



## Multi-partner Play Checklist

The following multi-partner play checklist is a great tool for self evaluation and is very beneficial when it comes to seriously considering bringing other play partners into your relationship and negotiating with your partner.

### Here's how it works:

For each of the activities listed below, rate how much satisfaction you think you would derive from that activity using the following rating scale:

- 'limit' indicates that the particular activity exceeds your limits of acceptability
- '1' indicates that this activity, while not a limit, is very undesirable.
- '2' indicates that this activity is undesirable.
- '3' indicates that you are neutral in regard to this activity.
- '4' indicates that this activity is desirable.
- '5' indicates that this activity is very desirable.
- n/a – doesn't apply (may be gender based)

After you have completed filling out the form (should take about 30 minutes for it), you and your partner are encouraged to review it together and look for areas where there is a fantasy match. Keep your lists close and hand and be sure to re-evaluate every few months as you may find that your fantasies change over time based on experience, relationship status and perhaps even life stages.



## FANTASY INTERESTS

	<u>Giving to</u>	<u>Receiving from</u>	<u>*Same room play</u>
Kissing	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Cuddling	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Flirting with others (no touching)	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Erotic touch (non genital)	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Sensual Massage	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Breast/nipple play	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Talking dirty	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Hand job/manual stimulation	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Fellatio (oral on him)	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Cunnilingus (oral on her)	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Analingus/rimming	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Anal penetration with fingers	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Anal penetration with toys	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Anal penetration with penis	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Vaginal penetration with fingers	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Vaginal penetration with toys	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Vaginal penetration with penis	Men___ Ladies___	Men___ Ladies___	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both

\*Same room play indicates whether or not you and your partner are willing to play together, apart, or both. Some couples prefer to only engage in play while in the same room together so that they can enjoy watching their partners give/receive pleasure, or to establish an intimate connectivity. Others prefer to play separately and then recount their fantasy experiences to their partners in great detail thereby creating a highly erotic after-play re-enactment. While others prefer knowing that their partner has enjoyed a third party play experience but choose not to recount all the vivid details.

## OTHER FANTASY INTERESTS

<u>Fantasy Activity</u>	<u>Rating</u>	<u>*Same room play</u>
Rough sex	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Spanking	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Bondage	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Erotic Role Play	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Exhibitionism – having sex in front of others	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Voyeurism – watching others having sex	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Masturbating in front of others	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both
Group sex	_____	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> both



Gang bang  
Online chat  
Web cam play

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

yes  no  both  
 yes  no  both  
 yes  no  both

\*Same room play indicates whether or not you and your partner are willing to play together, apart, or both. Some couples prefer to only engage in play while in the same room together so that they can enjoy watching their partners give/receive pleasure, or to establish an intimate connectivity. Others prefer to play separately and then recount their fantasy experiences to their partners in great detail thereby creating a highly erotic after-play re-enactment. While others prefer knowing that their partner has enjoyed a third party play experience but choose not to recount all the vivid details.

## SAFE SEX PRACTICES

### Safe Sexy Practice

Condoms for penetration with penis  
Condoms for penetration with toys  
Condoms for fellatio  
Dental dams for cunnilingus/oral play  
Gloves for hand/finger penetration play

### While giving

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### While receiving

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## POTENTIAL PLAY PARTNERS

### Play Partner

Close/best friend (pre-lifestyle)  
Friend (pre-lifestyle)  
Friend (met through lifestyle)  
Neighbour  
Co-workers  
Casual acquaintances  
Ex girlfriends/boyfriends  
Men  
Women  
Couples

### Rating

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## COMMITMENT LEVEL

### Commitment Level

Casual encounters (exclusive)  
Casual encounters (non-exclusive)  
Relationship (exclusive)  
Relationship (non-exclusive)

### Rating

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_