



Risk to Live

THERAPY

SEX THERAPY TOOLS · TRAUMA-INFORMED

A TRAUMA-INFORMED YES / NO / **MAYBE** LIST

A way to work out what you enjoy, what you are open to, and what is off the table — first on your own, then together.

Print one copy each. Tick your answers, add notes where the answer is “it depends”, then compare.

What a Yes / No / Maybe list is

Three lists. **Yes** is full of the things you enjoy — say whether you prefer to give, receive or both. **Maybe** holds the things you think you might enjoy, or are open to trying if your partner is interested, even if they are not top of your list. **No** covers what you dislike, would never consider, or that brings up difficult feelings — many people split this into a **soft no** and a **hard no**.

Write your lists separately, then compare. Use it as the start of a conversation about what you find sexy and what you might like to do together.

Your biggest sex organ is your brain, and good oral sex starts with good oral sex: put the language you like and the words you would rather never hear on this list too.

Before you start

Find a time when you feel grounded, relaxed and open. If you are anxious, stressed or rushed, come back another time. Doing it with a partner? Ask them when would be a good time for you both.

Complete the exercise separately, with the intention of sharing afterwards. Agree to be curious about each other's answers. You can pause or take a timeout whenever you need.

This list is kink-aware without being a full BDSM checklist. Everything here is a starting point: some of it will apply to you and some of it won't, and anything you want that is missing belongs in the "add your own" rows.

You can change your mind about any of this at any time, for any reason or for no reason at all. Come back to your list as often as you need to update it.

What the answers mean

YES

I have done this and know I like it — please, let's. *Or:* I would do this if my partner liked it, though it might not be my favourite. *Or:* I have never done this and would really love to try.

MAYBE

I have never done this and don't know enough about it — I am open to discussing it. *Or:* I sometimes like this, depending on context or partner. *Or:* I am not sure I would like it, and I am open to talking.

SOFT NO

The last time I tried this it didn't go well; I am willing to talk about it and not ready to try again (and may never be). *Or:* this doesn't sound fun, and I would discuss it only if a partner were very invested.

HARD NO

That is not something I would like — if I ever change my mind, I will let you know. *Or:* an absolute hard limit. Please don't ever ask.

HOW TO FILL IT IN

Tick one box per row. Use the notes column for give / receive / both, limits, context and wording. Leave a row blank if it doesn't apply to you.

The word bank

ONE TICK PER ROW · RISKTO LIVE.COM

THIS LIST BELONGS TO _____

DATE _____

ITEM	YES	MAYBE	SOFT NO	HARD NO	NOTES
COMMUNICATION & LANGUAGE					
Phone sex	☐	☐	☐	☐	
Receiving sexual images from a partner	☐	☐	☐	☐	
Sending sexual images to a partner	☐	☐	☐	☐	
Sexting	☐	☐	☐	☐	
Shared journal	☐	☐	☐	☐	
Sharing fantasies with a partner face to face	☐	☐	☐	☐	
Video / cyber-sex over Zoom or similar	☐	☐	☐	☐	
Dirty talk	☐	☐	☐	☐	
Safewords	☐	☐	☐	☐	
Pet names I like	☐	☐	☐	☐	
Pet names I would rather you avoided	☐	☐	☐	☐	
Things I like my genitals to be called	☐	☐	☐	☐	
AFFECTIONATE & SEXUAL TOUCHING					
Affectionate touching in private without asking first	☐	☐	☐	☐	
Affectionate touching in public without asking first	☐	☐	☐	☐	
Frottage – dry-humping or rubbing genitals on a partner with clothes on	☐	☐	☐	☐	
Rubbing naked genitals together	☐	☐	☐	☐	
Rubbing or touching – chest, breast or nipples	☐	☐	☐	☐	
Rubbing or touching – bottom	☐	☐	☐	☐	
Hand jobs – giving	☐	☐	☐	☐	
Hand jobs – receiving	☐	☐	☐	☐	
Masturbation – alone	☐	☐	☐	☐	
Masturbation – with or in front of a partner	☐	☐	☐	☐	
Hair stroking	☐	☐	☐	☐	
Kissing	☐	☐	☐	☐	
Hickeys – hidden by clothes	☐	☐	☐	☐	
Hickeys – visible with clothes on	☐	☐	☐	☐	

