

Yes, No, Maybe - List - Questions about body, sexuality and boundaries

(In the original English by Scarleteen: http://www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist - revised and expanded by queer_topia*translate and life's a beach)

Hello,

I'm glad you've discovered this list. It is meant to support you in finding out, recognizing and communicating your own needs and boundaries around the topic of sexuality. This can support you in living physical closeness and/or sexuality consensually, i.e. according to the principle of (pleasurable) consent of all partners involved in concrete actions¹.

You can fill in this list alone and/or with a partner. Your answers (and needs) may also vary depending on your partner/situation/mood/etc.

Some statements are difficult to make in general because they are so changeable. Having an awareness of the variability of one's own needs and boundaries can give more confidence in expressing them to a partner.

Some parts of the list allow, among other things, the following information, which can be abbreviated in this way:

Y - Yes
N - No
M - Maybe
T - Would like to try
NK - Don't know
NAM - Does not apply to me
NT - Just don't think about it

Sometimes a single letter is not enough. Then it can help to write a longer thought in addition.

Content warning: Explicit sexual situations are described below.

Have fun filling it out! :-)

Words & Terms

I would like the following words to be used for my gender identity (e.g., woman, man, boy/boi, femme, butch, genderqueer, guydyke):

I would like my chest to be referred to as follows:

¹ In the following list the term partner is often used. This means the person with whom you live sexuality - which does not have to mean that you are in a certain form of relationship with each other.

I would like my genitals to be referred to as follows:

I would like my romantic and/or sexual orientation and/or identity (e.g., biromantic, asexual, lesbian, pansexual_romantic, gay, queer) to be referred as follows:

I do not want myself/my identity/my body or _____ be referred to in the following way during any kind of sexual activity:

I'm triggered by² certain words or language:

Are some words okay in some situations but not in others?

How flexible am I when my partner wants to name something differently than I do?

Why do I use the words for the parts of my body that I use?

Body & Boundaries

I like it...

- when a partner touches me tenderly without asking me first.
- to touch a partner tenderly without asking first.
- if a partner touches me sexually without asking me first.
- to touch a partner sexually without asking first.
- when a partner touches me tenderly in public.
- to touch a partner tenderly in public.
- when a partner touches me sexually in public.
- to touch a partner sexually in public.
- be topless in front of a partner.
- when a partner in front of me is topless.
- not to wear underpants in front of a partner.
- if a partner in front of me is not wearing underpants.
- to be completely naked in front of a partner while the lights are off or dimmed.
- when a partner is completely naked in front of me while the lights are off or dimmed.
- to be completely naked in front of a partner while the light is on.
- when a partner is completely naked in front of me while the light is on.
- when a partner and I look each other straight in the eye.
- being looked at everywhere when I'm naked.
- to do personal hygiene in front of a partner.
- when a partner does personal hygiene in front of me.

² I have a stress response that is triggered by the memory of a traumatic experience.

- to go to the toilet in front of a partner.
- if a partner goes to the toilet before me.
- when my genitals are looked at directly.
- to look directly at the genitals of a partner.
- when a partner talks about my body.
- to talk about the body of a partner.
- when some or all parts of my disability, identity, or difference feature are objectified or sexualized in sex.
- objectify or sexualize some or all parts of a partner's disability, identity, or difference feature during sex.
- having sex (or variations of sex) while I'm menstruating.
- having sex (or variations of sex) with a partner who is menstruating.
- seeing or coming into contact with bodily fluids (sperm, blood, sweat, urine, etc.).
- if a partner sees or comes into contact with bodily fluids (sperm, blood, sweat, urine, etc.)
- to shave/trim/remove my intimate hair in front of a partner.
- to shave/trim/remove the intimate hair of a partner.
- Further:

These parts of my body are not to be touched or looked at:

I am not comfortable with seeing, touching or feeling these parts of a partner's body:

I get triggered by certain things involving bodies & boundaries. These are:

To feel comfortable with a partner being naked helps me:

I feel uncomfortable when people talk about my body like that:

For me, tender touching includes this:

... and sexual touching that:

Relationship Models & Opportunities

I agree...

- when a partner talks about our sex life with close friends.
- to talk with close friends about the sex life of me and a partner.
- when a partner talks about our sex life with acquaintances, family or work colleagues.
- to talk with acquaintances, family or work colleagues about the sex life of me and a partner.
- to have an exclusive romantic relationship.
- to have an exclusive sexual relationship.
- to have one or more casual or open/non-exclusive romantic relationships.
- to have one or more casual or short-term, open/non-exclusive sexual relationships.
- to have one or more committed or longer-term, open/non-exclusive romantic relationship(s).
- to have one or more committed or long-term, open/non-exclusive sexual relationships.
- having sex with only one partner.
- having sex with only two partners.
- having sex with only three partners.
- having sex with multiple partners.
- when I decide together with a partner about aspects of our sex and relationship life (openness of the relationship, safe sex, etc.).
- when a partner has a say in some aspects of my sex life (e.g. openness of the relationship, sex practices, safe sex, etc.).
- have a say in some aspects of my partner's sex life (e.g. openness of the relationship, sex practices, safe sex, etc.).
- Further:

What types of agreements do I want to enter into in my various relationship models?

