

Yes, No, Maybe So: A Sexual Inventory Stocklist

Body Boundaries

- Having a partner touch me affectionately without asking first
- Touching a partner affectionately without asking first
- Having a partner touch me sexually without asking first
- Touching a partner sexually without asking first
- Having a partner touch me affectionately in public
- Touching a partner affectionately in public
- Having a partner touch me sexually in public
- Touching a partner sexually in public
- Having my shirt/top off with a partner
- Having a partner's shirt/top off
- Having my pants/bottoms off with a partner
- Having a partner's pants/bottoms off
- Being completely naked with a partner with the lights off or low
- Having a partner be completely naked with the lights off or low
- Being completely naked with a partner with the lights on
- Having a partner be completely naked with the lights on
- Direct eye contact
- Being looked at directly, overall, when I am naked
- Grooming or toileting in front of a partner
- Having a partner groom/use the toilet in front of me
- Having my genitals looked at directly
- Having a partner talk about my body
- Talking about a partner's body
- Having some or all of a disability, identity or difference I have be specifically made part of sex, sexualized or objectified
- Having some or all of a disability, identity or difference a partner has be specifically made part of sex, sexualized or objectified
- Having some or all kinds of sex during a menstrual period
- Seeing or being exposed to other kinds of body fluids (like sweat or urine)
- Shaving/trimming/removing my own pubic hair
- Shaving/trimming/removing a partner's pubic hair
- Other:
- Other:

Code Guide

Y = Yes

N = No

M = Maybe

IDK = I don't know

F = Fantasy

N/A = not applicable

Some parts of my body are just off-limits. Those are:

I am not comfortable looking at, touching or feeling some parts of another person's body. Those are:

I am triggered by (have a post-traumatic response to) something(s) about body boundaries. Those are/that is:

Sample discussions: *What helps me feel most comfortable being naked with someone? What ways a partner does or may talk about my body make or could make me feel uncomfortable? What do I "count" as sexual touching and what do I consider affectionate touching?*

Words & Terms

I prefer the following gender/sexual identity or role words (like man, woman, boi, femme, butch, top, etc.) to be used for me:

I prefer my chest or breasts be referred to as:

I prefer my genitals to be referred to as:

I prefer my sexual orientation and/or identity to be referred to as:

Some words I am not okay with to refer to me, my identity, my body or, or which I am uncomfortable using or hearing about, with or during any kind of sex are:

I am triggered by certain words or language. Those are/that is:

Sample discussions: *Are certain words okay in some settings or situations but not in others? How flexible am I with what a partner might want to call something I like calling something else? Why do I use the words for my parts that I do?*

Relationship Models & Choices

- Having a partner talk to close friends about our sex life
- Talking to close friends about my sex life
- Having a partner talk to acquaintances, family or co-workers about our sex life
- Talking to acquaintances, family or co-workers about my sex life
- An exclusive romantic relationship
- An exclusive sexual relationship
- Some kind of casual or occasional open/non-exclusive romantic relationship
- Some kind of casual or occasional open/non-exclusive sexual relationship
- Some kind of serious or ongoing open/non-exclusive romantic relationship
- Some kind of serious or ongoing open/non-exclusive sexual relationship
- Sex of some kind(s) with one partner at a time, only
- Sex of some kind(s) with two partners at a time
- Sex of some kind(s) with three partners at a time
- Sex of some kind(s) with more than three partners at a time
- Other:
- Other:

Sample discussions: *What kind of agreements do/would I want with the kinds of relationships models I want or am interested in? What are my personal values with relationships and simultaneous sexual partners?*

Safer Sex and Overall Safety Items and Behaviors

- Sharing my sexual history with a partner
- A partner sharing their sexual history with me
- Doing anything sexual which does or might pose high risks of certain or all sexually transmitted infections (STIs)
- Doing anything sexual which does or might pose moderate risks of certain or all sexually transmitted infections (STIs)
- Doing anything sexual which does or might pose low risks of certain or all sexually transmitted infections (STIs)
- Using a condom with a partner, always
- Using a condom with a partner, not always
- Putting on a condom myself
- Putting on a condom for someone else
- Having someone else put on a condom for me
- Using a dental dam, with a partner, always
- Using a dental dam, with a partner, not always
- Putting on a dental dam for myself
- Putting a dental dam on someone else

