

Eva Blake's

# Sexual Activity

## **Desires & Limits**

# Inventory Guide

Define your desires, communicate boundaries, and unlock the sex life you've always dreamed of—whether you're starting fresh or exploring new depths.



# Hey, Lover!

YES! SO I'M NOT  
READY SURE

Are you ready for your sexual experiences to feel easy, natural, and *out-of-this-world orgasmic*?

Do you want to get on the same page with your partner about the sex and play you're having together?

Are you ready for stressful, boring, or disconnected sex to finally be a thing of the past?

Do you want an easy way to clearly define your desires and boundaries in sex?

**If you answered YES to any of the questions above, I can help you, regardless of what it feels like right now.**

**You can still create the best sex and intimacy of your life!**

## HELLO!

I am Eva Blake!

I'm a sex, love, and leadership coach.

I help women and couples ditch anxiety and people-pleasing so they can finally have deep intimacy and sensational sex!

Cultivate your intimate leadership, reclaim your pleasure, and restore trust in your desire so that you live a life you are absolutely in love with!



# SEXUAL INVENTORY LIST

## HOW TO USE THIS TOOL

### **It's a big list, 'cause you're a big deal.**

The Sexual Inventory List is a thorough list of many different topics related to sexual activity, relationship styles and agreements, birth control, body needs, and so much more.

There is so much more to sex and sexuality than intercourse, and you deserve a place to explore and define yourself without pressure.

This LIST is not exhaustive and there may be things you like or desire that are absent. Use the Notes pages to create your own lists.

If something is not applicable to you, let the rest go, and focus on what matters most now. You can always return to update.

### **INTERESTS**

The Inventory is designed to help you identify your INTERESTS, LIKES, DISLIKES, and LIMITS (boundaries).

The Inventory is NOT meant to convey commitment to any activity. You can give and revoke consent for any activity at any time.

Please mark what you are interested in, curious about, want to try, or things you know you love.

# SEXUAL INVENTORY LIST

## **How to mark it up**

The **LEFT** column is for **giving / topping / leading**.

The **RIGHT** column is for **receiving / bottoming / following**.

YOU can play in ANY position!!!

The MIDDLE column is for mutual activities or something you may do by yourself.

Using the CODE below, mark your current level of interest or desire for the activities listed.

Please customize this as much as you want to fit YOUR LIFE.

There is no wrong way to approach the topics or activities in this workbook.

## **Code Guide**

**Y = Yes**

**N = No**

**M = Maybe**

**F = Fantasy**

**N/A = not applicable**

- To get the most out of this Workbook, each partner can go through the list alone and then come together as a couple to discuss.

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Holding hands	<input type="circle"/>	
Hugging	<input type="circle"/>	
Kissing	<input type="circle"/>	
Kissing, cheek or face	<input type="circle"/>	<input type="circle"/>
Kissing, closed-mouth	<input type="circle"/>	<input type="circle"/>
Kissing, open-mouth	<input type="circle"/>	<input type="circle"/>
"Necking" (kissing on the neck)	<input type="circle"/>	<input type="circle"/>
Hickeys (discuss location)	<input type="circle"/>	<input type="circle"/>
Tickling	<input type="circle"/>	<input type="circle"/>
Wrestling or "play-fighting"	<input type="circle"/>	<input type="circle"/>
General Massage (back, shoulders, arms, legs)	<input type="circle"/>	<input type="circle"/>
Frottage: Dry humping / clothed body-to-body rubbing	<input type="circle"/>	<input type="circle"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Touching or rubbing the Chest, Breast, Nipples	<input type="circle"/>	<input type="circle"/>
Chest, Breast, Nipple kissing, licking, or sucking	<input type="circle"/>	<input type="circle"/>
Chest, Breast, Nipple biting	<input type="circle"/>	<input type="circle"/>
Hands or fingers on penis	<input type="circle"/>	<input type="circle"/>
Hands or fingers on strap-on	<input type="circle"/>	<input type="circle"/>
Hands or fingers on testes	<input type="circle"/>	<input type="circle"/>
Hands or fingers on vulva	<input type="circle"/>	<input type="circle"/>
Fingers inside vagina	<input type="circle"/>	<input type="circle"/>
Vaginal fisting	<input type="circle"/>	<input type="circle"/>
Hands or fingers on or around anus	<input type="circle"/>	<input type="circle"/>
Fingers inside rectum	<input type="circle"/>	<input type="circle"/>
Anal fisting	<input type="circle"/>	<input type="circle"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Masturbating, alone	<input type="circle"/>	<input type="circle"/>
Using vibrators alone	<input type="circle"/>	<input type="circle"/>
Using dildos alone	<input type="circle"/>	<input type="circle"/>
Using masturbation sleeves alone	<input type="circle"/>	<input type="circle"/>
Masturbating in front of a partner/ with a partner	<input type="circle"/>	<input type="circle"/>
Using vibrators with a partner	<input type="circle"/>	<input type="circle"/>
Using dildos with a partner	<input type="circle"/>	<input type="circle"/>
Using masturbation sleeves with a partner	<input type="circle"/>	<input type="circle"/>
Tribadism (scissoring, rubbing naked genitals together w/ a partner)	<input type="circle"/>	<input type="circle"/>
Ejaculating on someone's body	<input type="circle"/>	<input type="circle"/>
Ejaculating in someone's body	<input type="circle"/>	<input type="circle"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Oral Sex	<input type="circle"/>	<input type="circle"/>
Tongue or mouth on vulva	<input type="circle"/>	<input type="circle"/>
Tongue or mouth on penis	<input type="circle"/>	<input type="circle"/>
Tongue or mouth on strap-on	<input type="circle"/>	<input type="circle"/>
Tongue or mouth on testes	<input type="circle"/>	<input type="circle"/>
Tongue or mouth on anus	<input type="circle"/>	<input type="circle"/>
Vaginal intercourse	<input type="circle"/>	<input type="circle"/>
Anal intercourse	<input type="circle"/>	<input type="circle"/>
Watching porn alone	<input type="circle"/>	<input type="circle"/>
Watching porn with a partner	<input type="circle"/>	<input type="circle"/>
Sharing sexual fantasies with a partner	<input type="circle"/>	<input type="circle"/>
Reading erotica alone	<input type="circle"/>	<input type="circle"/>
Reading erotica with/to a partner	<input type="circle"/>	<input type="circle"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Phone sex	<input type="circle"/>	<input type="circle"/>
Video (facetime) sex	<input type="circle"/>	<input type="circle"/>
Sexting (discuss appropriate phone numbers/emails)	<input type="circle"/>	<input type="circle"/>
Nude photos via text, app, email	<input type="circle"/>	<input type="circle"/>
Dirty talk (please discuss what/how)	<input type="circle"/>	<input type="circle"/>
Role playing (please discuss what/how)	<input type="circle"/>	<input type="circle"/>
Bending/switching gender	<input type="circle"/>	<input type="circle"/>
Cross-Dressing	<input type="circle"/>	<input type="circle"/>
Age play	<input type="circle"/>	<input type="circle"/>
Using food items as a part of sex (never inserted)	<input type="circle"/>	<input type="circle"/>

