

21+ ADULT STAND-UP

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FourColorQuiz.com

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Four Colors Dirty

200 Adult Stand-Up Jokes

Red · Green · Blue · Yellow — bad habits, sex lives, tags & punchlines. Setup · Punch · Knockout · 2 Tags each. Copy-paste ready for club, Red Line, or BOMBED.

Jesse Salas · Four Colors Theory · Generated 2026-06-22

RED Protector — Bad Habits (20)

#1 · fc_001 · RED

SETUP

Red Protector bad habit number one: they don't flirt. They interrogate.

PUNCHLINE

"Where you going?" "Who you with?" "Why you breathing like that?"

KNOCKOUT

Foreplay for Red is a background check with eye contact.

TAGS

- 👉 Red doesn't get jealous. Red runs homeland security on your pelvis.
- 👉 Date Red if you want passion. Survive Red if you want a podcast.

#2 · fc_002 · RED

SETUP

Red checks your phone like it's a crime scene.

PUNCHLINE

Gloves optional. Warrant imaginary. Conviction immediate.

KNOCKOUT

Blue deletes. Green archives. Red screenshots and builds a case.

TAGS

- 👉 Gloves optional. Warrant imaginary. Conviction immediate.
- 👉 Blue deletes. Green archives. Red screenshots and builds a case.

#3 · fc_003 · RED

SETUP

Red doesn't snoop because they're insecure.

PUNCHLINE

They snoop because they're efficient.

KNOCKOUT

Insecurity is messy. Red is logistics with rage.

TAGS

- 👉 They snoop because they're efficient.
- 👉 Insecurity is messy. Red is logistics with rage.

#4 · fc_004 · RED

SETUP

Red bad habit: turning every disagreement into a loyalty test.

PUNCHLINE

"You disagree? Cool. Whose side are you on — mine or the truth?"

KNOCKOUT

Truth loses. Red wins. Marriage loses. Bit wins.

TAGS

- 👉 "You disagree? Cool. Whose side are you on — mine or the truth?"
- 👉 Truth loses. Red wins. Marriage loses. Bit wins.

#5 · fc_005 · RED

SETUP

Red Protector love language is acts of war.

PUNCHLINE

They'll fight your ex, your cousin, and the waiter who looked at you.

KNOCKOUT

Romantic. Exhausting. Legally interesting.

TAGS

- They'll fight your ex, your cousin, and the waiter who looked at you.
- Romantic. Exhausting. Legally interesting.

#6 · fc_006 · RED

SETUP

Red doesn't ghost. Red blocks, unblocks, and drives by.

PUNCHLINE

That's not closure. That's a patrol route.

KNOCKOUT

Humans move on. Red does surveillance with feelings.

TAGS

- That's not closure. That's a patrol route.
- Humans move on. Red does surveillance with feelings.

#7 · fc_007 · RED

SETUP

Red bad habit in bed: treating intimacy like a contract negotiation.

PUNCHLINE

"Sign here. Initial here. No outside partners. No weird eye contact."

KNOCKOUT

Passion with paperwork. Kink with consequences.

TAGS

- "Sign here. Initial here. No outside partners. No weird eye contact."
- Passion with paperwork. Kink with consequences.

#8 · fc_008 · RED

SETUP

Red jealousy isn't cute. It's a second job.

PUNCHLINE

Overtime unpaid. Benefits include anxiety and makeup sex.

KNOCKOUT

HR can't help. Therapy can barely keep up.

TAGS

- Overtime unpaid. Benefits include anxiety and makeup sex.
- HR can't help. Therapy can barely keep up.

#9 · fc_009 · RED

SETUP

Red Protector apologizes like a general surrendering.

PUNCHLINE

"I'm sorry you made me mad."

KNOCKOUT

Accountability with artillery.

TAGS

- "I'm sorry you made me mad."
- Accountability with artillery.

#10 · fc_010 · RED

SETUP

Red bad habit: confusing control with care.

PUNCHLINE

"I checked your location because I love you."

KNOCKOUT

Love shouldn't need GPS and a alibi.

TAGS

- "I checked your location because I love you."
- Love shouldn't need GPS and a alibi.

#11 · fc_011 · RED

SETUP

Red doesn't do casual dating.

PUNCHLINE

Red does enlistment.

KNOCKOUT

Boot camp includes emotional push-ups and your passwords.

TAGS

- Red does enlistment.
- Boot camp includes emotional push-ups and your passwords.

#12 · fc_012 · RED

SETUP

Red fights dirty — then acts surprised the house is on fire.

PUNCHLINE

"Why are you upset? I only said three true things and one threat."

KNOCKOUT

Conflict resolution is not Red's color. Conflict escalation is.

TAGS

- "Why are you upset? I only said three true things and one threat."
- Conflict resolution is not Red's color. Conflict escalation is.

#13 · fc_013 · RED

SETUP

Red Protector bad habit: replaying your old mistakes like a highlight reel.

PUNCHLINE

During arguments. During sex. During Thanksgiving.

KNOCKOUT

Forgiveness is a rumor in Red country.

TAGS

- During arguments. During sex. During Thanksgiving.
- Forgiveness is a rumor in Red country.

#14 · fc_014 · RED

SETUP

Red doesn't trust your friends.

PUNCHLINE

Especially the ugly ones. Especially the funny ones. Especially breathing ones.

KNOCKOUT

Isolation isn't a red flag for Red. It's a security protocol.

TAGS

- Especially the ugly ones. Especially the funny ones. Especially breathing ones.
- Isolation isn't a red flag for Red. It's a security protocol.

#15 · fc_015 · RED

SETUP

Red bad habit: making you prove love with tests nobody studied for.

PUNCHLINE

"If you loved me you'd—" Bro I love you. I don't love pop quizzes at midnight."

KNOCKOUT

Relationship or probation — Red picks both.

TAGS

- "If you loved me you'd—" Bro I love you. I don't love pop quizzes at midnight."
- Relationship or probation — Red picks both.

#16 · fc_016 · RED

SETUP

Red Protector after a few drinks becomes HR with a knife.

PUNCHLINE

"Let's address the issue." The issue is you exist near other humans.

KNOCKOUT

Team-building exercise: fear.

TAGS

- "Let's address the issue." The issue is you exist near other humans.
- Team-building exercise: fear.

#17 · fc_017 · RED

SETUP

Red doesn't let things go.

PUNCHLINE

Red files them. Color-codes them. Brings them back on anniversaries.

KNOCKOUT

Closure is for Green. Red has storage units.

TAGS

- Red files them. Color-codes them. Brings them back on anniversaries.
- Closure is for Green. Red has storage units.

#18 · fc_018 · RED

SETUP

Red bad habit: calling protection what is actually possession.

PUNCHLINE

"I'm protecting us." From what — joy?

KNOCKOUT

Safety and suffocation share a zip code in Red hearts.

TAGS

- "I'm protecting us." From what — joy?
- Safety and suffocation share a zip code in Red hearts.

#19 · fc_019 · RED

SETUP

Red Protector texts "you good?" like a threat assessment.

PUNCHLINE

Wrong answer gets follow-up questions and a location pin.

KNOCKOUT

"You good" in Red means "explain yourself before I arrive."

TAGS

- Wrong answer gets follow-up questions and a location pin.
- "You good" in Red means "explain yourself before I arrive."

#20 · fc_020 · RED

SETUP

Red's worst habit is making you miss the chaos when it's gone.

PUNCHLINE

Peace feels boring after Red. That's trauma with withdrawal symptoms.

KNOCKOUT

Healthy love feels like a downgrade until therapy kicks in.

TAGS

- Peace feels boring after Red. That's trauma with withdrawal symptoms.
- Healthy love feels like a downgrade until therapy kicks in.

RED Protector — Sex Life (20)

#21 · fc_021 · RED

SETUP

Red Protector sex is intense.

PUNCHLINE

Not romantic intense. Deposition intense.

KNOCKOUT

You climax. They cross-examine.

TAGS

- Not romantic intense. Deposition intense.
- You climax. They cross-examine.