- Having someone else put a dental dam on me
- Using a latex glove with a partner, always
- Using a latex glove with a partner, not always
- Putting on a latex glove for myself
- Putting on a latex glove for someone else
- Having someone else put a latex glove on me
- Using lubricant with a partner
- Applying lubricant to myself
- Applying lubricant on a partner
- Having someone else put lubricant on me
- Getting tested for STIs before sex with a partner
- Getting regularly tested for STIs by myself
- Getting tested for STIs with a partner
- A partner getting regularly tested for STIs
- Sharing STI test results with a partner
- Doing things which might cause me momentary or minor discomfort or pain
- Doing things which might cause a partner momentary or minor discomfort or pain
- Doing things which might cause me sustained or major discomfort or pain
- Doing things which might cause a partner sustained or major discomfort or pain
- Being unable to communicate clearly during sex
- Having a partner be unable to communicate clearly
- Initiating or having sex while or after I have been drinking alcohol or other recreational drugs
- A partner initiating or having sex while or after drinking alcohol or other recreational drugs
- Other:
- Other:

I am triggered by something(s) around sexual safety, or need additional safety precautions because of triggers. Those are/that is:

Sample discussions: *Are sexual history conversations loaded for me? Do I have any double-standards with safer sex, testing or other safety? What makes me feel some risk is worth it, while another isn't?*

Sexual Responses

- Experiencing or expressing unexpected or challenging emotions before, during or after sex
- A partner experiencing or expressing or challenging emotions before, during or after sex
- Not experiencing or expressing expected emotions before, during or after sex
- A partner not experiencing or expressing expected emotions before, during or after sex
- Feeling and being aroused (sexually excited), alone
- Feeling and being aroused, with or in front of a partner
- Having genital sexual response, like erection or lubrication, alone
- Having genital sexual response, like erection or lubrication, seen or felt by a partner
- Not having or "losing" erection or lubrication, alone
- Not having or "losing" erection or lubrication, with or in front of a partner
- Being unable to reach orgasm, alone
- Being unable to reach orgasm, with a partner
- Having one orgasm, alone
- Having one orgasm, with or in front of a partner
- Having more than one orgasm, alone
- Having more than one orgasm, with or in front of a partner

- Ejaculating, alone
- Ejaculating, with or in front of a partner
- Having a partner ejaculate with me/while I'm present
- Having an orgasm before or after you feel like you "should" with a partner
- Having a partner have an orgasm before or after you feel like they "should"
- Making noise during sex or orgasm, alone
- Making noise during sex or orgasm, with a partner
- Having sex interrupted by something or someone external or your own body or feelings
- Other:
- Other:

I am triggered by certain sexual responses of my own or those of a partner. Those are:

I like or don't like having or giving certain kinds of sexual aftercare (like snuggling or reaffirming emotional feelings). Those are:

Is what I/we think of as ideal in alignment with what our responses and comfort with them really are? What parts of sexual response make me feel vulnerable or exposed? Am I putting any pressure on myself or partners to respond a certain way?

Physical and/or Sexual Activities

- Masturbation
- Holding hands
- Hugging
- Kissing, cheek or face
- Kissing, closed-mouth
- Kissing, open-mouth
- Being kissed or touched on the neck
- Kissing or touching a partner's neck
- Giving hickeys
- Getting hickeys
- Tickling, doing the tickling
- Tickling, being tickled
- Wrestling or "play-fighting"
- General massage, giving
- General massage, receiving
- Having my chest, breasts and/or nipples touched or rubbed
- Touching or rubbing a partner's the breasts, chest and/or nipples
- Frottage (dry humping/clothed body-to-body rubbing)
- Tribadism (scissoring, rubbing naked genitals together with a partner)
- Having a partner's mouth or tongue on my breasts or chest
- Putting my mouth or tongue on a partner's breasts or chest
- Masturbating in front of/with a partner
- Having a partner masturbate in front of/with me
- Manual sex (hands or fingers on penis or strap-on), receiving
- Manual sex (hands or fingers to penis or strap-on), giving
- Manual sex (hands or fingers on testes), receiving
- Manual sex (hands or fingers on testes), giving
- Manual sex (hands or fingers on vulva), receiving
- Manual sex (hands or fingers on vulva), giving
- Manual sex (hands or fingers inside vagina), receiving
- Manual sex (hands or fingers inside vagina), giving
- Manual sex (hands or fingers on or around anus), receiving

"Receptive" means the person in a given activity who is taking someone else into their body in some way, and "insertive" means the partner who is putting themselves into another person. "Giving" means a person doing something to someone else, and "receiving" is the person having something done to them. Language for these things is imperfect, though, since any time we're actively having sex with someone else, everyone is the "doer" not just one person.

