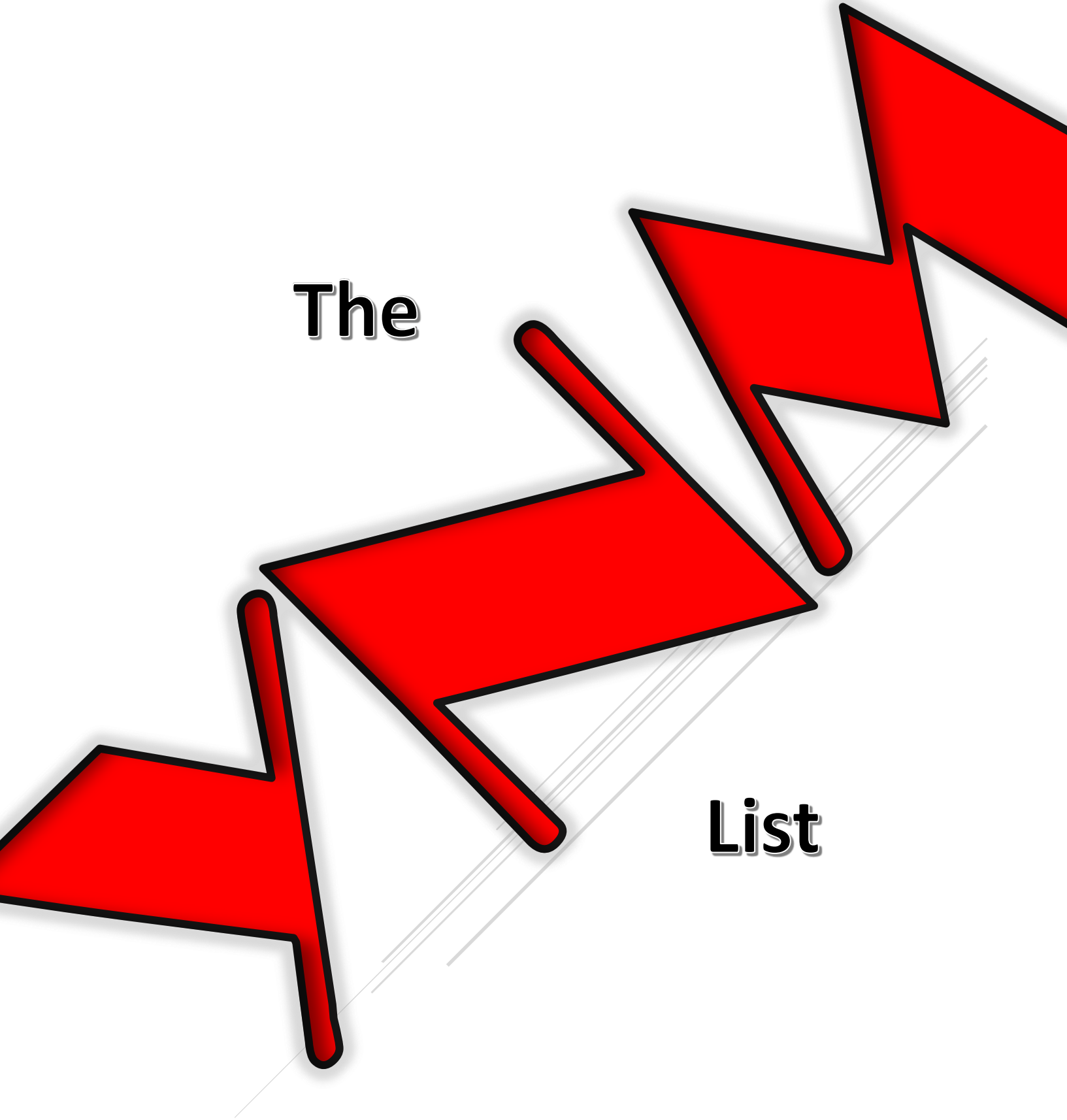


**The**

**List**



# The Yes No Maybe List

## Welcome to *For the Love of It's* "Yes No Maybe" (YNM) list!

We here at *For the Love of It* are big fans of these lists! While there are many out there, we carefully created this one by borrowing a bit from others as well as adding much more on our own. It certainly is not the perfect, or exhaustive, list and we will always be reviewing it for improvement. Also, there are many lists out there that include more activities in a certain genre (like kink or BDSM) and we recommend checking those out if that is what you are looking for!

***Sexual exploration is not always easy or does not come naturally to us all. This is especially true when interacting with a partner and the pressure of rejection, shame, or general discomfort keeps us from revealing our sexual wants and needs.***

The core intent of the **YNM** list is to provide a mechanism for us to talk about our sexual interests efficiently, jointly, and without judgement and pressure. The list does the work, putting a large variety of sexual activities on paper for you and/or your partner to evaluate and discuss. The list is great for everyone... those just starting to explore their sexuality, those who have been exploring for years, brand new relationships, those celebrating their 40<sup>th</sup> wedding anniversary, and even individuals. The more we know about what gets us and our partners off, the easier it is to explore and get the most out of our sex life. It may even bring many of us closer together and provide greater understanding and acceptance of ourselves as partners and individuals.

