

WANT, WILL, WON'T LIST

A guide to your sexual desires

This list will help with clarity on what you want to do with a partner, what you want to be done to you, what you *would* do to a partner, what you will allow to be done to you and what is a "no" regarding sexual play.

This exercise can take an hour or so to complete. Take your time going through the list, if you have a partner I suggest filling it out separately and setting a time to have fun conversation comparing the "WILLS." Get comfy, take a few deep grounding breaths, and remind yourself - IT'S JUST SEX. Begin exploring your way to deeper connections to yourself, to pleasure and pleasure with your (potential) partner.

Go through the list first with the mindset as a receiver, then start over with the mindset of a giver. Happy Sexploration! Your Friendly Relationship Coach, *Shannon Hamaker*

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			• KISSING •			
			ABDOMEN			
			ANUS			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			EARS			
			FACE			
			FINGERS			
			INNER THIGHS			
			NECK			
			NIPPLES			
			PENIS			
			PERINEUM			
			SCALP			
			SKIN			
			TESTICLES			
			TOES			
			VULVA			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			• BLOWN/BREATHED ON•			
			IN EAR			
			IN MOUTH			
			ON ABDOMEN			
			ON ANUS			
			ON BREASTS			
			ON BUTT CHEEKS			
			ON INNER THIGHS			
			ON NECK			
			ON NIPPLES			
			ON PENIS			
			ON TESTICLES			
			ON TOES			
			ON VULVA			
			• HAIR GROOMING BY PARTNER •			
			ABDOMEN			
			ANAL			
			AREOLA			
			ARMPIT			
			BACK			
			CHEST			
			FACIAL			
			MONS PUBIS			
			PERINEUM			
			SCROTUM			
			VULVA			
			• MASSAGE WITH HANDS/FINGERS•			
			ABDOMEN			
			ANUS			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			EARS			
			FACE			
			FINGERS			
			G-SPOT			
			INNER THIGHS			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			MOUTH			
			NECK			
			NIPPLES			
			PENIS			
			PERINEUM			
			PROSTATE			
			SCALP			
			TESTICLES			
			TOES			
			VAGINA			
			VULVA			
			USING MASSAGE OIL/LOTION			
			USING LUBE			
			• MASSAGE WITH FEET/TOES •			
			ABDOMEN			
			ANUS			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			EARS			
			FACE			
			FINGERS			
			INNER THIGHS			
			MOUTH			
			NECK			
			NIPPLES			
			PENIS			
			PERINEUM			
			SCALP			
			TESTICLES			
			TOES			
			VULVA			
			• LICKING •			
			ABDOMEN			
			ANUS			
			BACK			
			BREASTS			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			BUTT CHEEKS			
			EARS			
			FACE			
			FINGERS			
			INNER THIGHS			
			MOUTH			
			NECK			
			NIPPLES			
			PENIS			
			PERINEUM			
			SCALP			
			TESTICLES			
			TOES			
			VULVA			
			• SMELLING •			
			ANUS			
			ARMPITS			
			BREATH			
			FARTS			
			NECK			
			PERINEUM			
			TESTICLES			
			VULVA			
			• TICKLING •			
			ABDOMEN			
			ANUS			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			EARS			
			FACE			
			FINGERS			
			INNER THIGHS			
			MOUTH			
			NECK			
			NIPPLES			
			PENIS			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			PERINEUM			
			SCALP			
			TESTICLES			
			TOES			
			VULVA			
			• GROPING/CUPPING/TUGGING •			
			BREASTS			
			BUTT CHEEKS			
			CALVES			
			CLITORIS			
			EARS			
			HAIR			
			HAIR PULLING			
			INNER THIGHS			
			LABIA			
			NIPPLES			
			PENIS			
			TESTICLES			
			VULVA			
			• SUCKING •			
			CLITORIS			
			PENIS			
			VULVA			
			ANUS			
			EARS			
			FINGERS			
			LIPS			
			NECK			
			NIPPLES			
			TESTICLES			
			TOES			
			TONGUE			
			• SPITTING •			
			IN MOUTH			
			ON FACE			
			ON PENIS			
			ON VULVA			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			ON ANUS			
			ON BREASTS			
			ON SKIN			
			ON TESTICLES			
			• BITTING/NIBBLING •			
			ABDOMEN			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			CLITORIS			
			EARS			
			LABIA			
			INNER THIGHS			
			NECK			
			NIPPLES			
			PENIS			
			TESTICLES			
			TOES			
			VULVA			
			• SCRATCHING •			
			ABDOMEN			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			CLITORIS			
			EARS			
			FACE			
			FINGERS			
			INNER THIGHS			
			MOUTH			
			NECK			
			NIPPLES			
			PENIS			
			TESTICLES			
			TOES			
			VULVA			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			• PINCHING AND/OR FLICKING •			
