Yes, No, Maybe So: A Sexual Inventory Stocklist

Body Boundaries

___ Having a partner touch me affectionately without asking first
___ Touching a partner affectionately without asking first
___ Having a partner touch me sexually without asking first
___ Touching a partner sexually without asking first
___ Having a partner touch me affectionately in public
___ Touching a partner affectionately in public
___ Having a partner touch me sexually in public
___ Touching a partner sexually in public
___ Having my shirt/top off with a partner
___ Having a partner’s shirt/top off
___ Having my pants/bottoms off with a partner
___ Having a partner’s pants/bottoms off
___ Being completely naked with a partner with the lights off or low
___ Having a partner be completely naked with the lights off or low
___ Being completely naked with a partner with the lights on
___ Having a partner be completely naked with the lights on
___ Direct eye contact
___ Being looked at directly, overall, when I am naked
___ Grooming or toileting in front of a partner
___ Having a partner groom/use the toilet in front of me
___ Having my genitals looked at directly
___ Having a partner talk about my body
___ Talking about a partner's body
___ Having some or all of a disability, identity or difference I have be specifically made part of sex, sexualized or objectified
___ Having some or all of a disability, identity or difference a partner has be specifically made part of sex, sexualized or objectified
___ Having some or all kinds of sex during a menstrual period
___ Seeing or being exposed to other kinds of body fluids (like sweat or urine)
___ Shaving/trimming/removing my own pubic hair
___ Shaving/trimming/removing a partner’s pubic hair
___ Other:
___ Other:

Some parts of my body are just off-limits. Those are:

I am not comfortable looking at, touching or feeling some parts of another person's body. Those are:

I am triggered by (have a post-traumatic response to) something(s) about body boundaries. Those are/that is:

Sample discussions: What helps me feel most comfortable being naked with someone? What ways a partner does or may talk about my body make or could make me feel uncomfortable? What do I “count” as sexual touching and what do I consider affectionate touching?

Words & Terms

I prefer the following gender/sexual identity or role words (like man, woman, boi, femme, butch, top, etc.) to be used for me:
I prefer my chest or breasts be referred to as:

I prefer my genitals to be referred to as:

I prefer my sexual orientation and/or identity to be referred to as:

Some words I am not okay with to refer to me, my identity, my body or, or which I am uncomfortable using or hearing about, with or during any kind of sex are:

I am triggered by certain words or language. Those are/that is:

**Sample discussions:** Are certain words okay in some settings or situations but not in others? How flexible am I with what a partner might want to call something I like calling something else? Why do I use the words for my parts that I do?

**Relationship Models & Choices**

- Having a partner talk to close friends about our sex life
- Talking to close friends about my sex life
- Having a partner talk to acquaintances, family or co-workers about our sex life
- Talking to acquaintances, family or co-workers about my sex life
- An exclusive romantic relationship
- An exclusive sexual relationship
- Some kind of casual or occasional open/non-exclusive romantic relationship
- Some kind of casual or occasional open/non-exclusive sexual relationship
- Some kind of serious or ongoing open/non-exclusive romantic relationship
- Some kind of serious or ongoing open/non-exclusive sexual relationship
- Sex of some kind(s) with one partner at a time, only
- Sex of some kind(s) with two partners at a time
- Sex of some kind(s) with three partners at a time
- Sex of some kind(s) with more than three partners at a time
- Other:
- Other:

**Sample discussions:** What kind of agreements do/would I want with the kinds of relationships models I want or am interested in? What are my personal values with relationships and simultaneous sexual partners?