ITEM	YES	MAYBE	SOFT NO	HARD NO	NOTES
Licking – non-sexual	☐	☐	☐	☐	
Licking – sexual	☐	☐	☐	☐	
Hugging	☐	☐	☐	☐	
Cuddling with clothes on	☐	☐	☐	☐	
Cuddling without clothes on	☐	☐	☐	☐	
Massage – giving	☐	☐	☐	☐	
Massage – receiving	☐	☐	☐	☐	
Tickling	☐	☐	☐	☐	
Wrestling / play-fighting	☐	☐	☐	☐	
OTHER PERSONAL MATTERS					
Grooming in front of a partner	☐	☐	☐	☐	
Toileting in front of a partner	☐	☐	☐	☐	
Showering or bathing together – non-sexual	☐	☐	☐	☐	
Showering or bathing together – sexual	☐	☐	☐	☐	
Shaving body hair	☐	☐	☐	☐	
BONDAGE & RESTRAINTS					
Ankles	☐	☐	☐	☐	
Blindfolds	☐	☐	☐	☐	
Cuffs	☐	☐	☐	☐	
Hands behind	☐	☐	☐	☐	
Hands in front	☐	☐	☐	☐	
Hands overhead	☐	☐	☐	☐	
Shibari / decorative rope	☐	☐	☐	☐	
Silk ties	☐	☐	☐	☐	
Spreader bars	☐	☐	☐	☐	
Stocks	☐	☐	☐	☐	
Tied to a bed	☐	☐	☐	☐	
Tied to a chair	☐	☐	☐	☐	
Bondage tape	☐	☐	☐	☐	
Rope	☐	☐	☐	☐	
Wrist-to-ankles	☐	☐	☐	☐	
PAIN & IMPACT PLAY					
Pain – mild	☐	☐	☐	☐	

ITEM	YES	MAYBE	SOFT NO	HARD NO	NOTES
Pain – moderate	☐	☐	☐	☐	
Pain – severe	☐	☐	☐	☐	
Biting, nibbling, using teeth	☐	☐	☐	☐	
Hair pulling	☐	☐	☐	☐	
Scratching	☐	☐	☐	☐	
Choking / breath play	☐	☐	☐	☐	
Pinching, or clamps on body or genitals	☐	☐	☐	☐	
Spanking – hand	☐	☐	☐	☐	
Spanking – over the knee	☐	☐	☐	☐	
Belts	☐	☐	☐	☐	
Paddles, wooden hairbrush or spoon	☐	☐	☐	☐	
Ice cubes	☐	☐	☐	☐	
Hot wax or oils on the body	☐	☐	☐	☐	
Hot wax or oils on genitals	☐	☐	☐	☐	
ROLE PLAY, FETISH & FANTASY					
Age role play – partners playing significant age differences	☐	☐	☐	☐	
Animal / pet role play	☐	☐	☐	☐	
Costumes	☐	☐	☐	☐	
Lingerie / fetish wear	☐	☐	☐	☐	
Lingerie / fetish wear – in public, under clothing	☐	☐	☐	☐	
Dominant / submissive role play	☐	☐	☐	☐	
Erotic dancing	☐	☐	☐	☐	
Erotic photography – taking photos of a partner	☐	☐	☐	☐	
Erotic photography – letting a partner take photos of me	☐	☐	☐	☐	
Erotic photography – taking erotic photos of myself	☐	☐	☐	☐	
Erotic video – making erotic videos for or with a partner	☐	☐	☐	☐	
Porn / erotica – reading or watching alone	☐	☐	☐	☐	
Following orders	☐	☐	☐	☐	
Giving orders	☐	☐	☐	☐	
Food play	☐	☐	☐	☐	
Objectification – being sexually objectified by a partner	☐	☐	☐	☐	

