

WORKBOOK

|

*Threesome
Exploration*



Threesome Exploration

workbook contents

To fill out the exercises, simply type right onto the page, or click the appropriate box to place a check mark.

-Part 1-

Threesome Exploration Questions

A few questions to get your ideas flowing. Your answers will help you discover areas you'd like to learn more about, as well as topics to discuss with your potential threesome partners.

-Part 2-

Threesome Yes/No/Maybe List

An exercise to help you consider what you want your own threesome experience to include or exclude. Use this exercise as a jumping off point to create a more comprehensive list of your own desires and limits.

-Part 3-

Threesome Readiness Assessment

Using the format of the classic magazine quiz, this assessment shouldn't be viewed as a test — there's no way to fail! — rather, it's one more way to discover things to think about or discuss before your own threesome.

-Part 4-

Additional Resources

Articles, videos, books, and more!

Threesome

exploration questions


- 1 Why do you want to have a threesome? What are you hoping to gain from the experience?



- 2 What are the most common elements of your sexual fantasies? What have your best sexual experiences involved?



- 3 What are your threesome related fears, concerns, or discomforts?



Threesome

yes/no/maybe list

	YES	NO	MAYBE
1 Flirting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Kissing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Cuddling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Undressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Exchanging massage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Hand sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Oral sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Penetrative sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 Using sex toys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Exploring kink & bdsm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Watching porn together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Spending the night together / sleeping over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 Sex in your own home / bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 Sex with other couples	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Seeing a threesome partner solo (i.e. after the threesome, two of the people go on dates)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Threesome

readiness assessment

Strongly Disagree
1

Disagree
2

Neutral
3

Agree
4

Strongly Agree
5

SCORE
1-5

- | | | |
|----|--|--------------------------|
| 1 | I like to share. | <input type="checkbox"/> |
| 2 | I feel comfortable setting boundaries. | <input type="checkbox"/> |
| 3 | I'm ready to say 'no' even if it might disappoint other people. | <input type="checkbox"/> |
| 4 | It turns me on to see other people turned on. | <input type="checkbox"/> |
| 5 | I feel ready to watch other people kiss or have sex in front of me, even if one of them is my partner. | <input type="checkbox"/> |
| 6 | I feel comfortable having sexually explicit conversations. | <input type="checkbox"/> |
| 7 | I feel ready and able to have conversations about sexual health and safety. | <input type="checkbox"/> |
| 8 | I'm comfortable being seen naked from various angles. | <input type="checkbox"/> |
| 9 | I feel confident in my own sexiness. | <input type="checkbox"/> |
| 10 | I feel comfortable negotiating for what I want and need. | <input type="checkbox"/> |

Threesome

assessment results

Add up your score from the assessment and read on to see how ready you are to have your own threesome.

A: 40-50

B: 30-40

C: 20-30

D: 10-20

A: Congratulations, you're ready to dive in!

You feel confident, sexy, and ready to communicate! With these elements in place, you're in a strong position to speak up about your desires and your limits, and to negotiate (and participate in) the threesome of your fantasies.

C: Are you sure you want to have a threesome?

Threesomes can be a hot fantasy, but the reality is more complicated. Take a look at the points where you gave yourself the lowest ratings and consider how those factors may impact your threesome experience. If you still want to make the fantasy a reality, use these points to guide ongoing learning, and give yourself permission to explore slowly.

B: Consider doing a little more homework.

You've got a solid basis from which to build your threesome skills, as well as a few areas to focus on before diving in. Take a look at the points where you rated yourself below a 4 to help direct your ongoing exploration and learning.

D: Sounds like threesomes might not be for you.

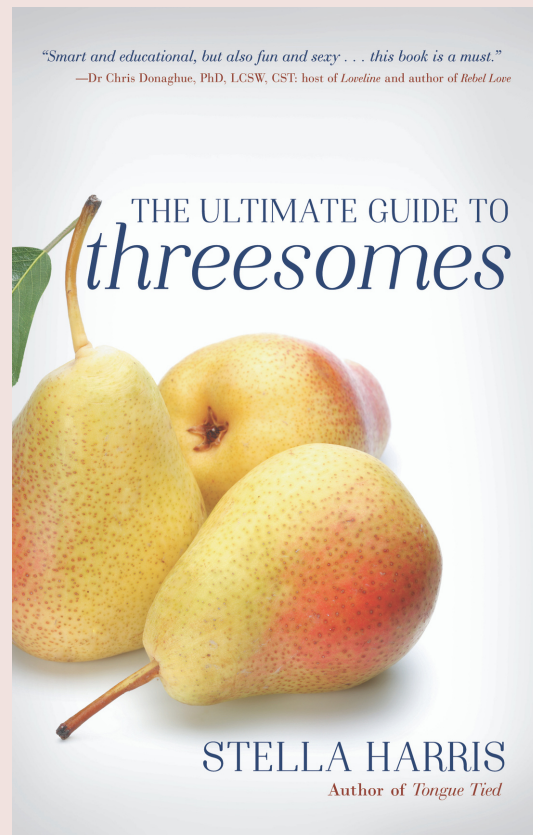
And that's okay! Knowing what you don't want is just as important as knowing what you do want. Having a strong "no" is essential for safe exploration, and can help partners feel confident in your "yes." Threesomes simply aren't for everyone and there's nothing wrong with deciding they're not for you.

Threesomes

the ultimate guide

If you'd like to dig even deeper into threesome exploration, check out my book, *The Ultimate Guide to Threesomes!*

[Learn more and buy the book](#)



Dr Chris Donaghue, PhD, LCSW, CST, host of Loveline & author of Rebel Love

"Smart and educational, but also fun and sexy, *The Ultimate Guide to Threesomes* provides all the needed information for those looking to expand sexually. Many books about sexual exploration fail to provide good information and also don't understand the art and skill of sex. Focusing on how to meet, negotiation, and even pitfalls and aftercare, this book is a must."



August McLaughlin, author of Girl Boner and host of Girl Boner Radio

"Riveting, practical and full of illustrative stories, this book is indeed the ultimate guide! Harris writes with authority, practicality, and empathy, presenting threesomes as pleasurable adventures that can take many, many forms and need not be for everyone. If threesomes are your (smoldering) cuppa, or you think they might be, this book is essential reading."



Kevin Allison, creator & host of the hit podcast, Risk!

"Stella Harris is one of the wisest sex educators and savviest storytellers around! I've had a lot of "A-ha!" moments from Stella. Who better to tackle the fascinating nuances, pitfalls and joys of sexual and romantic adventures endeavored in threes!"

Threesome

resource library

Just click on the headline to visit the resource!

[Free Class — Threesomes & Multi-Partner Intimacy](#)

A recording of a live class presented for Lovers Stores .

[Shameless Sex Podcast — The Ultimate Guide to Threesomes](#)

How can people navigate threesomes smoothly, ethically, and pleurably? What about aftercare post threesome - what are the protocols? And how do you find that third person? Stella Harris answers all this and more.

[Girl Boner Radio — Threesome Myths, Tips, and Considerations](#)

Curious about threesomes, or ways to make your next one better? I loved exploring multi-person play with author and educator Stella Harris for the latest Girl Boner Radio episode. (Link also includes transcript.)

[6 Threesome Sex Positions That'll Leave Everyone Satisfied](#)

You've been fantasizing about having a threesome for a while, you finally have a couple of cheerful playmates ready to go... now what?

[Test Driving Threesome Dating Apps](#)

A review of some of the main options for finding threesome partners through dating apps.

[Here's Everything You Want to Know About Your First Threesome](#)

Threesomes are a common fantasy, but that doesn't mean they're for everyone.

[What Is Unicorn Hunting? How to Find a Third the Right Way.](#)

Three-ways? Great. Making it all about you? Not great.

Thank you!

I'm so glad you joined me for this exploration journey! Hopefully these exercises stimulated your imagination and sparked ideas for future adventures and negotiations.

You may also have discovered some areas that require additional thinking or learning before diving in. Remember, the more planning you can do in advance, the better the experience will be!



Do You Want More Support?

The resources in this workbook offer a strong foundation for exploring your fantasies and learning about threesomes. But nothing compares to personalized support. If you'd like additional guidance customized to your situation and needs, schedule a coaching session with me.

Use code EXPLORE for 20% off your first appointment.

[Learn more and schedule a coaching session](#)