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PRINTABLE
WORKSHEETS

with sprinkles on top

Everything **Vanilla People**
and Their **Kinky Partners**
Need to Know to Communicate,
Explore, and **Connect**

Fleshing Out the Fantasy Worksheet

Ideally, I would like to have sex ____ times per _____.

Ideally, I would like to masturbate ____ times per _____.

I think about sex:

- Quite Often Sometimes
 Hardly Ever Rarely/Never

My favorite sexual position is _____.

I enjoy this because it makes me feel . . .

Physically: _____.

Mentally: _____.

Emotionally: _____.

During sex, I like to:

- Lead the action
 Let my partner lead
 Take turns leading

I daydream about having sex . . .

- Indoors In Public
 Outdoors In an Imaginary/Fantasy Place
 At Home In a Different Time (historical)
 At Work Other: _____

I daydream about having sex with . . .

- My partner Someone of my gender
- An Ex Multiple People
- A Stranger Others Watching
- Other: _____

I would rather:

- Seduce Be Seduced
- Force Be Forced
- Take Turns

I like to read/watch/imagine scenarios in which I feel . . .

- Helpless In Charge Connected
- Protected Ravished Naughty/Bad
- Cherished Degraded Beautiful
- Seduced Objectified Worshipped
- Other: _____
- Other: _____

I like to be called nicknames that make me feel. . . .

- Cute (Girl/Boy, Princess, Kitten, Baby)
- Adored (Darling, Sweetheart, Love)
- Dirty (Slut, Whore, Cunt, Bitch)
- Powerful (Goddess, Master/Mistress, Sir/Ma'am, Boss)
- Other: _____

When I fantasize, I see the scene:

- Through my own eyes, experiencing everything in the scene firsthand
- Through another person's eyes in the scene, watching myself experience everything
- From outside everything, as if I were watching myself and others on a movie screen
- I don't visualize anything when I fantasize
- Other: _____

When I fantasize, I like to feel _____ by/to my partner:

- Beloved, like we're soulmates
- Connected, as if we love one another
- Casual, like a friend with benefits
- Anonymous, like a hookup with a stranger
- Objectified, like I'm my partner's toy

My fantasies sometimes involve . . .

- Gender swapping or being another gender
- Same-sex intimacy
- Androgyny or ambiguity around gender
- Partners who are alien, objects, or otherwise nonhuman
- Penetrating (if you have a vulva) or being penetrated (if you have a penis)

What are you usually wearing in your fantasies?

- Nothing at all Costumes or Uniforms
 Lingerie Corsets or other restrictive items
 Street Clothes Leather, Rubber, Latex, Chain, etc.
 Formal Attire Other: _____

What is your partner usually wearing in your fantasies?

- Nothing at all Costumes or Uniforms
 Lingerie Corsets or other restrictive items
 Street Clothes Leather, Rubber, Latex, Chain, etc.
 Formal Attire Other: _____

Sex for me is about:

- Intimacy Spirituality
 Romance Reproduction/Procreation
 Pleasure Sensation
 Play Conquest
 Power/Control Other: _____

When I daydream about sex, climax or orgasm:

- Happens for me Happens for my partner
 Happens for both of us Isn't an important part of the fantasy

If they were movies, most of my sexual fantasies would be rated:

- G PG PG-13
 R X XXX

What is your most common sexual daydream?

Is there a fantasy scenario you enjoy thinking about but find shameful or embarrassing?

If you could rewrite your last sexual encounter, what would you change? Add?

Erotic Vocabulary

Your Rating	Erotic Vocabulary Word	Your Partner's Rating
1 2 3 4 5 6 7 8 9 10	Breasts	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Penis	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Vulva	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Vagina	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Testicles	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Scrotum	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Princess	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Anus	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Clitoris	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Nipples	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Butt	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Orgasm	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Cock	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Balls	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Clit	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Cum	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Whore	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Ass	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Wet	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Sex	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Masturbation	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Ma'am/Sir	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Tease	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Tingle	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Throb	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Ache	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Naughty	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Master/Mistress	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Dick	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Ride	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Little Girl/Boy	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Slut	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Fuck	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Cunt	1 2 3 4 5 6 7 8 9 10

My Fantasy Fill-In

When we have sex, I need _____.

