

ASK FOR IT

PLAYFUL MENU FOR DEEPER INTIMACY

Ready to get to clarity around your desires and fantasies, so that you can find satisfaction and confidence, first for yourself and then with your play partner(s)? Then this checklist is for you!

With sections for all erotic blueprints: Energetic, Sensual, Kinky, and Sexual. This is carefully devised to help you plan a complete journey of pleasure that increases in physical closeness and intensity of sensation, with a build-up of erotic energy. Nothing is compulsory, everything is optional, and you get to pick and choose liberally across sections - to create your own adventure.

The menu can be used to explore new partnerships, to spice up old ones, or even to connect platonically with friends. It's been developed by Dr. Irene Otero Fernandez, PhD in social science, master of holistic psychology and expert in tantric kink. Based on more than 10 years of personal research and professional practice.

*Now go enjoy your unique turn-ons, f*ck around, and find out ;)*

How to use the menu

A PLAYFUL FRAMEWORK FOR CLARITY, CHOICE & CONNECTION

01 Choose your adventure

Read through the menu together. You can move in order, skip freely, or build a scene around one category.

02 Mark your preference

For every item, mark YES, MAYBE, or NO separately for GIVING and RECEIVING. Your answers are yours; they do not need to match.

03 Talk before you play

Use the checklist as a conversation starter. Ask what the other person means by an item, what conditions would make it a YES, and what would make it a NO.

04 Keep consent alive

A YES is not a permanent contract. A MAYBE can become YES or NO. A NO is enough. Check in before, during and after play.

YES · MAYBE · NO

Use YES for something you actively want, MAYBE for something you might explore under the right conditions, and NO for something you do not want. The GIVING / RECEIVING columns make room for different preferences in each direction.

1. Energetic

Build erotic energy through anticipation, attunement & connection.

	GIVING			RECEIVING		
	YES	MAYBE	NO	YES	MAYBE	NO
<i>1.1 Anticipation</i>						
Playful/sexy texting	☐	☐	☐	☐	☐	☐
Poetry	☐	☐	☐	☐	☐	☐
Erotic literature	☐	☐	☐	☐	☐	☐
Sexy talk	☐	☐	☐	☐	☐	☐
Erotic hypnosis	☐	☐	☐	☐	☐	☐
<i>1.2 Attunement</i>						
Eye-gazing	☐	☐	☐	☐	☐	☐
Breath synchronization	☐	☐	☐	☐	☐	☐
Breathwork	☐	☐	☐	☐	☐	☐
Reiki	☐	☐	☐	☐	☐	☐
Emotional release	☐	☐	☐	☐	☐	☐
Compliments/appreciation	☐	☐	☐	☐	☐	☐
Singing together	☐	☐	☐	☐	☐	☐
Joint meditation	☐	☐	☐	☐	☐	☐
Mirroring movement	☐	☐	☐	☐	☐	☐
Dance without touch	☐	☐	☐	☐	☐	☐
<i>1.3 Connection</i>						
Holding hands	☐	☐	☐	☐	☐	☐
Touching partner's heart	☐	☐	☐	☐	☐	☐
Hugging	☐	☐	☐	☐	☐	☐
Contact dance	☐	☐	☐	☐	☐	☐
Partnered stretches	☐	☐	☐	☐	☐	☐
Sitting in yab-yum	☐	☐	☐	☐	☐	☐
Figure 8 breathing	☐	☐	☐	☐	☐	☐
Body worship	☐	☐	☐	☐	☐	☐
Yoni puja (no touch)	☐	☐	☐	☐	☐	☐
Lingam puja (no touch)	☐	☐	☐	☐	☐	☐
Energetic sex (motions without physical contact)	☐	☐	☐	☐	☐	☐

2. Sensual

Explore the senses, from atmosphere to touch, taste & sound.