# SEXUAL INVENTORY LIST

## PHYSICAL ACTIVITIES: WHAT I WANT TO DO

In this section, you'll see a variety of sensual and sexual activities.

Impact / Sensation	RECEIVING / BOTTOMING	GIVING / TOPPING
Spanking (ass, back, thighs etc.)	<input type="radio"/>	<input type="radio"/>
Caning (again, where?)	<input type="radio"/>	<input type="radio"/>
Floggers (thud or sting)	<input type="radio"/>	<input type="radio"/>
Crops	<input type="radio"/>	<input type="radio"/>
Abrasion	<input type="radio"/>	<input type="radio"/>
Feathers	<input type="radio"/>	<input type="radio"/>
Fur	<input type="radio"/>	<input type="radio"/>
Sadistic massage	<input type="radio"/>	<input type="radio"/>
Sensual touch	<input type="radio"/>	<input type="radio"/>
Oils/lotions/potions	<input type="radio"/>	<input type="radio"/>
Ultraviolet wands	<input type="radio"/>	<input type="radio"/>
Tens unit	<input type="radio"/>	<input type="radio"/>
Snake bites	<input type="radio"/>	<input type="radio"/>
Hair pulling	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Hot wax	<input type="circle"/>	<input type="circle"/>
Ice	<input type="circle"/>	<input type="circle"/>
Rubber whips	<input type="circle"/>	<input type="circle"/>
Wooden paddles	<input type="circle"/>	<input type="circle"/>
Face slapping	<input type="circle"/>	<input type="circle"/>
Sensory Deprivation	<input type="circle"/>	<input type="circle"/>
Blindfolds	<input type="circle"/>	<input type="circle"/>
Headphones	<input type="circle"/>	<input type="circle"/>
Earplugs	<input type="circle"/>	<input type="circle"/>
Hoods	<input type="circle"/>	<input type="circle"/>
Bondage and restricting movement	<input type="circle"/>	<input type="circle"/>
Verbal bondage	<input type="circle"/>	<input type="circle"/>
Bondage tape	<input type="circle"/>	<input type="circle"/>
Leather cuffs (ankles, wrists - or both)	<input type="circle"/>	<input type="circle"/>
Scarves	<input type="circle"/>	<input type="circle"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Soft rope	<input type="circle"/>	<input type="circle"/>
Gags	<input type="circle"/>	<input type="circle"/>
Body/rope harness	<input type="circle"/>	<input type="circle"/>
Breast bondage	<input type="circle"/>	<input type="circle"/>
Spreader bars	<input type="circle"/>	<input type="circle"/>
Chastity belts	<input type="circle"/>	<input type="circle"/>
Handcuffs	<input type="circle"/>	<input type="circle"/>
Being quiet	<input type="circle"/>	<input type="circle"/>
Holding still	<input type="circle"/>	<input type="circle"/>
Kneeling	<input type="circle"/>	<input type="circle"/>
Collars	<input type="circle"/>	<input type="circle"/>
Leashes	<input type="circle"/>	<input type="circle"/>
Plastic wrap	<input type="circle"/>	<input type="circle"/>
Body bags	<input type="circle"/>	<input type="circle"/>
Straight jackets	<input type="circle"/>	<input type="circle"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Steel shackles	<input type="circle"/>	<input type="circle"/>
Chains	<input type="circle"/>	<input type="circle"/>
Weights	<input type="circle"/>	<input type="circle"/>
Cages	<input type="circle"/>	<input type="circle"/>
Body Fluids	<input type="circle"/>	<input type="circle"/>
Piss play	<input type="circle"/>	<input type="circle"/>
Scatological play	<input type="circle"/>	<input type="circle"/>
Enemas	<input type="circle"/>	<input type="circle"/>
Vomit	<input type="circle"/>	<input type="circle"/>
Leaving a Mark	<input type="circle"/>	<input type="circle"/>
Shaving (what body parts?)	<input type="circle"/>	<input type="circle"/>
Pinching (what level)	<input type="circle"/>	<input type="circle"/>
Biting	<input type="circle"/>	<input type="circle"/>
Cuttings	<input type="circle"/>	<input type="circle"/>
Needles	<input type="circle"/>	<input type="circle"/>

