

Yes, No, Maybe Chart Instructions

Instructions If Using With A Partner or Partners:

1. **Print It:** Print out one chart for each person who will be participating, plus one extra as a master list. (Feel free to add any sex acts I missed, or take out sex acts that don't apply to your body.)
2. **Fill It Out:** Have each person fill out the chart (preferably alone) based upon their personal preferences. Check "Yes" if you would do this activity. Check "No" if you would not engage in the activity. Check "Maybe" if you would consider doing the activity, need more information about the activity, or are not completely opposed to the activity. BE HONEST. The whole point of this is to help express desires, and if you're not honest, this exercise won't be completely effective.
3. **Make A Master List:** Once forms are filled out, use the extra chart you printed out to compile a master list. Compare your charts and when your yes columns match up, put a mark in the "YES" column. When your no columns match up, put a mark in the "NO" column. When your maybe columns match up OR when your marks don't match up, put a mark in pencil in the "MAYBE" column.
4. **Negotiate:** Discuss the acts in the "MAYBE" column. If you can come to an agreement in either direction, erase your mark in the "MAYBE" column, and place one in either the "YES" or "NO" column based on your decision. If an agreement can't be reached, or if you're still unsure, keep the mark in the "MAYBE" column.
5. **Get to the Sexy Stuff:** Get to work on trying out all the fun stuff in the "YES" column on your master list.

Important Notes:

- This process does not need to be completed in one sitting. You can use it to just compile a "yes" list, and then come back later to discuss the maybes.
- It's important to come into this exercise with an open mind, as you have the potential to learn that your partner or partners have sexual tastes and interests you weren't expecting. For everyone's sake, please try to practice non-judgment while completing this exercise.
- TALK about this. Communication is the key to any successful sexual relationship (or any relationship in general), and doing this without the context of conversation can be worse than not doing the exercise at all.
- The Yes, No, Maybe chart is not a one-time thing. Tastes change, sometimes ideas change after you try things, so do it semi-yearly or yearly or after you've done all your 'Yes's' to update your understanding and keep yourselves on the same page.
- Oh and **HAVE FUN**, that's what sex is all about, right? (Making babies you say? Sure.)

Instructions If Using As An Activity:

Variation 1

1. **Print It:** Print enough forms for all participants.
2. **Explain It:** Go through all the acts to make sure everyone understands what everything is.
3. **Add On:** Ask participants if they have any acts they would like to add to the list. Explain the acts as they are added.
4. **Fill It Out:** Have all participants fill it out as per #2 above.
5. **Discuss:** Participants don't have to share what's on their chart, but you can have them discuss their feelings about the exercise. (I.e. were they surprised in their answers, are they excited about new things, etc.)

Variation 2:

1. **Print It:** Clear all the fields in the 'sex act' column and print out enough blank forms for the whole group.
2. **Brainstorm:** On a writing surface, have the group brainstorm all the sex acts they can think of. As acts are added, have the group place those acts in the "Sex Act" column of their blank forms. (Feel free to add acts that are overlooked or that the group may not think of right away. I also recommend keeping all acts that are accepted those acts which are consensual [i.e. no bestiality, necrophilia, etc.]
3. **Follow Steps 4-5 above.**

NOTE: You can also change the meanings of Yes, No, and Maybe. Yes can mean this is something that you HAVE done or would definitely do. No to mean this is something you've never done and would never do.

