

Sex Gets Real invites you to...



Get Your Kinky On

Ready to explore some edgy, kinky play in the bedroom?

This comprehensive checklist is the perfect way for you and your lover to discover fantasies you may have in common, and to help launch a more open discussion about desires and needs.

Remember - our limits and desires change over time. Use this periodically to check in and try new things!

Time to get sexy...

Welcome to your kinky, juicy checklist of fun.

Before we begin, let's go over a few tips and guidelines to ensure you get exactly what you want out of this list.

1. Different strokes for different folks.

What follows is a collection of sweet, intimate, edgy, invasive, loving, violent, and dangerous types of play. Keep an open mind, but never do anything you aren't ready to explore.

2. Do it alone, or with others.

Use this list to check in with yourself. What interests you? What scares you, but sets your body on fire? Or, make a few copies, and have your lover complete one, as well. Compare notes, and see what you may have in common.

3. You determine the intensity.

Honor your body. Respect your limits. This is not about harming yourself or others. This is about having fun and making sex into an adventure. If you see something like biting or flogging or hair pulling, those things can be done so lightly they almost tickle. Rape play sounds scary, but what if it's just you blindfolded and your lover wearing new cologne so they smell like a stranger? Get creative.

4. Make room for laughter and be patient.

Go slow. Realize there will be mistakes. Talk openly before and after. Use this as a way to build trust and intimacy and eroticism. Things might be awkward. That's OK. Some things take practice. Try things more than once. Trust your gut. Enjoy each other.

Circle, star, or check what you want to explore. Cross out what you don't.
Untouched means maybe/not sure.

Role Play

Age play
Infantilism
Kidnapping
Pony play
Animal play (kitten, puppy, etc)
Prison guard/prisoner
Prostitution
Maid/servant
Rape play
Teacher/student
Daddy/girl

Penetration/Genital Play

Anal beads
Anal plugs
Anal sex
Rimming (anal licking)
Vibrator/dildo (giving)
Vibrator/dildo (receiving)
Oral sex, giving
Oral sex, receiving
Orgasm denial
Orgasm, forced
Squirting
Fisting, vaginal
Fisting, anal
Strap-on sex
Pegging
Double penetration
Triple penetration
Enemas



You taste good...

Circle, star, or check what you want to explore. Cross out what you don't.
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Bondage/Restraints

Blindfolding
Being gagged
Light bondage
Heavy bondage
Binding of breasts
Collars
Handcuffs
Wrist restraints, other
Hood, over head
Straight jacket
Saran wrapping
Thumb cuffs
Chastity device, her
Chastity device, him
Chains
Leather bindings/sleeves
Rope
Rubber/latex
Bed restraints

Pain/Sensation Play

Abrasion
Ball stretching
Beating, soft
Beating, hard
Choking
Biting
Branding
Clothespins
Cutting
Electricity/Violet wand
Hair pulling
Wax, drip
Wax, hair removal
Ice cubes
Massage
Nipple clamps
Nipple weights
Needles
Knife play
Clit slapping
Scratching
Teasing
Tickling



more please

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Impact Play

Caning
Flogging
Slapping
Whipping
Spanking
Paddling
Riding crop
Belt/leather strap

Power Exchange

Dominance/submission
Master/slave
Boot worship
Chores
Eye contact restrictions
Following orders
Foot worship
Forced masturbation
Forced nudity
Given away
Oral worship
Kneeling
High heel worship
Humiliation, public
Humiliation, private
Interrogations
Golden shower/water sports
Spreader bars
Permission play (may I cum?)
Stand/kneel in corner
Uniforms
Wrestling
Punishments

Medical Play

Catheterization
Doctor/patient
Dilation/sounds
Enemas
Examinations
Injections
Needle play
Speculums

How would you like me, sir?

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Other Play

Voyeurism
Exhibitionism
Porn, watching
Porn, making, private
Porn, making, public
Asphyxiation
Corsets
Fetish gear
Sensory deprivation
Group play (orgies)
Swinging
Swapping
Erotic photography
Outdoor scenes
Phone sex
Erotic texting
Same sex playing

Fill in your own
fantasies and desires
here:

**Not sure what some of these things are?
Email us at info@sexgetsreal.com.**