#22 · fc_022 · RED

SETUP

Red doesn't make love. Red claims territory.

PUNCHLINE

Kisses like a flag on a hill.

KNOCKOUT

Aftercare is a debriefing.

TAGS

- Kisses like a flag on a hill.
- Aftercare is a debriefing.

#23 · fc_023 · RED

SETUP

Red dirty talk sounds like a subpoena.

PUNCHLINE

"Say my name." "Say who else you've been with." "Say it slower for the record."

KNOCKOUT

Safe word is "objection."

TAGS

- "Say my name." "Say who else you've been with." "Say it slower for the record."
- Safe word is "objection."

#24 · fc_024 · RED

SETUP

Red sex after a fight is nuclear.

PUNCHLINE

Passion, anger, relief — all in one sprint.

KNOCKOUT

Couples therapy hates this one trick.

TAGS

- Passion, anger, relief — all in one sprint.
- Couples therapy hates this one trick.

#25 · fc_025 · RED

SETUP

Red Protector in bed: generous, possessive, unforgettable.

PUNCHLINE

Also reviews your performance like a coach with trust issues.

KNOCKOUT

"You seemed distracted." Bro I was surviving."

TAGS

- Also reviews your performance like a coach with trust issues.
- "You seemed distracted." Bro I was surviving."

#26 · fc_026 · RED

SETUP

Red doesn't do quickies.

PUNCHLINE

Red does tactical encounters with emotional consequences.

KNOCKOUT

Five minutes. Three arguments. One victory lap.

TAGS

- Red does tactical encounters with emotional consequences.
- Five minutes. Three arguments. One victory lap.

#27 · fc_027 · RED

SETUP

Red jealousy during sex is a mood killer and a mood maker.

PUNCHLINE

Depends if you like danger with your dopamine.

KNOCKOUT

Some people pay for that. Red invoices emotionally.

TAGS

- Depends if you like danger with your dopamine.
- Some people pay for that. Red invoices emotionally.

#28 · fc_028 · RED

SETUP

Red Protector after sex asks "was that real?"

PUNCHLINE

Not poetic. Investigative.

KNOCKOUT

Romance needs a witness. Red needs a confession.

TAGS

- Not poetic. Investigative.
- Romance needs a witness. Red needs a confession.

#29 · fc_029 · RED

SETUP

Red sex life peaks when they feel in control.

PUNCHLINE

Lose control and they lose interest — or start a fight to get it back.

KNOCKOUT

Foreplay is power. Afterglow is patrol.

TAGS

- Lose control and they lose interest — or start a fight to get it back.
- Foreplay is power. Afterglow is patrol.

#30 · fc_030 · RED

SETUP

Red doesn't fake it.

PUNCHLINE

Red audits it.

KNOCKOUT

"That seemed performative." Lady I was trying to live."

TAGS

- Red audits it.
- "That seemed performative." Lady I was trying to live."

#31 · fc_031 · RED

SETUP

Red Protector kisses like they're sealing evidence.

PUNCHLINE

Lips say yes. Eyes say "I will remember this."

KNOCKOUT

Passion with documentation.

TAGS

- Lips say yes. Eyes say "I will remember this."
- Passion with documentation.

#32 · fc_032 · RED

SETUP

Red in the bedroom is fire.

PUNCHLINE

Also smoke alarm. Also building inspection.

KNOCKOUT

Hot. Loud. Possibly evacuated.

TAGS

- Also smoke alarm. Also building inspection.
- Hot. Loud. Possibly evacuated.

#33 · fc_033 · RED

SETUP

Red sex schedule: when they want, how they want, why are you tired.

PUNCHLINE

Spontaneity exists — if Red planned it.

KNOCKOUT

Surprise sex requires clearance.

TAGS

- Spontaneity exists — if Red planned it.
- Surprise sex requires clearance.

#34 · fc_034 · RED

SETUP

Red Protector treats exclusivity like oxygen.

PUNCHLINE

Breathe wrong and somebody's sleeping on the couch. Or not sleeping.

KNOCKOUT

Monogamy isn't a preference. It's policy.

TAGS

- Breathe wrong and somebody's sleeping on the couch. Or not sleeping.
- Monogamy isn't a preference. It's policy.

#35 · fc_035 · RED

SETUP

Red after sex wants loyalty, breakfast, and your location for 24 hours.

PUNCHLINE

Cuddle optional. Compliance encouraged.

KNOCKOUT

Intimacy with terms of service.

TAGS

- Cuddle optional. Compliance encouraged.
- Intimacy with terms of service.

#36 · fc_036 · RED

SETUP

Red doesn't do boring sex.

PUNCHLINE

Even bad Red sex has plot twists and legal implications.

KNOCKOUT

Missionary with Red still feels like a raid.

TAGS

- Even bad Red sex has plot twists and legal implications.
- Missionary with Red still feels like a raid.

#37 · fc_037 · RED

SETUP

Red Protector sex fantasy: you, them, and nobody else on earth.

PUNCHLINE

Including your college friends. Including your therapist. Including air.

KNOCKOUT

Threesome? Red, you, and Red's suspicion.

TAGS

- Including your college friends. Including your therapist. Including air.
- Threesome? Red, you, and Red's suspicion.

#38 · fc_038 · RED

SETUP

Red sex life problem: they confuse passion with permission.

PUNCHLINE

"I was passionate." You were also loud and unauthorized in three counties."

KNOCKOUT

Passion needs consent. Red needs a calendar.

TAGS

- "I was passionate." You were also loud and unauthorized in three counties."
- Passion needs consent. Red needs a calendar.

#39 · fc_039 · RED

SETUP

Red Protector makes you feel desired and surveilled at the same time.

PUNCHLINE

Best orgasm of your life. Worst follow-up questions.

KNOCKOUT

Ecstasy then interrogation — the Red combo meal.

TAGS

- Best orgasm of your life. Worst follow-up questions.
- Ecstasy then interrogation — the Red combo meal.

#40 · fc_040 · RED

SETUP

Red sex is why people say "crazy ex."

PUNCHLINE

Red sex is also why they go back.

KNOCKOUT

Therapy industry thanks Red Protectors.

TAGS

- Red sex is also why they go back.
- Therapy industry thanks Red Protectors.

GREEN Thinker — Bad Habits (20)

#41 · fc_041 · GREEN

SETUP

Green Thinker bad habit: turning feelings into homework.

PUNCHLINE

"Let's process that." Bro I wanted to make out, not submit a thesis."

KNOCKOUT

Foreplay is a footnote. Climax is peer review.

TAGS

- "Let's process that." Bro I wanted to make out, not submit a thesis."
- Foreplay is a footnote. Climax is peer review.

#42 · fc_042 · GREEN

SETUP

Green doesn't argue. Green audits.

PUNCHLINE

"Per your earlier statement at 8:47pm..."

KNOCKOUT

Fights have timestamps. Love has spreadsheets.

TAGS

- "Per your earlier statement at 8:47pm..."
- Fights have timestamps. Love has spreadsheets.

#43 · fc_043 · GREEN

SETUP

Green bad habit: needing clarity before chemistry.



PUNCHLINE

| By the time Green is ready, you've emotionally moved to another zip code.

KNOCKOUT

| **Slow burn or no burn — Green picks slow.**

TAGS

-  By the time Green is ready, you've emotionally moved to another zip code.
-  Slow burn or no burn — Green picks slow.

#44 · fc_044 · GREEN

SETUP

Green Thinker love language is evidence.



PUNCHLINE

| "I hear you." Translation: email your feelings by Friday.

KNOCKOUT

| **Romance with CC lines.**

TAGS

-  "I hear you." Translation: email your feelings by Friday.
-  Romance with CC lines.

#45 · fc_045 · GREEN

SETUP

Green doesn't ghost. Green sends a summary email.



PUNCHLINE

| Subject: "Closing the loop on us."

KNOCKOUT

| **Ghosting is rude. Green is thorough.**

TAGS

-  Subject: "Closing the loop on us."
-  Ghosting is rude. Green is thorough.