**Safer Sex and Overall Safety Items and Behaviors**

- Sharing my sexual history with a partner
- A partner sharing their sexual history with me
- Doing anything sexual which does or might pose high risks of certain or all sexually transmitted infections (STIs)
- Doing anything sexual which does or might pose moderate risks of certain or all sexually transmitted infections (STIs)
- Doing anything sexual which does or might pose low risks of certain or all sexually transmitted infections (STIs)
- Using a condom with a partner, always
- Using a condom with a partner, not always
- Putting on a condom myself
- Putting on a condom for someone else
- Having someone else put on a condom for me
- Using a dental dam, with a partner, always
- Using a dental dam, with a partner, not always
- Putting on a dental dam for myself
- Putting a dental dam on someone else
___ Having someone else put a dental dam on me
___ Using a latex glove with a partner, always
___ Using a latex glove with a partner, not always
___ Putting on a latex glove for myself
___ Putting on a latex glove for someone else
___ Having someone else put a latex glove on me
___ Using lubricant with a partner
___ Applying lubricant to myself
___ Having someone else put lubricant on me
___ Getting tested for STIs before sex with a partner
___ Getting regularly tested for STIs by myself
___ Getting tested for STIs with a partner
___ A partner getting regularly tested for STIs
___ Sharing STI test results with a partner
___ Doing things which might cause me momentary or minor discomfort or pain
___ Doing things which might cause a partner momentary or minor discomfort or pain
___ Doing things which might cause me sustained or major discomfort or pain
___ Doing things which might cause a partner sustained or major discomfort or pain
___ Being unable to communicate clearly during sex
___ Having a partner be unable to communicate clearly
___ Initiating or having sex while or after I have been drinking alcohol or other recreational drugs
___ A partner initiating or having sex while or after drinking alcohol or other recreational drugs
___ Other:
___ Other:

I am triggered by something(s) around sexual safety, or need additional safety precautions because of triggers. Those are/that is:

**Sample discussions:** Are sexual history conversations loaded for me? Do I have any double-standards with safer sex, testing or other safety? What makes me feel some risk is worth it, while another isn’t?

**Sexual Responses**
___ Experiencing or expressing unexpected or challenging emotions before, during or after sex
___ A partner experiencing or expressing or challenging emotions before, during or after sex
___ Not experiencing or expressing expected emotions before, during or after sex
___ A partner not experiencing or expressing expected emotions before, during or after sex
___ Feeling and being aroused (sexually excited), alone
___ Feeling and being aroused, with or in front of a partner
___ Having genital sexual response, like erection or lubrication, alone
___ Having genital sexual response, like erection or lubrication, seen or felt by a partner
___ Not having or "losing" erection or lubrication, alone
___ Not having or "losing" erection or lubrication, with or in front of a partner
___ Being unable to reach orgasm, alone
___ Being unable to reach orgasm, with a partner
___ Having one orgasm, alone
___ Having one orgasm, with or in front of a partner
___ Having more than one orgasm, alone
___ Having more than one orgasm, with or in front of a partner
__ Ejaculating, alone
__ Ejaculating, with or in front of a partner
__ Having a partner ejaculate with me/while I'm present
__ Having an orgasm before or after you feel like you "should" with a partner
__ Having a partner have an orgasm before or after you feel like they "should"
__ Making noise during sex or orgasm, alone
__ Making noise during sex or orgasm, with a partner
__ Having sex interrupted by something or someone external or your own body or feelings
__ Other:
__ Other:

I am triggered by certain sexual responses of my own or those of a partner. Those are:

I like or don't like having or giving certain kinds of sexual aftercare (like snuggling or reaffirming emotional feelings). Those are:

Is what I/we think of as ideal in alignment with what our responses and comfort with them really are? What parts of sexual response make me feel vulnerable or exposed? Am I putting any pressure on myself or partners to respond a certain way?

**Physical and/or Sexual Activities**

__ Masturbation
__ Holding hands
__ Hugging
__ Kissing, cheek or face
__ Kissing, closed-mouth
__ Kissing, open-mouth
__ Being kissed or touched on the neck
__ Kissing or touching a partner's neck
__ Giving hickeys
__ Getting hickeys
__ Tickling, doing the tickling
__ Tickling, being tickled
__ Wrestling or "play-fighting"
__ General massage, giving
__ General massage, receiving
__ Having my chest, breasts and/or nipples touched or rubbed
__ Touching or rubbing a partner's the breasts, chest and/or nipples
__ Frottage (dry humping/clothed body-to-body rubbing)
__ Tribadism (scissoring, rubbing naked genitals together with a partner)
__ Having a partner's mouth or tongue on my breasts or chest
__ Putting my mouth or tongue on a partner's breasts or chest
__ Masturbating in front of/with a partner
__ Having a partner masturbate in front of/with me
__ Manual sex (hands or fingers on penis or strap-on), receiving
__ Manual sex (hands or fingers on penis or strap-on), giving
__ Manual sex (hands or fingers on testes), receiving
__ Manual sex (hands or fingers on testes), giving
__ Manual sex (hands or fingers on vulva), receiving
__ Manual sex (hands or fingers on vulva), giving
__ Manual sex (hands or fingers inside vagina), receiving
__ Manual sex (hands or fingers inside vagina), giving
__ Manual sex (hands or fingers on or around anus), receiving

