ARE YOU INTO

The Yes / No / Maybe List

Partner 1: _____

Fill this in on your own. Mark one box per line. A no is a complete answer.

Closeness and affection

	YES	MAYBE	NO
Long hugs that last longer than a few seconds	☐	☐	☐
Holding hands in public	☐	☐	☐
Falling asleep close together	☐	☐	☐
Slow mornings in bed with no plans	☐	☐	☐
A kiss hello and goodbye, every time	☐	☐	☐
Cuddling while watching something	☐	☐	☐
Sitting close on the couch without a screen	☐	☐	☐
Being held when you are stressed	☐	☐	☐
Little notes or messages during the day	☐	☐	☐
Saying "I love you" more often	☐	☐	☐
Quiet time together without talking	☐	☐	☐

Touch

	YES	MAYBE	NO
A back or shoulder massage	☐	☐	☐
A foot massage	☐	☐	☐
Having your hair played with or brushed	☐	☐	☐
Light touch along the arms or back	☐	☐	☐
Being kissed on the neck	☐	☐	☐
Slow kissing with no rush to move on	☐	☐	☐
Touch that is only about relaxing, nothing more	☐	☐	☐
Taking a bath or shower together	☐	☐	☐
Massage with warm oil	☐	☐	☐
Being touched while your eyes are closed	☐	☐	☐
Guiding your partner's hands to show what you like	☐	☐	☐

Talking

	YES	MAYBE	NO
Telling each other what you find attractive	☐	☐	☐
Talking about what you like, outside the bedroom	☐	☐	☐
Hearing compliments about how you look	☐	☐	☐
A regular check-in about how things are going between you	☐	☐	☐
Talking about a memory you both loved	☐	☐	☐
Sharing something you have been curious about	☐	☐	☐
Flirty messages during the day	☐	☐	☐
Being told what your partner is thinking about you	☐	☐	☐
Saying out loud what feels good in the moment	☐	☐	☐
Talking about fantasies, with no plan to act on them	☐	☐	☐
Reading something romantic out loud to each other	☐	☐	☐

Setting and mood

	YES	MAYBE	NO
Candlelight or low light	☐	☐	☐
A playlist made for the two of you	☐	☐	☐
Getting dressed up for each other at home	☐	☐	☐
A planned date night, every week or two	☐	☐	☐
A night away in a hotel	☐	☐	☐
Phones off for the whole evening	☐	☐	☐
Fresh sheets and a tidy room	☐	☐	☐
Slow dancing in the kitchen	☐	☐	☐
A surprise evening one of you plans	☐	☐	☐
Cooking dinner together first	☐	☐	☐
A weekend morning that is only for the two of you	☐	☐	☐

Trying something new

	YES	MAYBE	NO
A new time of day	☐	☐	☐
A different room at home	☐	☐	☐
Wearing something new for your partner	☐	☐	☐
Being blindfolded	☐	☐	☐
Using ice or warmth for different sensations	☐	☐	☐
Taking a class together, like dance or massage	☐	☐	☐
Trying something from a book or article you read together	☐	☐	☐
Planning an evening around one new idea	☐	☐	☐
Picking something new to try each month	☐	☐	☐
Shopping together for something new	☐	☐	☐

Play and who leads

	YES	MAYBE	NO
Your partner taking the lead	☐	☐	☐
You taking the lead	☐	☐	☐
Taking turns leading, night by night	☐	☐	☐
Being teased, slowly	☐	☐	☐
A playful challenge or game between you	☐	☐	☐
Light role play, like meeting as strangers	☐	☐	☐
Being told what to do, gently	☐	☐	☐
Giving instructions to your partner	☐	☐	☐
Having your hands held in place	☐	☐	☐
A safe word, even for light play	☐	☐	☐
Following a plan your partner made for the night	☐	☐	☐

A little bolder

	YES	MAYBE	NO
Light restraints, like a silk tie	☐	☐	☐
Being pinned down, playfully	☐	☐	☐
Being undressed slowly by your partner	☐	☐	☐
Watching each other	☐	☐	☐
Sending photos to each other privately	☐	☐	☐
Something spontaneous outside the bedroom	☐	☐	☐
Somewhere new, like a hotel balcony at night	☐	☐	☐
Firmer, more intense touch	☐	☐	☐
Toys for couples	☐	☐	☐
Writing down a fantasy and swapping	☐	☐	☐

ARE YOU INTO

The Yes / No / Maybe List

Partner 2: _____

Fill this in on your own. Mark one box per line. A no is a complete answer.

Closeness and affection

	YES	MAYBE	NO
Long hugs that last longer than a few seconds	☐	☐	☐
Holding hands in public	☐	☐	☐
Falling asleep close together	☐	☐	☐
Slow mornings in bed with no plans	☐	☐	☐
A kiss hello and goodbye, every time	☐	☐	☐
Cuddling while watching something	☐	☐	☐
Sitting close on the couch without a screen	☐	☐	☐
Being held when you are stressed	☐	☐	☐
Little notes or messages during the day	☐	☐	☐
Saying "I love you" more often	☐	☐	☐
Quiet time together without talking	☐	☐	☐

Touch

	YES	MAYBE	NO
A back or shoulder massage	☐	☐	☐
A foot massage	☐	☐	☐
Having your hair played with or brushed	☐	☐	☐
Light touch along the arms or back	☐	☐	☐
Being kissed on the neck	☐	☐	☐
Slow kissing with no rush to move on	☐	☐	☐
Touch that is only about relaxing, nothing more	☐	☐	☐
Taking a bath or shower together	☐	☐	☐
Massage with warm oil	☐	☐	☐
Being touched while your eyes are closed	☐	☐	☐
Guiding your partner's hands to show what you like	☐	☐	☐

Talking

	YES	MAYBE	NO
Telling each other what you find attractive	☐	☐	☐
Talking about what you like, outside the bedroom	☐	☐	☐
Hearing compliments about how you look	☐	☐	☐
A regular check-in about how things are going between you	☐	☐	☐
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Saying out loud what feels good in the moment	☐	☐	☐
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Fresh sheets and a tidy room	☐	☐	☐
Slow dancing in the kitchen	☐	☐	☐
A surprise evening one of you plans	☐	☐	☐
Cooking dinner together first	☐	☐	☐
A weekend morning that is only for the two of you	☐	☐	☐

Trying something new

	YES	MAYBE	NO
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Trying something from a book or article you read together	☐	☐	☐
Planning an evening around one new idea	☐	☐	☐
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Shopping together for something new	☐	☐	☐

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Giving instructions to your partner	☐	☐	☐
Having your hands held in place	☐	☐	☐
A safe word, even for light play	☐	☐	☐
Following a plan your partner made for the night	☐	☐	☐

A little bolder

	YES	MAYBE	NO
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