# **SEXUAL INVENTORY LIST**

## **PHYSICAL ACTIVITIES: WHAT I WANT TO DO**

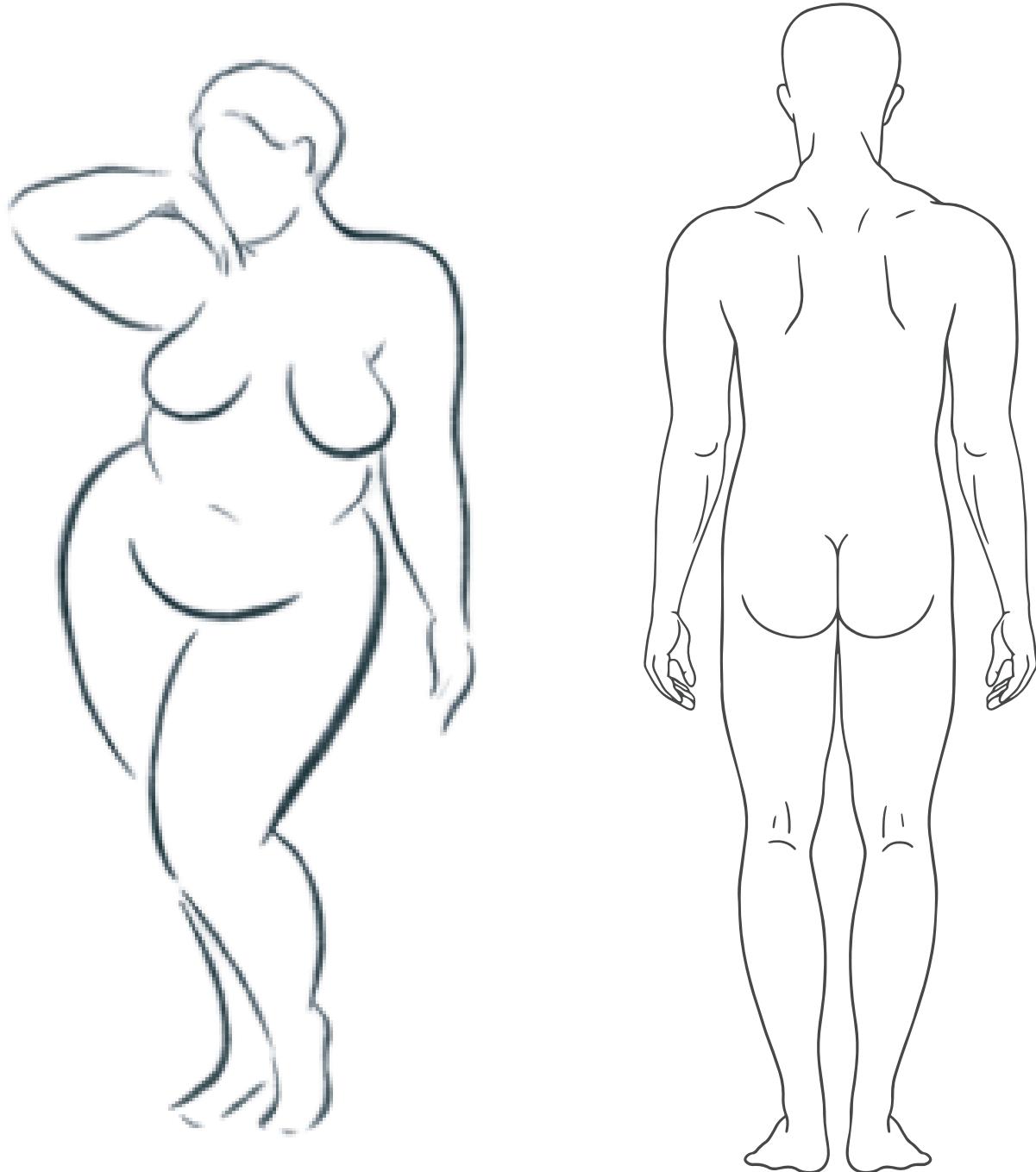
	<b>RECEIVING / BOTTOMING</b>	<b>GIVING / TOPPING</b>
Breath play	<input type="radio"/>	<input type="radio"/>
Psychosexual play	<input type="radio"/>	<input type="radio"/>
Dominance	<input type="radio"/>	<input type="radio"/>
Submission	<input type="radio"/>	<input type="radio"/>
Sadism	<input type="radio"/>	<input type="radio"/>
Heavy Masochism	<input type="radio"/>	<input type="radio"/>
Punishment	<input type="radio"/>	<input type="radio"/>
Brandings	<input type="radio"/>	<input type="radio"/>
Wrestling	<input type="radio"/>	<input type="radio"/>
Service	<input type="radio"/>	<input type="radio"/>
Worship	<input type="radio"/>	<input type="radio"/>
Humiliation	<input type="radio"/>	<input type="radio"/>
Infantilism	<input type="radio"/>	<input type="radio"/>
Knife play	<input type="radio"/>	<input type="radio"/>
Gun play	<input type="radio"/>	<input type="radio"/>

# NOTES

# SEXUAL INVENTORY LIST

## WHERE I **WANT** TO BE TOUCHED

Circle or mark the areas you **like to be touched** for sensual and sexual pleasure. You can also use the BODY TOUCH page to describe the specific kind of touch you like for each area of your body.

