



A COMPANION WORKSHEET FOR COUPLES

INTIMACY MENU ADD-ONS:

SENSORY & EXPLORATION

An opt-in layer of sensory, role, and edge items to mix into your shared menu. Skip any section that's not for you — the point is to widen the range, not to push past what you actually want.

Start with the foundation. This handout layers onto our [Intimacy Menu Worksheet](#), which covers Setting the Stage, Quiet Closeness, Medium-Energy, Higher-Energy, and Aftercare. Find it at mymentalclimb.com/resources.

HOW TO READ THIS LIST

Mark **Y** if it's a yes (you're into it). **M** if maybe — curious, conditional, or context-dependent. **N** if not for you, no negotiation needed. Items here are layers you mix in, not standalone activities. **Consent stays active** — a yes on paper still gets a check-in in the moment. Anyone can pause at any point without explanation. Use a safe word if anything in Power, Role, & Edge feels relevant.

SENSORY & SENSUAL

Mood, mouth, eyes, voice, and the texture of how you're together. Layers into any energy level on the foundation worksheet.

- ☐Y ☐M ☐N Mood-setting — music, candles, specific lighting
- ☐Y ☐M ☐N Lights on, off, dim, or candlelight preference
- ☐Y ☐M ☐N Specific scents (perfume, oils, partner's natural scent)
- ☐Y ☐M ☐N Lingerie or specific clothing
- ☐Y ☐M ☐N Lube (and your preferred type — water-based, silicone, flavored, warming, cooling)
- ☐Y ☐M ☐N Massage oil or sensual massage products
- ☐Y ☐M ☐N Toy involvement (vibrators or others, for one or both)
- ☐Y ☐M ☐N Mirrors during
- ☐Y ☐M ☐N Watching each other (one self-pleasures while the other watches)
- ☐Y ☐M ☐N Nipple or breast play
- ☐Y ☐M ☐N Specific touch zones (neck, collarbones, inner thighs — note your own)
- ☐Y ☐M ☐N Food play, low intensity (whipped cream, fruit, slow tastes)
- ☐Y ☐M ☐N Temperature play (ice, warm cloth)
- ☐Y ☐M ☐N Lap dance or sensual performance for your partner
- ☐Y ☐M ☐N G-spot, P-spot, or prostate-focused stimulation
- ☐Y ☐M ☐N Foot worship or foot-focused attention
- ☐Y ☐M ☐N Sustained eye contact during
- ☐Y ☐M ☐N Specific dirty talk style (sweet, raw, or somewhere between)
- ☐Y ☐M ☐N Verbal praise during ("yes, like that")
- ☐Y ☐M ☐N Vocal sounds — moans, breath, expression
- ☐Y ☐M ☐N Talking through fantasy together without acting it out
- ☐Y ☐M ☐N Sexting or phone sex when apart
- ☐Y ☐M ☐N Recording together — private, with explicit consent and a shared plan for the files



POWER, ROLE, & EDGE

Power and role preferences don't have to come as a package. Plenty of couples who don't identify as kinky want one or two items here. Mark each on its own. Anything you say yes to gets explicit consent in the moment, with a pause-word ready.

- ☐Y ☐M ☐N Light power exchange (one leads, one follows for the session)
- ☐Y ☐M ☐N Switch dynamic — both lead at different times
- ☐Y ☐M ☐N Service-oriented dynamic (one focuses on the other's pleasure)
- ☐Y ☐M ☐N Role play in a specific scenario you've discussed
- ☐Y ☐M ☐N Costume or dress-up
- ☐Y ☐M ☐N Gender play — exploring gender expression during sex
- ☐Y ☐M ☐N Verbal commands (giving or receiving)
- ☐Y ☐M ☐N Light spanking
- ☐Y ☐M ☐N Light hair pulling
- ☐Y ☐M ☐N Holding wrists down (light, with consent)
- ☐Y ☐M ☐N Light scratching or biting
- ☐Y ☐M ☐N Light bondage (silk scarves, soft restraints)
- ☐Y ☐M ☐N Cuffs (leather, fabric, or metal) as an alternative to silk scarves
- ☐Y ☐M ☐N Rope bondage (more involved — longer learning curve)
- ☐Y ☐M ☐N Blindfolds or other light sensory deprivation
- ☐Y ☐M ☐N Nipple clamps or nipple pinching (more intense than nipple play)
- ☐Y ☐M ☐N Orgasm denial or control (extended from edging)
- ☐Y ☐M ☐N Pegging or strap-on play

WRITE YOUR OWN

How to use this companion. Fill it out separately. Compare on a calm evening, sober, not after a letdown. Where you both wrote yes, those are layers you can start using right away. Where one yes meets the other's maybe, talk it through — what would it take to feel like a yes? Honor every no. Anything in Power, Role, & Edge benefits from a pause-word (something like *red*) that immediately stops everything. **This list isn't all-inclusive***, and preferences shift — revisit periodically, especially after a big life change like surgery, postpartum, new medication, illness, or a new chapter together. If something here surfaces a strong feeling — excitement, fear, shame, grief — that's worth bringing to therapy.

- Of your maybes, which would shift to a yes with the right setup — privacy, trust, pace, sobriety, time of day?
- Is there an item your partner said yes to that you'd be willing to try once, low pressure, with a clear pause-word?
- Are there items here you want to discuss in therapy first before deciding?

***Not every yes shows up here, and not every item is for every couple.** Heavier impact, choking, exhibitionism, group or non-monogamy play, and more specific kinks need a real conversation than a checkbox can hold. Many couples bring those to sex therapy first before deciding. Write your own in the margins.

If this conversation feels too big to have at the kitchen table, that's exactly what couples and sex therapy is for. We work with couples exploring desire differences, opening relationships, kink-curious territory, and the after-shock of finding out you want something you didn't know you wanted. Book a free 15-minute consult at mymentalclimb.com or call (925) 414-0192. Telehealth across California.

EDUCATIONAL ONLY, NOT THERAPY.