



DIANA SADAT COUNSELLING

Yes/No/Maybe So Activity

Instructions: With your partner, go through the list and decide what you are willing to try (yes), absolutely not willing to try (no), or are undecided on but are open to trying (Maybe). As you go through each activity, stop at the ones that are a yes and describe to your partner what makes you willing to try it out! These activities are meant for couples of different genders and styles, some activities you feel may not apply to you - skip through it if you don't. If not prompted, discuss if you'd like to receive, give, or both. After completed, have a look at what you overlap on and what you both have said **yes** or **maybe** to - you have a new list of things to try!

	YES	NO	MAYBE
Masturbating in front of your partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner masturbate in front of/with me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mutual masturbation (each other)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner touch me without asking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touching a partner without asking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touching a partner affectionately in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being touched affectionately In public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touching a partner sexually in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being touched sexually in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Direct eye contact	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Giving hickies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	YES	NO	MAYBE
Getting hickeys	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tickling, doing the tickling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tickling, being tickled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wrestling/ "play fighting"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sensual massage, giving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sensual massage, receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual sex (hands/fingers), receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual sex (hands/fingers), giving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual sex (inside vagina), giving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual sex (inside vagina), receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual sex (inside anus), giving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual sex (inside anus), receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ejaculating (coming) on/in a partner's body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner ejaculate (come) on or in my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using sex toys (i.e., vibrators), alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using sex toys, with a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oral sex (to vulva), receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oral sex (to vulva), giving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oral sex (to penis), receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oral sex (to penis), giving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oral sex (to anus - "rimming), receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	YES	NO	MAYBE
Oral sex (to anus - "rimming), giving Anal intercourse, receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anal intercourse, giving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using food items during sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cross-dressing during sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner cross-dress during sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biting a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being bitten by a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scratching a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being scratched by a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blindfolds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having my movement restricted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restricting my partner's movement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bondage (light)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bondage (heavy)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bruises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butt plugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cuffs (leather/metal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Double penetration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exhibitionism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	YES	NO	MAYBE
Face slapping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fisting (vaginal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fisting (anal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flogging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Following orders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gags (cloth/tape)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hair pulling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spanking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot wax dripping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cubes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lingerie (wearing)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Play kidnapping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Punishment scene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Riding crops	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strap-on use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pegging (anal penetration using strap-on)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swapping (with another couple)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swinging (multiple couples)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making a sex video	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Voyeurism (watching others)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	YES	NO	MAYBE
Wooden Paddles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dry humping/clothed rubbing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sexting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading erotica alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading erotica with partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching porn alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching porn with your partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pinching or clamps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Add Your own!</i>			
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