

dirty talk: finding your vocabulary

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This worksheet has two sections.

Section one is a list of words that can be used when talking dirty. It is incomplete and not meant to be comprehensive. Instead, it's a jumping off point for you. Write in others that you know.

Section two gives you a chance to answer some questions that help you get clear on what kind of dirty talk turns you on and turns you off.

Remember that we are constantly changing, so revisit this list often! Words that turn you off now may be a major source of arousal in a year, and vice versa.

Words some people find sexy.

<u>Actions:</u>	<u>Body parts:</u>	<u>Feelings:</u>
touch	lips	need
lick	mouth	crave
tug	neck	want
yank	breasts/tits/boobs	naughty
pull	butt/ass/bum	loved
rub	balls/scrotum/nuts	hate
fuck	stomach/tummy/abs	excited
suck	fingers	turned on
spank	toes	erotic
slap	pussy/cunt/vulva/vagina	worshipped
massage	clit	dirty
tease	dick/cock/penis	curious
torture	head	eager
bite	hair	nasty
grope	face	submissive
stroke	nipple	dominant
insert		playful
squeeze		
taste		
look		
scream		

<u>Names/Titles:</u>	<u>Instructions/Requests:</u>	<u>Miscellaneous:</u>
baby	harder	orgasm
lover	slower	cum
sweetheart	softer	squirt
asshole	faster	sexy
bitch	deeper	dirty
slut	up/down	nasty
whore	left/right	use me/use you
amore	Please...	sweet
sir	I want you to...	gentle
mistress/master	I can't wait for...	worship
boy/girl (good girl/bad boy)	You need to...	wet
slave	Tell me...	swollen
god/goddess	You make me...	hard
	I'm going to...	

Words that make sex fun for you.

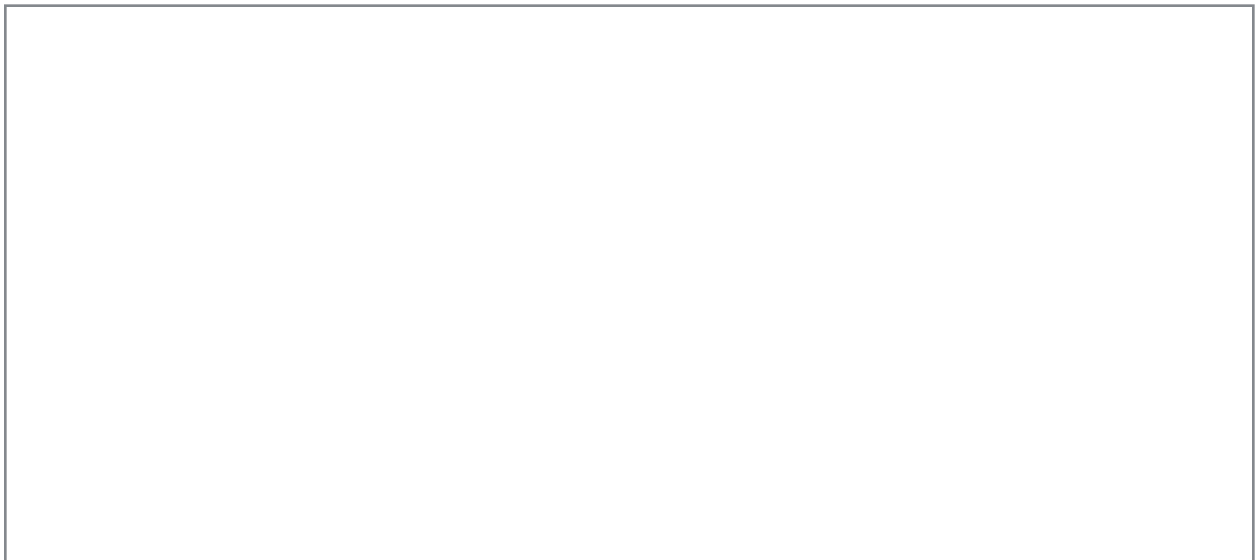
Looking over the list above, write down any words (including those not on the list) that turn you on. Remember, these words may not turn you on all the time, but they're words that tend to pull you in and make your pulse quicken. This is not about being politically correct. You like what you like. Saying you like "cunt" or "mistress" is absolutely OK:

Now, write down any words that are totally off-limits. These words may trigger you or they may get you stuck in your head and pull you out of the moment. This is to help you and your partner(s) make sure everyone has a good time when you're playing together.

Don't worry about explaining yourself - you may love "slut" and hate "whore", or you may love "fuck" and hate "making love". This is about you. Write it out, even if it's not on the list (like "moist"):



Finally, write down any words that are maybes. Either you aren't sure how you feel about them, it's complicated, or you want to try them out a few times to see whether they fall into one camp or another.



And, now you have a jumping off point for playing with some dirty talk that you feel good about.