	GIVING			RECEIVING		
	YES	MAYBE	NO	YES	MAYBE	NO
<i>2.1 Sight</i>						
Candlelight	☐	☐	☐	☐	☐	☐
Decoration	☐	☐	☐	☐	☐	☐
Dance show	☐	☐	☐	☐	☐	☐
<i>2.2 Smell</i>						
Incense	☐	☐	☐	☐	☐	☐
Dress-up	☐	☐	☐	☐	☐	☐
Essential oils	☐	☐	☐	☐	☐	☐
Perfumes	☐	☐	☐	☐	☐	☐
Flowers	☐	☐	☐	☐	☐	☐
Body parts	☐	☐	☐	☐	☐	☐
<i>2.3 Touch</i>						
Ice	☐	☐	☐	☐	☐	☐
Hot Wax	☐	☐	☐	☐	☐	☐
Silk	☐	☐	☐	☐	☐	☐
Velvet	☐	☐	☐	☐	☐	☐
Fur	☐	☐	☐	☐	☐	☐
Feathers	☐	☐	☐	☐	☐	☐
Light touch	☐	☐	☐	☐	☐	☐
Deep massage	☐	☐	☐	☐	☐	☐
Head massage	☐	☐	☐	☐	☐	☐
Foot massage	☐	☐	☐	☐	☐	☐
Tickling	☐	☐	☐	☐	☐	☐
Nibbling	☐	☐	☐	☐	☐	☐
Licking	☐	☐	☐	☐	☐	☐
Sucking	☐	☐	☐	☐	☐	☐
Kissing (body)	☐	☐	☐	☐	☐	☐
Almost kissing (brushing lips)	☐	☐	☐	☐	☐	☐
Kissing (mouth)	☐	☐	☐	☐	☐	☐

2. Sensual

Explore the senses, from atmosphere to touch, taste & sound.

	GIVING			RECEIVING		
	YES	MAYBE	NO	YES	MAYBE	NO
<i>2.4 Taste</i>						
Blindfolded feeding	☐	☐	☐	☐	☐	☐
Feeding from body	☐	☐	☐	☐	☐	☐
Spicy	☐	☐	☐	☐	☐	☐
Savory	☐	☐	☐	☐	☐	☐
Sweet	☐	☐	☐	☐	☐	☐
Wine	☐	☐	☐	☐	☐	☐
Liquor	☐	☐	☐	☐	☐	☐
<i>2.5 Hearing</i>						
Music	☐	☐	☐	☐	☐	☐
Whispering	☐	☐	☐	☐	☐	☐
Moaning	☐	☐	☐	☐	☐	☐
Primal sounds	☐	☐	☐	☐	☐	☐
Chanting	☐	☐	☐	☐	☐	☐
Trigger words	☐	☐	☐	☐	☐	☐
Praise	☐	☐	☐	☐	☐	☐

3. Kinky

Play with power, sensation, restraint, roles & fantasy.

	GIVING			RECEIVING		
	YES	MAYBE	NO	YES	MAYBE	NO
<i>3.1 Bondage</i>						
Restraints	☐	☐	☐	☐	☐	☐
Blindfolds	☐	☐	☐	☐	☐	☐
Handcuffs	☐	☐	☐	☐	☐	☐
Gags	☐	☐	☐	☐	☐	☐
Headhoods	☐	☐	☐	☐	☐	☐
Tape	☐	☐	☐	☐	☐	☐
Ropes	☐	☐	☐	☐	☐	☐
Shibari	☐	☐	☐	☐	☐	☐
Suspension	☐	☐	☐	☐	☐	☐
Mummification	☐	☐	☐	☐	☐	☐
<i>3.2 Domination & submission</i>						
Primal play	☐	☐	☐	☐	☐	☐
Playfight	☐	☐	☐	☐	☐	☐
Wrestling	☐	☐	☐	☐	☐	☐
Choking	☐	☐	☐	☐	☐	☐
Breath control	☐	☐	☐	☐	☐	☐
Smothering	☐	☐	☐	☐	☐	☐
Humiliation	☐	☐	☐	☐	☐	☐
Animal role-play	☐	☐	☐	☐	☐	☐
Objectification	☐	☐	☐	☐	☐	☐
Teasing	☐	☐	☐	☐	☐	☐
Denial	☐	☐	☐	☐	☐	☐
Begging	☐	☐	☐	☐	☐	☐
Forced servitude	☐	☐	☐	☐	☐	☐
Consensual Non-Consent (CNC)	☐	☐	☐	☐	☐	☐
Total Power Exchange (TPE)	☐	☐	☐	☐	☐	☐
<i>3.3 Sadomasochism</i>						
Spanking	☐	☐	☐	☐	☐	☐
Flogging	☐	☐	☐	☐	☐	☐
Canes	☐	☐	☐	☐	☐	☐
Belts	☐	☐	☐	☐	☐	☐

3. Kinky

Play with power, sensation, restraint, roles & fantasy.