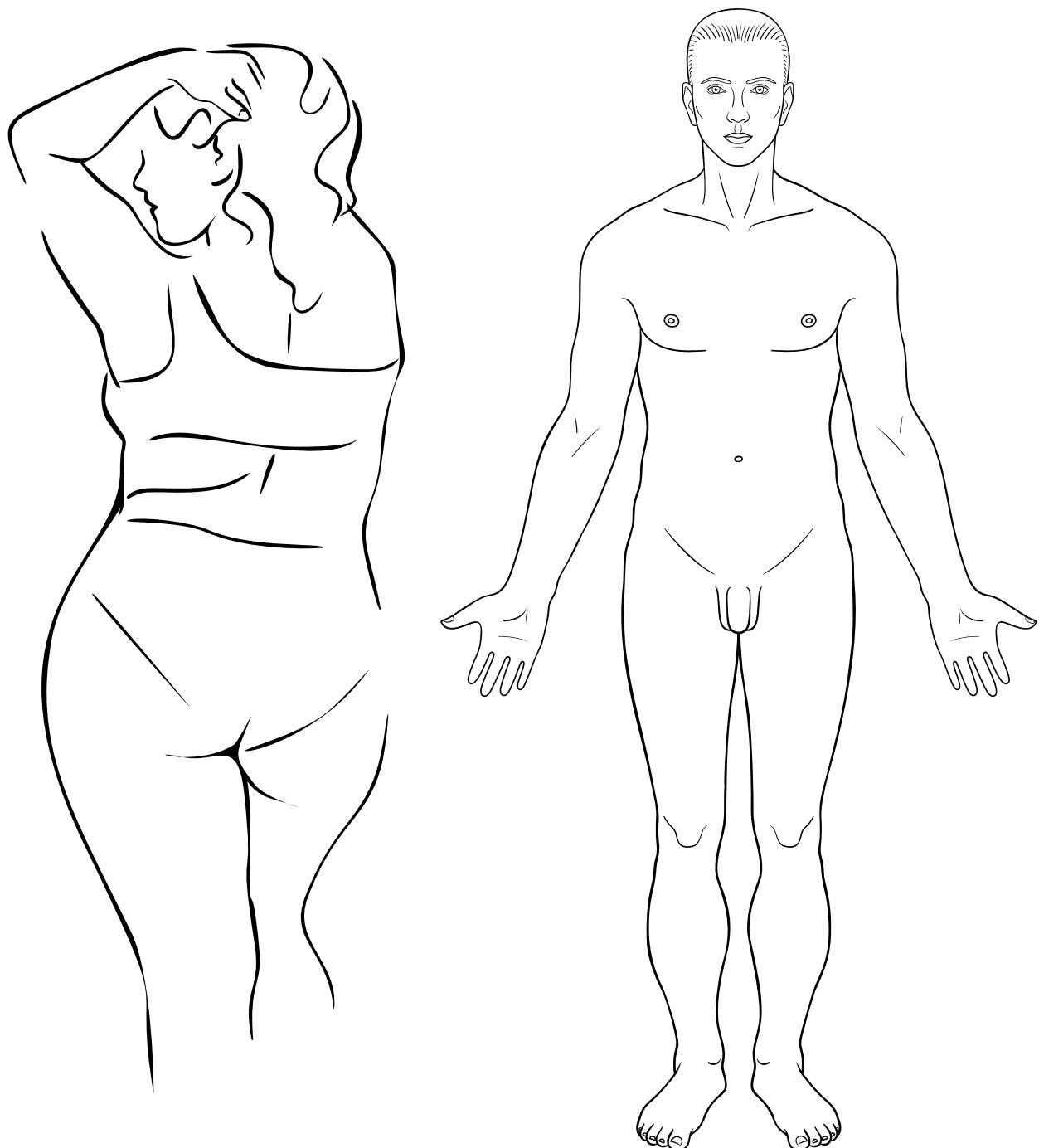


Images are approximations. Please customize for your desires.

# SEXUAL INVENTORY LIST

## WHERE I DO **NOT** WANT TO BE TOUCHED

Circle or mark the areas **you do NOT want to be touched** at all or during sexual activity. You can also use the BODY TOUCH page to describe in more detail.



Images are approximations. Please customize for your desires.

# SEXUAL INVENTORY LIST

## BODY TOUCH

The parts of my body I like touched are...  
How I like to be touched is...

The parts of my body I do **not** like touched are...  
The kinds of touch I don't like are ...

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

# NOTES

# SEXUAL INVENTORY LIST

## BODY BOUNDARIES

Body boundaries refer to your preferences and limits in how you want to interact with your partner's body and how you want your partner to interact with your body. This is not an exhaustive list. Some items about bodies may be found in other sections in the inventory list.

	YES	NO	MAYBE
Touching affectionately without asking first	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touching sexually without asking first	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touching affectionately in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touching sexually in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being completely naked with a partner with the lights off or low	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner be completely naked with the lights off or low	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being completely naked with a partner with the lights on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having some or all kinds of sex during a menstrual period	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seeing or being exposed to other kinds of body fluids (like sweat or urine)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

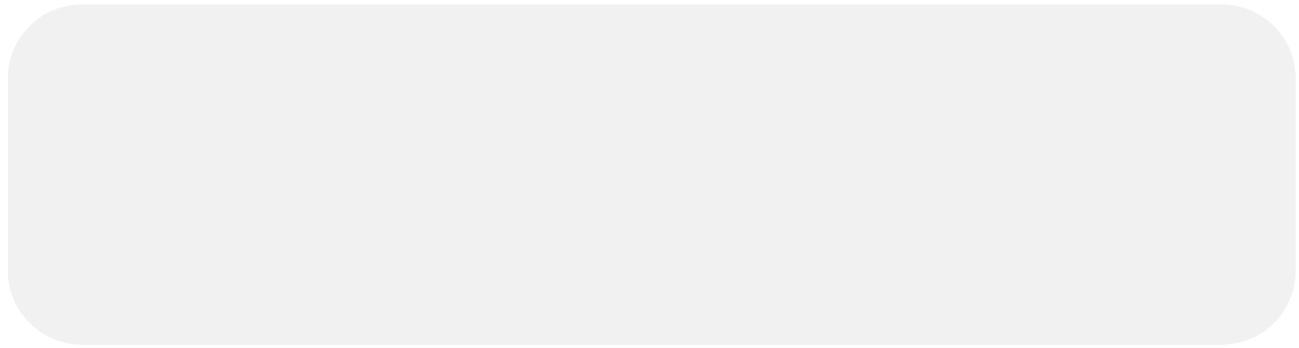
## BODY BOUNDARIES

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Having a partner be completely naked with the lights on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Direct eye contact	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being looked at directly, overall, when I am naked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having my genitals looked at directly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner talk about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking about a partner's body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grooming or toileting in front of a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shaving/trimming/removing pubic hair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having some or all of a disability, identity, or difference I have or my partner has been specifically made part of sex, sexualized, or objectified	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

