

Setting The Table

STEP ONE

Partner #1 goes to the bedroom and "Sets The Table". They'll lay out anything they'd like to play with that night - both as the initiator and the receiver.

Think of it like creating a menu.

Challenge yourself with what you lay out: toys, flashcards with experiences (massage, sex positions, a roleplay fantasy, etc), or items that set a certain scene (cozy blanket, bubbles for a bath, your favorite porn) & more.

Try and surprise your partner with a delicious menu of experiences - a whole meal! Not just an appetizer.

STEP TWO

Partner #2 comes to the "table" and takes anything away they DON'T want to play with.

In a sense, Partner #1 laid out the menu, and Partner #2 decides what we're eating tonight. Then have fun!

Things to remember:

-Partner #2 should be open to new experiences and always grateful for their partner's efforts, even if it's not what you'd like to play with tonight.

-Partner #1 shouldn't be disappointed if Partner #2 takes something off the table.

Things to Remember

Trade off who "Sets The Table!" from time to time. It shouldn't be the same partner always setting.

Setting the Table doesn't always have to include sex - maybe the table is only sweet cuddly moments because that's what's on the menu tonight. Maybe the table is only BDSM and sex is not on the menu at all! Challenge yourself to use this exercise across all styles of intimacy.