

# Want / Will / Won't

A "Want/Will/Won't" list is a simple tool for having more open, honest conversations about intimacy. You and your partner each separately take time to name what you want, what you're willing to try, and what you're not comfortable with. Be as honest as you can.

Then, come together to share what you wrote. Stay open-minded; your partner's wants and dislikes are just as valid as yours.

Try exploring some of your shared "wants" and "wills". Always respect your partner's boundaries, but consider the value in reflecting on your own "won'ts". What about those acts makes you uncomfortable?

Revisit the checklist whenever you need. By keeping the conversation open, you nurture curiosity and comfort in the place of anxiety or pressure.

For your convenience, [here's a link](#) to a list we love (they call it a Yes/No/Maybe list).

