

sex toy exploration worksheet

You can fill out this list alone as a way to explore your own desires and interests or with a partner to see where your desires, interests and curiosities overlap. You can also use this list as a way to find out about new toys and tools they were otherwise unaware of or haven't thought of as sex toys (food, masks, etc).

Each item is divided into two sections – **Giving** (wearing the item, performing the act on another, etc) and **Receiving** (having another wear the item, having the item used on you, etc). Fill out each section with symbols from the key.

At the end are three little games to help expand your imagination in how you can use various toys at the same time.

Not every toy on this list will work for every person or every body! Please research toy materials, safety precautions, and health risks when using new toys/tools! Have fun!

key



Yes, I'm Into This!



No, Let's Pass!



Maybe? I'm Unsure/More Information and Details Needed!

	Giving	Receiving		Giving	Receiving		Giving	Receiving
Clitoral/External Vibrators	<input type="radio"/>	<input type="radio"/>	Cock Rings	<input type="radio"/>	<input type="radio"/>	Anal Plugs	<input type="radio"/>	<input type="radio"/>
Internal Vibrators	<input type="radio"/>	<input type="radio"/>	Using a Dildo for Penetration Anally	<input type="radio"/>	<input type="radio"/>	Metal Butt Plug	<input type="radio"/>	<input type="radio"/>
Air Pulsating Vibrators (i.e. –Womanizer)	<input type="radio"/>	<input type="radio"/>	Using a Dildo for Penetration Vaginally	<input type="radio"/>	<input type="radio"/>	Glass Butt Plug	<input type="radio"/>	<input type="radio"/>
Internal Anal Vibrators	<input type="radio"/>	<input type="radio"/>	Performing Oral on a Dildo	<input type="radio"/>	<input type="radio"/>	Vibrating Anal Plugs	<input type="radio"/>	<input type="radio"/>
Penis Vibrators	<input type="radio"/>	<input type="radio"/>	Vibrating Dildo	<input type="radio"/>	<input type="radio"/>	Anal Beads	<input type="radio"/>	<input type="radio"/>
Vibrating Cock Rings	<input type="radio"/>	<input type="radio"/>	Pack N Play Dildos	<input type="radio"/>	<input type="radio"/>	Prostate Stimulators	<input type="radio"/>	<input type="radio"/>
Vibrators on the Anus	<input type="radio"/>	<input type="radio"/>	Dual-ended Dildo	<input type="radio"/>	<input type="radio"/>	Vibrating Prostate Stimulators	<input type="radio"/>	<input type="radio"/>
Vibrators on the Chest	<input type="radio"/>	<input type="radio"/>	Metal Dildo	<input type="radio"/>	<input type="radio"/>	Ball Stretchers	<input type="radio"/>	<input type="radio"/>
Vibrator Elsewhere (Armpit, Bottom of Foot, etc)	<input type="radio"/>	<input type="radio"/>	Glass Dildo	<input type="radio"/>	<input type="radio"/>	Chastity Devices	<input type="radio"/>	<input type="radio"/>
Remote Control Vibrators	<input type="radio"/>	<input type="radio"/>	Ejaculating Dildo	<input type="radio"/>	<input type="radio"/>	Strokers/ Masturbation Sleeves	<input type="radio"/>	<input type="radio"/>
Sex Machines	<input type="radio"/>	<input type="radio"/>	Thigh Harness	<input type="radio"/>	<input type="radio"/>	Penis Extenders	<input type="radio"/>	<input type="radio"/>

