



## Questions we need to ask ourselves when considering/starting swinging:

Do we set a trial period to see if swinging is something we want long-term?

Do we tell anyone we are doing this? If so, who?

How do I feel about seeing you kissing another person?

If we attend an event and only you have sex, how would I feel?

Would watching you have sex with someone else excite me or bother me?

When considering intimacy with another person or couple, would I prefer to play in the same room as you or a separate room?

Does the idea of seeing you interacting intimately with someone of the same gender titillate or bother me?

Are we looking to only sleep with other people or have a relationship, i.e. date?

Are we looking for long-term partners, short-term, or one-night stands?

How much detail am I comfortable sharing with you and hearing from you?

Is this level of detail different between shared experiences and solo experiences?

How do I feel about bringing swing partners home?

What safety precautions will be employed when playing with others (condoms, contraception, dental dams, gloves, etc)?

If / when I break a hard or soft rule whilst swinging, how do we begin reconciling it?

What other limits being set would make me more comfortable?

Set a specific date by which to re-evaluate swinging as a couple, limits/boundaries, and any other issues that have arisen that still need to be discussed.



Check which of the Fantasy Scenarios below interest you.

Fantasy Scenario	Giving to Partner	Receiving from Partner	Giving to Men	Giving to Women	Receiving from Men	Receiving from Women	Whilst being Watched	Watching Others	In a Group Environment	With a Select Couple
Kissing										
Cuddling										
Flirting (No Touch)										
Erotic Touch (Non Genital)										
Sensual Massage										
Breast/Nipple Play										
Talking Dirty										
Hand Jobs and Manual Stimulation										
Oral/Blow Jobs										
Anal Play										
Penetration with Fingers										
Penetration with Toys										
Penetration with Penis										
Sexual Intercourse										

Rate the Fantasy Activities below on a scale of 1 to 5, 1 being No Interest and 5 being Most Interest

Fantasy Activities	Rating
Rough Sex	
Spanking	
Bondage	
Sensory Deprivation (blindfold, earplugs)	
Erotic Role Play	
Exhibitionism	
Voyeurism	

Fantasy Activities	Rating
Masturbating in front of others	
Period Sex	
Group Sex	
Gang Bang	
Web Cam Play	
Dressing up / Planning	
Post Event Discussions	