Yes, No, Maybe Chart

SEX ACT (The thing you'll be doing)	YES (I would TOTALLY do this)	NO (Not a chance!)	MAYBE (I'm possibly interested)
69			
Analingus (Giving)			
Analingus (Receiving)			
Bondage			
Bondage Toys			
Butt Toys			
Cock Rings			
Cunnilingus (Giving)			
Cunnilingus (Receiving)			
Cyber Sex			
Delaying Gratification			
Dirty Talk			
Domination and Submission			
Double Penetration			
Dry Humping			
Erotic Massage			
Erotica			
Exhibitionism			
Fantasy			
Fellatio (Giving)			
Fellatio (Receiving)			
Fetish Play			
Fingering (Giving, Anal)			
Fingering (Receiving, Anal)			
Fingering (Giving, Vaginal)			
Fingering (Receiving, Vaginal)			
Fisting			
Food Play			
French Kissing			
Full Body Kissing/Mouth Play			
Gender Play			
Grooming			
Group Sex			
G-Spot Play			
Hand Job (On Penis)			
Hand Job (On Vulva)			
Intercourse (Anal)			
Intercourse (Vaginal)			
Kissing			
Lap Dance			
Massage			
Masturbation			
Mutual Masturbation			
Menstruation Play			
Nipple Play			
Open Relationship			
Penetrative Position - Kneeling			
Penetrative Position - Penetrator On Top			
Penetrative Position - Rear Entry			
Penetrative Position - Side by Side			
Penetrative Position - Sitting			

Yes, No, Maybe Chart Glossary of Terms

- All sexual contact should always be consensual. Make sure that all members involved (whether directly or indirectly) have said yes to involvement.
- If your definitions of the terms listed are different, that's okay! Make sure you clarify that for your partner or for the group you are completing the activity with.
- Please keep in mind that appropriate safer sex and risk management practices should be used when completing any type of sex act. Have a conversation about safer sex with your partner before trying anything new.
- I recommend setting up a safe word for any type of sex play. A safe word is a word like: hyacinthe or banana. Something you probably wouldn't actually say during sex play. If play gets too intense, this word can be said to stop play.

69	Simultaneous oral sex.
Analingus (Giving)	Performing oral sex on the anus. Also known as Rimming; Tossing Salad.
Analingus (Receiving)	Receiving oral sex on the anus.
Bondage	Limitation of Mobility (Hands held above head during sex, being tied up, restraints, etc.)
Bondage Toys	Usage of restraints, rope, handcuffs, etc.
Butt Toys	Butt plugs, anal beads, prostate massagers, anal dildos, etc.
Cock Rings	Rings that inhibit blood flow out of the penis resulting in a firmer, more sensitive erection.
Cunnilingus (Giving)	Performing oral sex on a vulva. Also known as Eating Someone Out
Cunnilingus (Receiving)	Receiving oral sex on a vulva
Cyber Sex	Sex over the internet (chat rooms, instant messaging protocols, e-mail, etc)
Delaying Gratification	Not allowing the experience any pleasure or orgasm for a certain period of time (until your partner orgasms, 10 minutes, an hour, etc.)
Dirty Talk	Using erotic language before or during sex, or as it's own event
Domination and Submission	The exchange of power where one person plays a dominant role and the other plays a submissive role.
Double Penetration	Simultaneous penetration in the anus and vagina.
Dry Humping	Going through the motions of intercourse while still wearing some form of clothing.
Erotic Massage	Massage all over the body including genitals, breasts, and the anal area.
Erotica	Reading or writing erotic stories.
Exhibitionism	Sex where other people are watching
Fantasy	Sexual thoughts or ideas, sometimes realistic, sometimes not.
Fellatio (Giving)	Performing oral sex on a penis. Also known as Giving Head; Blow Job.
Fellatio (Receiving)	Receiving oral sex on a penis.
Fetish Play	Play that focuses around a certain body part or object (feet, noses, leather, etc)
Fingering (Giving, Anal)	Inserting fingers into a partner's anus.
Fingering (Receiving, Anal)	Having fingers inserted into the anus.
Fingering (Giving, Vaginal)	Inserting fingers into a partner's vagina.
Fingering (Receiving, Vaginal)	Having fingers inserted into the vagina.
Fisting	Inserting a hand into the vagina or anus.
Food Play	Using food during sex play.
French Kissing	Kissing with tongue.
Full Body Kissing/Mouth Play	Kissing all over the body.
Gender Play	Role playing a gender different than your own during sex play.
Grooming	Playing with/removal of body hair as a precursor to sex play or as the main event.
Group Sex	Sex play with 3+ partners.
G-Spot Play	Stimulating the G-Spot.
Hand Job (On Penis)	Using the hand to pleasure the penis.
Hand Job (On Vulva)	Having the penis pleased by a hand.
Intercourse (Anal)	Penetration of the anus by a penis or toy.