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sensation play

	Giving	Receiving		Giving	Receiving		Giving	Receiving
Blindfolds	<input type="radio"/>	<input type="radio"/>	Clitoral Pumps	<input type="radio"/>	<input type="radio"/>	Rope Bondage	<input type="radio"/>	<input type="radio"/>
Massage Oil	<input type="radio"/>	<input type="radio"/>	Vulva Pumps	<input type="radio"/>	<input type="radio"/>	Ball Gags	<input type="radio"/>	<input type="radio"/>
Massage Candles	<input type="radio"/>	<input type="radio"/>	Blindfolds	<input type="radio"/>	<input type="radio"/>	Bit Gags	<input type="radio"/>	<input type="radio"/>
Stimulating Balms	<input type="radio"/>	<input type="radio"/>	Food Play	<input type="radio"/>	<input type="radio"/>	Spider Gags	<input type="radio"/>	<input type="radio"/>
Warming/Tingling Lube	<input type="radio"/>	<input type="radio"/>	Floggers	<input type="radio"/>	<input type="radio"/>	Inflatable Insertables	<input type="radio"/>	<input type="radio"/>
Flavored Lube	<input type="radio"/>	<input type="radio"/>	Paddles	<input type="radio"/>	<input type="radio"/>	Pinwheels	<input type="radio"/>	<input type="radio"/>
Lube Wrestling	<input type="radio"/>	<input type="radio"/>	Whips	<input type="radio"/>	<input type="radio"/>	Bondage Tape	<input type="radio"/>	<input type="radio"/>
Feathers	<input type="radio"/>	<input type="radio"/>	Canes	<input type="radio"/>	<input type="radio"/>	Bondage Around Arms/Wrists	<input type="radio"/>	<input type="radio"/>
Nipple Clamps	<input type="radio"/>	<input type="radio"/>	Wrist/Ankle Cuffs	<input type="radio"/>	<input type="radio"/>	Bondage Around Thighs/Legs	<input type="radio"/>	<input type="radio"/>
Nipple Suctions/ Pumps	<input type="radio"/>	<input type="radio"/>	Hogties	<input type="radio"/>	<input type="radio"/>	Bondage Around Face	<input type="radio"/>	<input type="radio"/>
Penis Pumps	<input type="radio"/>	<input type="radio"/>	Under the Bed Restraints	<input type="radio"/>	<input type="radio"/>	Bondage Around Entire Body	<input type="radio"/>	<input type="radio"/>
			Suspension	<input type="radio"/>	<input type="radio"/>			

key



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more types of play

	Giving	Receiving		Giving	Receiving		Giving	Receiving
Door Slings	<input type="radio"/>	<input type="radio"/>	Speculums	<input type="radio"/>	<input type="radio"/>	Leather Gloves	<input type="radio"/>	<input type="radio"/>
Position Enhancers	<input type="radio"/>	<input type="radio"/>	Sex Dolls	<input type="radio"/>	<input type="radio"/>	Singlets	<input type="radio"/>	<input type="radio"/>
Sex Furniture/ Sex Slings	<input type="radio"/>	<input type="radio"/>	Costumes	<input type="radio"/>	<input type="radio"/>	Chest Harnesses	<input type="radio"/>	<input type="radio"/>
Waterproof Sheets	<input type="radio"/>	<input type="radio"/>	Lingerie	<input type="radio"/>	<input type="radio"/>	Masks	<input type="radio"/>	<input type="radio"/>
Knife Play	<input type="radio"/>	<input type="radio"/>	Jock Straps	<input type="radio"/>	<input type="radio"/>	Hoods	<input type="radio"/>	<input type="radio"/>
Needle Play	<input type="radio"/>	<input type="radio"/>	Stockings/Garters	<input type="radio"/>	<input type="radio"/>	Straight Jacket	<input type="radio"/>	<input type="radio"/>
Vampire Gloves	<input type="radio"/>	<input type="radio"/>	Latex Clothing	<input type="radio"/>	<input type="radio"/>	Sleepsacks	<input type="radio"/>	<input type="radio"/>
Enemas	<input type="radio"/>	<input type="radio"/>	Latex Bondage	<input type="radio"/>	<input type="radio"/>	Boot Licking/Cleaning	<input type="radio"/>	<input type="radio"/>
Spreader Bars	<input type="radio"/>	<input type="radio"/>	Collars	<input type="radio"/>	<input type="radio"/>	Reading Erotica Together	<input type="radio"/>	<input type="radio"/>
Electric Stimulation	<input type="radio"/>	<input type="radio"/>	Leashes	<input type="radio"/>	<input type="radio"/>	Watching Porn Together	<input type="radio"/>	<input type="radio"/>
Sounding	<input type="radio"/>	<input type="radio"/>	Animal-themed Anal Plugs (i.e. – Pup/ Rabbit/Wolf Tails)	<input type="radio"/>	<input type="radio"/>	Making Porn Together	<input type="radio"/>	<input type="radio"/>

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mix-n-match games

.....
game 1 : Pick three items you'd like to use at the same time solo

1

2

3

.....
game 2 : Pick three items you'd like to use with a partner

1

2

3

.....
game 3 : Pick six items and describe a sexy scene to your partner

1

2

3

4

5

6