## Instructions:

**Before getting started, know this:** ***It is vital each partner fill out their own copy of the list in private.*** Remember, this only works with complete honesty, openness and, we cannot stress this enough, ***zero judgement.***

For each activity listed, you will see three interest options. "**Yes**" means this is *absolutely* an activity you want to do or have done. "**No**" is a *hard no* and means this is not something you want to engage in right now. "**Maybe**" is a soft yes and it will likely require additional discussion or consideration. Following the interest options are two perspective options that are only to be checked if you answered "yes" or "maybe". Check "**Give**" or "**Receive**" if you prefer to be the recipient of the activity or the one doing the giving.

**Example:** *You are for certain interested in being on the receiving end of anal intercourse. At the Anal intercourse line, check "yes" and "receive". If you decide you want to experience both, you can check "give" and "receive".*

Finally, there is a notes field that allows you to add detail to your answer if you wish. This can be anything, like declaring the act a personal favorite, a longtime fantasy, or noting a big fear despite your interest in doing it. It could even be a description of the exact situation you would need to enable the "Yes" for the act or, conversely, the situation that would create a "No".



## General questions and answers:

Before filling out the list, please consider the questions below. Knowing the answers to these could prevent future miscommunications and make for the safest, most comfortable, and most pleasurable exploration. These points are always worth revisiting, even frequently, as they are the critical framework behind our sexual selves. Fill out or circle the answer as necessary.

- I show my consent in the following way:  
ACTIVE (no until yes)      PASSIVE (yes until no)
- Feelings on intoxication during play? (details):
- I enjoy being called these:
- I do not enjoy being called:
- These parts of my body are off limits:
- Body parts I am uncomfortable touching (other people):
- Achieving orgasm during sexual stimulation is important:  
YES      NO
- I like these words for genitals or sex:
- I do not like these words for genitals or sex:
- I have the following conditions that you need to consider during play:
- My trauma triggers are (if applicable):
- Look for this when the trauma trigger occurs:
- My safe word is (if applicable):
- These types of marks on my body are *not* ok:
- The level of pain I am ok with is:
- The type of aftercare I prefer is:

**Now, let's get to the list!**

	Yes	No	Maybe	Give	Receive	Notes
Age Play						
Anal Hooks						
Anal Intercourse						
Anal Toys						
Anonymous Sex						
Begging						
Biting						
Blindfolds						
Body Paint						
Bondage – Light (ex: cuffs, bars)						
Bondage – Heavy (ex: cages, stocks, suspension)						
Bondage – Decorative (ex: Shibari)						
Brat Play						
Bukkake						
CFNM (clothed female naked male) / clothed top naked bottom						
Chastity Cage / Belt						
Choking / Air Restriction						
Cock / Vulva Worship						
Cockrings / Straps						
Collar and/or Leash						
Collaring / Symbolic Jewelry						
Confinement / Cages						
Consensual Non-Consent (CNC)						
Costume / Cosplay						
Crossdressing						

	Yes	No	Maybe	Give	Receive	Notes
Cuckold / Cuckqueen						
Dildos						
Dirty Talk						
Domination Play						
Double Penetration						
Edging						
Electrical Play – TENS/Patches						
Electrical Play - Violet/Neon Wand						
Electrical Play – Penetrative Toys						
Enema Play						
Erotic Dancing / Strip Tease						
Erotic Photo						
Erotica Reading / Listening						
Exhibitionism						
Face Slapping						
Face Sitting						
Feminine Domination						
Fetish Wear (ex: latex, leather)						
Fingering						
Fisting - Anal						
Fisting - Vaginal						
Foot Worship						
Footwear (boots, heels, etc.)						
Forced Masturbation						
Forced Orgasm						
Gags						

	Yes	No	Maybe	Give	Receive	Notes
Gangbang						
Genital / Nipple Clamps or Weights						
Genital / Nipple Pumps						
Genital Whipping / Spanking						
Gloryhole						
Golden Showers / Watersports						
Group Sex / Orgy						
Hair Pulling						
Handjob / Manual Stimulation						
Hoods						
Humiliation - Physical						
Humiliation - Public						
Humiliation - Verbal						
Impact Play – Floggers / Whips						
Impact Play – Hands / Spanking						
Impact Play – Paddles / Crops / Canes						
Intimidation - Emotional						
Intimidation - Physical						
Kissing						
Licking						
Lingerie						
Massage						
Master / Slave play						
Medical Play						
Menstruation Play						

	Yes	No	Maybe	Give	Receive	Notes
Mutual Masturbation						
Nipple Play						
Nipple Torture						
Oral Sex - Analingus						
Oral Sex – Cunnilingus / Fellatio						
Orgasm Denial						
Outdoor Sex						
Pet Play						
Phone Sex / Sexting						
Pinching						
Plastic Wrap						
Pornography / Erotica Making						
Pornography / Erotica Watching						
Public Play						
Role Play						
Scratching						
Semen Swallowing / Cum Eating						
Sensory Deprivation						
Shaving						
Skinny Dipping						
Somnophilia (sleep sex)						
Sounding						
Spanking						
Spitting / Saliva Play						
Sploshing / Food Play						

	Yes	No	Maybe	Give	Receive	Notes
Spreader Bars						
Strap On Play / Pegging						
Submission play						
Suction (mouth, toys)						
Swapping (one other couple)						
Swinging						
Teasing						
Temperature Play – Cold / Ice						
Temperature Play – Heat						
Threesome						
Tickling						
Triple Penetration						
Vaginal Intercourse						
Vibrators						
Voyeurism						
WAM (wet and messy)						
Wax Play						

***You are all done!*** When ready, find a comfortable place and ample time to review your list with yourself and/or your partner. Happy learning and exploring!



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