



Yes / No / Maybe

Questions & Inspiration
on Sexuality and Intimacy

Completed on: _____



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for individuals, couples, and all relationship types.

In Hamburg and online.

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So Glad You're Here!

This list is meant to be part of your toolkit for a more fulfilling sexuality that feels right and pleasurable for you. You can take the questions and items on the list just as they are and fill them out. Or you can add your own thoughts and ideas. Or you can use the list purely as an inspiration and do your own thing entirely!

The most important thing is to take the time to think about your desires, needs, and boundaries. If you're sexually intimate with other people, the list can also be a good starting point for conversations about your shared sex life. In that case, please fill out the list on your own first and then talk it through with your (potential) partners.

Sexuality keeps evolving throughout our lives. That's why nothing you write down here or talk about afterward is set in stone. What used to turn you on may leave you indifferent today – or the other way around. So feel free to fill out the list again in the future. You might discover some exciting changes!

The list is fairly extensive because it aims to cover a broad spectrum of human sexuality. Don't let that unsettle you or make you feel pressured. What "good sex" means to you is entirely up to you. You don't need to try unconventional practices to get there if that's not your thing. You also don't have to fill out every item on the list. As you go through it, tune in to yourself and notice where resistance, desire, or curiosity shows up. That's your personal compass for a fulfilling sex life!

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How to Use This List

Blank Spaces & Free-Text Areas

In some sections of this document, you'll find blank spaces to add your thoughts on topics like language, your body, consent, communication, triggers, and safer sex. What you write there can also help you if you'd like to talk this document through with your (potential) partners.

Tables

The tables list activities related to sex and intimacy. At the end of each section, there's also space for your own ideas. Tables have the following columns:

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
<i>The activity in question</i>	"I do it on my own or to myself"	"I am the one taking action." / "I'm the one giving" / "top"	"My partner is the one taking action." / "I'm the one receiving" / "bottom"	Space for context, questions, thoughts, safety concerns or precautions, etc.

In the **Solo**, **I do it (to/for my partner)**, and **My partner does it (to/for me)** columns, you can enter one of the following codes. If nothing comes to mind or you're not sure, just leave it blank.

Code	Meaning
Y	"Yes – I want to do or try this."
?	"Maybe – I don't know if I'm into it, I have questions about it, or it depends on certain conditions, but I want to talk about it." Important: Because "?" can mean different things, the Notes column is especially relevant here.
N	"No – I don't want to do or try this." Important: An "N" doesn't need any explanation you don't want to give.
F	"Fantasy – I like the idea, but I don't want to act on it. I might want to talk about it, though."
X	"Doesn't apply to me / doesn't work for me."
!	"Hard limit – I don't want to discuss it, joke about it, or be asked whether that's changed." Can be added after any "N".

For mutual activities like kissing, holding hands, etc., which don't have a particular direction, you can simply fill in both the **I do it (to/for my partner)** and **My partner does it (to/for me)** columns.

A "—" means there's nothing to fill in here. A "_____" means there's space for your own term.

Now I hope you have fun making this list your own! :)



Language & Names

Fill in whatever applies to you here, and leave the rest blank.

My gender identity is:

My pronouns are:

I call my chest / breasts:

Please NEVER refer to my chest / breasts as:

I call my genitals:

Please NEVER refer to my genitals as:

I like it when you call me this during sex:

Please NEVER call me this during sex:



Physical Boundaries

Maybe there are certain ways you love to be touched – or ways you absolutely don't want to be touched. You might also have physical limitations that are relevant to you. Here's space for all of that.

Outside of sex, I love being touched like this:

During sex, I love being touched like this:

Please NEVER touch me like this outside of sex:

Please NEVER touch me like this during sex:



Other physical boundaries or limitations I have:



Mini Consent Check

Communication and consent play an important role in sex and intimacy. You may already have found ways to say or show nonverbally whether you're enjoying something, whether it's time for another check-in, or whether you really don't like something right now. If so, you can write them down below and talk about them with your (potential) partners.

If not, feel free to think about it on your own first. If that's hard, consider how you communicate or show these things in other areas of your life – you might find some inspiration there. Then talk about it with your (potential) partners, too.

To me, consent means:

Before and/or during sexual encounters, I'd like to talk about or be asked about the following:

Before and/or during sexual encounters, I'd like the person I'm with to ask for consent in these ways:

Traffic Lights, Safewords & Stop Signals

A traffic light system often works well for signaling whether you want to keep going, change something, or stop. You can use the color names themselves as signals or come up with your own words or signs.