Intercourse (Vaginal)	Penetration of the vagina by a toy or penis.
Kissing	Mouth to mouth contact.
Lap Dance	Erotic dance performed in close contact with, or on top of, someone.
Massage	Manipulating tissues with hands or massage tools.
Masturbation	Self Pleasure.
Mutual Masturbation	Watching a partner pleasure themselves, watching each other self-pleasure. (For "masturbating" a partner, refer to Hand Job)
Menstruation Play	Sexual play while a female partner or partners are menstruating.
Nipple Play	Stimulating nipples.
Open Relationship	A relationship where partners can have sexual liaisons outside of their primary partner.
Penetrative Position - Kneeling	Penetration while on knees
Penetrative Position - Penetrator On Top	Sex play with the person penetrating on top. (I.e. Missionary)
Penetrative Position - Rear Entry	Sex play where penetration happens from the rear (I.e. Doggie Style)
Penetrative Position - Side by Side	Sex play where partners are lying on their sides facing each other
Penetrative Position - Sitting	Use of a sitting position or chairs during penetration
Penetrative Position - Stand And Carry	The penetrating partner is standing while supporting the weight of the receiving partner.
Penetrative Position - Standing	Both partners are standing.
Penetrative Position - Penetrator on Bottom	The receiving partner is on top (I.e. cowgirl or reverse cowgirl)
Phone Sex	Sex over the phone.
Polyamory	Being involved in or open to multiple loving relationships, in a context of honesty and negotiation. There is a commitment to honesty with all partners and openly negotiated ground rules. (Taken from www.openweave.org)
Pornography	Watching erotic videos or DVDs.
Prostate Massage (Giving)	Using fingers to stimulate the prostate.
Prostate Massage (Receiving)	Having your prostate stimulated.
Public Sex	Sex in public places.
Quickies	Brief sexual encounters.
Role Play	Setting a scene and enacting specific roles (doctor/nurse; teacher/student, etc)
Rough Play	Vigorous, clothes tearing, hair pulling, sweaty, etc.
Scat Play	Play involving feces.
Sensation Toys	Blindfolds, riding crops, floggers, nipple clamps, ice cubes, candle wax, etc.
Sensory Deprivation	Taking away one sense to heighten all others (i.e. blindfold to take away sight, but increase taste, touch, smell, and hearing)
Sex Clubs	Clubs designated for many different kinds of sexual play.
Sex Parties	Parties where folks get together to negotiate sexual encounters or have sex at the party site.
Shrimping	Sucking toes.
Slow Play	Sexual play that has a slow, often gentle, pace.
SM (Erotic Pain Play)	Play that works with erotic pain (spanking, flogging, hair-pulling, etc.)
Spanking	Using the hand or toys to cause a stinging sensation on fleshy areas of the body, usually the butt.
Strap-On Play (Giving)	Using a harness and dildo to penetrate a partner.
Strap-On Play (Receiving)	Being penetrated by a partner wearing a harness.
Strip Tease	The erotic removal of clothing, sometimes to music.
Suspension	Being suspended in the air through the use of rope, swings, or other means
Swinging	Partner swapping
Titty Fucking	Rubbing a penis or toy between the breasts of a partner.
Urine Play	Sex play involving urine. Also known as Golden Showers; Watersports.
Vibrators	Toys that emit a vibratory sensation.
Vomit Play	Sex play involving vomit. Also known as rainbow showers.
Voyeurism	Watching others have sex.