#46 · fc_046 · GREEN

SETUP

Green bad habit: correcting your trauma in real time.



PUNCHLINE

| "Actually that's not what happened." Lady I'm bleeding emotionally."

KNOCKOUT

| **Accuracy over comfort. Every time.**

TAGS

-  "Actually that's not what happened." Lady I'm bleeding emotionally."
-  Accuracy over comfort. Every time.

#47 · fc_047 · GREEN

SETUP

Green Thinker on a date brings curiosity and a mental checklist.



PUNCHLINE

| Chemistry? Pending. Compatibility data? Loading.

KNOCKOUT

| **Swipe right for spreadsheets.**

TAGS

-  Chemistry? Pending. Compatibility data? Loading.
-  Swipe right for spreadsheets.

#48 · fc_048 · GREEN

SETUP

Green bad habit: emotional distance disguised as intelligence.

PUNCHLINE

"I'm not cold. I'm careful."

KNOCKOUT

Careful is cold with better vocabulary.

TAGS

"I'm not cold. I'm careful."

Careful is cold with better vocabulary.

#49 · fc_049 · GREEN

SETUP

Green doesn't flirt. Green interviews.

PUNCHLINE

"What are your long-term goals?" On date one. Before drinks arrive.

KNOCKOUT

Hinge but in person and worse.

TAGS

"What are your long-term goals?" On date one. Before drinks arrive.

Hinge but in person and worse.

#50 · fc_050 · GREEN

SETUP

Green Thinker bad habit: replaying conversations for accuracy.

PUNCHLINE

During sex. During silence. During your birthday.

KNOCKOUT

Presence is hard. Analysis is default.

TAGS

During sex. During silence. During your birthday.

Presence is hard. Analysis is default.

#51 · fc_051 · GREEN

SETUP

Green needs space like Red needs control.

PUNCHLINE

Too much space becomes a long-distance relationship in the same house.

KNOCKOUT

"I need to think" is Green for "see you next quarter."

TAGS

Too much space becomes a long-distance relationship in the same house.

"I need to think" is Green for "see you next quarter."

#52 · fc_052 · GREEN

SETUP

Green bad habit: withholding affection until it makes sense.

PUNCHLINE

Love isn't math. Green didn't get the memo.

KNOCKOUT

By the time it adds up, you're subtracted.

TAGS

Love isn't math. Green didn't get the memo.

By the time it adds up, you're subtracted.

#53 · fc_053 · GREEN

SETUP

Green Thinker apologizes with context.

PUNCHLINE

"I'm sorry, but here's why you contributed—"

KNOCKOUT

Accountability with appendix.

TAGS

- "I'm sorry, but here's why you contributed—"
- Accountability with appendix.

#54 · fc_054 · GREEN

SETUP

Green doesn't trust vibes.

PUNCHLINE

Green trusts patterns, data, and the second date.

KNOCKOUT

First date magic dies in Green's notes app.

TAGS

- Green trusts patterns, data, and the second date.
- First date magic dies in Green's notes app.

#55 · fc_055 · GREEN

SETUP

Green bad habit: making intimacy logical.

PUNCHLINE

"That makes sense." Bro nothing about desire should make sense."

KNOCKOUT

Green turns passion into a flowchart.

TAGS

- "That makes sense." Bro nothing about desire should make sense."
- Green turns passion into a flowchart.

#56 · fc_056 · GREEN

SETUP

Green Thinker after a fight wants a recap meeting.

PUNCHLINE

Agenda items include tone, intent, and who escalated first.

KNOCKOUT

Makeup sex delayed pending review.

TAGS

- Agenda items include tone, intent, and who escalated first.
- Makeup sex delayed pending review.

#57 · fc_057 · GREEN

SETUP

Green bad habit: loving you in theory before practice.

PUNCHLINE

"On paper we're great." On paper I'm also rich.

KNOCKOUT

Theory doesn't pay rent or orgasms.

TAGS

- "On paper we're great." On paper I'm also rich.
- Theory doesn't pay rent or orgasms.

#58 · fc_058 · GREEN

SETUP

Green doesn't do messy.

PUNCHLINE

Green does organized disappointment.

KNOCKOUT

Feelings filed under "pending."

TAGS

- Green does organized disappointment.
- Feelings filed under "pending."

#59 · fc_059 · GREEN

SETUP

Green Thinker bad habit: explaining why they're right during sex.

PUNCHLINE

"Technically that's not—" Touch me or log off."

KNOCKOUT

Green can kill a moment with precision.

TAGS

- "Technically that's not—" Touch me or log off."
- Green can kill a moment with precision.

#60 · fc_060 · GREEN

SETUP

Green's worst habit is being right and alone.

PUNCHLINE

Accurate. Lonely. Well-documented.

KNOCKOUT

Four Colors quiz: Green wins logic, loses Saturday night.

TAGS

- Accurate. Lonely. Well-documented.
- Four Colors quiz: Green wins logic, loses Saturday night.

GREEN Thinker — Sex Life (20)

#61 · fc_061 · GREEN

SETUP

Green Thinker sex is thoughtful.

PUNCHLINE

Thoughtful like a seminar. With fewer snacks.

KNOCKOUT

You learn something. Might not be about pleasure.

TAGS

- Thoughtful like a seminar. With fewer snacks.
- You learn something. Might not be about pleasure.

#62 · fc_062 · GREEN

SETUP

Green dirty talk is terrifying.

PUNCHLINE

"I've reviewed our compatibility data."

KNOCKOUT

That's not sexy. That's HR with lube.

TAGS

- "I've reviewed our compatibility data."
- That's not sexy. That's HR with lube.

#63 · fc_063 · GREEN

SETUP

Green foreplay is questions.

PUNCHLINE

"Does this work for you?" "On a scale of one to ten?" "Can we revisit after?"

KNOCKOUT

Consent is beautiful. Green makes it bureaucratic.

TAGS

- "Does this work for you?" "On a scale of one to ten?" "Can we revisit after?"
- Consent is beautiful. Green makes it bureaucratic.

#64 · fc_064 · GREEN

SETUP

Green doesn't rush sex.

PUNCHLINE

Green schedules sex, optimizes sex, and debriefs sex.

KNOCKOUT

Orgasm optional. Feedback mandatory.

TAGS

- Green schedules sex, optimizes sex, and debriefs sex.
- Orgasm optional. Feedback mandatory.

#65 · fc_065 · GREEN

SETUP

Green Thinker in bed is attentive — to the wrong details.

PUNCHLINE

"Your breathing changed at 11:42."

KNOCKOUT

Romance needs mystery. Green needs timestamps.

TAGS

- "Your breathing changed at 11:42."
- Romance needs mystery. Green needs timestamps.

#66 · fc_066 · GREEN

SETUP

Green sex after an argument requires resolution first.

PUNCHLINE

No angry sex. No makeup sex. Only approved sex post-meeting.

KNOCKOUT

Passion with prerequisites.

TAGS

- No angry sex. No makeup sex. Only approved sex post-meeting.
- Passion with prerequisites.

#67 · fc_067 · GREEN

SETUP

Green doesn't fake orgasms.

PUNCHLINE

Green provides constructive criticism.

KNOCKOUT

"Have you considered a different angle?"

TAGS

- Green provides constructive criticism.
- "Have you considered a different angle?"

#68 · fc_068 · GREEN

SETUP

Green Thinker sex fantasy: mutual growth and aligned values.

PUNCHLINE

Hot for marriage counselors. Confusing for bartenders.

KNOCKOUT

Kink list includes emotional literacy.

TAGS

- Hot for marriage counselors. Confusing for bartenders.
- Kink list includes emotional literacy.

#69 · fc_069 · GREEN

SETUP

Green in bed whispers facts.

PUNCHLINE

"You're safe." "This is consensual." "Your cortisol seems elevated."

KNOCKOUT

Dirty talk for people who read studies.

TAGS

- "You're safe." "This is consensual." "Your cortisol seems elevated."
- Dirty talk for people who read studies.

#70 · fc_070 · GREEN

SETUP

Green sex life problem: brain won't shut off.