What are my values in romantic_sexual relationships?

Safer Sex & Communication

I like it, ...

- to share my sexual history with a partner.
- when a partner shares their sexual history with me.
- to always use a condom with a partner.
- not to use a condom with a partner.
- to put a condom on me.
- to put a condom on a partner.
- when a partner puts a condom on me.
- to always use a dental dam with a partner.
- not to use a dental dam with a partner.

- for me to use a dental dam.
- when a partner puts a dental dam on me.
- to put a dental dam on a partner.
- to always use latex gloves with a partner.
- not to use latex gloves with a partner.
- to put on latex gloves myself.
- to put on latex gloves for a partner.
- latex gloves to be put on by a partner.
- to use lubricant with a partner.
- lube on my body.
- apply lube to the body of a partner.
- to be applied lube on my body by a partner.
- to get tested for STIs³ before I have sex with a partner.
- to be tested regularly for STIs.
- to get tested for STIs together with a partner.
- share STI test results with a partner.
- doing things that cause me momentary or minor discomfort or pain and sexual arousal.
- doing things that cause brief or minor discomfort or pain and sexual arousal to a partner.
- doing things that cause me prolonged or severe discomfort or pain and sexual arousal.
- doing things that cause prolonged or severe discomfort or pain and sexual arousal to a partner.
- not being able to communicate clearly about _____ during sex.
- having sex with a partner who is not able to communicate clearly about _____ while having sex.
- having sex while or after consuming alcohol or other drugs.
- having sex while or after a partner has consumed alcohol or other drugs.
- Further:

I get triggered by certain things around safer sex and communication, so I need the following additional arrangements:

How do I communicate about safer sex?

What helps me communicate about safer sex?

How often have I been tested for STIs?

³ STI stands for sexually transmitted infections.

Do I know my own biography with regard to experienced and myself done boundary-crossing and violence? How and with whom do I work through experiences of boundary violations and violence?

What agreements do I need to avoid being triggered? What agreements do I need for situations where it happens anyway?

In what situations do I find it hard to take no for an answer, and how do I deal with it?

How do I deal with my own transgressive or violent patterns that I have not yet shed? Do I communicate about them? How and in which situations?

Contraception & Dealing with Pregnancy

I agree...

- doing anything sexual that carries a risk of pregnancy without using reliable contraception.
- doing anything sexual that carries a risk of pregnancy while using reliable contraception.
- to use emergency contraception.
- if a partner uses emergency contraception.
- to get pregnant.
- to conceive a child.
- to support a partner during pregnancy and afterwards.
- to have a miscarriage.
- to support a partner during and after a miscarriage or abortion.
- to raise a child with a partner.
- raising a child by myself.
- to financially support a child that I conceived.
- to terminate a pregnancy.
- if one partner terminates a pregnancy.
- in the event of pregnancy, to give the child up for adoption.
- Further:

I need that in case of (non) pregnancy:

This is what happens to our connection_ relationship in case of (non) pregnancy:

Sexual Arousal

I like it...

- to feel sexually aroused alone.
- to feel sexually aroused with or in front of a partner.
- to be genitally aroused alone, e.g. to have an erection and/or to become wet.
- being genitally aroused with or in front of a partner, e.g. having an erection and/or getting wet.
- to lose the genital arousal again alone.
- with or in front of a partner to lose the genital arousal again.
- not to have an orgasm on your own.
- not having an orgasm with a partner.
- to have an orgasm alone.
- to have an orgasm with/at a partner.
- to have more than one orgasm alone.
- having more than one orgasm with a partner.
- to ejaculate alone.
- to ejaculate with/at a partner.
- when a partner ejaculates with/at me.
- having an orgasm 'too early' or 'too late' when having sex with a partner.
- when a partner has an orgasm 'too early' or 'too late'.
- making noises during sex or orgasm alone.
- making noises with a partner during sex or orgasm.
- It is not problematic for me to be interrupted during sex by an external person, my body or my feelings.
- Further:

I am triggered by the following sexual arousal or reactions from me or my partner:

I (don't) like it getting or giving the following forms of sexual aftercare (like cuddling or feelings-affirming):

Physical & Sexual Activities

I like...

- to hold hands.
- to embrace a partner.
- to kiss a partner on the closed mouth.
- to kiss a partner on the open mouth.
- it kissing the cheek or face of a partner.
- it being kissed on the cheek or face by a partner.
- it being kissed or touched on the neck by a partner.
- it kissing or touching the neck of a partner.
- to make hickeys.
- to get hickeys.