	GIVING			RECEIVING		
	YES	MAYBE	NO	YES	MAYBE	NO
Riding Crops	☐	☐	☐	☐	☐	☐
Paddles	☐	☐	☐	☐	☐	☐
Whips	☐	☐	☐	☐	☐	☐
Face-slapping	☐	☐	☐	☐	☐	☐
Electricity	☐	☐	☐	☐	☐	☐
Nipple clamps	☐	☐	☐	☐	☐	☐
Hair-pulling	☐	☐	☐	☐	☐	☐
Biting	☐	☐	☐	☐	☐	☐
Scratching	☐	☐	☐	☐	☐	☐

3.4 Other kinks & fetishes

Foot worship	☐	☐	☐	☐	☐	☐
Golden showers/watersports	☐	☐	☐	☐	☐	☐
Spitting	☐	☐	☐	☐	☐	☐
Fluid play	☐	☐	☐	☐	☐	☐
Leather	☐	☐	☐	☐	☐	☐
Latex	☐	☐	☐	☐	☐	☐
Clothing	☐	☐	☐	☐	☐	☐
Chastity	☐	☐	☐	☐	☐	☐
Masks	☐	☐	☐	☐	☐	☐
Roleplay	☐	☐	☐	☐	☐	☐
Medical	☐	☐	☐	☐	☐	☐
School	☐	☐	☐	☐	☐	☐
Kidnapping	☐	☐	☐	☐	☐	☐
Interrogation	☐	☐	☐	☐	☐	☐

4. Sexual

Move from foreplay to oral, genital play & aftercare.

	GIVING			RECEIVING		
	YES	MAYBE	NO	YES	MAYBE	NO
4.1 Foreplay						
Phone sex	☐	☐	☐	☐	☐	☐
Sexting	☐	☐	☐	☐	☐	☐
Masturbation	☐	☐	☐	☐	☐	☐
Mutual masturbation	☐	☐	☐	☐	☐	☐
Fisting	☐	☐	☐	☐	☐	☐
Breast massage	☐	☐	☐	☐	☐	☐
Anal massage	☐	☐	☐	☐	☐	☐
Anal plugs	☐	☐	☐	☐	☐	☐
Dildos	☐	☐	☐	☐	☐	☐
Vibrators	☐	☐	☐	☐	☐	☐
Other toys	☐	☐	☐	☐	☐	☐
4.2 Oral						
Cunnilingus	☐	☐	☐	☐	☐	☐
Face-sitting	☐	☐	☐	☐	☐	☐
Blowjob	☐	☐	☐	☐	☐	☐
Deep throat	☐	☐	☐	☐	☐	☐
4.3 Genital						
Vaginal penetration	☐	☐	☐	☐	☐	☐
Anal penetration	☐	☐	☐	☐	☐	☐
Double penetration	☐	☐	☐	☐	☐	☐
Threesome FMM	☐	☐	☐	☐	☐	☐
Threesome FFM	☐	☐	☐	☐	☐	☐
Group sex	☐	☐	☐	☐	☐	☐
Public sex	☐	☐	☐	☐	☐	☐
Couple swapping	☐	☐	☐	☐	☐	☐
Orgasm control	☐	☐	☐	☐	☐	☐
Squirting	☐	☐	☐	☐	☐	☐
Ejaculation	☐	☐	☐	☐	☐	☐

4. Sexual

Move from foreplay to oral, genital play & aftercare.

	GIVING			RECEIVING		
	YES	MAYBE	NO	YES	MAYBE	NO
4.4 Aftercare						
Cuddling	☐	☐	☐	☐	☐	☐
Words of affirmation	☐	☐	☐	☐	☐	☐
Blankets	☐	☐	☐	☐	☐	☐
Warm beverages	☐	☐	☐	☐	☐	☐
Food	☐	☐	☐	☐	☐	☐
Shower	☐	☐	☐	☐	☐	☐
Bath	☐	☐	☐	☐	☐	☐
Alone time	☐	☐	☐	☐	☐	☐
Debriefing	☐	☐	☐	☐	☐	☐
Scheduled check-ins	☐	☐	☐	☐	☐	☐

Go deeper

If you found this menu helpful, there's more, much more! The full Ask For It Guide includes, beyond the checklist:

01 **Communication tools & consent games**

Gain clarity around your desires and boundaries, so that you can negotiate — and implement — playful scenes for intimacy that feels like a win-win... From the bedroom to the boardroom, as these skills transfer to your daily interactions as well, improving ALL your relationships with more confidence.

02 **Erotic archetypes**

Explore roles to play with, beyond traditional gender or social norms, to uncover the wholeness of your full expression, with the help of Jungian psychology and universal mythology.

03 **Bonus erotic questionnaire**

Deepen your understanding of your unique turn-ons, so that you can turn your fantasies into reality - in a safe and healthy manner.

Erotic Alchemy

For the complete guide, and more resources, including explicit video courses about female and male pleasure:
eroticalchemy.info

For inquiries and bookings of private (online) coaching & mentorship, contact Dr. Irene at eroticalchemy@outlook.com.