PUNCHLINE

Body ready. Mind editing the moment.

KNOCKOUT

Climax delayed for fact-checking.

TAGS

- Body ready. Mind editing the moment.
- Climax delayed for fact-checking.

#71 · fc_071 · GREEN

SETUP

Green Thinker makes love like a quality-control inspector.

PUNCHLINE

Thorough. Precise. Hard to relax around.

KNOCKOUT

Five stars for effort. Three for spontaneity.

TAGS

- Thorough. Precise. Hard to relax around.
- Five stars for effort. Three for spontaneity.

#72 · fc_072 · GREEN

SETUP

Green after sex wants to talk.



PUNCHLINE

| About feelings. About patterns. About whether that counted as intimacy.

KNOCKOUT

| **Cigarette replaced by journal entry.**

TAGS

-  About feelings. About patterns. About whether that counted as intimacy.
-  Cigarette replaced by journal entry.

#73 · fc_073 · GREEN

SETUP

Green sex is slow burn.



PUNCHLINE

| Sometimes too slow. Sometimes never ignites.

KNOCKOUT

| **When it works, it's deep. When it doesn't, it's homework.**

TAGS

-  Sometimes too slow. Sometimes never ignites.
-  When it works, it's deep. When it doesn't, it's homework.

#74 · fc_074 · GREEN

SETUP

Green Thinker oral sex includes verbal feedback.



PUNCHLINE

| "Good technique." Bro I'm not auditioning."

KNOCKOUT

| **Praise with performance review energy.**

TAGS

-  "Good technique." Bro I'm not auditioning."
-  Praise with performance review energy.

#75 · fc_075 · GREEN

SETUP

Green doesn't do risky sex.



PUNCHLINE

| Green does risk-assessed sex with contingency plans.

KNOCKOUT

| **Safe word is "let's table this."**

TAGS

-  Green does risk-assessed sex with contingency plans.
-  Safe word is "let's table this."

#76 · fc_076 · GREEN

SETUP

Green sex schedule: when it aligns with emotional bandwidth.



PUNCHLINE

| Spontaneity requires 48-hour notice.

KNOCKOUT

| **Desire meets calendar.**

TAGS

-  Spontaneity requires 48-hour notice.
-  Desire meets calendar.

#77 · fc_077 · GREEN

SETUP

Green Thinker sex strength: loyalty and depth.

PUNCHLINE

Green sex weakness: making you feel like a case study.

KNOCKOUT

Love you. Studying you.

TAGS

- Green sex weakness: making you feel like a case study.
- Love you. Studying you.

#78 · fc_078 · GREEN

SETUP

Green in bed is reliable.

PUNCHLINE

Reliable like a Toyota. Not thrilling like a mistake.

KNOCKOUT

Some people want Toyota. Some want Red Ferrari crash.

TAGS

- Reliable like a Toyota. Not thrilling like a mistake.
- Some people want Toyota. Some want Red Ferrari crash.

#79 · fc_079 · GREEN

SETUP

Green sex life motto: "Quality over quantity."

PUNCHLINE

Quantity suffers. Quality debates itself.

KNOCKOUT

One great night per quarter — documented.

TAGS

- Quantity suffers. Quality debates itself.
- One great night per quarter — documented.

#80 · fc_080 · GREEN

SETUP

Green Thinker sex is adult, respectful, and occasionally kills the vibe with truth.

PUNCHLINE

"You're tensing." Yeah because you called it "tensing."

KNOCKOUT

Green: where honesty meets blue balls.

TAGS

- "You're tensing." Yeah because you called it "tensing."
- Green: where honesty meets blue balls.

BLUE Chameleon — Bad Habits (20)

#81 · fc_081 · BLUE

SETUP

Blue Chameleon bad habit: being whoever you need — until you need the real them.

PUNCHLINE

Date one: soulmate. Date four: customer service transfer.

KNOCKOUT

Blue doesn't lie. Blue customizes.

TAGS

- Date one: soulmate. Date four: customer service transfer.
- Blue doesn't lie. Blue customizes.

#82 · fc_082 · BLUE

SETUP

Blue mirrors your taste, your trauma, and your playlist.

PUNCHLINE

You think it's fate. It's performance with Wi-Fi.

KNOCKOUT

Soulmate or improv — Blue picks improv.

TAGS

- You think it's fate. It's performance with Wi-Fi.
- Soulmate or improv — Blue picks improv.

#83 · fc_083 · BLUE

SETUP

Blue bad habit: charm without substance.

PUNCHLINE

Fun for months. Confusing for years.

KNOCKOUT

Substance arrives late — if ever.

TAGS

- Fun for months. Confusing for years.
- Substance arrives late — if ever.

#84 · fc_084 · BLUE

SETUP

Blue Chameleon texts three personalities before lunch.

PUNCHLINE

Flirty. Deep. Meme. Then "you good?"

KNOCKOUT

Swiss Army knife attachment issues.

TAGS

- Flirty. Deep. Meme. Then "you good?"
- Swiss Army knife attachment issues.

#85 · fc_085 · BLUE

SETUP

Blue doesn't commit. Blue auditions.

PUNCHLINE

For your life. For your bed. For your group chat.

KNOCKOUT

Casting never ends.

TAGS

- For your life. For your bed. For your group chat.
- Casting never ends.

#86 · fc_086 · BLUE

SETUP

Blue bad habit: making you fall for a version of them.

PUNCHLINE

Not them. A mirror with good lighting and emotional rent.

KNOCKOUT

Rent due monthly. Identity optional.

TAGS

- Not them. A mirror with good lighting and emotional rent.
- Rent due monthly. Identity optional.

#87 · fc_087 · BLUE

SETUP

Blue Chameleon love language is attention.

PUNCHLINE

They'll watch you, adapt, and disappear when bored.

KNOCKOUT

Intimacy as improv. Exit as skill.

TAGS

- They'll watch you, adapt, and disappear when bored.
- Intimacy as improv. Exit as skill.

#88 · fc_088 · BLUE

SETUP

Blue bad habit: hot-and-cold that feels like chemistry.

PUNCHLINE

It's not mystery. It's mood-swipe.

KNOCKOUT

Weather report: charming with chance of ghost.

TAGS

- It's not mystery. It's mood-swipe.
- Weather report: charming with chance of ghost.

#89 · fc_089 · BLUE

SETUP

Blue doesn't fight fair. Blue pivots.

PUNCHLINE

"I never said that." "You're remembering wrong." "Let's start over."

KNOCKOUT

Arguments with alternate endings.

TAGS

- "I never said that." "You're remembering wrong." "Let's start over."
- Arguments with alternate endings.

#90 · fc_090 · BLUE

SETUP

Blue Chameleon bad habit: collecting people like streaming profiles.

PUNCHLINE

One for comfort. One for chaos. One for content.

KNOCKOUT

You're not special. You're selected.

TAGS

- One for comfort. One for chaos. One for content.
- You're not special. You're selected.

#91 · fc_091 · BLUE

SETUP

Blue charms your friends before you introduce them.

PUNCHLINE

By the time you arrive, Blue is already liked.

KNOCKOUT

Social proof before substance — Blue marketing.

TAGS

- By the time you arrive, Blue is already liked.
- Social proof before substance — Blue marketing.

#92 · fc_092 · BLUE

SETUP

Blue bad habit: saying what you want to hear.

PUNCHLINE

Honesty is flexible. Your feelings are the audience.

KNOCKOUT

Standing ovation. Empty backstage.

TAGS

- Honesty is flexible. Your feelings are the audience.
- Standing ovation. Empty backstage.

#93 · fc_093 · BLUE

SETUP

Blue Chameleon on social media is a different person.

PUNCHLINE

In person too. Also in bed.

KNOCKOUT

Identity subscription with rotating characters.

TAGS

- In person too. Also in bed.
- Identity subscription with rotating characters.

#94 · fc_094 · BLUE

SETUP

Blue doesn't ghost. Blue fades artistically.

PUNCHLINE

Less texts. Softer excuses. Beautiful ambiguity.

KNOCKOUT

Ghosting with cinematography.

