



FUN LOVING FANTASY

Fun Loving Fantasy is a couples exchange activity, designed to help you connect with your fantasies and then share them with your partner in a safe and healthy way.



So what is fantasy anyway?

As sex researcher, therapist and author Justin Lehmiller says, “Sexual fantasy is any mental picture that comes to mind while you’re awake and ultimately turns you on. Basically it’s anything that gets you hot and bothered and maybe gets some blood flow going to your genitals.”

And why is it hard to talk about?

For many, talking about fantasy can feel a bit daunting because:

- It’s vulnerable
- We have limited experiences where we have shared our fantasies with someone else
- We worry our fantasies or desires are weird
- We don’t totally know what we like
- There’s a belief that if we share or listen to a fantasy we have to act out the fantasy
- We might be curious but not totally certain if we want to do what we imagine in our mind
- When we’re asked if we have a sexual fantasy, nothing comes to mind

Who can play?

This exchange game is for those who...

- **Feel safe in their relationship**
- **Are curious about fantasy but may not have practice or the tools they need to step into talking about fantasy**
- **Are somewhat connected with the fantasies they have**

This exchange game is NOT for those who...

- **Experience high levels of negative emotion around the idea of fantasy**
- **Have trauma or unresolved emotional issues around fantasy**
- **Are not in a safe relationship to explore fantasy***

*Working through these emotional challenges prior to moving toward fantasy can be helpful.

HOW TO PLAY:

REMEMBER: WE MUST HAVE SAFETY TO EXPERIENCE PLEASURE AND TAKE EMOTIONAL AND EROTIC RISKS.

Minimum number of players: **2** (you do not need to currently be in a relationship to enjoy the benefits of Fun Loving Fantasy. Discovering your own fantasy is also a very valuable way to play).

1. Each player starts with one or more Fantasy Brainstorm Sheets (4 sheets provided in the digital download). On a sheet, spend 5-10 minutes brainstorming and writing down fantasy related thoughts that you've had at some point. Fantasy thoughts could be as simple as "Finding a vase of wildflowers on my bedside table." Come up with as many as you like, we recommend trying to fill out at least one full sheet to start.
2. Each player then cuts out their brainstormed cue cards and categorizes them first on their own game board first on their own game-board in preparation for sharing them*, reflecting on each one to determine if it's a **Curiosity**, a **Fantasy** or an **Action**. Here are basic definitions to help:

Curiosity:

Can include different kinds of positions, sex acts, games, sex in different locations, etc. These thoughts might be fleeting and may move beyond random thoughts or images. These are completely normal!

Fantasy:

Fantasy is where we deliberately invest more time and effort into a sexual thought, idea, or image that is arousing or erotic to us. We may or may not ever want to act on these.

Action:

Action is where we are ready to implement and act on the fantasies we have.

3. If players feel comfortable, they can then find a quiet and private place to discuss their responses using the game-board. Sitting across from each other in a comfortable and relaxed way, the players identify who will start who will be listening. The starting player picks one statement from one of the sections (Curiosity, Fantasy, Action) to start with and then continues sharing each statement from that section while the listener just listens. Once the first player is done with all statements from one section, the roles of sharer and listener are swapped, and the second player shares all statements from the same section. Repeat for all three sections.
4. If the players choose to, take turns asking the other player to "Tell me more about..." This step can be repeated as many times as the player desires. Remember to ALWAYS play with safety and empathy for one another in mind.

*For a more interactive style of play, players can take turns playing their own cues on one shared game board, with the person playing the cue talking about it as it's played.

YOUR FANTASY BRAINSTORM SHEET

- If these are new muscles for you, keep in mind it may take some time to get going.
- Your inner judge or critic might try to stop you. Put pen to paper anyway!
- You may have emotions that come up. Make space for them all!
- And...you might start to get turned on just by going through this exercise. Enjoy!

Something that has drifted through my thoughts is...

