

Communicating Preferred Sexual Behaviors

Compiled by Williams Loveless

Rate each behavior below, identified by many partners as pleasing, according to your preferences. Give each item a rating:

zero = not applicable to me/us;

one = not pleasing;

two = somewhat pleasing (worth a try);

three = very pleasing.

Add your own responses or modifications

I would like you to...

- _____1. Come to bed bathed and smelling clean.
2. Take a shower with me before we get into bed.
3. Brush your teeth before coming to bed.
4. Stop smoking cigarettes a few hours before bedtime, and use mouthwash.
5. Wrap your legs around me when I enter you.
6. Lick my ear, finger, nipple... in this way (explain).
7. Ask me to show you how I want to be touched.
8. Understand that I'm not interested when you are drunk.
9. Run your fingertips lightly over my body.
10. Reassure me that I'm not taking too long to reach orgasm.
11. Be patient, assuring me you want me to achieve orgasm even after you have.
12. Gently stroke my testicles.
13. Use lubrication on my clitoris.
14. Propose making love in a new place.
15. Propose a new position for making love.

16. Put on romantic, relaxing music.
17. Dance with me slowly before we get into bed.
18. Whisper in my ear how much you love me.
19. Come to bed naked.
20. Come to bed wearing something provocative.
21. come on to me when you feel aroused (don't just ask if I'm interested).
22. Ask how I feel before you come on to me.
23. Make love to me in front of the fireplace.
24. Stimulate me orally while I do the same to you.
25. Exhibit more acts of pure affection than of explicit sexual advances.