"Receptive" means the person in a given activity who is taking someone else into their body in some way, and "insertive" means the partner who is putting themselves into another person. "Giving" means a person doing something to someone else, and "receiving" is the person having something done to them. Language for these things is imperfect, though, since any time we're actively having sex with someone else, everyone is the "doer" not just one person.
__Manual sex (hands or fingers on or around anus), giving__
__Manual sex (hands or fingers inside rectum), receiving__
__Manual sex (hands or fingers inside rectum), giving__
__Ejaculating (coming) on or in a partner's body__
__Having a partner ejaculate (come) on or in my body__
__Using sex toys (like vibrators, dildos or masturbation sleeves), alone__
__Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner__
__Oral sex (to vulva), receptive partner__
__Oral sex (to vulva), doing to someone else__
__Oral sex (to penis or strap-on), receptive partner__
__Oral sex (to penis or strap-on), doing to someone else__
__Oral sex (to testes), receptive partner__
__Oral sex (to testes), doing to someone else__
__Oral sex (to anus), receptive partner__
__Oral sex (to anus), doing to someone else__
__Vaginal intercourse, receptive partner__
__Vaginal intercourse, insertive partner__
__Anal intercourse, receptive partner__
__Anal intercourse, insertive partner__
__Having food items be part of sex__
__Cross-dressing during sex__
__Having a partner cross-dress during sex__
__Biting a partner__
__Being bitten by a partner__
__Scratching a partner__
__Being scratched by a partner__
__Wearing something that covers my eyes__
__Having a partner wear something that covers their eyes__
__Having my movement restricted__
__Restricting the movement of a partner__
__Being slapped or spanked by a partner in the context of sexual pleasure__
__Slapping or spanking a partner in the context of sexual pleasure__
__Pinching or having any kind of clamp used on my body during sex__
__Pinching a partner or using any kind of clamp on them during sex__
__Other:__
__Other:__

I am triggered by certain sexual activities. Those are:

**Sample discussions:** If I said yes to something but my partner said maybe, what conditions might make their maybe a yes? With a partner, can we each live with and accept our no's? What ways do each of us, so far, know we like things done we've said we would do/like to do?

**Non-Physical (or not necessarily physical) Sexual Activities**

__Communicating my sexual fantasies to/with a partner__
__Receiving information about a partner's sexual fantasies__
__Role-play__
__Phone sex__
__Cybersex, in IM__
__Cybersex, in chat room__
__Cybersex, on cell phone__
__Getting sexual images of a partner in my email or on my phone__
__Giving sexual images to a partner in their email or on their phone__
__Reading pornography or erotica, alone__
___ Reading pornography or erotica, with a partner
___ Viewing pornography, alone
___ Viewing pornography, with a partner
___ A partner reading or viewing pornography
___ Giving pornography/erotica to a partner
___ Getting pornography/erotica from a partner
___ Other:
___ Other:

I am triggered by certain non-physical sexual activities. Those are:

**Sample discussions:** How do non-physical sexual activities figure into our/my relationship agreements? How big a role do non-physical sexual activities play in my sex life or do I want them to play?

**Birth Control/Reproductive Choices**
___ Doing anything sexual which does or might pose a risk of pregnancy without using a reliable method of birth control
___ Doing anything sexual which does or might pose a risk of pregnancy with a reliable form of birth control
___ Using emergency contraception
___ Having a partner use emergency contraception
___ Becoming pregnant
___ Creating a pregnancy with a partner
___ Helping a partner throughout a pregnancy and delivery
___ Experiencing a loss with a pregnancy, like miscarriage or abortion
___ Supporting a partner through a loss with a pregnancy, like miscarriage or abortion
___ Parenting with a partner
___ Parenting by myself
___ Paying child support for a pregnancy I co-created
___ Terminating a pregnancy (abortion)
___ Having a partner terminate a pregnancy (abortion)
___ Choosing adoption if there was a pregnancy
___ Other:
___ Other:

**Sample discussions:** In what situations do I see myself making a given reproductive choice (if applicable)? How do/might I feel about a partner having very different answers in this section than I do, and how would that impact my choice to be with them?

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