My focus tonight is (is/is not) on having an orgasm. I want to feel _____, and one of the best ways to get me there is to _____ my _____, to say _____ to me while _____. I love the feel of _____ and would love to include that in our play together. When you _____, it makes me feel _____, and I really want that to be a part of our time together. On the other hand, I don't want to _____ because it makes me feel _____ and that's not what I want this time. I want you to know that when I watch you _____, I get really _____, and that is one of my favorite parts of being with you. I love seeing your _____ when we touch each other, and I really love your _____ in my _____. Sometimes I like to imagine _____, and I think it would be really hot if we could play around more with that idea together. When you call me _____, it feeds that fantasy for me and my body _____. I think it would be fun if you _____ me on the _____. I really want you to be _____ with me. And afterward, I want to _____ while you _____.

What do you think? Can I tempt you tonight?

Finding Your Sprinkles Discovery Worksheet

	I Am Curious About This for Myself	I Would Be Willing to Let You Do This To/For Me	I Would Be Willing to Do This To/For You	This Might Be Okay to Do With Someone Else	I Want to Learn More Before I Decide	This Is Outside of My Fence for Now
Bondage						
Blindfolds						
Bondage Furniture (Stocks, Crosses, etc.)						
Bondage Under Clothing						
Bondage/Surgical Tape						
Cages						
Chains						
Handcuffs						
Harnesses (Leather or Rope)						
Hoods						
Immobilization						
Saran Wrap						
Spreader Bars						
Straightjacket						
Tied to Bed/Chair						
Tied Up With Ropes						
Wearing a Collar						
Wearing a Gag in Mouth						
Wearing a Leash						
Wearing Leather or Metal (Wrist/Ankle) Cuffs						
Other:						

	I Am Curious About This for Myself	I Would Be Willing to Let You Do This To/For Me	I Would Be Willing to Do This To/For You	This Might Be Okay to Do With Someone Else	I Want to Learn More Before I Decide	This Is Outside of My Fence for Now
Discipline						
Bathing/Toileting/ Hygiene Rituals						
Chastity/Abstinence						
Choosing Clothing/ Undergarments						
Daily Rituals						
Daily Tasks						
Eye Contact Restrictions						
Household Chores/Cleaning						
Loss of Privileges (TV, Video Games, etc.)						
Ordering/Choosing Food						
Postures/Poses						
Rules/Rule Following						
Speech Restrictions						
Standing/Sitting/ Kneeling in Corner						
Writing Lines						
Other:						
Dominance & Submission						
Age Play						
Begging						
Cigar/Ashtray Service						
Commands/Orders/ Instructions						

	I Am Curious About This for Myself	I Would Be Willing to Let You Do This To/For Me	I Would Be Willing to Do This To/For You	This Might Be Okay to Do With Someone Else	I Want to Learn More Before I Decide	This Is Outside of My Fence for Now
Forced Orgasms						
Kneeling/Bowing						
Name-Calling						
Orgasm Denial						
Ownership						
Pet-Play						
Shaving						
Spitting						
Tea/Coffee Service						
Teasing/Name-Calling						
Using Honorifics/ Diminutives						
Wearing a Symbol of Ownership						
Other:						
Sensory Play						
Biting						
Choking/Breath Play						
Clamps or Clothespins						
Hair Pulling						
Hair Brushing						
Ice						
Melted Wax						
Pinching						

	I Am Curious About This for Myself	I Would Be Willing to Let You Do This To/For Me	I Would Be Willing to Do This To/For You	This Might Be Okay to Do With Someone Else	I Want to Learn More Before I Decide	This Is Outside of My Fence for Now
Rough Surfaces (sandpaper, burlap)						
Scratching						
Spiked (Wartenberg) Wheel						
Tickling						
Wearing a Blindfold						
Zapping/Electric Play (fly swatters, prods, wands)						
Other:						
Impact Play						
Belt Spanking						
Face Slapping						
Giving/Getting Bruises or Marks						
Hand Spanking						
Hitting with a Cane						
Hitting with a Flogger						
Paddling						
Riding Crop						
Whipping						
Other:						
Fetish Play						
Boots						

	I Am Curious About This for Myself	I Would Be Willing to Let You Do This To/For Me	I Would Be Willing to Do This To/For You	This Might Be Okay to Do With Someone Else	I Want to Learn More Before I Decide	This Is Outside of My Fence for Now
Corsets						
Costumes						
Feet						
Foreplay/Sex Outdoors						
Foreplay/Sex While Others Watch						
Fur						
High Heels						
Latex						
Leather						
Masks						
Nudity						
Pantyhose/Stockings/Socks						
Sexy Clothing/ Lingerie in Private						
Sexy Clothing/ Lingerie in Public						
Uniforms						
Other:						