Remember... These statements can be anything at all. Here are a few common examples to get you started:

- Oral sex
- Sex on top
- Sex on the kitchen counter-top
- Wearing nothing but a tie during sex
- A hitachi wand
- Masturbating in front of my partner

YOUR FANTASY BRAINSTORM SHEET

- If these are new muscles for you, keep in mind it may take some time to get going.
- Your inner judge or critic might try to stop you. Put pen to paper anyway!
- You may have emotions that come up. Make space for them all!
- And...you might start to get turned on just by going through this exercise. Enjoy!

Something that has drifted through my thoughts is...

Remember... These statements can be anything at all. Here are a few common examples to get you started:

- Oral sex
- Sex on top
- Sex on the kitchen counter-top
- Wearing nothing but a tie during sex
- A hitachi wand
- Masturbating in front of my partner

YOUR FANTASY BRAINSTORM SHEET

- If these are new muscles for you, keep in mind it may take some time to get going.
- Your inner judge or critic might try to stop you. Put pen to paper anyway!
- You may have emotions that come up. Make space for them all!
- And...you might start to get turned on just by going through this exercise. Enjoy!

Something that has drifted through my thoughts is...

Remember... These statements can be anything at all. Here are a few common examples to get you started:

- Oral sex
- Sex on top
- Sex on the kitchen counter-top
- Wearing nothing but a tie during sex
- A hitachi wand
- Masturbating in front of my partner

YOUR FANTASY BRAINSTORM SHEET

- If these are new muscles for you, keep in mind it may take some time to get going.
- Your inner judge or critic might try to stop you. Put pen to paper anyway!
- You may have emotions that come up. Make space for them all!
- And...you might start to get turned on just by going through this exercise. Enjoy!

Something that has drifted through my thoughts is...

Remember... These statements can be anything at all. Here are a few common examples to get you started:

- Oral sex
- Sex on top
- Sex on the kitchen counter-top
- Wearing nothing but a tie during sex
- A hitachi wand
- Masturbating in front of my partner

YOUR FANTASY GAME-BOARD

PRO TIP #1: SET YOURSELF UP FOR SUCCESS

Try your best to get grounded, centered, and present before starting this exploration step. Make sure you've each chosen your timing for this step wisely so you're not hungry or tired.

PRO TIP #2: PRACTICE EROTIC EMPATHY

Erotic empathy is like emotional empathy but for our sexual desires and fantasies. It's stepping into our partner's shoes and embracing curiosity and openness while taming the parts of ourselves that might judge or criticize.

PLACE CARDS HERE

**A fleeting
thought that I
have had is...**

PLACE CARDS HERE

**Something I
have thought
more about or
enjoy thinking
about is...?**

PLACE CARDS HERE

**Something
I might want
to try is...**

REMEMBER!

Just like sex doesn't always have to have the goal of orgasm, **sharing about fantasy doesn't have to have the goal of implementation.** It's an opportunity to connect with your and/or your partners inner sexual world. We can create safety in discussion around fantasy if we first make an agreement that, just because we share it or hear it, doesn't mean we have to act on it or do anything about it.



Like any new skill or experience we have, there are GUARANTEED to be some stumbles, awkwardness, and feelings of fumbling around in the dark. If this is the first time you have done an exercise like this, anticipate feeling a bit awkward.

And you know what? Awkward means you're trying something new and stretching yourself. It's not a sign that you're doing something wrong, it's a sign that you are growing.

THE FINAL INGREDIENT

As you engage in this fantasy exercise, make sure to end with a statement of gratitude. If you did this for yourself, acknowledge your willingness and strength to be present with yourself and connect with your sexuality.

If you did this with a partner, tell them that you are grateful that they were willing to participate or that they were kind and open. Whatever feels true to your experience, acknowledge it and express it.

COME BACK ANYTIME!

You can repeat this exercise as often as you'd like. We are always changing as sexual beings and our sexual curiosities and fantasies will as well.