

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?

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.

DIRECTIONS

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

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

YES ❤️ / **NO** ❌ / **MAYBE** 🤔

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.



MY NAME IS: _____

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? _____

YES  / NO  / MAYBE 



	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  / MAYBE 



	YES	NO	MB	GIVE	RECEIVE	NOTES
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						

YES  / NO  / MAYBE 



	YES	NO	MB	GIVE	RECEIVE	NOTES
WET AND MESSY						
WAX PLAY						

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



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