

The Cuddle Game

List of Cuddle Ideas

Here are ideas of cuddle positions and activities you might like to try during the Cuddle Game. If you don't want to print it out, you can simply use this list to generate discussions with your cuddle buddy. Go!

If you and your cuddle buddy prefer, print the list twice. Fill the list out together or independently. Go line by line and think about each of the positions and activities. Are you a "Yes Please," a "No Thank You" or a "Not Sure"? It's time to mark the list. Check "Yes Please" for a position or activity that you feel confident that you would enjoy. It assumes that the "Ask and Wait Method" described in the Cuddle Game Instructions is being used by both cuddlers. Check "No Thank You" if you have no interest in that position or activity. (You can always change your mind later.) Check "Not Sure" if you need more information or would be interested only in certain situations.

Cuddle Positions

Position	Yes Please	No Thank You	Not Sure
Little Spoon			
Big Spoon			
Stargazing (lying on your back side by side)			
Companioning (sitting side by side)			
Stand Up Hug			
Side Hug			
Sit Back-to-Back			
Head in Lap with Pillow			
Head on Belly			
Your idea:			

Cuddle Activities

Position	Yes Please	No Thank You	Not Sure
Footsie			
Holding Hands			
Thumb Fight			
Eye Gazing			
Arm Caress			
Back and/or Shoulder Rub			
Hand Massage or Caress			
Foot Rub or Caress			
Playing with Hair			
Your idea:			