

Bex Caputo

Sex Educator - Podcaster - Storyteller



HOW TO

HOW DO YOU USE A YES/NO/MAYBE LIST

A Yes/No/Maybe list is a common tool in kink circles for negotiating scenes, but really, you could use it to negotiate... pretty much anything. It's simple, each person involved in the negotiation takes a list of activities/terms/food items etc. and sorts each one into one of three columns: Yes, No, or Maybe. Then the partners reconvene and discuss where their yesses overlap. The goal here is to focus on the things you can do together and not dwell on the nos, You should NEVER try to talk someone out of their no or expect them to explain it to you, though they may choose to.

Your Yes/No/Maybe List is not a contract, it's not consent, and it's not set in stone. Your Yes/No/Maybe List is a tool to use in an ongoing conversation about all the sexy things you want to do together. It can be revisited often, as people's preferences can fluctuate, and it's a fun way to get new ideas and reflect on your own desires.

I also recognize that I am in the minority of folks who find spreadsheets sexy and I don't expect you to fill out your Yes/No/Maybe Lists in your finest lingerie. Instead I usually prefer to have negotiation conversations like these in coffee shops or during long car rides. Don't only discuss what you want to do, also discuss what the words you're using mean. If you're interested in cock and ball torture and your partner is into cognitive behavioral therapy you're having two very different conversations.

Arguably some of the most useful pieces of Yes/No/Maybe Lists are their lists of activities and terms, and although mine is extensive, it is by no means exhaustive, so I encourage you to write in your own. Brainstorm together and see what you can come up with that I didn't, and then add it to the list. It's your list, customize it.

...BUT THIS YES/NO/MAYBE LIST IS A LITTLE DIFFERENT

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This Yes/No/Maybe list has more than just activities, it also includes a chart for language and one for feelings. When exploring language I want you to consider what words you enjoy using to describe your own and other people's bodies, words you identify with, and words that offend you.

I also want you to discuss the feelings you like to experience when you play, especially in a kink context. Two people might be interested in a spanking scene but if one of them wants to feel punished, and the other wants to feel powerful, you're going to have two different spanking scenes, and it's important to negotiate that.

SEX AND KINK

While most Yes/No/Maybe Lists include only those three columns, this one contains four:

Yes - Into: For activities that you are excited about doing or trying.

Yes - Willing: For activities you are excited to do or try if your partner will enjoy it.

Maybe: For activities you're only into under certain circumstances, or activities you're not sure about, or activities you want to learn more about, etc.

No: For activities you are not willing to negotiate or try, these are off limits.

It also includes a key at the bottom with significant indicators:

T - Top, Giver, Do-er of the action

B - Bottom, Receiver

X - Indicates something this person has never tried

! - Indicates a favorite

There may be things on your list that don't fall into any of these categories, or activities you enjoy switching on, simply don't include any indicators on that entry.

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LANGUAGE

The language chart includes the same four categories as Sex and Kink, with slightly different indicators:

- S** - Speaker
- L** - Listener
- X** - Indicates something this person has never tried
- !** - Indicates a favorite

There may be things on your list that don't fall into any of these categories, simply don't include any indicators on that entry.

FEELINGS

Unlike the previous two categories, this chart only contains 3 columns:

- Often:** For feelings you want to feel frequently or always during play.
- Sometimes:** For feelings that you're open to experiencing occasionally or only during certain types of play etc.
- Never:** For feelings you never want to feel.

And four indicators:

- I** - For feelings you enjoy feeling.
- M** - For feelings you enjoy inspiring in others.
- X** - Indicates something this person has never tried
- !** - Indicates a favorite

There may be feelings that don't fit into these categories or that you'd like both people to feel, simply don't include any indicators on that entry.

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SEX AND KINK

69	Age-Play	Anal Sex	Analingus/ Rimming
Ball Stretching	Being Filmed/ Photographed	Being Watched	Biting
Blindfolds	Blood Play	Bondage (Light? Heavy? Rope?)	Boot-blackening
Bratting	Breath Play	Butt Plugs	Cages/ Confinement
Caning	Chastity	Cock / Pussy Worship	Cockrings
Collars	Consensual Non-Consent	Costumes	Cross Dressing
Cuckolding	Cuddling	Cunnilingus	Degradation
Dirty Talk	Domination	Double Penetration (Which hole(s)?)	E - Stim
Edging	Ejaculate	Enemas	Eye Contact (or restriction from)
Face Fucking	Facesitting	Fellatio	Fingering (External? Anal? Vaginal?)
Fisting (Anal? Vaginal?)	Flogging	Food Play	Foot Play
Frottage	Furries	G-Spot	Gags
Gender Play	Genital Torture	Group Sex	Hair Pulling
Hoods	Humiliation	Incest Roleplay	Kicking
Kidnapping Roleplay	Kissing (Where?)	Knife Play	Leather

