We're gonna kind of make this like the hanky code. Check the circle on the left for giving / topping and the right for receiving / bottoming. If it's kind of a mutual activity, or one you do by yourself, one circle will be provided. If you can think of a way for those activities to be topped or bottomed, add a second circle because you're badass smart like that. If something doesn't apply to you and your partner(s), mark it N/A. If there's something you like to fantasize and talk dirty about, but you don't want to do it IRL, mark it FA. Remember, this worksheet is meant to be hella customized. Add shit! Mark it up! Color outside the lines. We're not the sex czars, probably we don't know everything (probably). As helpful as lists are, we can't be reduced to them, so see this for what it is—a tool, a jumping off point for conversation.

WHAT I WANT TO DO

	GIVING / TOPPING	RECEIVING / BOTTOMING
Masturbation	○	
Holding hands	○	
Kissing (please discuss where)	○	
"Necking" (kissing on the neck)	○	○
Activities that leave marks (please discuss where)	○	○
Tickling	○	○
Wrestling or "play-fighting"	○	
Massage (back, shoulders, legs)	○	○
Chest/Breast/Nipple play	○	○
Dry humping/clothed body-to-body rubbing	○	○

	GIVING / TOPPING	RECEIVING / BOTTOMING
Tribadism (scissoring, rubbing naked genitals together w/ a partner)	○	
Chest/Breast/Nipple licking/sucking	○	○
Chest/Breast/Nipple biting	○	○
Masturbating in front of a partner	○	○
Hands or fingers on penis	○	○
Hands or fingers on strap-on	○	○
Hands or fingers on testes	○	○
Hands or fingers on vulva	○	○
Fingers inside vagina	○	○
Vaginal fisting	○	○

	GIVING / TOPPING	RECEIVING / BOTTOMING
Hands or fingers on or around anus	○	○
Fingers inside rectum	○	○
Anal fisting	○	○
Ejaculating on someone's body	○	○
Ejaculating in someone's body	○	○
Using vibrators alone	○	
Using dildos alone	○	
Using masturbation sleeves alone	○	
Using vibrators with a partner	○	○
Using dildos with a partner	○	○

WHAT I WANT TO DO (CONT'D)

- Using masturbation sleeves with a partner
- Tongue or mouth on vulva
- Tongue or mouth on penis
- Tongue or mouth on strap-on
- Tongue or mouth on testes
- Tongue or mouth on anus
- Vaginal intercourse
- Anal intercourse
- Using food items as a part of sex (never inserted)
- Cross-dressing during sex
- Biting (please discuss where)
- Scratching (please discuss where)
- Blindfolding
- Restricting movement (rope bondage, bondage tape, restraints..)
- Slapping or spanking
- Pinching (please discuss where)
- Clamps (please discuss where)
- Paddles, floggers, whips, crops, canes (circle/invent yr own)
- Role playing (please discuss what/how)
- Dirty talk (please discuss what/how)
- Phone sex
- Skype sex
- Sexting (discuss appropriate phone numbers/emails)
- Reading erotica alone
- Reading erotica with/to a partner
- Watching porn alone
- Watching porn with a partner

A FEW THINGS ABOUT TOYS & LUBES

Materials/ingredients I'm sensitive or allergic to:

Materials/ingredients that turn me on:

Materials/ingredients I'm comfortable using:

Materials/ingredients that I wouldn't touch with a ten-foot pole:

Use this space to write/draw/collage/art-ify your way into what turns you on. Maybe it's something you think is "expected" or maybe it's something you think would surprise a partner. **Everything you can think of is worth including.**

WHAT TURNS ME ON

So we just used a lot of "science" terms (i.e., terms that doctors would use to describe our bodies). But we're not doctors (and if we are, we're probably not doctors in the sack. We're probably just, I dunno, giant pleasure centers with reptilian brains).

Let's talk language.

WHAT WE'RE GONNA SAY

Please refer to my gender as:

(#1)

Please refer to my genitals as:

(#2)

It's acceptable to refer to my gender as:

(but it just doesn't make me as hot as #1)

It's acceptable to refer to my genitals as:

(but it just doesn't make me as hot as #2)

Please never refer to my gender as:

Please never refer to my genitals as:

When I want you to stop, I say:

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

When I want to check in with you, I say:

When you want me to stop, hearing the following makes sense to me:

When you want me to keep going, hearing the following makes sense to me:

When you want to check in with me, hearing the following makes sense to me:

Fantasies are a-okay! And if you're into dirty talk, knowing each other's fantasies can be fabulous! Hell, even if you're not into it, being able to tap into what you know other parties are imagining is pretty fucking cool.

