

# Let's Get Sexy!

Fill out this worksheet with your partner, separately. Find a time to come together to read your lists to each other. As your partner shares, write down their answers for yourself to refer to later. This also makes them feel heard and accepted. As each share, you are ONLY allowed to ask questions - BE CURIOUS. NO JUDGEMENT. Pro tip: Make a special date out of this.

## GREEN

*(What I know I like)*

Tip: Get specific - where do you like to be touched? What sort of touch, smells, tastes, sounds, time of day, location

Example: My inner thigh slapped

## YELLOW

*(Maybe in the right context)*

Tip: Could be something on your red list from the past but now its a maybe

Example: Sex in public

## RED

*(Thanks, but no)*

Tip: Think of the last time you got turned off or lost your mojo in the middle of sexy time.

Example: Feeling cold during sex

## FANTASIES/ ROLEPLAY

Tip: Get creative! Think about what you masterbate to, your favorite porn ect.

Example: Teacher/Student