

Consent Conversation Check List

Here's a client-ready "Read Me First" plus a printable-style worksheet you can use for your "Consent Conversation"

Sex Menu: Read Me First (for couples)

This Sex Menu is a consent tool, not a to-do list. It's designed to help you and your partner talk about what turns you on, what feels like a curiosity, and what is a clear no—for now or always.

How to use it:

- Fill it out separately first.
- Use three options:
 - YES = I'm excited about this.
 - MAYBE = I'm curious, but I need conversation, pacing, and check-ins.
 - NO = Not for me right now (or maybe ever).
- Then compare and talk:
 - Celebrate your overlaps in the YES column.
 - Treat MAYBEs as invitations to slow exploration, not obligations.
 - Respect NOs without trying to persuade, shame or "convince."

You can revisit this menu every few months, desire changes with stress, health, age, and life seasons. Let it evolve with you.

Sex Menu Worksheet (printable style)

Instructions at top:

"Circle or mark YES / MAYBE / NO for each item. Add notes where helpful. Use this as a conversation starter, not a performance checklist."

1. Atmosphere & setting

Lighting

- Soft lamps / dimmer: YES MAYBE NO

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- Candles or string lights: YES MAYBE NO
- Total darkness: YES MAYBE NO

Scents

- Scented candles or incense: YES MAYBE NO
- Essential oils: YES MAYBE NO
- Unscented / neutral: YES MAYBE NO

Music

- Slow sensual playlist: YES MAYBE NO
- Playful / upbeat: YES MAYBE NO
- No music, just quiet: YES MAYBE NO

Locations

- Bedroom: YES MAYBE NO
- Sex room / sex closet: YES MAYBE NO
- Shower / bath: YES MAYBE NO
- Living room / couch: YES MAYBE NO
- Hotel or getaway: YES MAYBE NO
- Other: Describe _____

Notes about setting (privacy, kids, roommates, etc.):

2. Touch & affection

Affection

- Hand-holding, hugging, cuddling: YES MAYBE NO
- Kissing (soft): YES MAYBE NO
- Kissing (deep / messy): YES MAYBE NO
- Kissing in public (mild PDA): YES MAYBE NO

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- Sensual Touch: YES MAYBE NO
 - Back rub / shoulder massage: YES MAYBE NO
 - Foot massage: YES MAYBE NO
 - Full-body sensual massage with oil: YES MAYBE NO
 - Hair touching / light hair pulling: YES MAYBE NO
 - Face / neck touch: YES MAYBE NO
 - Notes:
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3. Erotic activities

Build-up

- Flirting / teasing texts: YES MAYBE NO
- Slow undressing: YES MAYBE NO
- Teasing over clothes: YES MAYBE NO
- Teasing under clothes: YES MAYBE NO

Hands & mouths:

- Manual stimulation (hands on genitals): YES MAYBE NO
- Mutual masturbation (side-by-side, watching): YES MAYBE NO
- Oral sex – giving: YES MAYBE NO
- Oral sex – receiving: YES MAYBE NO

Penetration & intercourse

- Non-penetrative sex (grinding / intercourse): YES MAYBE NO
- Vaginal penetration: YES MAYBE NO
- Anal play (external touch): YES MAYBE NO
- Anal penetration (toys / penis): YES MAYBE NO

Notes (positions, pacing, conditions):

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4. Toys, tools & sensation

- Vibrators: on me / on you / together: YES MAYBE NO
- Dildos / Strap-Ons: YES MAYBE NO
- Butt plugs / anal toys: YES MAYBE NO
- Lube (water-based, silicone, flavored): YES MAYBE NO
- Blindfolds: YES MAYBE NO
- Feathers / soft ticklers: YES MAYBE NO
- Fabrics preferred: Describe-_____
- Temperature play (ice, warm oil, warmed/cooled toys): YES MAYBE NO
- Electric Play – Electro-sex toys. YES MAYBE NO

Notes (brands, body-safe materials, hygiene preferences):

5. Power, roleplay & kink

Light power play

- One partner leading / directing: YES MAYBE NO
- Being more dominant: YES MAYBE NO
- Being more submissive: YES MAYBE NO

Language & role

- Dirty talk (soft / romantic): YES MAYBE NO
- Dirty talk (explicit): YES MAYBE NO
- Praise (e.g., “you’re amazing,” “you feel so good”): YES MAYBE NO
- Mild degradation (strictly negotiated): YES MAYBE NO
- Roleplay scenarios (e.g., strangers at a bar, boss/employee, teacher/student, etc.):
YES MAYBE NO

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Restraint & impact

- Hands lightly held down: YES MAYBE NO
- Scarves / cuffs: YES MAYBE NO
- Rope bondage (with safety knowledge): YES MAYBE NO
- Spanking – light: YES MAYBE NO
- Spanking – firm / impact toys: YES MAYBE NO

Voyeurism / exhibitionism

- Watching partner masturbate: YES MAYBE NO
 - Being watched: YES MAYBE NO
 - Watching porn or erotic shows together (e.g., *How to Build a Sex Room*):
YES MAYBE NO
 - Taking private photos/videos (with clear agreements about storage and deletion):
YES MAYBE NO
 - Notes (safe words, limits, emotional needs):
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6. Emotional tone & intention

What tones appeal to you?

- Soft, tender, loving: YES MAYBE NO
- Playful, silly, giggly: YES MAYBE NO
- Intense, raw, hungry: YES MAYBE NO
- Ritual / sacred / spiritual: YES MAYBE NO
- Comfort / stress relief: YES MAYBE NO

What feels important emotionally during sex for you (e.g., eye contact, reassurance, laughter, slowness)?

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7. Hard NOs & sensitive areas

Behaviors that are a firm NO for me:

Words or themes that feel triggering (do not use):

Body areas that are off-limits (always or unless we re-discuss):

Topics to avoid in our sex room (e.g., kids, work, money):

8. Invitations & aftercare

How I like you to invite me into sex or erotic play (tone, timing, words):

How I want you to check in during:
(e.g., “Is this still okay?” “More/less pressure?”)

What helps me feel cared for afterward (aftercare):

- Cuddling / holding
- Quiet time together
- Water / snack
- Shower / bath together
- Words of appreciation
- Being left alone to rest
(Check or write in what fits you.)

My preferred aftercare:

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“Remember: this menu is an invitation to curiosity, not a demand for performance. Let it be a living conversation between your bodies, your boundaries, and your shared imagination.”

Dr. Nancy