



Hard & Soft Limits - Your Yes No Maybe List

Discussing what we like or want out of sex can be hard, so we've put together a "Yes, No, Maybe List" to make being your sexiest self that little bit easier.

Instructions

It's important that each partner fill in their own copy of the list **in private**. There needs to be **NO** judgement and **NO** pressure involved that could affect someone's honesty or openness. You may want to revisit this list periodically, even if you're with the same partner.

Check off each option whether you're enthusiastically interested, "yes", absolutely opposed, "no", or curious to try something, "maybe". Remember that "maybe" is a soft yes and will require discussion before experimenting.

For each answer that's a hard or soft yes, we've added options for you to expand on, as well as examples under each topic. Check "give" or "receive" depending on whether you prefer to be the recipient or not. If you have no preference, feel free to tick both!

Use the notes section to add any detail you feel important. From declaring something a favourite, stating your experience, raising concerns despite interest, or specifying toy preferences or limits for an act. For example, you may be okay with using a butt plug but not an anal hook, or you're comfortable with verbal humiliation but physical humiliation is a hard no.

We've also left you a blank page to fill in if we've missed out your particular kink.

General Rules of Play

Before getting to the checklist, it's best to lay down some basic rules that will apply in most situations, from vanilla up to your freakiest fantasies. The answers help prevent miscommunication, and provide the framework to make exploration fun, safe, and satisfying.

Acceptable names: _____

Unacceptable names: _____

How I show my consent: ACTIVE (no until yes) PASSIVE (yes until no)

Achieving orgasm is important: YES NO

I don't want to be touched here: _____

I don't want to touch: _____

Health conditions (if any): _____

Trauma triggers (if any): _____

Preferred Safewords: _____

Pain tolerance (if applicable): _____

Preferred Aftercare: _____

Bondara – Yes No Maybe List

	Yes	No	Maybe	Give	Receive	Notes
Anal Sex						
Anal Toys						
Analingus / Rimming						
Blindfolds						
Bondage Collars, Hoods, Rope, Suspension						
Breath Play Choking, Gagging						
Chastity						
Clamps & Pumps Nipples, Pussy, Penis						
Cock & Ball Torture						
Collaring / Symbolic Jewellery						
Confinement Human Cages, Plastic Wrap, Vacuum Kink						
Crossdressing						
Cuckolding						
Cum Play Swallowing, Bukkake						
Dirty Talk inc. Phone Sex, Sexting						
Domination/Submission inc. Bratting, Master/Slave,						
Edging						
Electro Sex Tens Unit, Electro Sex Toys						
Enemas/Douche						
Exhibitionism/Voyeurism						
Facesitting						
Feet inc. Shoes, High Heels, Boots						
Fingering Vaginal, Anal						

Bondara – Yes No Maybe List

	Yes	No	Maybe	Give	Receive	Notes
Fisting						
Gags						
Group Sex						
Hair Pulling						
Handjobs						
Humiliation <small>Begging, Verbal, Public, Physical</small>						
Impact Play <small>Flogging, Whips, Crops, Canes, etc</small>						
Lingerie <small>inc. Rubber, Latex, Corsets etc</small>						
Marking <small>Biting, Scratching, Bruising</small>						
Massage						
Medical Play						
Multiple Penetration <small>Double, Triple, with Toys</small>						
Mutual Masturbation						
Naked/Clothed						
Nipple Play						
Oral Sex <small>Cunnilingus, Fellatio, Deep Throating</small>						
Orgasm Control <small>Forced Orgasms, Orgasm Denial</small>						
Outdoor Sex						
Pegging/Strap-Ons						
Period Sex						
Pet Play						
Pornography <small>Making, Watching,</small>						
Public Play						
Restraints <small>Spreader Bars, Cuffs, Rope</small>						