- Manual sex (hands or fingers on or around anus), giving
- Manual sex (hands or fingers inside rectum), receiving
- Manual sex (hands or fingers inside rectum), giving
- Ejaculating (coming) on or in a partner's body
- Having a partner ejaculate (come) on or in my body
- Using sex toys (like vibrators, dildos or masturbation sleeves), alone
- Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner
- Oral sex (to vulva), receptive partner
- Oral sex (to vulva), doing to someone else
- Oral sex (to penis or strap-on), receptive partner
- Oral sex (to penis or strap-on), doing to someone else
- Oral sex (to testes), receptive partner
- Oral sex (to testes), doing to someone else
- Oral sex (to anus), receptive partner
- Oral sex (to anus), doing to someone else
- Vaginal intercourse, receptive partner
- Vaginal intercourse, insertive partner
- Anal intercourse, receptive partner
- Anal intercourse, insertive partner
- Having food items be part of sex
- Cross-dressing during sex
- Having a partner cross-dress during sex
- Biting a partner
- Being bitten by a partner
- Scratching a partner
- Being scratched by a partner
- Wearing something that covers my eyes
- Having a partner wear something that covers their eyes
- Having my movement restricted
- Restricting the movement of a partner
- Being slapped or spanked by a partner in the context of sexual pleasure
- Slapping or spanking a partner in the context of sexual pleasure
- Pinching or having any kind of clamp used on my body during sex
- Pinching a partner or using any kind of clamp on them during sex
- Other:
- Other:

I am triggered by certain sexual activities. Those are:

Sample discussions: *If I said yes to something but my partner said maybe, what conditions might make their maybe a yes? With a partner, can we each live with and accept our no's? What ways do each of us, so far, know we like things done we've said we would do/like to do?*

Non-Physical (or not necessarily physical) Sexual Activities

- Communicating my sexual fantasies to/with a partner
- Receiving information about a partner's sexual fantasies
- Role-play
- Phone sex
- Cybersex, in IM
- Cybersex, in chat room
- Cybersex, on cell phone
- Getting sexual images of a partner in my email or on my phone
- Giving sexual images to a partner in their email or on their phone
- Reading pornography or erotica, alone

- Reading pornography or erotica, with a partner
- Viewing pornography, alone
- Viewing pornography, with a partner
- A partner reading or viewing pornography
- Giving pornography/erotica to a partner
- Getting pornography/erotica from a partner
- Other:
- Other:

I am triggered by certain non-physical sexual activities. Those are:

Sample discussions: *How do non-physical sexual activities figure into our/my relationship agreements? How big a role do non-physical sexual activities play in my sex life or do I want them to play?*

Birth Control/Reproductive Choices

- Doing anything sexual which does or might pose a risk of pregnancy without using a reliable method of birth control
- Doing anything sexual which does or might pose a risk of pregnancy with a reliable form of birth control
- Using emergency contraception
- Having a partner use emergency contraception
- Becoming pregnant
- Creating a pregnancy with a partner
- Helping a partner throughout a pregnancy and delivery
- Experiencing a loss with a pregnancy, like miscarriage or abortion
- Supporting a partner through a loss with a pregnancy, like miscarriage or abortion
- Parenting with a partner
- Parenting by myself
- Paying child support for a pregnancy I co-created
- Terminating a pregnancy (abortion)
- Having a partner terminate a pregnancy (abortion)
- Choosing adoption if there was a pregnancy
- Other:
- Other:

Sample discussions: *In what situations do I see myself making a given reproductive choice (if applicable)? How do/might I feel about a partner having very different answers in this section than I do, and how would that impact my choice to be with them?*