

Integrative Sex and Couples Therapy

Tammy Nelson PhD

HANDOUT

#99: FANTASY

DIRECTIONS: Below is a list of common sexual fantasies. These fantasies fall on both ends of the erotic curiosity spectrum. (Nelson 2008) They include a wide range of erotic interests. Go down the list and see what turns you on. Notice what gives you sexual energy, and what is intriguing.

Mark each item with a Number One (1) through Five (5)

One (1) means you are not at all excited by or interested in the idea

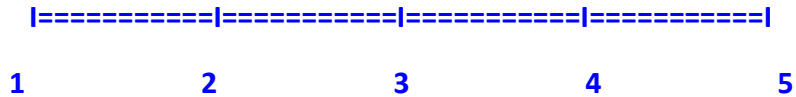
Two (2) means it holds almost no or some interest for you

Three (3) means you are somewhat or very erotically curious about it

Four (4) means you have or could have fantasies now about it

Five (5) means you want to take this fantasy into action

You can write first and then share your responses with your partner or you can ask your partner as you go down the list for their responses, then switch.



EXAMPLES OF FANTASIES:

- Kissing _____
- Kissing a stranger _____
- French Kissing _____
- Making love in water _____
- Hugging with clothes on _____
- Holding each other naked _____
- Sex in the shower _____
- Having sex in the morning _____

- Daytime lovemaking _____
- Eyes wide open sex _____
- Sex with your partner on floor _____
- Sex on a chair _____
- Sex with someone other than your partner _____
- Sex with a movie star or rock star _____
- Watching two women have sex _____
- Having sex with two women _____
- Having sex with two men _____
- Watching two men have sex _____
- Having sex with a man and a woman _____
- Watching couples have sex _____
- Having sex with your partner and another couple _____
- Multiple partner sex _____
- Having sex with a group of people _____
- Being seduced by an older woman _____
- Being seduced by an older man _____
- Seducing a younger man _____
- Seducing a younger woman _____
- Seducing a couple _____
- Stripping in front of a room full of people _____
- Watching a woman masturbate _____
- Masturbating in front of someone else's partner _____
- Masturbating in front of your own partner _____
- Being dominated by a woman _____
- Being dominated by a man _____

- Receiving oral sex _____
- Receiving oral sex from your partner _____
- French kissing partner after blow job _____
- Partner swallowing after blow job _____
- Having sex with a call girl or stripper _____
- Sex with a celebrity _____
- Sex with someone you know (not partner) _____
- Being dominant with a woman _____
- Dominating a man _____
- Having anal sex _____
- Giving anal penetration _____
- Receiving anal stimulation _____
- Receiving anal penetration _____
- Tying up a woman and having sex with her _____
- Tying up a man and having sex with him _____
- Forcing your partner to have sex _____
- Forcing a woman to have sex _____
- Forcing a man to have sex _____
- Sex with a transgendered person _____
- Sex with someone while wearing shoes _____
- Sex with someone wearing a costume _____
- Being forced to have sex _____
- Being filmed during sex _____
- Talking dirty _____
- Double penetration _____
- Using a vibrator on self _____

- Using a vibrator with partner _____
- Making love on a bed of rose petals _____
- Watching pornography with partner _____
- Acting out pornography scenes with partner _____
- Anonymous sex with a stranger _____
- Sex with someone famous _____
- Sex with an ex lover _____
- Sex with a woman _____
- Sex with a man _____
- Sex with a man and a woman _____
- Sex with two men _____
- Sex with more than one woman at a time _____
- Sex with a group including partner _____
- Being forced to have group sex _____
- Sex with a group of men who ejaculate on you _____
- Sex in front of your partner with someone else _____
- Being dominated by your partner in front of others _____
- Being spanked _____
- Watching pornography alone _____
- Anal sex with vibrator _____
- Double penetration with two partners _____
- Having toes sucked _____
- Sex with vegetables or fruit _____
- Sex with food (eg whipped cream) _____
- Sex with vibrators and dildos _____
- Masturbating with vibrators or dildos in front of partner _____

- Sex outside or in public places _____
- Dressing up in leather _____
- Role playing with costumes (eg stripper, cowboy, doctor) _____
- Wearing boots or high heels _____
- Sex with feet, yours or partners _____
- Tying up your partner _____
- Putting handcuffs on your partner _____
- Putting a collar on your partner _____
- Wearing collar or handcuffs _____
- Pinching your partner with clothes pins/clips _____
- Being pinched with clothes pins or clips _____
- Using a cane, riding crop or whip to threaten _____
- Using a cane, riding crop or whip to inflict sensation _____
- Blindfolding your partner _____
- Having partner lick boots _____
- Urinating on partner _____
- Sex doggie style _____
- Double Anal sex _____
- Playing the Master roles _____
- Dressing up in plastic _____
- Dressing in women's clothes (for the man) _____
- Being urinated on _____
- Playing the slave role _____
- Being urinated on or urinating on another _____
- Being tied up _____
- Being strapped down _____

- Electricity play _____
- Having hair pulled _____
- Submitting and thanking partner _____
- Being caned or whipped _____
- Being spanked or spanking _____
- Being seduced by an older woman _____
- Being seduced by an older man _____
- Being seduced by a younger woman _____
- Being seduced by a younger man _____
- Being seduced by a couple _____
- Giving your partner to someone for sex _____
- Sharing your partner for sex _____
- Watching a woman masturbate _____
- Watching a man masturbate _____
- Punching/being punched _____
- Kicking/being kicked _____
- Slapping _____
- Knife play _____
- Receiving oral sex _____
- Giving oral sex _____
- Partner swallowing after blow job _____
- Kissing after cunnilingus _____
- Coming on partners face _____
- Analingus _____
- Kissing after Analingus _____
- Giving anal penetration with penis _____

- Receiving anal penetration with penis _____
- Giving anal penetration with fingers _____
- Receiving anal penetration with fingers _____
- Anal penetration with sex toy (receiving) _____
- Anal penetration with sex toy (giving) _____
- Giving anal penetration with fist _____
- Receiving anal penetration with fist _____
- Talking dirty _____
- Sex with an ex partner _____
- Having an affair _____
- Dressing up in leather _____
- Being whipped _____
- Bull whipping _____
- Caning _____
- Being choked _____
- Breath play _____
- Being gagged _____
- Candle wax on skin _____
- Throwing food on one another _____
- Stockings _____
- Dressing in lingerie _____
- Being tied to furniture _____
- Being suspended _____
- Doctor or medical fantasies _____
- School fantasies _____
- Rose petals on bed _____

- Long hot baths together _____
- Holding each others face _____
- Rubbing one another's rars _____
- Foot massage _____
- Washing each others hair _____
- Touching thighs _____
- Making love for hours _____
- Tantric breathing _____
- Rocking and yab yum breathing _____
- Left eye gazing _____

PLEASE ADD YOUR OWN EROTIC THOUGHTS AND FANTASIES, RATE THEM AND THEN SHARE THEM WITH YOUR OWN PARTNER OR SWITCH AND LET YOUR PARTNER RATE THEM.

