



Mindful Sex Checklist

A guide to consent-first intimacy



How to Use

- ✓ Go slow.
- ✓ Breathe.
- ✓ Check in.
- ✓ Stop anytime.

4-4-6 Breath (2–5 min)

- ☁ Inhale for 4 seconds.
- ☁ Hold for 4 seconds.
- ☁ Exhale for 6 seconds.
- ☁ Repeat.

5-4-3-2-1 Grounding




- 👁 5 things you can see.
- 👂 4 things you can touch.
- 👂 3 things you can hear.
- 👃 2 things you can smell.
- 👄/☁ 1 thing you can taste or a mindful breath.

Touch Ladder (SFW)





- 📋 A) Hands/arms/shoulders
- 📋 B) Back/legs
- 📋 C) Opt-in areas only with explicit yes.

Step back anytime.




Two-Minute Check-In

-  **Green:** Continue
-  **Yellow:** Slower/lighter/different
-  **Red:** Stop & comfort

Quick Scripts

-  **Invite:** 'I'd really like to... would you be interested?'
-  **Boundary:** 'I'm not comfortable with...' or 'I don't want to do that.'
-  **Preference:** 'I'd like it if we tried...' or 'Could we try...?'
-  **Aftercare ask:** 'What can I do to support you right now?'

Aftercare

-  **Debrief:** Talk about the experience.
-  **Hydrate:** Drink some water.
-  **Cuddle or rest:** Enjoy the afterglow.

Learn more: slaytease.com/mindful-sex-guide • SFW • Education • Consent-first