

Your erotic buffet options to explore

Treat this like a buffet menu. Make a copy for each partner to mark off preferences for sex play together. Then set aside time to share and discuss what you are both open to trying together.

Yes/No/ Maybe	Menu items from the book	Yes/No/ Maybe	Menu items from the book
	Sex dates		Anal fingering
	Cupping genitals		Anal/oral play – rimming
	Rubbing just under the penis tip		Male receiving penetration
	Exploring under foreskin		Role reversal play
	Supportive stroking for soft penis		Vibrator play together
	Walking naked together		Cock rings
	Nuzzling genitals		Penis pump (VED) in bedroom
	Blowing hot/cold on genitals		Strap-on for him
	Humming during oral sex		Strap-on for her (pegging)
	Thigh humping		Shaving genitals
	Penis to nipple		Natural pubic hair “bush”
	Crack slide (penis between ass cheeks)		Two minute game
	Astride: partner genitals rub soft penis		Reading erotic stories together
	Soft penis to clitoris or frotting		Watching erotic movies together
	Soft penis penetration		Make your own erotica
	Oral sex		Track and share energy circuits
	Rubbing/stroking bellies		Solo masturbation
	Masturbation with partner watching		Mini-peaks / redefined orgasms
	Testicle play		Telling our story to others or online
	Perineum touch and massage		Get relationship help (coaching/counselling/therapy)
	Armpit play	 Add yours