

# A plan for growing along a sober-dating pathway

*Each partner should complete the table.*

*There are three categories for any item:*

*Always available for*

*Maybe after a discussion*

*Never available for*

*If you are uncertain about any item, feel free to place a tick in the yellow or red column.*

*If you do not understand what a particular item relates to, it is best to stop and speak with your partner about the item before completing the questions.*

*As you move through the initial stages of your relationship, perhaps you may wish to return to this worksheet and revise some of your answers, in either direction. That is fine and healthy.*

*Some people may feel more comfortable completing this exercise together; others may prefer to complete it alone and then compare their answers together,*

*This is meant as an exercise in growing in self-knowledge and shared intimacy.*

	<i>Always available for</i>	<i>Maybe after a discussion</i>	<i>Never available for</i>
Acro Yoga			
Authentic relating			
Bike ride			
Book clubs non sexual			
Book clubs sexual			
Camping separate			
Camping together			
Contact Improvisation			
Conversation phone			
Conversation private			
Conversation public			
Conversation zoom			
Cook for			
Cook uber eats			
Cook with			
Cross dressing			
Cuddle puddle			
Cuddling bed			
Cuddling laying down			
Cuddling naked			
Cuddling seated			
Cuddling topless			
Dancing mojo			
Dancing separate			
Date daytime			

Date evening			
Date overnight			
Drive together for fun			
Eating online			
Eating private			
Eating public			
Exercise together			
Eye gazing			
Festival camping			
Festival day			
Gifts expensive			
Gifts occasion			
Gifts romantic			
Hand holding			
Hi five			
Hongi (Maori Greeting)			
Hug 3 seconds			
Hug 3-30 secs			
Hug 30-60 secs			
Kiss cheek			
Kiss french			
Kiss lips			
Kissing chest			
Kissing neck			
Love language - acts of service			
Love language - physical touch			
Love language - quality time			

Love lang - words of affirmation			
Love language - gifts			
Massage back			
Massage full body			
Massage sensual			
Massage sexual			
Massage shoulders			
Masturbation assisted			
Masturbation in person			
Masturbation online			
Medical advice			
Medical support			
Meditate together			
Message love letter			
Messages email			
Messages flowers			
Messages greeting card			
Messages letter			
Messages postcard			
Messages text			
Online fantasy			
Online flirting			
Online masturbation			
Online sexting			
Oral sex lingam			
Oral sex yoni			
Party dinner			

Party edgy			
Party house			
Party out			
Picnic together			
Plan adventure			
Plan collaboration			
Plan holiday			
Play board games			
Play outdoor games			
Play video games			
Pornography use			
Say I love you			
Say love ya			
Say love you			
Sensual play			
Sex anal			
Sex digital			
Sex energetic			
Sex fantasy			
Sex foreplay			
Sex group			
Sex kinky			
Sex non-penetrative			
Sex oral			
Sex penetrative			
Sex toys			
Sex role play			

Share book			
Share hobby			
Share poetry			
Share reading			
Shibari			
Shopping benign			
Shopping intimate			
Shopping vulnerable			
Sing to			
Sing together			
Sitting on another's lap			
Sitting on your lap			
Smiling at			
Speak affirmations			
Sport contact			
Sport individual			
Sport workout			
Star gaze			
Stroking body			
Stroking breasts			
Stroking face			
Stroking genitals			
Stroking hair			
Synchronised breathing			
Touch arms			
Touch bottom			
Touch chest			

Touch genitals

Touch hands

Touch head

Touch legs

Urination

Use pet name

Use term of endearment

Walking in nature

Watch streaming cuddling

Watch streaming separate

Watch streaming touching

Watch sunset

Workshop dance

Workshop intimacy

Workshop kinky

Workshop sexual

Workshop shadow work

Workshop sharing circle

Workshop tantra

Wrestling

Yab Yum