THE YES! NO. MAYBE? NOTEBOOK

AN EXERCISE FOR INCREASING INTIMACY
AND SPICING UP YOUR SEX LIFE!
BY @SEXEDWITHBYRD

YES! NO, MAYBE? LIST

INSTRUCTIONS:

A “YES! NO. MAYBE?” LIST IS A MENU OF INTIMATE OR SEXUAL ACTS. YOU MAY HAVE HEARD OR DONE SOME OF THEM AND NOT OTHERS. THE “YES” COLUMN IS FOR ACTS THAT YOU WANT TO TRY; THE “MAYBE” COLUMN IS FOR ACTS YOU WOULD CONSIDER TRYING; THE “NO” COLUMN IS FOR ACTS THAT YOU ARE UNCOMFORTABLE PERFORMING OR RECEIVING.

KEEP IN MIND THAT ACTS CAN HAVE RULES AND BOUNDARIES ATTACHED TO THEM. FOR EXAMPLE, “YES, I WILL TRY HANDCUFFS, BUT ONLY IF THEY ARE FLUFFY AND NOT METAL.”

ONCE FILLING OUT YOUR LISTS, COMPARE AND CONTRAST WITH YOUR PARTNER[S] TO CREATE YOUR OWN MENU OF NEW THINGS TO TRY!

YES! NO, MAYBE? LIST

TOYS & PROPS

VIBRATOR [CLITORAL, VAGINAL, OR ANAL]

COCK RING [VIBRATING OR NON-VIBRATING]

ANAL TOYS SUCH AS BEADS OR PLUGS

SEX SWING

SEX MACHINES

STRAP ON / PEGGING

NIPPLE CLAMPS

SPREADER BARS

COLLAR/LEASH

CHASTITY BELT

CUFFS

CLOTHES PINS

QUEENING CHAIR

PENIS, NIPPLE, VULVA, CLITORAL PUMPS

PENIS OR FINGER EXTENDERS

COUPLE TOYS

BLIND FOLD

YES! NO, MAYBE? LIST

BDSM/KINK/FETISHES

SPANKING [HAND, FLOGGER ETC]

SUBMISSION/DOMINANCE

GAG

ROPE

LEASH/COLLAR

BED RESTRAINTS

WAX PLAY

LEATHER

BREATH PLAY

ELECTROSEX

CONFINEMENT

CHASTITY

DEGRADATION/HUMILIATION

COCK AND BALL TORTURE

MEDICAL PLAY

RAPE FANTASY/CONSENSUAL NON CONSENSUAL

URINE/VOMIT/FECES/BLOOD PLAY

AGE PLAY

YES! NO, MAYBE? LIST

PLAY

TICKLING [WHERE?]

KISSING [WHERE?]

MASSAGE [WHERE?]

LICKING [WHERE?]

ANAL SEX

EXHIBITIONISM

WATCHING PORN TOGETHER

MUTUAL MASTURBATION

SEX FURNITURE

LINGERIE

69

CUNNINLINGUS

FELLATIO

ANALINGUS

FLAVORED LUBES / FOOD / WARMING GELS

BITING / HICKIES

DIRTY TALK

YES! NO, MAYBE? LIST

PLAY

ICE CUBES

LAP DANCE

OPEN RELATIONSHIP/POLYAMORY/ETHICAL NON-MONOGAMY/SWINGING/THREESOME/CUCKOLDING/

SEX PARTIES

STRIP CLUBS

TANTRA

ROLE PLAY

NUDE BEACH

EDGING / ORGASM DENIAL

FISTING

HAIR PULLING

YES! NO, MAYBE? LIST

@SEXEDWITHBYRD | NAME:

YES!

NO.

MAYBE...?

YES! NO, MAYBE? LIST

@SEXEDWITHBYRD | NAME:

YES!

NO.

MAYBE...?

YES! NO, MAYBE? LIST

@SEXEDWITHBYRD | NAME:

YES!

NO.

MAYBE...?

NOTES

THE

YES! NO. MAYBE?

NOTEBOOK

FIND ME:
@SEXEDWITHBYRD
SEXEDWITHBYRD@GMAIL.COM
HTTPS://WWW.SEXEDWITHBYRD.COM/