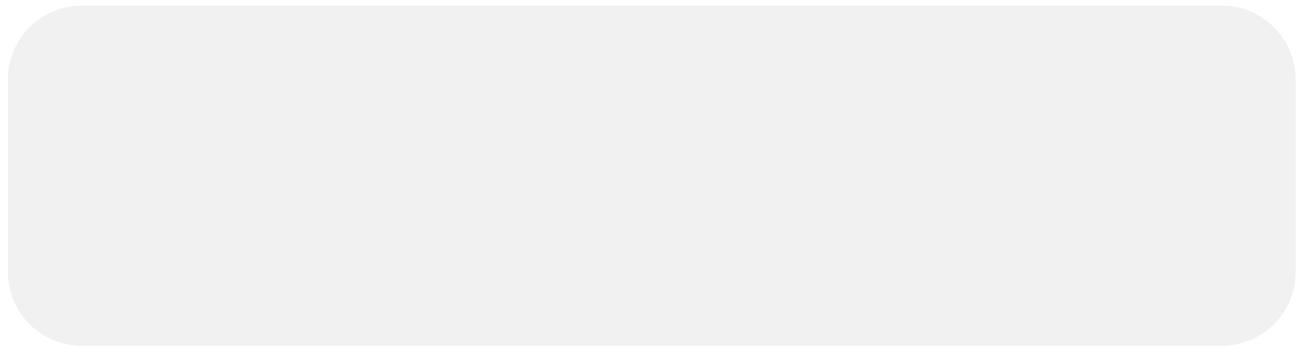
# **SEXUAL INVENTORY LIST**

## **BODY BOUNDARIES**

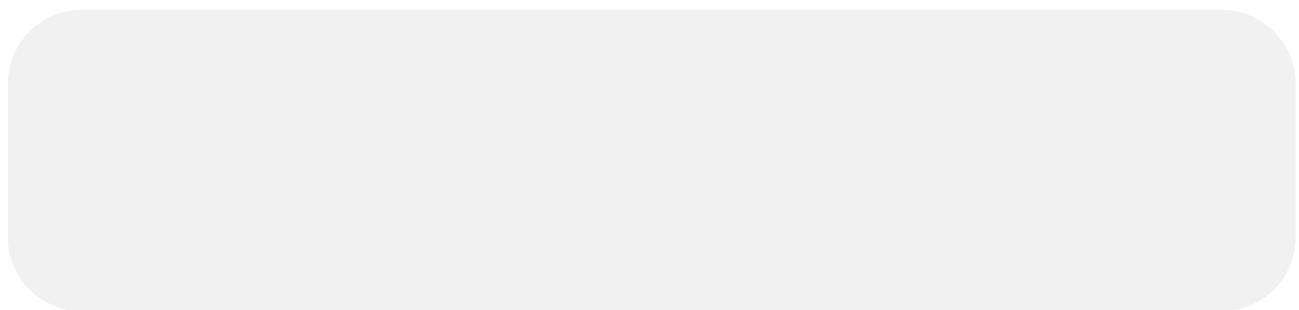
What do I "count" as sexual touching and what do I consider affectionate touching?



What helps me feel most comfortable being naked and sexually intimate with someone?



What, if anything do I like to do to prepare myself and my body for sexual activity?



# NOTES

# **SEXUAL INVENTORY LIST**

## **PHYSICAL AND/OR SEXUAL ACTIVITIES**

### ***Journal and discuss:* CONSENT & CONNECTION**

If I said *maybe* to something that my partner said yes to, what conditions might make my *maybe* a *yes*? Be specific.  
What conditions would make my *maybe* a *no*? Be specific.

# **SEXUAL INVENTORY LIST**

## **NON-PHYSICAL ACTIVITIES**

***Journal and discuss:*** How do non-physical sexual activities figure into our/my relationship agreements?

How are non-physical sexual activities important in my sex life?

Which ones are most important for my arousal, pleasure, and connection with my partner?

# SEXUAL INVENTORY LIST

## WHAT WE'RE GONNA SAY

Please use the space on this page to identify what words you use and do NOT use to describe yourself and how you want your sexual partner(s) to refer to you.

Refer to my **genitals** as ...

Do **NOT** refer to my **genitals** as ...

Refer to my **chest/breasts** as ...

Do **NOT** call my **chest/breasts** ...

Refer to my **sexual Identity/ orientation** as ...

Do **NOT** refer to my **sexual Identity/ orientation** as ...

Refer to my **gender** as...

Do **NOT** refer to my **gender** as...

# **SEXUAL INVENTORY LIST**

## **WHAT TO SAY TO CHECK IN**

**When I want you to stop, I say:**

**When you want me to stop, I'll listen for:**

**When I want you to keep going, I say:**

**When you want me to keep going, I will listen for:**

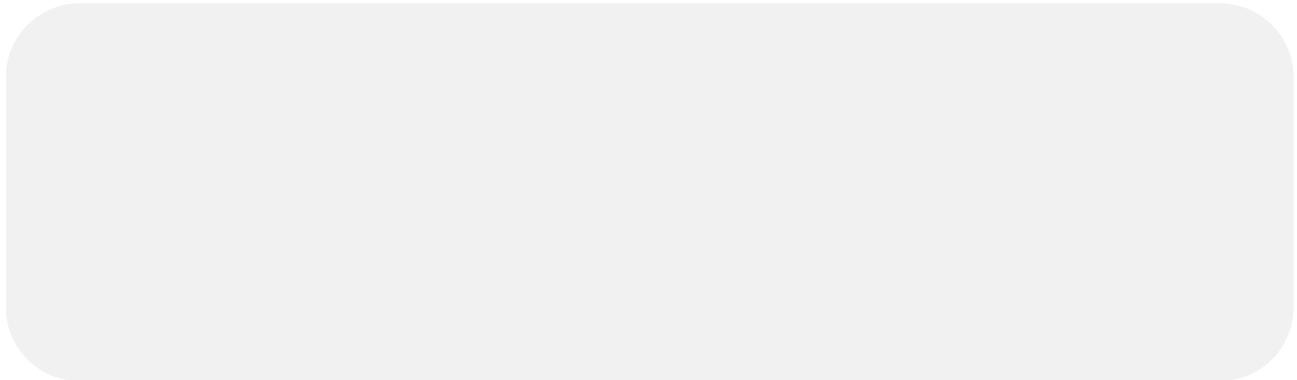
**When I want to check in with you, I say:**

