

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		GIVING / TOPPING	RECEIVING / BOTTOMING		GIVING / TOPPING	RECEIVING / BOTTOMING
Masturbation	<input type="radio"/>		Tribadism (scissoring, rubbing naked genitals together w/ a partner)	<input type="radio"/>		Hands or fingers on or around anus	<input type="radio"/>	<input type="radio"/>
Holding hands	<input type="radio"/>		Chest/Breast/Nipple licking/sucking	<input type="radio"/>	<input type="radio"/>	Fingers inside rectum	<input type="radio"/>	<input type="radio"/>
Kissing (please discuss where)	<input type="radio"/>		Chest/Breast/Nipple biting	<input type="radio"/>	<input type="radio"/>	Anal fisting	<input type="radio"/>	<input type="radio"/>
"Necking" (kissing on the neck)	<input type="radio"/>	<input type="radio"/>	Masturbating in front of a partner	<input type="radio"/>	<input type="radio"/>	Ejaculating on someone's body	<input type="radio"/>	<input type="radio"/>
Activities that leave marks (please discuss where)	<input type="radio"/>	<input type="radio"/>	Hands or fingers on penis	<input type="radio"/>	<input type="radio"/>	Ejaculating in someone's body	<input type="radio"/>	<input type="radio"/>
Tickling	<input type="radio"/>	<input type="radio"/>	Hands or fingers on strap-on	<input type="radio"/>	<input type="radio"/>	Using vibrators alone	<input type="radio"/>	
Wrestling or "play-fighting"		<input type="radio"/>	Hands or fingers on testes	<input type="radio"/>	<input type="radio"/>	Using dildos alone	<input type="radio"/>	
Massage (back, shoulders, legs)	<input type="radio"/>	<input type="radio"/>	Hands or fingers on vulva	<input type="radio"/>	<input type="radio"/>	Using masturbation sleeves alone	<input type="radio"/>	
Chest/Breast/Nipple play	<input type="radio"/>	<input type="radio"/>	Fingers inside vagina	<input type="radio"/>	<input type="radio"/>	Using vibrators with a partner	<input type="radio"/>	<input type="radio"/>
Dry humping/clothed body-to-body rubbing	<input type="radio"/>	<input type="radio"/>	Vaginal fisting	<input type="radio"/>	<input type="radio"/>	Using dildos with a partner	<input type="radio"/>	<input type="radio"/>

WHAT I WANT TO DO (CONT'D)

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

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: