



Yes! No! Maybe?

The list. Made to help you express your needs, boundaries, curiosities, and desires. All the ways to have *Smart Sex*.

Explore new ways to connect with your partner. Tell them what you're into, and not — and what you're open to trying. Print this list out or fill out this interactive form on your computer(s). Are you ready? **Here's how to do it...**

CHECK YES if it's something you're interested in exploring. And if it's a yes, it should be a HELL YES.

CHECK NO if it's something that you are not interested in exploring. And that's OK! Don't feel pressure to do anything you're not comfortable with. Full stop.

CHECK MAYBE if it's not a HELL YES or a HELL NO. It's healthy to examine your uncertainty and consider what you can learn from it. Are you feeling shame? Is it hard to ask for? Or perhaps you need to do a little more homework! No matter what, there's a lot of magic in the maybes - see where the conversation takes you. Curiosity can lead to clarity and more exploration.

Yes! No! Maybe?

69
Anal sex
Analingus
Anal toys
Audio erotica
Biting
Blindfolds
Bondage
Choking
Cuckolding
Cuddling
Deepthroating
Deep breathing
Dirty talk
Dominance
Dressing up
Edging
Electrostimulation
Erotic Massage
Exhibitionism

Eye contact
Facesitting
Fingering
Fisting
Flirting
Food play
Foot massage
Gags
Group sex
G-Spot stimulation
Hair pulling
Handjob
Handcuffs
Homemade porn
Humiliation
Lap dance
Licking
Making out
Massage candle
Mutual masturbation

Yes! No! Maybe?

Massaging inner thighs
Neck kissing
Nipple play
Oral sex
Orgasm denial
Pain play
Pegging
Phone sex
Period sex
Penis rings
Penis worship
Post-sex shower

Yes! No! Maybe?

**Keep going!
The list continues
on page two...**



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Praise kink
Prostate play
Reading erotica
Role play
Rope play
Sexting
Sex games
Sex parties
Sex outside

Yes! No! Maybe?

Sex toy play
Sex toy shopping
Shower sex
Slow sex
Spanking
Spooning
Squirting
Strap-on play
Striptease

Yes! No! Maybe?

Submission
Swinging (or Swapping)
Tantric sex
Threesomes
Temperature play
Watching porn
Wearing lingerie
Vulva worship
Voyeurism

All done? Compare your completed lists! Take time to go through each item and make a combined list of things to try together. **Here's what to do if...**

YOU'RE BOTH A YES: How exciting! Now you have new ways to play in (or out) of the bedroom.

YOU'RE BOTH A NO: It's interesting to note and good to know what your no's are. Onto the next one!

YOU'RE BOTH A MAYBE: Have a conversation about your reservations and remember to follow the three T's of healthy communication using the [Sex With Emily Communication Guide](#).

YOU HAVE DIFFERENT ANSWERS: Take note of it. It's great to have intimate conversations about WHY you answered what you did. Rather than shaming your partner or getting mad, get curious! Ask questions! "Tell me more about why this is a no?" or "What makes this a maybe and not a yes?" This is not an opportunity to try to change your partner's mind, but rather an opportunity to learn about each other.

YOU DON'T KNOW WHAT A TERM MEANS: Refer to a Sex With Emily article or podcast episode to get familiar. A great place to start is the Sex With Emily [Explore + Play](#) page on sexwithemily.com.

Hot Tips:

- o Make a date out of it! Find a quiet and calming space, be thoughtful about your answers, and don't forget to reserve enough time to discuss your results.
- o Fill this list out together and discuss your answers as you go, or fill it out separately and compare your answers upon completion.
- o Review your answers and circle your top three favorite things that you already know you love doing and want more of. Star three items that are new and exciting to you that you can't wait to try!
- o Don't forget to [subscribe](#) to the #1 podcast Sex With Emily wherever you get your podcasts.

Remember,
communication is
lubrication.

XX, Emily