**When you want to check in with me, I will listen for:**

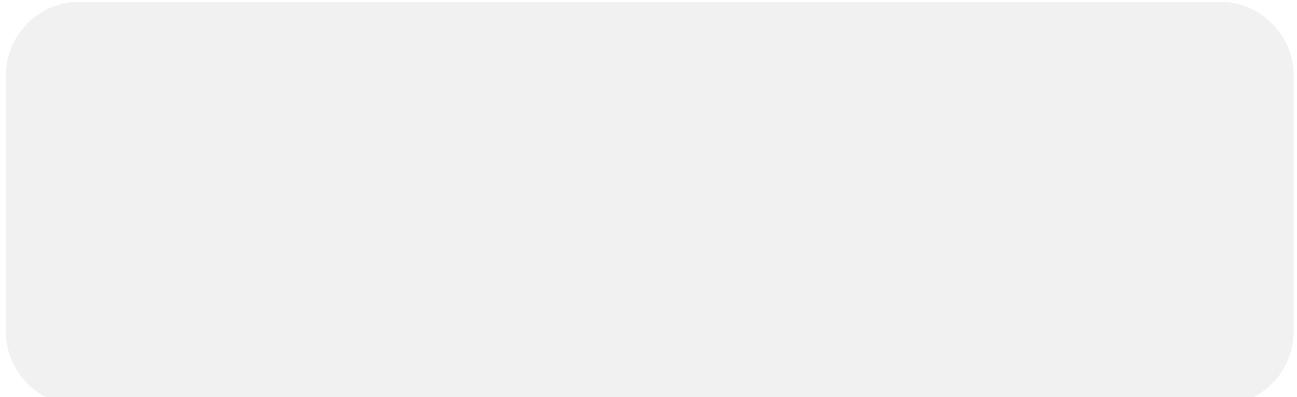
# **SEXUAL INVENTORY LIST**

## WORDS AND TERMS

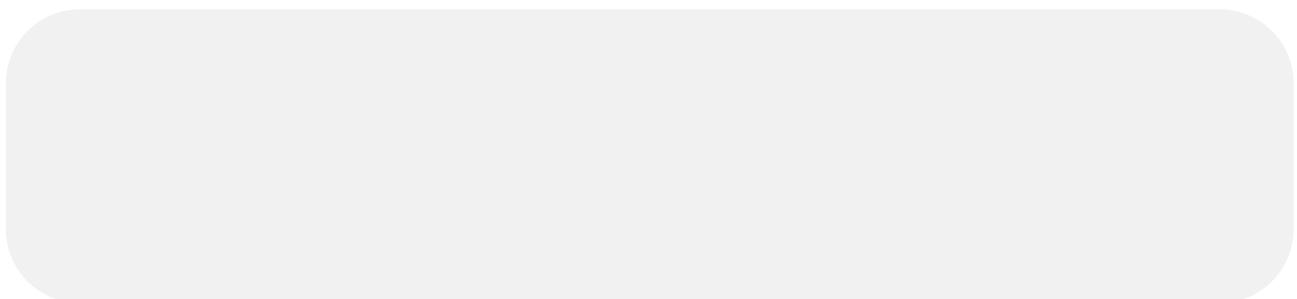
Words & phrases I like to hear during sexual activity to increase my arousal and pleasure:



Words & phrases I don't want to hear during sexual activity:



Are certain words okay in some settings or situations but not in others? How flexible am I?



# NOTES

# **SEXUAL INVENTORY LIST**

## **RELATIONSHIP MODELS AND CHOICES**

Here are some examples of relationship models to choose from, or you can add other options that match your desires.

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Exclusive romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exclusive sexual relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Casual or occasional open, non-exclusive romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Serious or ongoing open, non-exclusive sexual relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Multiple romantic or sexual relationships with multiple people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex with one partner at a time, only (monogamous)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex with two or more partners at a time (non-monogamous)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swinging or Switching with another couple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Threesome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Triad (my partner and I both date the same person)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

## **RELATIONSHIP MODELS AND CHOICES**

Who will you talk to about your sex life and where will you get support?

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Having a partner talk to close friends about our sex life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking to close friends about the details of my sex life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner talk to acquaintances, family, or co-workers about our sex life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking to acquaintances, family, or co-workers about my sex life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading books or watching videos together.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attending sex and relationship classes or programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hiring a coach for sex and relationship support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going on a sex and intimacy retreat, solo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going on a sex and intimacy retreat, as a couple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

## RELATIONSHIP MODELS AND CHOICES

***Journal and discuss:*** What kind of agreements do I want with my partners for the relationship models I am interested in?

What are the values I am committed to living in order to create and sustain healthy, loving relationships?

# NOTES

# SEXUAL INVENTORY LIST

## SAFER SEX ITEMS AND BEHAVIORS

	YES	NO	MAYBE
Sharing sexual history with a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing anything sexual that does or might pose <b>high risks</b> of certain or all sexually transmitted infections (STIs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing anything sexual that might pose <b>moderate risks</b> of STIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing anything sexual that might pose <b>low risks</b> of STIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a condom with a partner, always	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a condom with a partner, not always	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Putting on a condom myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Putting on a condom for someone else	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone else putting a condom on me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using lube with a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone else put lube on me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

## SAFER SEX ITEMS & BEHAVIORS

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Using a dental dam, with a partner, always	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a dental dam, with a partner, sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Putting on a dental dam for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Putting a dental dam on someone else	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having someone else put a dental dam on me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Putting a nitrile glove on myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Putting a glove on someone else	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone put a glove on me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a nitrile glove with a partner, always	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a nitrile glove with a partner, sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unable to communicate clearly during sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

## SAFER SEX ITEMS & BEHAVIORS

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Getting tested for STIs with a partner before sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting regularly tested for STIs on my own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Partner getting regularly tested for STIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sharing STI test results with a partner or potential partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner be unable to communicate clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

## SAFER SEX ITEMS & BEHAVIORS

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Doing things that may cause me momentary or minor discomfort or pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing things that may cause a partner momentary or minor discomfort or pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing things that may cause me sustained or major discomfort or pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing things that may cause a partner sustained or major discomfort or pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Initiating or having sex while or after drinking alcohol or other recreational drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A partner initiating or having sex while or after drinking alcohol or other recreational drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

## SAFER SEX ITEMS & BEHAVIORS

I have other needs around sexual safety for myself or with my partner(s). They are:

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 INVENTORY LIST**

## A FEW THINGS ABOUT TOYS & LUBES

Materials/ingredients I'm sensitive or allergic to:

Materials/ingredients that I wouldn't touch with a ten-foot pole:

Materials/ingredients that turn me on:

Materials/ingredients I'm comfortable using:

