

Exercise: The Fantasy Jar

This exercise is designed to encourage open, judgment-free communication about intimacy in a secure, trust-based environment. Whether done in person or digitally (be mindful of digital privacy and security risks), this activity can help you and your partner express your desires in a fun, low-pressure way while prioritizing consent and comfort:

1. To begin, you will either need a container (for physical notes on paper or something else) or a private, secure digital space (i.e., encrypted notes, a locked document, or an app).
2. Set the right intentions and discuss the purpose of the exercise: “Are you looking to explore, simply talk, or something more?” Ensure the discussion stays fun, respectful, and pressure-free.
3. Each partner should write a few desires, fantasies, or ideas privately. These can be specific or open-ended to allow for discussion.
4. When you are done writing, partners take turns drawing, selecting, and discussing the fantasy. Use the following prompts to explore comfort levels:
 - What excites you about this idea?
 - Is there a way to modify it so we both feel comfortable?
 - Would you prefer to discuss this more before trying anything?
5. After the discussion, each fantasy can be categorized into groups:
 - Exciting: Let’s explore!
 - Maybe: Needs more discussion.
 - Not for us: No judgment, just respect. (Note: If one partner isn’t comfortable for any reason, the fantasy is skipped without pressure or expectation.)

To make this activity a fun experience, be sure to do the following:

- React thoughtfully: Always appreciate your partner’s openness.
- Check in: Ask “How are you feeling about this?” regularly.
- Remember there are no obligations: The exercise is about conversation, not commitment.
- Explore non-physically: If something feels new, try discussing it first or using role play instead of acting it out.
- Privacy matters: If using a digital format, ensure the content remains secure and private (at your own risk).