

AT EXCITEMENT, WE BELIEVE THAT FUN AND SAFE SEXUAL SCENARIOS START WITH A GOOD OLD CONVERSATION! IT'S PART OF OUR MISSION TO MAKE SURE THAT YOU HAVE ACCESS TO ALL OF THE TOOLS NECESSARY FOR A SAFE AND PLEASURABLE EXPERIENCE. WE KNOW HOW HARD IT CAN BE TO START A CONVERSATION ABOUT SEXUAL EXPLORATION, ESPECIALLY WHEN INTERACTING WITH A NEW PARTNER OR DEALING WITH THE POSSIBILITY OF REJECTION. WE DON'T LEARN IF WE DON'T EXPLORE, RIGHT?

EXCITEMENT

ADULT SUPERS

THE YES/NO/MAYBE LIST IS A CLASSIC TOOL AMONGST THE KINK AND PLEASURE COMMUNITIES. BY NO MEANS IS OURS THE END ALL BE ALL, BUT WE HOPE IT SERVES AS A TOOL TO DISCUSS YOUR SEXUAL INTERESTS EFFICIENTLY AND WITHOUT JUDGMENT OR PRESSURE. USE THIS LIST REGARDLESS OF WHETHER YOU ARE YOUNG OR OLD, IN AN EXPERIENCED RELATIONSHIP OR A NEW ONE, OR EVEN AS A TOOL FOR SELF REFLECTION AND DISCOVERY. REGARDLESS OF WHETHER YOU ARE SEXUALLY EXPERIENCED OR A BEGINNER, WE HOPE THIS LIST CAN AID IN YOUR SELF DISCOVERY, IN ADDITION TO OPENING UP DIALOGUE ABOUT YOUR PLEASURE ON YOUR OWN TERMS.

BEFORE YOU EMBARK ON COMPLETING THIS LIST, <u>IT'S VITAL THAT EVERY PERSON</u> <u>INVOLVED FILLS OUT THEIR OWN COPY OF THIS LIST ALONE.</u> THIS ONLY WORKS WITH COMPLETE HONESTY, OPENNESS, AND <u>ABSOLUTELY NO JUDGMENT.</u>

THE FIRST PAGE OF THE LIST IS A GENERAL Q&A AND SELF REFLECTION. CONSIDER ALL OF THE QUESTIONS AS YOUR ANSWERS CAN HELP PREVENT FUTURE COMMUNICATION ISSUES WITH PARTNERS. THIS ALSO ALLOWS FOR THE SAFEST, MOST COMFORTABLE FORM OF EXPLORATION AND SELF DISCOVERY. IT'S WORTH REVISITING THIS LIST OFTEN TO HELP MAKE SURE WE ARE MAINTAINING THE FRAMEWORK TO HEALTHY SEXUAL RELATIONSHIPS.

THE FOLLOWING PAGES ARE A LIST ACTIVITIES AND A SPACE TO MARK YOUR PREFERENCES FOR THE ACTIVITY LISTED. A "YES" MEANS THAT THIS IS FOR SURE SOMETHING THAT YOU WANT TO DO OR HAVE DONE. A "NO" IS A HARD NO, AND MEANS THIS IS SOMETHING THAT YOU DO NOT WANT TO ENGAGE IN RIGHT NOW, AND THE ACTIVITY IS OFF THE TABLE. A "MAYBE" IS A SOFT, FLEXIBLE ANSWER OR A CURIOSITY, AND IS OPEN FOR MORE DISCUSSION OR CONSIDERATION.

AFTER THAT ARE THE "GIVE" AND "RECEIVE" BOXES, WHICH ARE ONLY TO BE USED IF YOU SAID "YES" OR "MAYBE" IN THE PREVIOUS COLUMN. THEY ARE TO SPECIFY WHETHER YOU LIKE TO BE THE "GIVER" OR "RECEIVER" OF THE LISTED ACTIVITY. AN



EXAMPLE, FOR HAIR PULLING, YOU WOULD SELECT "RECEIVE" IF YOU LIKE TO HAVE YOUR HAIR PULLED, "GIVE" IF YOU LIKE TO PULL HAIR, OR MARK BOTH IF YOU LIKE TO EXPERIENCE BOTH. AT THE END OF THE COLUMNS, THERE IS A NOTES SECTION. THIS IS FOR WHATEVER YOU NEED, FROM WANTING TO SAY SOMETHING IS YOUR FAVORITE, TO SPECIFYING THAT YOU ARE AFRAID OF SOMETHING DESPITE WANTING TO TRY.