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SEX AND KINK

Lingerie	Massage	Medical Play	Moans
Mutual Masturbation	Nipple Clamps	Nipple Play	Nipple Torture
Objectification	Orgasm Control	Orgasm Denial	Paddles
Pain <i>(Mild / Moderate / Severe)</i>	Pegging	Piercing	Phone Sex
Piss Play	Porn	Power Exchange	Prostate Play
Punching	Punishment	Race Play	Riding Crops
Role Play <i>(Which Roles?)</i>	Rubber/Latex Clothing	Scat	Scratching
Sensory Deprivation	Service	Sex During Menstruation	Sex in Public
Sex Magic	Sex Parties	Sex Toys	Sexting
Shaving	Slapping <i>(Where?)</i>	Smoking <i>(Cigarettes? 420? Cigars?)</i>	Spanking
Sploshing	Spreader Bars	Strap Ons	Strip Clubs
Submission	Suspension	Swallowing Ejaculate	Tantra
Teasing	Temporary Marks	Threesome <i>(Genders?)</i>	Tickling
Tit-Fucking	Tribadism	Triple Penetration	Vaginal Penetration
Watching Others	Wax	Whips	Wrestling

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LANGUAGE

Abuse	Aching	Ample	Aroused
Ass	Asshole	Babe	Baby
Baby Girl/Boy	Balls	Bang	Beat
Beautiful	Beg	Bitch	Bite
Bits	Blowjob	Blush	Bone/Boner
Boobs	Booty	Bottom	Boy/Boi
Brat	Breasts	Bruise	Bulge
Blush	Butt	Button	Choke
Clit	Clitoris	Cock	Cock Sucking
Cock	Cock Sucking	Cum	Cum Dumpster
Cum Slut	Cunnilingus	Cunt	Daddy
Darling	Destroy	Dick	Dirty
Disappointment	Disgusting	“Down There”	Dripping
Eating Out	Embarrassed	Face Fucking	Faggot
Fap	Fellatio	Filthy	Finger
Finger Bang	Finger Fuck	Freak	Fuck
Fuck Toy	Gag	Giggle	Girl
Goddess	Gorgeous	Grab	Groan
Hairy	Hard/Hard On	Hole	Honey
Horny	Hot	Intense	Jerk Off
Jiz	Jugs	Juicy	Junk

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LANGUAGE

Kitten	Lick	Lips	Little
Little One	Load	Ma'am	Master
Masturbate	Member	Mine	Miss
Mister	Mistress	Moan	Moist
Mouth	Nads	Nasty	Nipples
Pathetic	Pecker	Pervert	Pig/Piggy
Pink	Please	Pound	Prick
Princess	Property	Punch	Pup
Pussy	Rape	Ravage	Red
Rump	Sack	Sad	Schlong
Scratch	Scream	Screw	Sexy
Shiver	Shoot	Sir	Sissy
Skank	Slam	Slap	Slave
Slide	Slut	Smack	Smooth
Snatch	Soft	Solid	Spank
Spit	Squeeze	Strong	Stupid
Suck	Sweet	Sweetheart	Tease
Teeth	Tight	Tits	Top
Toy	Tramp	Turgid	Twat
Vag	Vagina	Vixen	Vulva
Wad	Wang	Wank	Watch
Wet	Whimper	Whore	Worthless

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FEELINGS

Abandoned	Accomplished	Adored	Animalistic
Anger	Ashamed	Bad	Belonging
Big	Catharsis	Cherished	Clever
Coerced	Competent	Connected	Corrupted
Defeated	Desired	Dirty	Disrespected
Dutiful	Embarrassed	Encouraged	Euphoric
Fear	Focused	Forced	Forgiveness
Free	Good	Helplessness	Humiliation
Humility	Idolized	Impressed	Infantilized
Innocent	Loss of Control	Loved	Lust
Mean	Neediness	Nurturing	Objectified
Open	Out of Control	Overpowered	Overwhelmed
Owned	Passivity	Pathos	Perverted
Pity	Powerful	Protected	Punished
Rebellious	Rebellious	Redemption	Resentment
Redeemed	Resentment	Respected	Sadistic
Sadness	Safe	Satiated	Served
Sexy	Small	Special	Strong
Submissive	Subservient	Trust	Used
Useful	Victimized	Violated	Wanted
Worshiped	Worthless	Wrong	