In role-play or struggle play, a “no” or “stop” can be part of the game. That’s why you need a **safeword**: a word that doesn’t otherwise come up during play and always takes effect immediately – no matter who says it. Using a safeword is always okay and has no negative consequences whatsoever.

If you can’t speak (e.g., because you’re gagged), you need a nonverbal signal. Make sure it actually works in the situation at hand. If your hands are restrained, for example, you can’t tap out, but you can drop an object.

In the table, write down how someone can tell what you mean in the moment. Whatever you enter in the Red row is your safeword or stop signal.

Signal	...I do:	...I say:	...you can tell by:
 Green – all good, I’m enjoying it, keep doing what you do			
 Yellow – slow down, change something, check in with me, or ask for consent again			
 Red – I do NOT like something, stop immediately			

When a safeword has been used, I need (see also section [“After Sex & Aftercare”, p. 20](#)):



You can also fill out this section later if it feels like too much right now.



- Protection against sexually transmitted infections (STIs) with condoms, dental dams, toy covers (= like condoms, made specifically for toys), and general hygiene measures like washing your hands, etc.
- Methods of preventing pregnancy, such as internal condoms, copper or hormonal IUDs

- The table and the free-text fields below can help you do a status check and give you a starting point for conversations with partners.



Safer Sex Matrix by Activity

The following matrix lists some activities where safer sex practices can or should be used. In the “**I receive**” and “**My partner receives**” columns, you can enter one of the following symbols to mark how important safer sex practices are to you for each activity:

- ☐ ++ Must-have – safer sex practices are non-negotiable for me here
- ☐ + Nice-to-have – I prefer safer sex practices here, but I’m more flexible
- ☐ ∅ Won’t-have – I don’t want safer sex practices here

In the “**Safer Sex Practices & Notes**” column, write down which kinds of protection matter to you for that activity. You can also add other notes there if you like.

Activity	I receive	My partner receives	Safer Sex Practices & Notes
Stimulation with mouth / tongue on the genitals			
Stimulation with mouth / tongue on the anus			
Stimulation with genitals / strap-on on / in the anus			
Stimulation with genitals / strap-on on the genitals			
Stimulation with fingers / hand on / in the genitals			
Stimulation with fingers / hand on / in the anus			
Stimulation with fingers / hand in the mouth			

I have the following allergies or sensitivities (e.g., latex):

My last STI test was:

My current STI status is:

- ☐ ++ Must-have
 ☐ + Nice-to-have
 ☐ ∅ Won’t-have



I always want these contraceptive methods in place (Must-have):

I'm also happy with these contraceptive methods, but they're not a must for me (Nice-to-have):

Other details I'd like to share about my sexual, physical, or mental health, safer sex, or contraception:

Questions I have for my partner(s) about sexual, physical, or mental health, safer sex or contraception:



Closeness & Affection

This section is about forms of closeness and affection that may or may not be sexually charged. Some of these activities can happen both in a private, protected setting (e.g., at home) and in public. If you find activities on the list that you can only imagine at home, or not in public, feel free to note that in the Notes column.

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Closeness, Affection & Kissing				
Holding hands	—			
Hugging from behind	—			
Long, intimate embrace	—			

☒ Yes ☐ Maybe ☐ No ☐ Fantasy ☐ Doesn't apply to me ☐ Hard limit nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Stroking hair or back	—			
Resting head in lap	—			
Touching tenderly without asking first	—			
Kissing on the forehead, cheek, or hand	—			
Kissing on the mouth	—			
French kissing	—			
Making out without sex afterward	—			
Making out before sex	—			
Kissing the neck	—			
Hickeys (where?)	—			
Massage	—			
Erotic massage	—			
Tickling	—			
Play-fighting (non-sexual)	—			
Cuddling, Sleeping & Care				
Cuddling with clothes on	—			
Cuddling half-naked or fully naked	—			

☐ Y Yes
 ☐ ? Maybe
 ☐ N No
 ☐ F Fantasy
 ☐ X Doesn't apply to me
 ☐ ! Hard limit
 — nothing to fill in



Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Napping or spending the night in the same bed	—			
Spooning – big spoon / on the outside	—			
Tucking in or bundling up in a blanket	—			
Applying lotion				
Combing hair				
Washing / soaping up				
Being Naked & Being Seen				
Watching someone get dressed / undressed	—			
Being naked from the waist up in front of a partner (context in Notes)	—			
Being naked in front of a partner in the dark	—			
Being naked in front of a partner in a dimly lit environment	—			
Being naked in front of a partner in fully lit environment	—			
Being naked without it leading to sex	—			
Stripping for the other person	—			
Looking directly at genitals	—			

☐ Y Yes
 ☐ ? Maybe
 ☐ N No
 ☐ F Fantasy
 ☐ X Doesn't apply to me
 ☐ ! Hard limit
 — nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Eye contact during tender touch	—			
Eye contact during sex	—			
Showering or bathing together	—			



All About Sex

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Caressing over clothes	—			
Caressing under clothes	—			
Rubbing against each other with clothes on (dry humping)	—			
Rubbing genitals directly together (tribbing, scissoring, frotting)	—			
Touching the chest / nipples / _____				
Stimulating the chest / nipples / _____ with mouth or tongue	—			
Genital stimulation with hands through clothing	—			

☒ Y Yes
 ☐ ? Maybe
 ☐ N No
 ☐ F Fantasy
 ☐ X Doesn't apply to me
 ☐ ! Hard limit
 — nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Masturbating alone		—	—	
Masturbating while the other person watches	—			
Mutual masturbation	—			
Stimulation with hands / fingers on the vulva & clitoral glans / _____				
Stimulation with hands / fingers in the vagina / _____				
Stimulation with hands / fingers on the penis / strap- on / _____				
Stimulation with hands / fingers on the testicles / _____				
Stimulation with hands / fingers on the perineum (between genitals and anus)				
Stimulation with hands / fingers on or around the anus				
Stimulation with fingers in the anus				
Stimulation with mouth / tongue on the vulva & clitoral glans / _____	—			
Stimulation with mouth / tongue on the penis / strap- on / _____	—			
Stimulation with mouth / tongue on the testicles / _____	—			
Stimulation with mouth / tongue on the anus (rimming)	—			

☒ Y Yes
 ☐ ? Maybe
 ☐ N No
 ☐ F Fantasy
 ☒ X Doesn't apply to me
 ☐ ! Hard limit
 — nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Simultaneous stimulation with mouth / tongue on the genitals (69)	—			
Vaginal penetration with a penis / strap-on / _____	—			
Anal penetration with a penis / strap-on / _____	—			
Other kinds of penetration (How? → Notes)	—			
Using a vibrator / dildo / other toy for external genital stimulation				
Using a vibrator / dildo / other toy for vaginal stimulation				
Using a vibrator / dildo / other toy for anal stimulation				
Using a butt plug / anal beads				
Applying lube				
Vaginal fisting				
Anal fisting				
Ejaculating / squirting on the other person's body (Where? → Notes)	—			
Ejaculating inside the other person's body (Where? → Notes)	—			
Sounds (e.g., moaning) during sex				
Dirty talk				
Sex / masturbation without orgasm as the goal				

☐ Y Yes
 ☐ ? Maybe
 ☐ N No
 ☐ F Fantasy
 ☐ X Doesn't apply to me
 ☐ ! Hard limit
 ☐ — nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Sex / masturbation during menstruation (context in Notes)				
Sex / masturbation under the influence of alcohol or drugs				
Sexting (Texts? Photos? Voice messages? → details in Notes)	—			
Phone sex	—			
Sex via video call	—			
Threesome (details in Notes)				
Group sex (details in Notes)				
Wearing sexy outfits (details in Notes)				
Erotic Inspiration				
Watching porn				
Watching porn during sex				
Reading erotica				
Reading erotica aloud				

☐ Y Yes
 ☐ ? Maybe
 ☐ N No
 ☐ F Fantasy
 ☐ X Doesn't apply to me
 ☐ ! Hard limit
 ☐ — nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Listening to an erotic audiobook or story				
Listening to an erotic audiobook or story during sex				

Kink & BDSM

Kink is an umbrella term for sexual preferences and practices that go beyond what's often considered "standard." BDSM stands for bondage & discipline, dominance & submission, and sadism & masochism – in other words, play involving power, control, and intense sensations. As with everything on this list, you don't have to like any of it, and none of it is "too much" as long as everyone involved is informed and consents freely.