- to tickle.
- to be tickled.
- to wrestle or play-fight.
- to massage.
- to be massaged.
- it when my breast and/or nipples are touched or rubbed.
- it touching or rubbing a partner's breast and/or nipple.
- rubbing against each other while dressed (dry humping)
- rubbing the naked genitals together (scissoring)
- it when a partner touches my breast with their mouth or tongue.
- touching a partner's breast with the mouth or tongue.
- to masturbate alone.
- to masturbate in front of or with a partner.
- when a partner masturbates in front of or with me.
- hand sex⁴ on penis/strap-on/ _____ to give.
- hand sex on penis/strap-on/ _____ to get.
- giving hand sex to testicles.
- getting hand sex on my testicles.
- hand sex on the vulva/ _____ to give.
- hand sex on vulva/ _____ to get.
- hand sex in the vagina/ _____ to give.
- hand sex in the vagina/ _____ to get.
- giving hand sex on or around the anus.
- getting hand sex on or around the anus.
- giving hand sex in the anus.
- getting hand sex in the anus.
- to ejaculate on the body of a partner.
- when a partner ejaculates on my body.
- to use sex toys (e.g. vibrator, dildo, whip, ...) alone.
- to use sex toys (e.g. vibrator, dildo, whip, ...) with a partner.
- oral sex on the vulva/ _____ to give.
- oral sex on vulva/ _____ to get.
- oral sex on penis/strap-on/ _____ to give.
- oral sex on penis/strap-on/ _____ to get.
- giving oral sex on the testicle.
- getting oral sex on my testicles.
- giving oral sex on the anus.
- getting oral sex on her anus.
- vaginal sex/ _____ -sex with penis/strap-on/ _____ to give.
- vaginal sex/ _____ -sex with penis/strap-on/ _____ to get.
- anal sex penis/strap-on/ _____ to give.
- anal sex penis/strap-on/ _____ to get.
- playing with food during sex.
- to be cross-dressed⁵ during sex.

4 Sex with hands or fingers.

5 Wearing clothes that are not assigned to my (supposed) gender.

- if a partner is cross-dressed during sex.
- to wear certain clothes or accessories during sex.
- if a partner wears certain clothes or accessories during sex.
- to bite a partner.
- to be bitten by a partner.
- to scratch a partner.
- to be scratched by a partner.
- to wear something that covers my eyes.
- when one partner wears something that covers the eyes.
- to be/be restricted in my movements.
- when a partner is restricted in their movements.
- to be beaten or spanked by a partner for (my) sexual satisfaction.
- to beat or spank a partner for (my) sexual satisfaction.
- being pinched during sex or having clamps on my body.
- to pinch a partner during sex or giving clamps on their body.
- Further:

What does sexual consent mean to me? How important is consent to me when I have sex with a partner?

What do I want to know about my partner before we share physical or sexual acts? With which understanding of a partner's consent do I feel good, with which not?

In what situations do I have a hard time saying no?

I get triggered by the following sexual activities:

Sexual Activities Without Physical Contact

I like...

- to share my sexual fantasies with a partner.
- when a partner tells me their sexual fantasies.
- role-playing.
- to have phone sex.
- to have cybersex over messenger.
- having cybersex in the chat room.
- having cybersex on the cell phone.
- to receive sexual images from a partner electronically.
- to send sexual images to a partner electronically.
- to read pornography or erotica alone.
- to read pornography or erotica with a partner.
- watching porn alone.

- ___ to watch porn with a partner.
- ___ if a partner reads or watches pornography with me.
- ___ to give pornography/erotica to a partner.
- ___ getting porn/erotica from a partner
- ___ Further:

I get triggered by certain sexual activities without physical contact. These are:

How does sexual activity without physical contact fit into our/my relationship arrangements?

What role do sexual activities without physical contact play in my sex life?

Closing

Taking plenty of time to make clear arrangements can be important to avoid boundary violations. Even if all parties involved do not want to violate boundaries, this can happen unintentionally.

This list is a suggestion to deal with (your own) boundaries and needs without claiming to be complete. Getting to know your needs and boundaries around sexuality and physical closeness is an exciting, challenging lifelong process. We are happy if this list accompanies you on your way for a longer time or again and again.

Have fun!
queer_topia*

Further reading:

- queer_topia* <https://queertopia.de/> ig, fb: queer_topia
- life's a beach <http://lifesabeach.blogspot.de/>
- Yes, No, Maybe, BDSM-List - Get to know your (and your partner's) fetishes, boundaries & wishes <https://www.queertopia.de/dl-Yes-No-Maybe-BDSM-List>
- Safer Sex Guide <https://www.daniela-thoerner.de/projekte/safer-sex-handbuch/>
- Learn Good Consent <https://www.phillyspissed.net/sites/default/files/learning%20good%20consent2.pdf>
- Consent in Practice <https://www.youtube.com/watch?v=guo0ep-BLJY&index=4&list=PLFpW38zb8tzpskLQcp5WOH2IHLMorTiux>
- We love consent <https://wirliebenkonsens.wordpress.com/>