# SEXUAL INVENTORY LIST

## BIRTH CONTROL

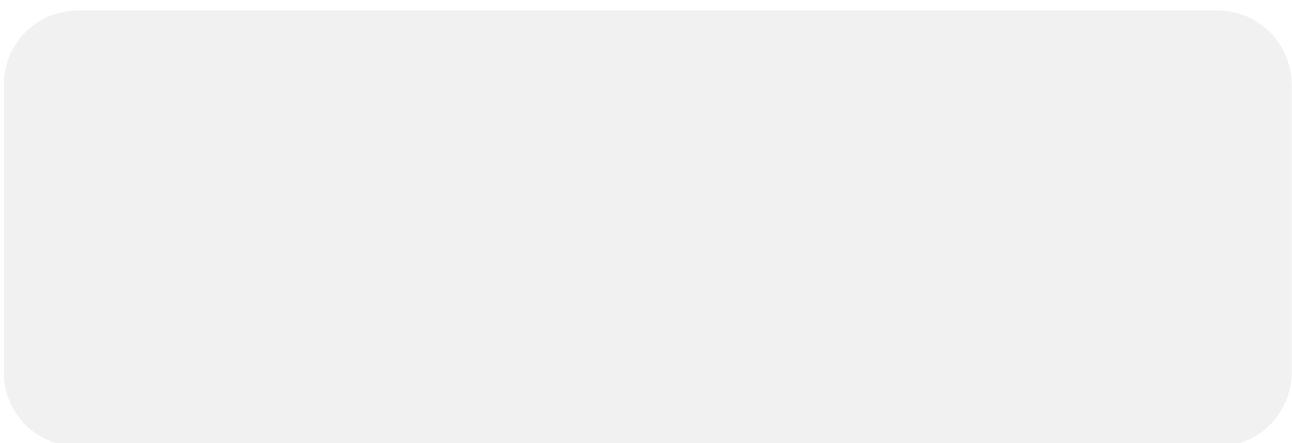
	YES	NO	MAYBE
Doing anything sexual that does or might pose a risk of pregnancy <b>without</b> using a reliable method of birth control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing anything sexual that does or might pose a risk of pregnancy <b>with</b> a reliable form of birth control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using emergency contraception	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner use emergency contraception	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming pregnant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating a pregnancy with a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helping a partner through pregnancy and delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiencing a loss with a pregnancy, like miscarriage or abortion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Supporting a partner through a loss with a pregnancy, like miscarriage or abortion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# SEXUAL INVENTORY LIST

## BIRTH CONTROL

	YES	NO	MAYBE
Parenting with a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parenting by myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Paying child support for a pregnancy I co-created	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Terminating a pregnancy (abortion)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner terminate a pregnancy (abortion)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Choosing adoption if there was a pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Journal:** 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 than I do, and how would that impact my choice to be with them?



# **SEXUAL INVENTORY LIST**

## **SEXUAL RESPONSES**

For these sexual responses, mark based on what you can tolerate

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Feeling and being aroused (sexually excited), alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling and being aroused, with or in front of a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having genital sexual response, like erection or lubrication, alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having genital sexual response, like erection or lubrication, seen or felt by a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not having or "losing" erection or lubrication, alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not having or "losing" erection or lubrication, with or in front of a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unable to reach orgasm, alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being unable to reach orgasm, with a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ejaculating, alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ejaculating, with or in front of a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# **SEXUAL INVENTORY LIST**

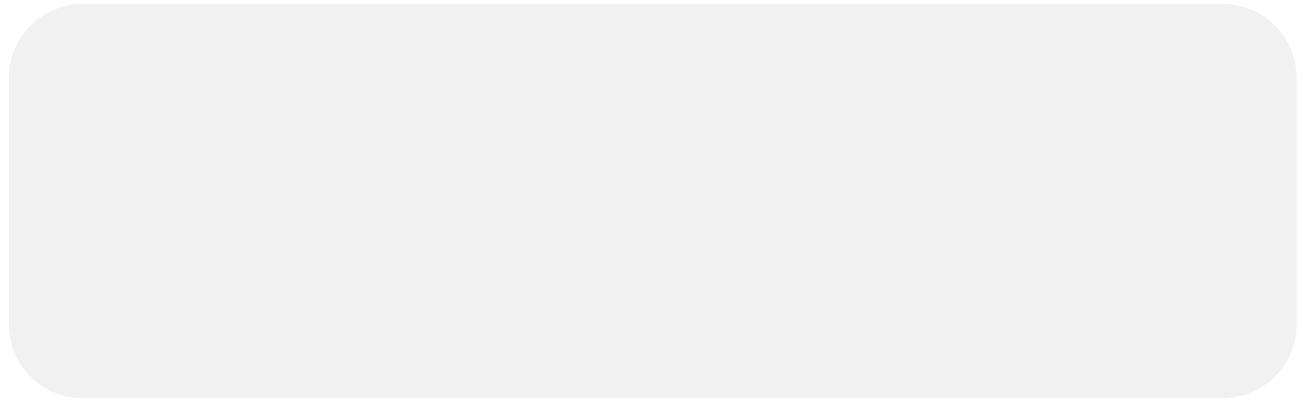
## SEXUAL RESPONSES

	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
Having one orgasm, with or in front of a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having more than one orgasm, alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having more than one orgasm, with or in front of a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a partner ejaculate with me/while I'm present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making noise during sex or orgasm, alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making noise during sex or orgasm, with a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiencing or expressing unexpected or challenging emotions before, during, or after sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A partner experiencing or expressing or challenging emotions before, during, or after sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

