Exploring Something New

A CONVERSATION GUIDE

Start with an idea. Make room for different feelings.

Take turns sharing and listening. There is no pressure to want the same things.

An idea can stay an idea. You can decide not to try it, or revisit it later.

What would we like to explore?

Name the activity, kink, role or dynamic. What does it mean to each of us?

01 What draws us to it?

- What appeals to each of us about this idea?
- Are we imagining the same experience, feeling or dynamic?

Describe it in your own words; a shared label may mean different things.

02 How does each of us feel?

- Are we enthusiastic, curious, unsure or uninterested?
- Is there a part we like and another part we do not want?
- Would either of us prefer to leave this as a conversation for now?

An honest difference is useful information, not something to persuade away.

03 What do we need to learn?

- What questions do we have about risks, preparation or skills?
- What reliable information or experienced guidance would help?
- What do we still need to understand before deciding?

This guide supports discussion; it does not teach an activity or assess its safety.

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Choose together. Keep room to change direction.

Discuss what feels right now, including the choice to do nothing further.

04 Limits, conditions & needs

- What is off the table? What needs asking or clarification first?
- What would help each of us feel comfortable and able to speak up?
- What conditions would need to be met before we consider trying it?

A condition is not permission. Agree on any activity separately.

05 An optional first step

- Do we both want a next step, or do we need more time?
- Could our next step simply be reading, learning or talking more?
- If we choose to try something, what exactly are we agreeing to?

A smaller step still needs its own agreement, preparation and ongoing consent.

06 Checking back in

- How will we pause or stop if either of us feels uncertain?
- When would we like to talk again about how we feel?
- How will we decide whether to continue, adjust or leave it there?

You can change your mind before, during or after any exploration.

Where we are leaving this today

Optional notes: our choice, unanswered questions or a next conversation.