Understanding my kink interests

Reflection and understanding | 1 of 2

A partner-use reflection sheet to accompany the longer workbook. This is not a clinical assessment.

Name or initials (optional): _____ Date: _____

1. Which interests feel appealing, uncertain or unappealing? You may leave any item unexplored.

2. What emotional experiences do I seek: trust, intensity, playfulness, surrender, care or something else?

3. Which boundaries and practical needs would I want understood before discussing an encounter?

Understanding my kink interests

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What helps me communicate clearly before, during and after a shared experience?

5. What do I want to keep private? What am I comfortable discussing with a partner?

6. What would I like to explore through conversation next, without making a commitment to an activity?

My next step / support I can ask for / date to review: