

SEXUAL ACTIVITIES LIST



It is important to get acquainted in a way which feels comfortable for you as a couple. Some couples can find themselves having very little physical contact apart from sex, and others notice they find non sexual touching happens very easily, but sexual touching feels more difficult.

Work through the exercise below, each indicating how comfortable you feel with the following activities. Take it in turns to fill in all the questions. Do not show each other your answers until you have both completed the questions alone. Obviously there are many other activities which some couples enjoy, so feel free to add your own ideas too.

Kissing each other hello / goodbye

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Being naked together

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Kissing

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Hugging fully clothed

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Holding hands

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Touching yourself sexually in front of each other

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Having a bath or shower together

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Giving oral sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Using sex toys alone (e.g. a vibrator, dildo, anal beads)

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Using sex toys together

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Having penetrative vaginal sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Being naked together

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Talking about sexual fantasies

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Cuddling whilst watching TV

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Receiving oral sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Giving massage for relaxation

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Playing with each other's hair

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Receiving a massage for relaxation

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Experimenting with touch to the anus

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Massage as part of sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Having penetrative anal sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Stroking your partner's body

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Exploring each other's genitals with your hands

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Tying each other up as part of sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Stimulating your partner's anus with your lips or tongue

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Watching pornography together

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Bringing each other to orgasm with your hands

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Dressing up/roleplay

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Having sex in different places

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Phone sex/text sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Using mirrors to watch

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

BDSM

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Play with urine or faeces

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Talk during sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Talking to my partner about sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Talking to friends about sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Doing things which might cause mild pain or discomfort

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Having a partner ejaculate on your body

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Using food items as part of sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Cross dressing during sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Biting or scratching a partner

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Wearing something that covers your eyes

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Having your movement restricted during sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Being bitten or scratched

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Exchanging sexual or nude photos of yourself

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Being slapped or spanked by a partner

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Pinching or using clamps as part of sex

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Experimenting with different sexual positions

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Other:

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Other:

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Other:

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Other:

- ☐ Very comfortable
- ☐ Not my thing
- ☐ Would like to do more of / try

Reflections/notes