TAGS

- Less texts. Softer excuses. Beautiful ambiguity.
- Ghosting with cinematography.

#95 · fc_095 · BLUE

SETUP

Blue bad habit: making confusion feel romantic.

PUNCHLINE

"We're complicated." No, you're adaptive and tired."

KNOCKOUT

Complicated is Blue for "I perform love."

TAGS

- "We're complicated." No, you're adaptive and tired."
- Complicated is Blue for "I perform love."

#96 · fc_096 · BLUE

SETUP

Blue Chameleon jealousy looks like hurt, not rage.

PUNCHLINE

"I guess you don't care." Emotional jiu-jitsu.

KNOCKOUT

Red fights. Blue guilt-trips with poetry.

TAGS

- "I guess you don't care." Emotional jiu-jitsu.
- Red fights. Blue guilt-trips with poetry.

#97 · fc_097 · BLUE

SETUP

Blue bad habit: being perfect on date one.

PUNCHLINE

Suspiciously perfect. Same music. Same politics. Same trauma.

KNOCKOUT

Soulmate or scam — Blue keeps you guessing.

TAGS

- Suspiciously perfect. Same music. Same politics. Same trauma.
- Soulmate or scam — Blue keeps you guessing.

#98 · fc_098 · BLUE

SETUP

Blue doesn't keep promises. Blue keeps options.

PUNCHLINE

Promises are scenes. Options are reruns.

KNOCKOUT

Commitment is a genre Blue doesn't stream.

TAGS

- Promises are scenes. Options are reruns.
- Commitment is a genre Blue doesn't stream.

#99 · fc_099 · BLUE

SETUP

Blue Chameleon bad habit: making you explain their behavior.

PUNCHLINE

"Why are you upset?" Because you became a different person after sex."

KNOCKOUT

Gaslight with charisma — Blue specialty.

TAGS

- "Why are you upset?" Because you became a different person after sex."
- Gaslight with charisma — Blue specialty.

#100 · fc_100 · BLUE

SETUP

Blue's worst habit is leaving you addicted to potential.

PUNCHLINE

What they could be if they were real.

KNOCKOUT

Potential is Blue's forever product.

TAGS

- What they could be if they were real.
- Potential is Blue's forever product.

BLUE Chameleon — Sex Life (20)

#101 · fc_101 · BLUE

SETUP

Blue Chameleon sex is cinematic.

PUNCHLINE

Great lighting. Great dialogue. Unclear sequel.

KNOCKOUT

You climax. Plot gets rebooted.

TAGS

- Great lighting. Great dialogue. Unclear sequel.
- You climax. Plot gets rebooted.

#102 · fc_102 · BLUE

SETUP

Blue in bed is whoever you fantasize about.

PUNCHLINE

Dangerous compliment.

KNOCKOUT

You didn't make love. You rented a character.

TAGS

- Dangerous compliment.
- You didn't make love. You rented a character.

#103 · fc_103 · BLUE

SETUP

Blue dirty talk is customized.

PUNCHLINE

"Tell me what you want." Then performs it too well.

KNOCKOUT

Suspicious talent. Great reviews.

TAGS

- "Tell me what you want." Then performs it too well.
- Suspicious talent. Great reviews.

#104 · fc_104 · BLUE

SETUP

Blue sex life problem: performance over presence.

PUNCHLINE

Acting during intimacy.

KNOCKOUT

Oscar-worthy. Intimacy-light.

TAGS

- Acting during intimacy.
- Oscar-worthy. Intimacy-light.

#105 · fc_105 · BLUE

SETUP

Blue Chameleon after sex sends the perfect text.

PUNCHLINE

Morning: different tone. Afternoon: new personality.

KNOCKOUT

Afterglow with plot twist.

TAGS

- Morning: different tone. Afternoon: new personality.
- Afterglow with plot twist.

#106 · fc_106 · BLUE

SETUP

Blue doesn't do boring sex.

PUNCHLINE

Blue does inconsistent sex — which feels exciting until it doesn't.

KNOCKOUT

Roller coaster or red flag — often both.

TAGS

- Blue does inconsistent sex — which feels exciting until it doesn't.
- Roller coaster or red flag — often both.

#107 · fc_107 · BLUE

SETUP

Blue sex is adapt or die.

PUNCHLINE

They read the room. Then become the room.

KNOCKOUT

Intimacy without a fixed address.

TAGS

- They read the room. Then become the room.
- Intimacy without a fixed address.

#108 · fc_108 · BLUE

SETUP

Blue Chameleon oral sex includes eye contact and storyline.

PUNCHLINE

You're not being pleased. You're being cast.

KNOCKOUT

Callback to something you said on date two.

TAGS

- You're not being pleased. You're being cast.
- Callback to something you said on date two.

#109 · fc_109 · BLUE

SETUP

Blue sex fantasy changes weekly.

PUNCHLINE

Keeps it fresh. Keeps you confused.

KNOCKOUT

Variety or identity crisis — Blue says variety.

TAGS

- Keeps it fresh. Keeps you confused.
- Variety or identity crisis — Blue says variety.

#110 · fc_110 · BLUE

SETUP

Blue in bed whispers exactly what you need.

PUNCHLINE

Next week whispers what someone else needed.

KNOCKOUT

Personalized service. Rotating staff.

TAGS

- Next week whispers what someone else needed.
- Personalized service. Rotating staff.

#111 · fc_111 · BLUE

SETUP

Blue Chameleon sex strength: novelty.

PUNCHLINE

Blue sex weakness: you never know who's showing up.

KNOCKOUT

Threesome: you, them, and their backup personality.

TAGS

- Blue sex weakness: you never know who's showing up.
- Threesome: you, them, and their backup personality.

#112 · fc_112 · BLUE

SETUP

Blue doesn't make love. Blue stages it.

PUNCHLINE

Beautiful scene. Questionable encore.

KNOCKOUT

Standing ovation. No tour dates.

TAGS

- Beautiful scene. Questionable encore.
- Standing ovation. No tour dates.

#113 · fc_113 · BLUE

SETUP

Blue sex after a fight is makeup with choreography.

PUNCHLINE

Tears, passion, promise — then reset.

KNOCKOUT

Emotional theater with nudity.

TAGS

- Tears, passion, promise — then reset.
- Emotional theater with nudity.

#114 · fc_114 · BLUE

SETUP

Blue Chameleon sex habit: texting someone else energy.

PUNCHLINE

Not always cheating. Sometimes just rehearsing.

KNOCKOUT

Monogamy with improv class.

TAGS

- Not always cheating. Sometimes just rehearsing.
- Monogamy with improv class.

#115 · fc_115 · BLUE

SETUP

Blue sex is why people say "best sex of my life" and "worst partner."

PUNCHLINE

Same person. Different acts.

KNOCKOUT

Broadway and bankruptcy.

TAGS

- Same person. Different acts.
- Broadway and bankruptcy.

#116 · fc_116 · BLUE

SETUP

Blue in bed is addictive.

PUNCHLINE

Because you keep chasing the first performance.

KNOCKOUT

Season one was fire. Season four is confusion.

TAGS

- Because you keep chasing the first performance.
- Season one was fire. Season four is confusion.

#117 · fc_117 · BLUE

SETUP

Blue Chameleon sex motto: "Read the room."

PUNCHLINE

Sometimes the room is lying.

KNOCKOUT

Empathy or manipulation — results vary.

TAGS

- Sometimes the room is lying.
- Empathy or manipulation — results vary.

#118 · fc_118 · BLUE

SETUP

Blue doesn't skip foreplay.

PUNCHLINE

Blue extends foreplay into character development.

KNOCKOUT

By penetration you're emotionally invested in an actor.

TAGS

- Blue extends foreplay into character development.
- By penetration you're emotionally invested in an actor.

#119 · fc_119 · BLUE

SETUP

Blue sex life red flag: too perfect too fast.



PUNCHLINE

| Soulmate speedrun.

KNOCKOUT

| **Speedrun records don't hold in relationships.**

TAGS

-  Soulmate speedrun.
-  Speedrun records don't hold in relationships.

