

## Sex Bucket List Ideas

1. Try tantric sex techniques
2. Have an “all for you” night, where it is all about one partner’s sexual pleasure
3. Get bend-y with some Kama Sutra sex positions
4. Have cybersex with a consenting partner, sending each other explicit messages until one or both of you has an orgasm
5. Have cybersex or video chat sex while toys, such as an app-controlled vibrator
6. See if you or your partner can have multiple orgasms during a leisurely lovemaking session
7. Read erotic stories to each other out loud
8. Experiment with CBD intimacy products
9. Watch ethically made porn that you have chosen together or watch racy movies
10. Put on a pair of vibrating panties and give your partner the remote control
11. Dress up in costumes, so you and/or your partner can become someone else for the night
12. Experiment with BDSM
13. Have sex with people in the next room, trying not to be overheard.
14. Get busy in the backseat of a car
15. Make it a foreplay only evening, having fun without penetrative sex

16. Role play during a sexual encounter
17. Hook up without using your hands at all. Instead, use your mouth, feet, and every other body part you feel like
18. Have sex while blindfolded
19. Take sexy pictures of (or with) each other
20. Have sex without saying a word
21. Turn up the volume, and try to have the most verbal sexual experience as you can
22. Surprise your partner with a midday quickie
23. Have a threesome
24. Masturbate while staring into each other's eyes
26. Experiment with anal play toys, such as beads or a plug
27. Have phone sex
28. Try a new sex position with your partner
29. Ask each other this list of dirty questions
30. Give each other a sensual personal massage that turns into a sex session
31. Try a massage candle, made of wax meant to be rubbed all over each other
32. Have sex in the shower
33. Have sex standing up. In the shower, for example
34. Have sex in a bathtub

35. Go skinny-dipping with a partner. Pool, ocean, lake
36. Dance naked to sexy songs with your partner
37. Perform a sexy striptease for your partner
39. Talk dirty to each other
40. Use arousal gel to add a cooling, warming, or pleasantly tingling sensation to your genitals or nipples
41. Achieve simultaneous orgasm with your partner
42. Try rimming, or orally stimulating the anus
43. Suck on each other toes as part of foreplay
44. See if you can achieve orgasm through nipple stimulation
45. Have sex while a cock ring is worn on a penis or toy
46. Act out a sexual fantasy
47. Send nudes (and ask for some)
48. Take a sex class together
49. Have sex in every room in your home
50. Have sex in a fancy hotel

Add some more...

51.

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### **Educational Disclaimer**

This material is for educational purposes only and is not medical, psychological, or therapeutic advice. It does not replace professional care or establish a therapeutic relationship. Please consult a qualified professional for personalized support.

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