			ABDOMEN			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			CLITORIS			
			EARS			
			FACE			
			FINGERS			
			INNER THIGHS			
			MOUTH			
			NECK			
			NIPPLES			
			PENIS			
			TESTICLES			
			TOES			
			VULVA			
			• SLAPPING AND/OR SPANKING •			
			ABDOMEN			
			BACK			
			BREASTS			
			BUTT CHEEKS			
			CLITORIS			
			EARS			
			FACE			
			FINGERS			
			INNER THIGHS			
			MOUTH			
			NECK			
			NIPPLES			
			PENIS			
			TESTICLES			
			TOES			
			VULVA			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			• EROTICA/DIRTY TALK •			
			WRITE EROTICA FOR PARTNER			
			READ EROTICA FOR PARTNER			
			TALK "DIRTY" DURING SEX			
			TALK "DIRTY" DURING FOREPLAY			
			• FINGERS INSERTED •			
			IN MOUTH			
			IN VAGINA			
			IN ANUS			
			• PENIS INSERTED •			
			IN ARMPIT			
			BETWEEN BREASTS			
			BETWEEN BUTT CHEEKS			
			BETWEEN LABIA (NO PENETRATION)			
			BETWEEN SKIN FOLDS			
			BETWEEN THIGHS			
			IN MOUTH			
			IN VAGINA			
			IN ANUS			
			• TOES INSERTED •			
			IN MOUTH			
			IN VAGINA			
			IN ANUS			
			• TONGUE INSERTED •			
			IN MOUTH			
			IN VAGINA			
			IN ANUS			
			• TOYS INSERTED/USED •			
			VIBRATION			
			CONSTANT			
			PULSATING			
			PROGRAMMED PATTERNS			
			MUSIC CONTROLLED			
			MATERIAL			
			ACRYLIC			
			GLASS			
			SILICONE			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			STAINLESS STEEL			
			WOOD			
			ELASTOMER			
			HARD PLASTIC			
			LATEX			
			SILICONE			
			DESIGN			
			LOOKS LIKE A PENIS			
			DOESN'T LOOK LIKE A PENIS			
			NO TESTICLES			
			WITH TESTICLES			
			SUCTION CUP BASE			
			FLAT BASE (ANAL SAFE)			
			G-SPOT CURVE			
			P-SPOT CURVE			
			DOUBLE			
			STRAP ON			
			KEGEL EXERCISER			
			COCK RING			
			DISPOSABLE SLEEVE			
			HEAD VIBES			
			PENIS PUMP			
			PROSTATE MASSAGER			
			SHAFT VIBES			
			EDIBLES			
			BODY DUST			
			BODY PENS			
			CHOCOLATE STENCILS			
			EDIBLE BRA/UNDERWEAR			
			FLAVORED LUBE			
			PAINT ON CHOCOLATE			
			• WATCHING •			
			HAVING SEX WITH ANOTHER PERSON			
			MASTURBATE			
			STRIP TEASE			
			LAP DANCE			
			UNDRESS			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			MASSAGE/TOUCH SELF			
			FINGER SELF			
			SIDE BY SIDE MASTURBATION			
			69			
			DOUBLE PENETRATION			
			PENIS IN ANUS, FINGER IN VAGINA			
			PENIS IN ANUS, TOY IN VAGINA			
			PENIS IN VAGINA, TOY IN ANUS			
			PENIS IN VAGINA, FINGER IN ANUS			
			TOY IN ANUS AND VAGINA			
			PENIS IN ANUS AND VAGINA			
			2 PENISES IN VAGINA			
			2 PENISES IN ANUS			
			TOY AND PENIS IN VAGINA			
			TOY AND PENIS IN ANUS			
			• PARTNER EJACULATION			
			IN MOUTH			
			IN VAGINA			
			IN ANUS			
			ON BACK			
			ON CHEST			
			ON FACE			
			ON NECK			
			ON PENIS			
			ON VULVA			
			ON ABDOMEN			
			ON BUTT CHEEKS			
			ON SKIN			
			• EXPELLING •			
			FECES			
			URINE			
			VOMIT			
			• FISTING •			
			IN VAGINA			
			IN ANUS			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			• SUBMITTING/DOMINATING •			
			ALLOWING PARTNER TO BE IN CHARGE			
			BEING IN CHARGE			
			PARTICIPATING IN A SCENE PARTNER CREATED			
			CREATING A SCENE FOR PARTNER			
			TAKING ORDERS			
			GIVING ORDERS			
			PLAYING A SUBMISSIVE CHARACTER			
			PLAYING A DOMINANT CHARACTER			
			• BONDAGE •			
			ANKLES BOUND			
			WRISTS BOUND			
			BLINDFOLDED			
			CONSTRICTED			
			GAGGED			
			PINNED			
			ARMS PINNED/TIED ABOVE HEAD			
			NIPPLE CLAMPS			
			TIED UP WITH ROPE			
			TIED WITH BED STRAPS			
			SUSPENSION			
			CAGED			
			COLLARED			
			LEASHED			
			FORCED ORAL SEX (THROAT FUCKING)			
			CHOKING/ASPHYXIA PLAY			
			DELAYED GRATIFICATION			
			IMPACT PLAY - FLOGGER/WHIP/CROP/ETC			
			BACK			
			BUTT CHEEKS			
			BREASTS			
			CALVES			
			THIGHS			
			ABDOMEN			
			• LUBE •			
			MATERIAL			
			WATER-BASED			

RECEIVER			ACTIVITY	GIVER		
WANT	WILL	WON'T		WANT	WILL	WON'T
			SILICONE-BASED			
			OIL-BASED			
			CONSISTENCY			
			LIQUID			
			CREAM			
			GEL			
			SPECIALTY			
			HYPOALLERGENIC/GLYCERIN FREE			
			VEGAN			
			WARMING			
			BLOOD LETTING			
			EAT/INGESTING			
			SENSATION PLAY			
			WATERSPORTS/GOLDEN SHOWERS			
			PEGGING			
			ORGY (5 PEOPLE OR MORE)			
			COUPLE'S SWAP/SWINGING			
			ATTENDING A SEX PARTY			
			TEMPERATURE PLAY			

NOTES AND CONDITIONS: