☐	☐	☐
Deeper internal vaginal or cervical touch	☐	☐	☐	☐	☐
Manual stimulation around the vaginal opening without penetration	☐	☐	☐	☐	☐
<i>H3. Touch involving anatomy with a penis</i>					
Manual stimulation of the shaft of the penis	☐	☐	☐	☐	☐

Manual stimulation focused on the head / tip of the penis	☐	☐	☐	☐	☐
Manual stimulation of penis through clothing	☐	☐	☐	☐	☐
Manual stimulation of scrotum or testicles	☐	☐	☐	☐	☐
Gentle testicle play	☐	☐	☐	☐	☐
More intense testicle play	☐	☐	☐	☐	☐
Manual stimulation of the base of the penis or root	☐	☐	☐	☐	☐

I. Oral Contact

<i>11. General oral contact</i>					
Oral contact as the only sexual activity in a given encounter.	☐	☐	☐	☐	☐
Oral contact combined with other kinds of touch or stimulation.	☐	☐	☐	☐	☐
Oral contact focused on inner thighs or other nearby areas.	☐	☐	☐	☐	☐
Oral contact with the use of flavored products if desired.	☐	☐	☐	☐	☐
<i>12. Oral contact involving anatomy with a vulva</i>					
Receiving oral contact on the external vulva or clitoral area.	☐	☐	☐	☐	☐
Giving oral contact on the external vulva or clitoral area.	☐	☐	☐	☐	☐

Oral contact focused on the vaginal opening.	☐	☐	☐	☐	☐
Oral contact with lighter or more intense pressure.	☐	☐	☐	☐	☐
Oral contact with fingers or toys used at the same time.	☐	☐	☐	☐	☐
<i>13. Oral contact involving anatomy with a penis</i>					
Receiving oral contact on the penis.	☐	☐	☐	☐	☐
Giving oral contact on the penis.	☐	☐	☐	☐	☐
Oral contact involving the scrotum or testicles.	☐	☐	☐	☐	☐
Oral contact with lighter or more intense suction or pressure.	☐	☐	☐	☐	☐
Oral contact with fingers or toys used at the same time.	☐	☐	☐	☐	☐
Taking more of the penis into the mouth or throat, if desired.	☐	☐	☐	☐	☐
Spitting or swallowing fluid during oral contact, if relevant.	☐	☐	☐	☐	☐
Ejaculating into the mouth, on the face, or on the body, if relevant.	☐	☐	☐	☐	☐

J. Penetrative Vaginal Sex (if relevant)

Vaginal penetration with a penis	☐	☐	☐	☐	☐
Using condoms or barriers for all vaginal penetration	☐	☐	☐	☐	☐

Vaginal penetration without barriers after mutual testing and agreement	☐	☐	☐	☐	☐
Vaginal penetration in a face-to-face position with one partner lying on their back	☐	☐	☐	☐	☐
Vaginal penetration with legs resting on partner's shoulders	☐	☐	☐	☐	☐
Vaginal penetration from behind	☐	☐	☐	☐	☐
Vaginal penetration with the receiving partner on top	☐	☐	☐	☐	☐
Vaginal penetration with the receiving partner on top and facing away	☐	☐	☐	☐	☐
Vaginal penetration while lying on your sides	☐	☐	☐	☐	☐
Standing vaginal penetration	☐	☐	☐	☐	☐
Vaginal penetration on furniture (sofa, table, counter, etc.)	☐	☐	☐	☐	☐
Slow, sensual vaginal penetration	☐	☐	☐	☐	☐
Faster, rougher vaginal penetration	☐	☐	☐	☐	☐
Vaginal penetration with focus on your orgasm	☐	☐	☐	☐	☐
Vaginal penetration with focus on partner's orgasm	☐	☐	☐	☐	☐
Short, playful vaginal encounters	☐	☐	☐	☐	☐
Longer vaginal sessions	☐	☐	☐	☐	☐
Using lubricant for vaginal penetration	☐	☐	☐	☐	☐
Vaginal penetration during menstruation	☐	☐	☐	☐	☐

Vaginal penetration while using toys at the same time	☐	☐	☐	☐	☐
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K. Anal Play and Penetration

