

Sex is fun. Play with it!

Guided Sexual Fantasy for Couples

Use this worksheet to help the two of you share some of your sexual fantasies with each other. As you fill this out, be honest and take some risks. Be a good sport and don't worry about limits. It is only a fantasy.

Title

Give this request a title so that you can both refer to it later should it be a terrific fantasy.

Who is in this Fantasy?

This could include one or both of you, anyone you know or fictional characters. Fill in as many or few as you'd like. At least one of the characters must initiate.

1. Name _____ Brief Description _____ Initiates?
2. Name _____ Brief Description _____ Initiates?
3. Name _____ Brief Description _____ Initiates?
4. Name _____ Brief Description _____ Initiates?

The Setup

Where does this fantasy take place?

- Raunchy Motel Room Exotic Island Resort Airplane/Car
 Public Restroom Ski Lodge Great Outdoors At Home
 Theater/Auditorium School/Work Movie Set
 School/Work On the phone/internet Other _____

How do the primary characters know each other?

- Complete Strangers Significant Other (S.O.)
 Collogue/Classmate Old Friends S.O.'s Friend/Family
 Prostitute Other _____

What are some other important detail about the setup?
Describe the setting, smell, color and temperature.

Included in the Fantasy

What kind of activities take place? Check all that apply.

- Dirty Talking Strip Teas Masturbation Fondling Genitals
 Groping breasts/buttocks Fingering Vagina Fingering Anus
 Dirty Talking Strip Teas Masturbation Groping breasts and buttocks
 Fondling Genitals Fingering Vagina
 Fingering Anus Cunnilingus Fellatio Analingus
 Bondage Spanking Dildo Vibrator S/M Gender Play
 Roll Playing Butt Plug Strap-On Dildo Cock Ring Ball Gag
 Blindfold Penis in Vagina Penis in Anus
 Watersports Facial Doggy Style Missionary
 Woman on top Standing Position From behind Rape
 Slut Wife Domination Punishment Fear Doggy Style

Describe the Fantasy Together

Use this space to jot notes about the fantasy or just write it out like a story. Use the back for more space.