ITEM	YES	MAYBE	SOFT NO	HARD NO	NOTES
OTHER SEXUAL ACTIVITY					
Nudity – lights off or low	☐	☐	☐	☐	
Nudity – lights on	☐	☐	☐	☐	
Having my top off with a partner	☐	☐	☐	☐	
Having my bottoms off with a partner	☐	☐	☐	☐	
Eye contact during sex	☐	☐	☐	☐	
Manual sex – hands or fingers on penis or vulva, inside the vagina, on or inside the anus	☐	☐	☐	☐	
Oral sex – mouth or tongue on penis or vulva, inside the vagina, on or inside the anus	☐	☐	☐	☐	
Penetrative sex – penis or toy in vagina	☐	☐	☐	☐	
Penetrative sex – penis or toy in anus	☐	☐	☐	☐	
Group sex / including others in sexual activities	☐	☐	☐	☐	
Orgasm control – one partner deciding when the other has an orgasm, through commands or toys/touching	☐	☐	☐	☐	
Having semen on my body	☐	☐	☐	☐	
Swallowing semen	☐	☐	☐	☐	
Sex during a menstrual period	☐	☐	☐	☐	
Skinny-dipping – private space	☐	☐	☐	☐	
Skinny-dipping – semi-public space (ocean, lake)	☐	☐	☐	☐	
Spitting on face or body	☐	☐	☐	☐	
Spitting on genitals	☐	☐	☐	☐	
SEX TOYS & ASSISTIVE ITEMS					
Dildos	☐	☐	☐	☐	
Vibrators – penetrative	☐	☐	☐	☐	
Vibrators – non-penetrative	☐	☐	☐	☐	
Anal toys	☐	☐	☐	☐	
Masturbation sleeves	☐	☐	☐	☐	
Strap-on – wearing	☐	☐	☐	☐	
Strap-on – being penetrated with	☐	☐	☐	☐	
Remote-control / Bluetooth / wifi toys	☐	☐	☐	☐	
Dilators – vaginal	☐	☐	☐	☐	
Dilators – anal	☐	☐	☐	☐	
Pillows or supports	☐	☐	☐	☐	

ITEM	YES	MAYBE	SOFT NO	HARD NO	NOTES
EMOTIONAL & MENTAL-HEALTH SAFETY PLANNING					
Discussing my triggers with a partner	☐	☐	☐	☐	
If triggered – check in, with the option to keep going	☐	☐	☐	☐	
If triggered – stop all sexual activity straight away	☐	☐	☐	☐	
If triggered – comfort with touching, hugging or kissing	☐	☐	☐	☐	
Verbal check-ins before sex	☐	☐	☐	☐	
Verbal check-ins during sex	☐	☐	☐	☐	
Aftercare – verbal check-ins	☐	☐	☐	☐	
Aftercare – cuddling	☐	☐	☐	☐	
Aftercare – eating, snacks, hydration	☐	☐	☐	☐	
Aftercare – a shared activity	☐	☐	☐	☐	
PHYSICAL SAFETY PLANNING					
Using birth control	☐	☐	☐	☐	
External condoms for toys	☐	☐	☐	☐	
External condoms for penis – penetration of vulva or anus	☐	☐	☐	☐	
External condoms for penis – oral sex	☐	☐	☐	☐	
Gloves for hand sex	☐	☐	☐	☐	
Internal condoms for vaginal penetration	☐	☐	☐	☐	
Internal condoms for anal penetration	☐	☐	☐	☐	
Dental dams for oral sex	☐	☐	☐	☐	
Taking PrEP	☐	☐	☐	☐	
Getting tested for HIV / STIs before sex with a new partner	☐	☐	☐	☐	
Getting tested for HIV / STIs regularly	☐	☐	☐	☐	
Getting tested for HIV / STIs with a partner	☐	☐	☐	☐	
Disclosing HIV / STI status to new partners before sex	☐	☐	☐	☐	
Using emergency contraception (Plan B)	☐	☐	☐	☐	
Having an abortion	☐	☐	☐	☐	
Anonymous sex	☐	☐	☐	☐	
Sex after one or both of us have been drinking – note the limits	☐	☐	☐	☐	
Sex after one or both of us have used recreational drugs – note the limits	☐	☐	☐	☐	

[illegible]

My list

JOURNAL PAGE · RISKTOLIVE.COM

Gather your ticks here — the version you bring to the conversation. Print as many of these as you need.

THIS LIST BELONGS TO

DATE

YES

MAYBE

SOFT NO

HARD NO

Compare with your partner: start with the Yeses you share, then the Maybes — that is where the interesting conversation usually is. If it gets stuck or tender, bring it to a session: risktolive.com