External anal touch only	☐	☐	☐	☐	☐
Anal play with lube and fingers	☐	☐	☐	☐	☐
Anal play with small toys or plugs	☐	☐	☐	☐	☐
Wearing an anal plug during other activities	☐	☐	☐	☐	☐
Anal penetration with a penis	☐	☐	☐	☐	☐
Anal penetration with a strap-on or toy	☐	☐	☐	☐	☐
Anal play while genitals are being stimulated	☐	☐	☐	☐	☐
Double penetration involving vagina and toy (if relevant)	☐	☐	☐	☐	☐
Double penetration involving vagina and anus (if relevant)	☐	☐	☐	☐	☐
Double penetration involving anus and toy (if relevant)	☐	☐	☐	☐	☐
Using an enema or specific preparation before anal play	☐	☐	☐	☐	☐
Anal play only after specific preparation rituals	☐	☐	☐	☐	☐
Anal play as occasional experimentation	☐	☐	☐	☐	☐
Anal play as a regular part of sex	☐	☐	☐	☐	☐

L. Toys and Accessories

Using water-based lubricant	☐	☐	☐	☐	☐
Using silicone-based lubricant	☐	☐	☐	☐	☐
Using flavored lubricant	☐	☐	☐	☐	☐
Using a vibrator on the clitoral area (if relevant)	☐	☐	☐	☐	☐
Using a vibrator on penis or scrotum (if relevant)	☐	☐	☐	☐	☐
Using a vibrator on nipples	☐	☐	☐	☐	☐
Internal vaginal vibrator (if relevant)	☐	☐	☐	☐	☐
Internal anal vibrator	☐	☐	☐	☐	☐
Using a small bullet vibrator during penetration	☐	☐	☐	☐	☐
Using a wand-style vibrator	☐	☐	☐	☐	☐
Remote-controlled vibrator in public spaces	☐	☐	☐	☐	☐
Remote-controlled vibrator at home	☐	☐	☐	☐	☐
Cock ring or constriction ring (if relevant)	☐	☐	☐	☐	☐
Penis sleeve or extender (if relevant)	☐	☐	☐	☐	☐
Nipple clamps (gentle or intense)	☐	☐	☐	☐	☐
Vaginal or pelvic floor balls (if relevant)	☐	☐	☐	☐	☐
Butt plugs in different sizes	☐	☐	☐	☐	☐
Wearing a strap-on	☐	☐	☐	☐	☐
Partner wearing a strap-on	☐	☐	☐	☐	☐
Harness with dildo	☐	☐	☐	☐	☐

Double-ended dildo	☐	☐	☐	☐	☐
Vacuum pump for penis (if relevant)	☐	☐	☐	☐	☐
Vacuum pump for nipples or vulva	☐	☐	☐	☐	☐
Sex furniture (wedges, pillows, swings, etc.)	☐	☐	☐	☐	☐
Using restraints (cuffs, rope, under-mattress systems)	☐	☐	☐	☐	☐

M. Power Dynamics, Kink, and Sensation

Light spanking	☐	☐	☐	☐	☐
Harder spanking	☐	☐	☐	☐	☐
Spanking with hands	☐	☐	☐	☐	☐
Spanking with paddles, crops, or other tools	☐	☐	☐	☐	☐
Gentle hair pulling	☐	☐	☐	☐	☐
Rougher hair pulling	☐	☐	☐	☐	☐
Light scratching	☐	☐	☐	☐	☐
Deeper or more intense scratching	☐	☐	☐	☐	☐
Gentle biting	☐	☐	☐	☐	☐
More intense biting	☐	☐	☐	☐	☐
Light breath play / gentle pressure on neck (with education and care)	☐	☐	☐	☐	☐
More intense breath play (only with clear safety knowledge and consent)	☐	☐	☐	☐	☐
Being the more dominant partner	☐	☐	☐	☐	☐
Being the more submissive partner	☐	☐	☐	☐	☐
Switching between dominant and submissive roles	☐	☐	☐	☐	☐

Service-oriented submission (completing tasks for a partner)	☐	☐	☐	☐	☐
Erotic rituals (kneeling, asking permission, etc.)	☐	☐	☐	☐	☐
Using honorifics or titles (e.g., "Sir," "Ma'am," "Mx," etc.)	☐	☐	☐	☐	☐
Being addressed by particular honorifics or titles	☐	☐	☐	☐	☐
Role play involving power differences (e.g., boss/employee)	☐	☐	☐	☐	☐
Role play as people who have just met	☐	☐	☐	☐	☐
Age play with clear boundaries and consent	☐	☐	☐	☐	☐
Pet play (collars, crawling, pet names, etc.)	☐	☐	☐	☐	☐
Sensation play with feathers or soft materials	☐	☐	☐	☐	☐
Sensation play with ice or cool items	☐	☐	☐	☐	☐
Temperature play with safe wax or warm/cool objects	☐	☐	☐	☐	☐
Light bondage with scarves or soft ties	☐	☐	☐	☐	☐
More structured rope bondage	☐	☐	☐	☐	☐
Full restraint (unable to move freely)	☐	☐	☐	☐	☐
Being blindfolded	☐	☐	☐	☐	☐
Blindfolding partner	☐	☐	☐	☐	☐
Tickle play	☐	☐	☐	☐	☐
Consensual non-consent / "rape fantasy" role play with clear	☐	☐	☐	☐	☐

