



CUMmunication List

Sexual practices and kinks I like and don't like

This CUMmunication 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.

The columns stand for:

YES: For activities that you are excited about doing or trying.

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

B: Bottom, Receiver

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.

N/A: If something doesn't apply to you and your partner

Here is a suggestion for how to fill it out:

! Indicates a favorite

X Indicates something this person has never tried

It's your list, customize it! Add other things! Mark it up! And have fun!

SEXUAL PRACTICE	YES		MAYBE	NO	N/A
	TOP / GIVER	BOTTOM / RECEIVER			
Anal Play (Pegging/ Rimming, Fingering?)					
Ball Sucking					
Bdsm					
Being Watched					
Blindfolds					
Bondage (Light? Heavy? Rope?)					
Breath Play					
Choking					
Cockrings					
Collars					
Costumes					
Cross Dressing					
Cuckolding					

SEXUAL PRACTICE	YES		MAYBE	NO	N/A
	TOP / GIVER	BOTTOM / RECEIVER			
Cuddling					
Cunnilingus					
Dirty Talk					
Domination / Submission					
Double Penetration (Which Holes?)					
Fisting (Anal? Vaginal?)					
Flogging					
Food Play					
Foot Play (Licking, Fetish, Foot Job?)					
Gags					
Gang Bang					
Gender Play					
Group Sex					
Humiliation					
Impact Play					
Kissing (Where?)					
Lap Dance					
Leather					
Licking (Where?)					
Lingerie					
Massage					
Masturbation/ Mutual Masturbation					
Nipple Play					
Oral Sex					
Orgasm Denial					
Paddles					
Pain (Mild / Moderate / Severe)					
Penetrative Sex					
Piss Play					
Power Exchange					

SEXUAL PRACTICE	YES		MAYBE	NO	N/A
	TOP / GIVER	BOTTOM / RECEIVER			
Punching					
Role Play (Which Roles?)					
Rubber/Latex Clothing					
Scratching					
Sensory Deprivation					
Sex Parties					
Sex Toys (What Kind?)					
Spanking					
Splashing					
Strap Ons					
Stripping					
Tantra					
Teasing					
Threesome (Genders?)					
Tickling					
Watching Others					
Watching Porn Together					

Do you want to add something to the list or simply tell us what you think?
 Drop us an email to askaria@lustery.com or find us
 on Twitter and Instagram under [@lusterypov](#)