



Sexual Menu

Communicating about sex and intimacy is hard! Think about which activities you want to do with your partner, and how each activity makes you feel (loved, sexually excited, and/or could lead to orgasm). This is a great exercise to get to know **yourself** better!

Next, share this menu with your partner to greatly improve communication. This exercise is also guaranteed to lighten the mood and deepen the intimacy! Let's see where that leads.

	no	maybe	yes	loved	excited	O wow
Holding hands						
Cuddling - on couch, bed						
Spooning - clothed, naked						
Shoulder massage						
Back massage						
Booty massage						
Foot massage						
Kissing - making out						
Kissing - toes, ears, torso, neck, nipples						
Gentle full body touch						
Shared shower - washing each other						
Shared bubble bath						
Sleeping naked						
Body buffet - whipped cream, syrup						
Grooming each other						
Sexy talk						





Sexual Menu

Some of these might turn you on, make you laugh, or make you cringe. There is space at the bottom to **add your own!**

	no	maybe	yes	loved	excited	O wow
Dry humping						
Oral sex - giving						
Oral sex - receiving						
Oral sex - simultaneous (69)						
Vibrators - remote, handheld						
Masterbating in front of partner						
Watching partner masterbate						
Helping partner masterbate						
Showerhead for masterbation						
Vaginal sex - on top						
Vaginal sex - on bottom						
Vaginal sex - from behind						
Vaginal sex - sidelying						
Anal sex						