EXCITEMENT

ADULT SUPERST

*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*
MY PRONOUNS ARE:
I SHOW CONSENT IN THIS WAY: ACTIVE (no until yes) PASSIVE (yes until no)
THINGS THAT I ENJOY BEING CALLED:
THINGS THAT I DO NOT WANT TO BE CALLED:
BODY PARTS THAT I WANT INCLUDED:
BODY PARTS THAT ARE OFF LIMITS:
BODY PARTS ON OTHERS THAT I AM UNCOMFORTABLE WITH:
I LIKE THESE WORDS FOR GENITALS/SEX:
MY SAFE WORDS ARE:
I HAVE THE FOLLOWING CONDITIONS/LIMITATIONS TO BE AWARE OF:
THE LEVEL OF PAIN I AM OK WITH IS:
THESE TYPES OF MARKS ON MY BODY ARE NOT OK:
MY PREFERRED TYPE OF AFTERCARE IS:
MY TRAUMA TRIGGERS ARE:
SIGNS MY TRAUMA HAS BEEN TRIGGERED:
IS ACHIEVING ORGASM IMPORTANT DURING PLAY?: YES NO
WHAT ARE YOUR FEELINGS ON INTOXICATION DURING PLAY? YES NO
EXPLAIN?





*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*

	YES	NO	MB	GIVE	RECEIVE	NOTES
AGE PLAY						
ANAL HOOKS						
ANAL INTERCOURSE						
ANAL TOYS						
ANILINGUS						
ANONYMOUS SEX						
BEGGING						
BITING						
BLINDFOLDS						
BODY PAINT						
BONDAGE - CUFFS/RESTRAINTS						
BONDAGE - ROPE/DECORATIVE						
BONDAGE - SUSPENSION/HEAVY						
BRAT PLAY						
BUKKAKE						
ONE CLOTHED/ONE NAKED						
CLOTHED PLAY						
CHASTITY						
CHOKING/AIR RESTRICTION						
COCK AND BALL TORTURE						
COCKRINGS/STRAPS						
COLLARS AND LEASHES						





	YES	NO	MB	GIVE	RECEIVE	
	TEO			GIVE	RECEIVE	NU I EJ
COLLARING/SYMBOLIC JEWELRY						
CONFINEMENT/CAGES						
CONSENSUAL						
NON-CONSENT (CNC)						
COSTUME/COSPLAY						
CROSSDRESSING						
CUCKOLD/CUCKQUEAN						
CUNNILINGUS						
DILDOS						
DIRTY TALK						
DOMINATION PLAY						
DOUBLE PENETRATION						
EDGING						
ELECTRICAL PLAY (TENS UNIT)						
ELECTRICAL PLAY (NEON/VIOLET WAND)						
ELECTRO STIM TOYS						
ENEMA PLAY						
EROTIC DANCING/STRIP TEASE						
EROTIC PHOTO/VIDEO						
EXHIBITIONISM						
FACE SLAPPING						
FELLATIO						
FELLATIO						
FEMININE DOMINATION						
FETISH WEAR						





*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*X3*

	YES	NO	MB	GIVE	RECEIVE	NOTES
FINGERING						
FISTING - ANAL						
FISTING - VAGINAL						
FOOT WORSHIP						
FORCED MASTURBATION						
FORCED ORGASM						
GAGS						
GANGBANG						
GENITAL/NIPPLE CLAMPS/WEIGHTS						
GENITAL/NIPPLE PUMPING						
GENITAL WHIPPING/SPANKING						
GLORYHOLE						
GOLDEN SHOWERS						
GROUP SEX						
HAIR PULLING						
HANDJOB						
HIGH HEELS/SHOE/BOOT PLAY						
HOODS						
HUMILIATION - PHYSICAL						
HUMILIATION - VERBAL						
HUMILIATION - PUBLIC						
ICE CUBES						
IMPACT PLAY - FLOGGING/WHIPS						
IMPACT PLAY - HANDS						





	YES	NO	MB	GIVE	RECEIVE	NOTES
IMPACT PLAY - PADDLES/CROPS/CANES						
INTIMIDATION - EMOTIONAL						
INTIMIDATION - PHYSICAL						
KISSING						
LICKING						
LINGERIE						
MASSAGE						
MASTER/SLAVE						
MATERIALS/FABRIC (LATEX, RUBBER, SILK, ETC)						
MEDICAL PLAY						
MENSTRUATION PLAY						
MUTUAL MASTURBATION						
NIPPLE PLAY						
NIPPLE TORTURE						
ORGASM DENIAL						
OVERSTIMULATION						
OUTDOOR SEX						
PEGGING						
PET PLAY						
PHONE SEX/SEXTING						
PINCHING						
PLASTIC WRAP						
PORNOGRAPHY MAKING						





	YES	NO	MB	GIVE	RECEIVE	
PORNOGRAPHY WATCHING						
PUBLIC PLAY						
ROLE PLAY						
SCRATCHING						
SEMEN SWALLOWING/CUM EATING						
SENSORY DEPRIVATION						
SHAVING						
SKINNY DIPPING						
SOMNOPHILIA						
SOUNDING						
SPANKING						
SPITTING/SALIVA						
SPLOSHING/FOOD PLAY						
SPREADER BARS						
STRAP ON PLAY						
SUBMISSION PLAY						
SWAPPING (OTHER COUPLE)						
SWINGING						
TEASING						
THREESOME						
TICKLING						
TRIPLE PENETRATION						
VAGINAL INTERCOURSE						
VIBRATORS						
VOYEURISM						





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	YES	NO	MB	GIVE	RECEIVE	NOTES
WET AND MESSY						
WAX PLAY						

YORK - CAMP HILL - HARRISBURG - READING - KING OF PRUSSIA



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