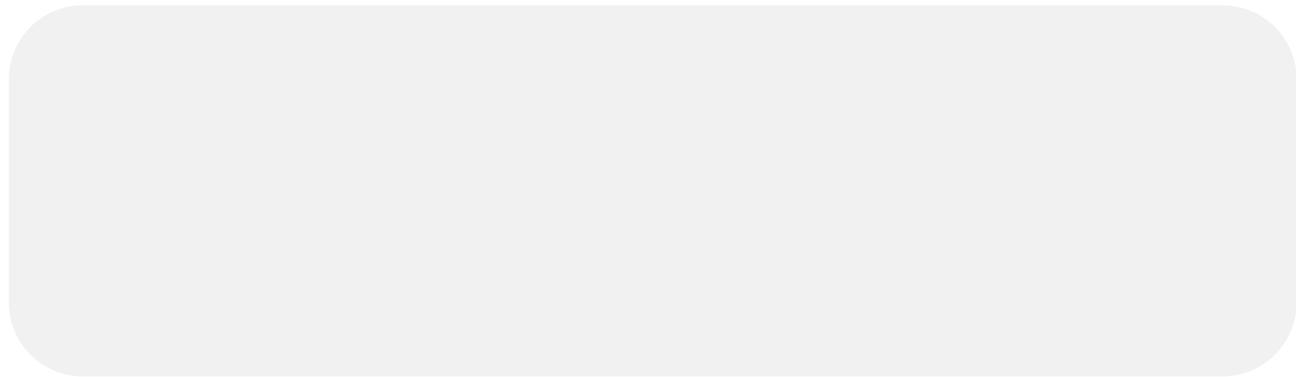
# **SEXUAL INVENTORY LIST**

## **SEXUAL RESPONSES**

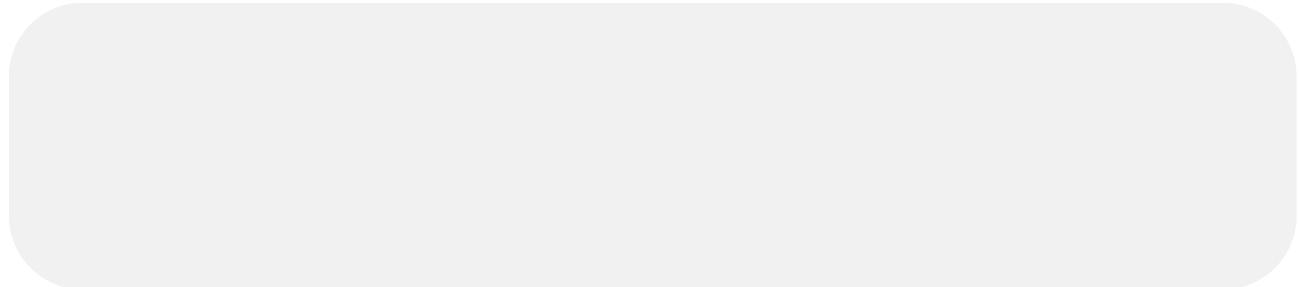
What are the expectations I and putting on myself or my partner(s) in terms of their sexual responses? How do I think they “should” respond or behave sexually?



The kinds of sexual responses or expressions that make me feel vulnerable or exposed are ... And what helps me stay connected and present is ...



The kinds of sexual aftercare (like snuggling or reaffirming emotional feelings) that I LIKE to GIVE and RECEIVE are:



# NOTES

# **SEXUAL INVENTORY LIST**

## **WHAT I LIKE TO THINK**

Fantasies are awesome! You get to fantasize during solo play or partner play. And sharing your fantasies with your partner can enhance your pleasure. Knowing your partner's fantasies can inspire your play, touch, and dirty talk.

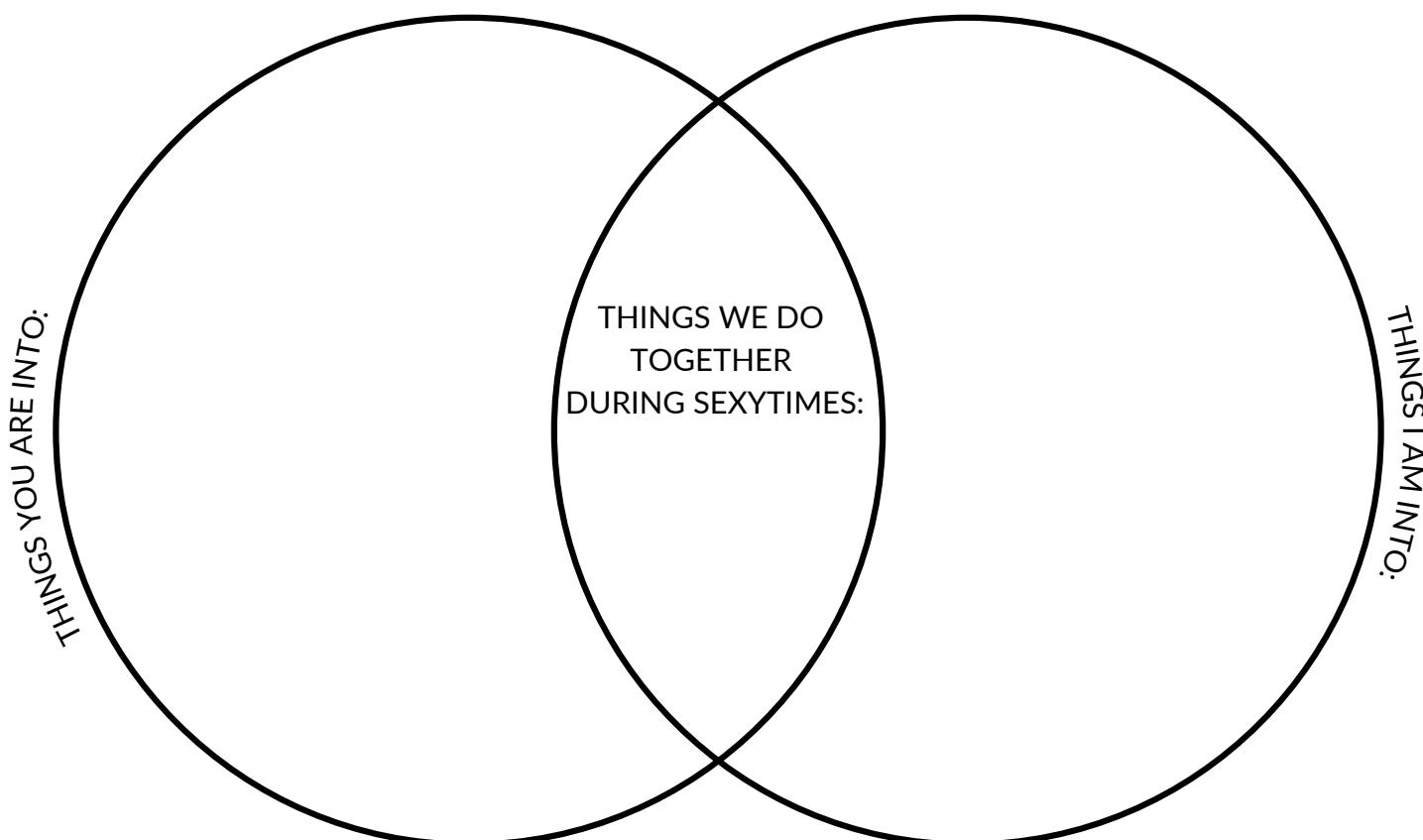
**Some sexual fantasies I have about me are:**

**Some sexual fantasies I have about you are:**

# SEXUAL INVENTORY LIST

## WHERE WE INTERSECT

You and your partner can use this ven diagram model to record where you two overlap in desires, activities, and boundaries.



# **SEXUAL INVENTORY LIST**

## **WHERE WE INTERSECT -- YES!**

Write down the things that YOU and YOUR PARTNER both enjoy doing, giving, receiving, or leading. This is your YES list.

# NOTES

# NOTES