consent, planning, and safewords					
Mild humiliation play	☐	☐	☐	☐	☐
More intense humiliation play	☐	☐	☐	☐	☐

N. Third Parties, Group, and Public Themes

Talking about threesomes as fantasy only	☐	☐	☐	☐	☐
Planning a threesome in real life	☐	☐	☐	☐	☐
Threesome involving another person with a similar gender to you (if relevant)	☐	☐	☐	☐	☐
Threesome involving another person with a different gender from you (if relevant)	☐	☐	☐	☐	☐
Group sex with more than three people	☐	☐	☐	☐	☐
Going to a sex party or play party	☐	☐	☐	☐	☐
Watching others have sex in person	☐	☐	☐	☐	☐
Being watched while you have sex	☐	☐	☐	☐	☐
Swinging or partner swapping	☐	☐	☐	☐	☐
Cuckolding / hotwifing / similar dynamics	☐	☐	☐	☐	☐
Voyeurism (watching from a distance)	☐	☐	☐	☐	☐
Exhibitionism (being seen)	☐	☐	☐	☐	☐
Flirting with others in front of your partner	☐	☐	☐	☐	☐

Online sexual play with other people (cam, sexting, etc.)	☐	☐	☐	☐	☐
Considering ethical non-monogamy as a real-life option	☐	☐	☐	☐	☐
Keeping ethical non-monogamy as fantasy only	☐	☐	☐	☐	☐

O. Fantasy and Erotic Media

Sharing erotic stories or books you enjoy	☐	☐	☐	☐	☐
Reading erotic fiction aloud together	☐	☐	☐	☐	☐
Writing erotic scenes together	☐	☐	☐	☐	☐
Watching mainstream romantic or sexy movies to set the mood	☐	☐	☐	☐	☐
Watching ethical or independent porn together	☐	☐	☐	☐	☐
Watching mainstream porn together	☐	☐	☐	☐	☐
Listening to erotic audio together	☐	☐	☐	☐	☐
Creating erotic audio or video for each other	☐	☐	☐	☐	☐
Keeping a shared fantasy notebook or journal	☐	☐	☐	☐	☐
Exploring taboo or edgy fantasies only in imagination	☐	☐	☐	☐	☐
Role play based on characters or stories from books, shows, games, etc.	☐	☐	☐	☐	☐

P. Aftercare, Emotional Safety, and Boundaries

Cuddling after sex or intense play	☐	☐	☐	☐	☐
Showering together after sex	☐	☐	☐	☐	☐
Showering separately after sex	☐	☐	☐	☐	☐
Talking about thoughts and feelings after sex	☐	☐	☐	☐	☐
Receiving verbal reassurance	☐	☐	☐	☐	☐
Giving verbal reassurance	☐	☐	☐	☐	☐
Having alone time immediately after sex	☐	☐	☐	☐	☐
Sharing a snack, drink, or meal after sex	☐	☐	☐	☐	☐
Sleeping over after sex	☐	☐	☐	☐	☐
Going home after sex	☐	☐	☐	☐	☐
Checking in the next day by text or call	☐	☐	☐	☐	☐
Scheduling a time to revisit or renegotiate boundaries	☐	☐	☐	☐	☐
Changing your mind mid-activity and stopping	☐	☐	☐	☐	☐
Partner changing their mind mid-activity and stopping	☐	☐	☐	☐	☐
Revisiting and updating your Yes / No / Maybe menu regularly	☐	☐	☐	☐	☐

Creating a Shared Intimacy Menu

This section is designed to help partners move beyond simply comparing answers on the Yes/No/Maybe checklist and begin having meaningful conversations about intimacy, connection, boundaries, desires, and personal growth.

The goal is not to convince, negotiate, pressure, or persuade your partner into changing an answer. The goal is understanding.

Every answer provides information about what helps each person feel safe, connected, fulfilled, respected, and desired. This section helps you identify where your interests align, where curiosity exists, and where differences require communication and respect.