#120 · fc_120 · BLUE

SETUP

Blue Chameleon sex is unforgettable and hard to explain to your therapist.



PUNCHLINE

| "It was like dating four people with one body."

KNOCKOUT

| **Therapist writes faster. You cry slower.**

TAGS

-  "It was like dating four people with one body."
-  Therapist writes faster. You cry slower.

YELLOW Hugger — Bad Habits (20)

#121 · fc_121 · YELLOW

SETUP

Yellow Hugger bad habit: fixing people with food and feelings.



PUNCHLINE

| "You seem sad. I made soup."

KNOCKOUT

| **Therapy replaced by carbs. Works until it doesn't.**

TAGS

-  "You seem sad. I made soup."
-  Therapy replaced by carbs. Works until it doesn't.

#122 · fc_122 · YELLOW

SETUP

Yellow doesn't set boundaries. Yellow sets extra plates.



PUNCHLINE

| Everybody eats. Everybody vents. Yellow absorbs.

KNOCKOUT

| **Hospitality or self-destruction — Yellow picks both.**

TAGS

-  Everybody eats. Everybody vents. Yellow absorbs.
-  Hospitality or self-destruction — Yellow picks both.

#123 · fc_123 · YELLOW

SETUP

Yellow Hugger love language is acts of service — for everyone but themselves.

PUNCHLINE

They'll mother you, your friends, and your red flags.

KNOCKOUT

Red flags get casseroles.

TAGS

- They'll mother you, your friends, and your red flags.
- Red flags get casseroles.

#124 · fc_124 · YELLOW

SETUP

Yellow bad habit: confusing care with control through kindness.

PUNCHLINE

"I just want to help." Help feels like surveillance with gravy."

KNOCKOUT

Smothering is Yellow's love dialect.

TAGS

- "I just want to help." Help feels like surveillance with gravy."
- Smothering is Yellow's love dialect.

#125 · fc_125 · YELLOW

SETUP

Yellow sees a red flag and says "he had a hard childhood."

PUNCHLINE

Then makes lasagna.

KNOCKOUT

Trauma-informed cooking.

TAGS

- Then makes lasagna.
- Trauma-informed cooking.

#126 · fc_126 · YELLOW

SETUP

Yellow Hugger bad habit: overgiving until resentment leaks out.

PUNCHLINE

"I do everything around here." You volunteered for everything."

KNOCKOUT

Martyr with Tupperware.

TAGS

- "I do everything around here." You volunteered for everything."
- Martyr with Tupperware.

#127 · fc_127 · YELLOW

SETUP

Yellow doesn't argue. Yellow guilt-trips with warmth.

PUNCHLINE

"After all I've done for you..."

KNOCKOUT

Fights feel like thank-you notes with knives.

TAGS

- "After all I've done for you..."
- Fights feel like thank-you notes with knives.

#128 · fc_128 · YELLOW

SETUP

Yellow bad habit: prioritizing everyone's needs first.

PUNCHLINE

By the time Yellow asks for something, everyone's gone.

KNOCKOUT

Empty nest at 32.

TAGS

- By the time Yellow asks for something, everyone's gone.
- Empty nest at 32.

#129 · fc_129 · YELLOW

SETUP

Yellow Hugger on date one brings snacks and emotional availability.

PUNCHLINE

Warning label: "I will nourish you and mean it."

KNOCKOUT

Date Yellow — feel loved. Marry Yellow — forget hobbies.

TAGS

- Warning label: "I will nourish you and mean it."
- Date Yellow — feel loved. Marry Yellow — forget hobbies.

#130 · fc_130 · YELLOW

SETUP

Yellow bad habit: staying too long because leaving feels mean.

PUNCHLINE

Mean to who — them or your future self?

KNOCKOUT

Yellow picks them. Future self files complaint.

TAGS

- Mean to who — them or your future self?
- Yellow picks them. Future self files complaint.

#131 · fc_131 · YELLOW

SETUP

Yellow doesn't ghost. Yellow slowly suffocates with support.

PUNCHLINE

Daily check-ins. Meal plans. Prayer chains.

KNOCKOUT

Love so loud you can't hear your own boundaries.

TAGS

- Daily check-ins. Meal plans. Prayer chains.
- Love so loud you can't hear your own boundaries.

#132 · fc_132 · YELLOW

SETUP

Yellow Hugger bad habit: turning sex into emotional homework.

PUNCHLINE

"Did that feel safe?" "Did you eat today?" "Are we okay?"

KNOCKOUT

Orgasm then oatmeal energy.

TAGS

- "Did that feel safe?" "Did you eat today?" "Are we okay?"
- Orgasm then oatmeal energy.

#133 · fc_133 · YELLOW

SETUP

Yellow bad habit: forgiving before accountability shows up.



PUNCHLINE

| Forgiveness speedrun.

KNOCKOUT

| **Peace now. Same problem later with dessert.**

TAGS

-  Forgiveness speedrun.
-  Peace now. Same problem later with dessert.

#134 · fc_134 · YELLOW

SETUP

Yellow Hugger collects broken people like foster pets.



PUNCHLINE

| Noble. Exhausting. Smells like soup and savior complex.

KNOCKOUT

| **Jesus energy. No days off.**

TAGS

-  Noble. Exhausting. Smells like soup and savior complex.
-  Jesus energy. No days off.

#135 · fc_135 · YELLOW

SETUP

Yellow bad habit: saying yes when their body screams no.



PUNCHLINE

| "Sure I'll help." Body files workers' comp.

KNOCKOUT

| **People-pleasing is Yellow's cardio.**

TAGS

-  "Sure I'll help." Body files workers' comp.
-  People-pleasing is Yellow's cardio.

#136 · fc_136 · YELLOW

SETUP

Yellow doesn't do casual. Yellow does caretaker with benefits.



PUNCHLINE

| Benefits include guilt and leftovers.

KNOCKOUT

| **FWB: feelings with broth.**

TAGS

-  Benefits include guilt and leftovers.
-  FWB: feelings with broth.

#137 · fc_137 · YELLOW

SETUP

Yellow Hugger bad habit: making partners lazy.



PUNCHLINE

| Why cook? Why clean? Why grow? Yellow's got it.

KNOCKOUT

| **Love enables. Yellow specializes.**

TAGS

-  Why cook? Why clean? Why grow? Yellow's got it.
-  Love enables. Yellow specializes.

#138 · fc_138 · YELLOW

SETUP

Yellow bad habit: emotional labor without invoice.

PUNCHLINE

Then surprise billing via tears at Thanksgiving.

KNOCKOUT

Free labor until the breakdown.

TAGS

- Then surprise billing via tears at Thanksgiving.
- Free labor until the breakdown.

#139 · fc_139 · YELLOW

SETUP

Yellow Hugger apologizes for other people's behavior.

PUNCHLINE

"I'm sorry he did that." You didn't. Stop."

KNOCKOUT

Empathy without borders.

TAGS

- "I'm sorry he did that." You didn't. Stop."
- Empathy without borders.

#140 · fc_140 · YELLOW

SETUP

Yellow's worst habit is loving people past their expiration date.

PUNCHLINE

With reheated meals and renewed hope.

KNOCKOUT

Fridge full. Standards empty.

TAGS

- With reheated meals and renewed hope.
- Fridge full. Standards empty.

YELLOW Hugger — Sex Life (20)

#141 · fc_141 · YELLOW

SETUP

Yellow Hugger sex is warm.

PUNCHLINE

Warm like a blanket. Also like a humidifier in July.

KNOCKOUT

Comfort high. Mystery low.

TAGS

- Warm like a blanket. Also like a humidifier in July.
- Comfort high. Mystery low.

#142 · fc_142 · YELLOW

SETUP

Yellow foreplay is "did you eat?" and "are you stressed?"

PUNCHLINE

Not sexy. Accurate.

KNOCKOUT

Desire starts after snacks.

TAGS

- Not sexy. Accurate.
- Desire starts after snacks.

#143 · fc_143 · YELLOW

SETUP

Yellow dirty talk sounds like a wellness podcast.