WHAT I'M GONNA THINK

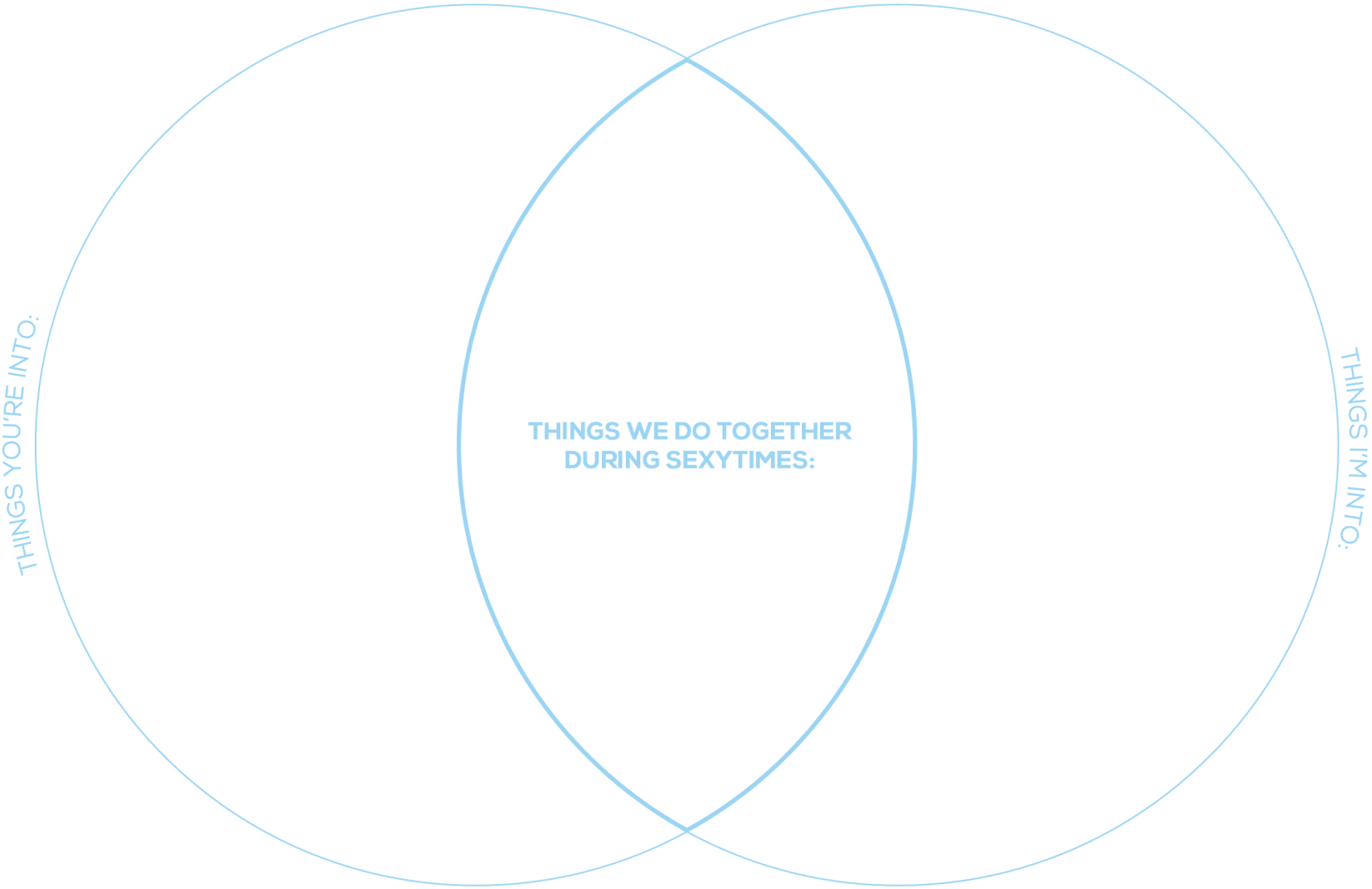
During sex, I like to image I:

During sex, I like to image you:

Using protection during oral sex		"Kiss and Tell" (talking to friends about what happens in the sack)		Orgy
Bottom			Using protection during intercourse	Top
Polyamory	STI/HIV Testing	Penetration		Power Play
	Pain		Monogamy	Fetish
Using latex gloves		"Fuck buddy"	Threesome	

WHERE I DRAW THE LINES

Draw lines through the boxes where your boundaries are and write small explanations. **What kind of lines you draw are totally up to you, as is what you write.** In blank boxes, create your own words that you'd like to draw boundaries around.



WHERE WE INTERSECT