

Get Aroused With Me!

Foreplay is the warm-up before the main event. Athletes don't just run out onto the field blindly. They try new plays, then review the tape and make adjustments as needed. You should do the same with your sex life, because very few are great right out of the gate. Below is a list of activities for you and your partner to discuss, test, and evaluate. Print two copies of this worksheet: one for you, and one for your partner. Check off the activities that interest you.

WARM-UP

Get started early. Flirting and foreplay can last all day.

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| <input type="checkbox"/> Sexy compliments | <input type="checkbox"/> Sexting | <input type="checkbox"/> Make out passionately |
| <input type="checkbox"/> Random hugs/kisses | <input type="checkbox"/> Send a suggestive photo | <input type="checkbox"/> Talk dirty |
| <input type="checkbox"/> Random touching | <input type="checkbox"/> Striptease | <input type="checkbox"/> Read erotica together |
| <input type="checkbox"/> Flirt | <input type="checkbox"/> Dance | <input type="checkbox"/> Watch an erotic movie |

TOUCH/SKIN CONTACT

Explore each other's bodies—test different stimuli in all the areas of the body. Find out what feels good and where.

You may like a tickle here and bite there. Build a pleasure map of each other's bodies.

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| <input type="checkbox"/> Naked cuddling/caressing | <input type="checkbox"/> Oral sex | <input type="checkbox"/> Edging |
| <input type="checkbox"/> Tease with ice | <input type="checkbox"/> Analingus | <input type="checkbox"/> Pulling hair |
| <input type="checkbox"/> Sensual massage | <input type="checkbox"/> Lick all over | <input type="checkbox"/> Nipple play |
| <input type="checkbox"/> Watch solo masturbation | <input type="checkbox"/> Sensual shower/bath | <input type="checkbox"/> Cunnilingus |
| <input type="checkbox"/> Scratch with nails or a hairbrush | <input type="checkbox"/> Tickle with a feather | <input type="checkbox"/> Kissing all over |
| <input type="checkbox"/> Pull or squeeze testicles | <input type="checkbox"/> Mutual masturbation | <input type="checkbox"/> Nibble/bite all over |

GET KINKY

If it exists, there is a kink for it. Try new things and get out of your comfort zone.

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| <input type="checkbox"/> Blindfolds | <input type="checkbox"/> Scents (perfume, leather, BO) | <input type="checkbox"/> Costumes |
| <input type="checkbox"/> Role play | <input type="checkbox"/> Bondage | <input type="checkbox"/> Watersports |
| <input type="checkbox"/> Food play | <input type="checkbox"/> Use toys | <input type="checkbox"/> |

(insert your fetish here)