A few things are especially important here: clear agreements beforehand, an agreed-upon safeword or stop signal (see "[Traffic Lights, Safewords & Stop Signals](#)", p. 7), and aftercare.

Kink & BDSM Practices

For the items marked  in the table, consent alone isn't enough: they carry real physical risk and require know-how. That applies both solo and with a partner. So be sure to learn about them beforehand, and note your conditions and safety precautions in the last column of the table.

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes, Conditions & Safety Precautions
Being dominant / leading	—			
Being submissive / following	—			

 Yes
  Maybe
  No
  Fantasy
  Doesn't apply to me
  Hard limit
  nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes, Conditions & Safety Precautions
Wearing a kinky outfit				
Using a blindfold				
Pinning hands down	—			
Restraining hands (e.g., with ties or handcuffs)	—			
Hand over mouth				
Using a ball gag				
Leaving physical marks (e.g., welts, bruises)	—			
Face slapping	—			
Biting	—			
Scratching	—			
Hair pulling	—			
Spitting on someone	—			
Spanking with hands	—			
Spanking with a paddle or other toys	—			
Flogging	—			
Breath play or choking ⚠	—			
Tying up / bondage / rope play ⚠				
Pinching or attaching clamps	—			
Wax play ⚠	—			

☒ **Y** Yes
 ☐ **?** Maybe
 ☐ **N** No
 ☐ **F** Fantasy
 ☐ **X** Doesn't apply to me
 ☐ **!** Hard limit
 — nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes, Conditions & Safety Precautions
Controlling or delaying orgasm / edging				
Praising / praise kink	—			
Degrading or insulting / degradation kink	—			
Struggle play / rough body play ⚠	—			
Role-play	—			
Voyeurism / watching others have sex				
Exhibitionism / being watched during sex				

☐ **Y** Yes
 ☐ **?** Maybe
 ☐ **N** No
 ☐ **F** Fantasy
 ☐ **X** Doesn't apply to me
 ☐ **!** Hard limit
 ☐ — nothing to fill in

After Sex & Aftercare

Aftercare means intentionally taking care of yourself or each other after sex or an intimate encounter. It's not only important after kink or BDSM play – it can feel good after any kind of sex. And it doesn't matter whether you were more on the giving or receiving end of things.

Some people need closeness and affection afterward; others need quiet, time to themselves, or something very practical, like a glass of water. Think about what feels good to you, and if it's relevant, agree on it with your (potential) partners in advance.

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Cuddling or a heartfelt hug	—			
Tender caressing				
Tucking in or bundling up				
Getting water or a snack				
Loving, affirming words				
Talking about the sex / what happened				
Talking about something else				
Showering alone		—	—	
Showering together	—			
Watching a show / reading a book / listening to music				
Going for a walk				
Having time alone		—	—	

☒ Yes
 ☐ Maybe
 ☐ No
 ☐ Fantasy
 ☐ Doesn't apply to me
 ☐ Hard limit
 nothing to fill in

Activity	Solo	I do it (to/for my partner)	My partner does it (to/for me)	Notes / Conditions
Sleeping alone		—	—	
Sleeping together in the same bed	—			

Anything else I need as aftercare:

What I definitely do NOT want as aftercare:



Reflection Questions

Finally, here are a few reflection questions for you. You can answer them entirely for yourself – you don't have to discuss them with (potential) partners if the topics feel too sensitive.

In what situations do I find it hard to say no?

In what situations do I find it easy to say yes?

☒ **Y** Yes
 ☐ **?** Maybe
 ☐ **N** No
 ☐ **F** Fantasy
 ☐ **X** Doesn't apply to me
 ☐ **!** Hard limit
 ☐ **—** nothing to fill in



How do I tell the difference between “I want this” and “I think I should want this”?

Which of my answers surprised me?

Which of these things would I like to bring up or try next? And what do I need to make that happen?



You Did It! 🎉

How wonderful that you took the time to explore your sexual desires, fantasies and boundaries! No matter how much you filled out or what came of it, you’ve gotten to know yourself a little better with every answer, every question mark, and every blank line.

Feel free to keep the list and take another look at it in a few months. Maybe some things will have changed, maybe not. Either way is completely fine.

If you came across topics while filling it out that you’d like to explore further or talk through without any rush, I’d be happy to support you along the way. You’ll find all the information about my counseling services, online and in person in Hamburg, Germany, at www.sexualberatung.hamburg/en. I’d love to hear from you!



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