PUNCHLINE

"I want to make you feel safe and seen."

KNOCKOUT

Safe. Seen. Slightly soft.

TAGS

- "I want to make you feel safe and seen."
- Safe. Seen. Slightly soft.

#144 · fc_144 · YELLOW

SETUP

Yellow sex after a fight includes soup and cuddling.

PUNCHLINE

Anger dissolves in starch.

KNOCKOUT

Makeup sex with carbohydrates.

TAGS

- Anger dissolves in starch.
- Makeup sex with carbohydrates.

#145 · fc_145 · YELLOW

SETUP

Yellow Hugger in bed is generous — to a fault.

PUNCHLINE

Pleases you. Forgets themselves. Resents you later.

KNOCKOUT

Orgasm now. Martyrdom later.

TAGS

- Pleases you. Forgets themselves. Resents you later.
- Orgasm now. Martyrdom later.

#146 · fc_146 · YELLOW

SETUP

Yellow doesn't do selfish sex.

PUNCHLINE

Yellow does communal sex with emotional attendance.

KNOCKOUT

Roll call before climax.

TAGS

- Yellow does communal sex with emotional attendance.
- Roll call before climax.

#147 · fc_147 · YELLOW

SETUP

Yellow sex life problem: nurturing kills the animal.

PUNCHLINE

Too much care. Not enough chase.

KNOCKOUT

Some people want hunter. Yellow offers casserole.

TAGS

- Too much care. Not enough chase.
- Some people want hunter. Yellow offers casserole.

#148 · fc_148 · YELLOW

SETUP

Yellow Hugger after sex asks if you need water, prayer, or a blanket.

PUNCHLINE

All three.

KNOCKOUT

Aftercare Olympics. Gold medal in towels.

TAGS

- All three.
- Aftercare Olympics. Gold medal in towels.

#149 · fc_149 · YELLOW

SETUP

Yellow sex schedule: when you're rested and emotionally regulated.

PUNCHLINE

Spontaneity needs snacks first.

KNOCKOUT

Desire meets meal prep.

TAGS

- Spontaneity needs snacks first.
- Desire meets meal prep.

#150 · fc_150 · YELLOW

SETUP

Yellow in bed whispers affirmations.

PUNCHLINE

"You're enough." "You're loved."

KNOCKOUT

Sweet. Sometimes you want nasty, not nurture.

TAGS

- "You're enough." "You're loved."
- Sweet. Sometimes you want nasty, not nurture.

#151 · fc_151 · YELLOW

SETUP

Yellow Hugger sex strength: emotional safety.

PUNCHLINE

Yellow sex weakness: you feel mothered mid-thrust.

KNOCKOUT

Oedipus but with better lighting.

TAGS

- Yellow sex weakness: you feel mothered mid-thrust.
- Oedipus but with better lighting.

#152 · fc_152 · YELLOW

SETUP

Yellow sex is loyal, warm, and occasionally boring.

PUNCHLINE

Boring like a safe job.

KNOCKOUT

Some crave safe. Some crave Red arson.

TAGS

- Boring like a safe job.
- Some crave safe. Some crave Red arson.

#153 · fc_153 · YELLOW

SETUP

Yellow doesn't fake orgasms.

PUNCHLINE

Yellow over-apologizes if you don't finish.

KNOCKOUT

"I'm sorry — did I not nourish enough?"

TAGS

- Yellow over-apologizes if you don't finish.
- "I'm sorry — did I not nourish enough?"

#154 · fc_154 · YELLOW

SETUP

Yellow Hugger sex fantasy: connected, fed, and forgiven.

PUNCHLINE

Hot for church people. Confusing for Vegas.

KNOCKOUT

Safe word is "I'm fine" — means they're not.

TAGS

- Hot for church people. Confusing for Vegas.
- Safe word is "I'm fine" — means they're not.

#155 · fc_155 · YELLOW

SETUP

Yellow sex with Red is fire and soup.

PUNCHLINE

Explosion then stew.

KNOCKOUT

Domestic thriller with leftovers.

TAGS

- Explosion then stew.
- Domestic thriller with leftovers.

#156 · fc_156 · YELLOW

SETUP

Yellow sex with Green is scheduled intimacy and feedback forms.

PUNCHLINE

Quality control with cuddles.

KNOCKOUT

ISO-certified affection.

TAGS

- Quality control with cuddles.
- ISO-certified affection.

#157 · fc_157 · YELLOW

SETUP

Yellow sex with Blue is emotional performance art.

PUNCHLINE

Tears, passion, confusion, snacks.

KNOCKOUT

Broadway with Tupperware.

TAGS

- Tears, passion, confusion, snacks.
- Broadway with Tupperware.

#158 · fc_158 · YELLOW

SETUP

Yellow Hugger oral sex includes checking if you're comfortable twelve times.

PUNCHLINE

Consent beautiful. Momentum deceased.

KNOCKOUT

"You good?" kills the vibe but saves the soul.

TAGS

- Consent beautiful. Momentum deceased.
- "You good?" kills the vibe but saves the soul.

#159 · fc_159 · YELLOW

SETUP

Yellow sex life motto: "Make love, make food, make peace."

PUNCHLINE

Peace optional if dishes done.

KNOCKOUT

Orgasm and dishes — multitasking.

TAGS

- Peace optional if dishes done.
- Orgasm and dishes — multitasking.

#160 · fc_160 · YELLOW

SETUP

Yellow sex is why people feel loved and smothered in the same breath.

PUNCHLINE

Like a weighted blanket on your libido.

KNOCKOUT

Warm. Heavy. Hard to escape.

TAGS

- Like a weighted blanket on your libido.
- Warm. Heavy. Hard to escape.

Color Clashes — Mixed (20)

#161 · fc_161 · RED

SETUP

Red and Green in a fight: Red screams. Green timestamps the scream.

PUNCHLINE

Nobody wins. Neighbors get content.

KNOCKOUT

Makeup sex cancelled. Debrief scheduled.

TAGS

- Nobody wins. Neighbors get content.
- Makeup sex cancelled. Debrief scheduled.

#162 · fc_162 · GREEN

SETUP

Green and Blue dating: Green wants truth. Blue wants ratings.

PUNCHLINE

Green audits. Blue improvises.

KNOCKOUT

Relationship becomes true crime podcast.

TAGS

- Green audits. Blue improvises.
- Relationship becomes true crime podcast.

#163 · fc_163 · BLUE

SETUP

Blue and Yellow together: Blue performs hurt. Yellow feeds the hurt.

PUNCHLINE

Endless cycle. Great soup.

KNOCKOUT

Trauma casserole franchise.

TAGS

- Endless cycle. Great soup.
- Trauma casserole franchise.

#164 · fc_164 · YELLOW

SETUP

Yellow and Red together: Red protects. Yellow nourishes. You suffocate loved.

PUNCHLINE

Safety and starch.

KNOCKOUT

Prison with meal service.

TAGS

- Safety and starch.
- Prison with meal service.

#165 · fc_165 · RED

SETUP

Red-Green sex: passion meets pause button.

PUNCHLINE

Red says now. Green says after we process.

KNOCKOUT

Foreplay lasts longer than some marriages.

TAGS

- Red says now. Green says after we process.
- Foreplay lasts longer than some marriages.

#166 · fc_166 · BLUE

SETUP

Blue-Red sex: fire and mirrors.

PUNCHLINE

Hot, suspicious, unforgettable.

KNOCKOUT

Best night. Worst explanation to friends.

TAGS

- Hot, suspicious, unforgettable.
- Best night. Worst explanation to friends.

#167 · fc_167 · YELLOW

SETUP

Yellow-Blue sex: performance with post-show snacks.

PUNCHLINE

Standing ovation and leftovers.

KNOCKOUT

Tony Award and Tupperware.

TAGS

- Standing ovation and leftovers.
- Tony Award and Tupperware.

#168 · fc_168 · GREEN

SETUP

Green-Yellow sex: scheduled nurturing.

PUNCHLINE

Calendar invite: intimacy with soup.