Before You Begin

Set aside dedicated time to complete this section together. Choose a time when:

- Neither partner feels rushed.
- Neither partner feels obligated to participate.
- You have privacy and minimal distractions.
- Both partners are emotionally available for discussion.

Consider approaching these conversations with the following mindset:

- Curiosity over judgment.
- Understanding over agreement.
- Respect over persuasion.
- Consent over compromise.

Remember:

A "Yes" is not a promise.

A "Maybe" is not a future "Yes."

A "No" is a complete answer.

No one is required to explain or defend a boundary.

SHARED YESES

Celebrating What We Already Know We Enjoy

These are activities, experiences, and forms of connection that both partners marked **YES**.

This section is about identifying strengths, deepening satisfaction, and intentionally prioritizing the things that already work well.

Our Shared Yeses

List every activity that both partners marked YES.

Activity	Notes

Our Top Favorites

Of all our shared yeses, these are the experiences we enjoy most.

Partner A's Top 5

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Partner B's Top 5

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Our Mutual Top Priorities

Which activities appear on both favorite lists?

Activities We Want To Prioritize

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Frequency Check-In

How often would each of us ideally enjoy these experiences?

Activity	Partner A	Partner B	Shared Goal

What Makes These Experiences Meaningful?

When I enjoy this activity, I feel:

- ☐ Desired
- ☐ Loved
- ☐ Playful
- ☐ Connected
- ☐ Relaxed
- ☐ Excited
- ☐ Adventurous
- ☐ Safe
- ☐ Appreciated
- ☐ Confident
- ☐ Other: _____

Notes

How Can We Make Our Favorites Even Better?

Things that increase enjoyment

Things that reduce enjoyment

New ideas for enhancing experiences

Shared Yes Action Plan

One thing we want to do more often

One thing we'd like to schedule intentionally

One thing we'd like to improve

One thing we'd like to celebrate

SHARED MAYBES

Exploring Curiosity Without Pressure

A "Maybe" is not a future "Yes."

A Maybe simply means:

- *I am curious.*
- *I need more information.*
- *I need more trust or experience first.*
- *It depends on the circumstances.*
- *I am uncertain.*

The purpose of this section is exploration, not persuasion.

Our Shared Maybes

List every activity where either partner selected Maybe.

Activity	Partner A	Partner B

Maybe Exploration Worksheet

Activity

What interests me about this?

What emotions come up when I think about it?

- ☐ Excitement
- ☐ Curiosity
- ☐ Nervousness
- ☐ Fear
- ☐ Embarrassment
- ☐ Uncertainty
- ☐ Vulnerability
- ☐ Other: _____

Notes:

What concerns me?

What information would help me feel more informed?

What would make this feel safer?

- ☐ More discussion
- ☐ More trust
- ☐ More experience

- ☐ Clear boundaries
- ☐ More preparation
- ☐ More education
- ☐ Ability to stop at any time
- ☐ Other: _____

Notes:

Conditions that would need to be present

Would I like to learn more before deciding?

- ☐ Yes
- ☐ No
- ☐ Maybe

Resources or information I'd like:

Current Status

- ☐ Still a Maybe
- ☐ Interested in discussing further
- ☐ Interested in trying someday
- ☐ Not interested right now
- ☐ Changed to Yes
- ☐ Changed to No

MISMATCHES & DIFFERENCES

Navigating Different Preferences With Respect

Differences are normal.

The goal of this section is understanding—not convincing, debating, or changing someone's answer.

A No does not require justification.

A Yes does not create an obligation.

Our Mismatched Responses

Activity	Partner A	Partner B

Understanding The Difference

Activity

What does this activity represent or provide for the partner who marked Yes?

Examples:

- Novelty
- Excitement
- Playfulness
- Connection
- Validation
- Curiosity
- Fantasy
- Exploration

Notes:

For the partner who marked No or Maybe

What are your thoughts or concerns?

Is this a hard boundary?

- ☐ Yes
- ☐ No
- ☐ Unsure

Notes:

If it is not a hard boundary, what conditions would matter?

Are there alternative experiences that might meet similar needs?

How can we discuss this without pressure?

What helps me feel respected during these conversations?

What behaviors feel pressuring or unhelpful?

Acceptance & Appreciation

One thing I learned about my partner

One thing I appreciate about their honesty

One thing I want them to know about me

Commitment Statement

We agree to respect each other's boundaries, communicate openly, and approach differences with curiosity, compassion, and consent.

Partner A Initials: _____

Partner B Initials: _____

Date: _____