KNOCKOUT

Outlook sends reminder. You send boundaries.

TAGS

- Calendar invite: intimacy with soup.
- Outlook sends reminder. You send boundaries.

#169 · fc_169 · RED

SETUP

Four Colors in one bedroom is not an orgy.

PUNCHLINE

It's a UN meeting with nudity.

KNOCKOUT

Red fights. Green notes. Blue pivots. Yellow feeds.

TAGS

- It's a UN meeting with nudity.
- Red fights. Green notes. Blue pivots. Yellow feeds.

#170 · fc_170 · BLUE

SETUP

Dating your opposite color is homework.

PUNCHLINE

Dating your same color is a mirror with worse hygiene.

KNOCKOUT

Pick your poison.

TAGS

- Dating your same color is a mirror with worse hygiene.
- Pick your poison.

#171 · fc_171 · GREEN

SETUP

Red jealousy plus Blue charm equals Netflix documentary.

PUNCHLINE

Green narrates. Yellow brings popcorn.

KNOCKOUT

You're the subject.

TAGS

- Green narrates. Yellow brings popcorn.
- You're the subject.

#172 · fc_172 · YELLOW

SETUP

Worst roommate combo: Red and Blue.

PUNCHLINE

One patrols. One performs. Rent unpaid. Drama premium.

KNOCKOUT

Lease breaks. Podcast launches.

TAGS

- One patrols. One performs. Rent unpaid. Drama premium.
- Lease breaks. Podcast launches.

#173 · fc_173 · RED

SETUP

Best one-night stand by color: Blue.

PUNCHLINE

Worst: Green — asks for feedback before pants back on.

KNOCKOUT

Best marriage material debate: never ends.

TAGS

- Worst: Green — asks for feedback before pants back on.
- Best marriage material debate: never ends.

#174 · fc_174 · BLUE

SETUP

Red in the streets. Yellow in the sheets.

PUNCHLINE

Wait — reverse that and you get church and arson.

KNOCKOUT

Four Colors: location matters.

TAGS

- Wait — reverse that and you get church and arson.
- Four Colors: location matters.

#175 · fc_175 · GREEN

SETUP

Jealousy by color: Red fights. Green investigates. Blue performs hurt. Yellow guilt-feeds.

PUNCHLINE

Same emotion. Four weapons.

KNOCKOUT

Your childhood in one argument.

TAGS

- Same emotion. Four weapons.
- Your childhood in one argument.

#176 · fc_176 · YELLOW

SETUP

I dated every color like a Costco sampler.

PUNCHLINE

Red fought. Green analyzed. Blue adapted. Yellow fed me and cried.

KNOCKOUT

I didn't have a type. I had homework in four fonts.

TAGS

- Red fought. Green analyzed. Blue adapted. Yellow fed me and cried.
- I didn't have a type. I had homework in four fonts.

#177 · fc_177 · RED

SETUP

Red after sex: "Who else you thinking about?"

PUNCHLINE

Green after sex: "Let's revisit the timeline."

KNOCKOUT

Blue after sex: new personality. Yellow after sex: pancakes.

TAGS

- Green after sex: "Let's revisit the timeline."
- Blue after sex: new personality. Yellow after sex: pancakes.

#178 · fc_178 · BLUE

SETUP

Four Colors sex ed: Red — passion with policy. Green — consent with citations. Blue — role-play with plot holes. Yellow — aftercare with gravy.

PUNCHLINE

School board would riot.

KNOCKOUT

Comedy club would tip.

TAGS

- School board would riot.
- Comedy club would tip.

#179 · fc_179 · GREEN

SETUP

My ex was a seasonal collection.

PUNCHLINE

Red summer. Green fall. Blue spring. Yellow winter — with soup.

KNOCKOUT

I returned everything damaged.

TAGS

- Red summer. Green fall. Blue spring. Yellow winter — with soup.
- I returned everything damaged.

#180 · fc_180 · YELLOW

SETUP

Four Colors isn't astrology for men with tool belts.

PUNCHLINE

It's a language for why your sex life feels like a group project.

KNOCKOUT

Take the quiz at FourColorQuiz.com before you take your pants off.

TAGS

- It's a language for why your sex life feels like a group project.
- Take the quiz at FourColorQuiz.com before you take your pants off.

Closers / Big Laughs (20)

#181 · fc_181 · RED

SETUP

Red Protector in one sentence: intense loyalty, bad boundaries, great sex, worse follow-up questions.

PUNCHLINE

Date with helmet.

KNOCKOUT

FourColorQuiz.com — read them before they read your texts.

TAGS

- Date with helmet.
- FourColorQuiz.com — read them before they read your texts.

#182 · fc_182 · GREEN

SETUP

Green Thinker in one sentence: slow, deep, correct, and sometimes alone with spreadsheets.

PUNCHLINE

Foreplay is a footnote.

KNOCKOUT

Marry Green if you want truth. Bring patience and lube.

TAGS

- Foreplay is a footnote.
- Marry Green if you want truth. Bring patience and lube.

#183 · fc_183 · BLUE

SETUP

Blue Chameleon in one sentence: unforgettable first date, confusing third month, great material forever.



PUNCHLINE

| Soulmate or improv — always improv.

KNOCKOUT

| **Never marry a mirror.**

TAGS

-  Soulmate or improv — always improv.
-  Never marry a mirror.

#184 · fc_184 · YELLOW

SETUP

Yellow Hugger in one sentence: warm, nourishing, boundaryless, and tired by Tuesday.



PUNCHLINE

| Love with leftovers.

KNOCKOUT

| **Date Yellow — feel held. Leave Yellow — feel guilty. Classic.**

TAGS

-  Love with leftovers.
-  Date Yellow — feel held. Leave Yellow — feel guilty. Classic.

#185 · fc_185 · RED

SETUP

Bad habit by color: Red controls. Green corrects. Blue performs. Yellow overfeeds.



PUNCHLINE

| Sex life by color: Red claims. Green schedules. Blue stages. Yellow nourishes.

KNOCKOUT

| **Pick your poison. Mix them — pay therapy.**

TAGS

-  Sex life by color: Red claims. Green schedules. Blue stages. Yellow nourishes.
-  Pick your poison. Mix them — pay therapy.

#186 · fc_186 · GREEN

SETUP

I created Four Colors because "he's complicated" wasn't helping anybody in bed or in court.



PUNCHLINE

| Red Protector. Green Thinker. Blue Chameleon. Yellow Hugger.

KNOCKOUT

| **Not horoscope. User manual for damage.**

TAGS

-  Red Protector. Green Thinker. Blue Chameleon. Yellow Hugger.
-  Not horoscope. User manual for damage.

#187 · fc_187 · BLUE

SETUP

Your sex life isn't random. It's patterned.



PUNCHLINE

| You don't attract chaos. You attract your color with new hair.

KNOCKOUT

| **FourColorQuiz.com — name the pattern before the pants come off.**

TAGS

-  You don't attract chaos. You attract your color with new hair.
-  FourColorQuiz.com — name the pattern before the pants come off.

#188 · fc_188 · YELLOW

SETUP

Colors of My Pain taught me love languages.



PUNCHLINE

| BOMBED taught me punchlines.

KNOCKOUT

| **Four Colors taught me why everybody's bad in bed for different reasons.**

TAGS

-  BOMBED taught me punchlines.
-  Four Colors taught me why everybody's bad in bed for different reasons.

#189 · fc_189 · RED

SETUP

Red jealousy is homeland security for your pelvis.



PUNCHLINE

| Green jealousy is a research paper.

KNOCKOUT

| **Blue jealousy is theater. Yellow jealousy is soup with side-eye.**

TAGS

-  Green jealousy is a research paper.
-  Blue jealousy is theater. Yellow jealousy is soup with side-eye.

#190 · fc_190 · GREEN

SETUP

Adult comedy rule: every color has a full heart.



PUNCHLINE

| They just invoice differently.

KNOCKOUT

| **Red bills in loyalty. Green in logic. Blue in attention. Yellow in casseroles.**

TAGS

-  They just invoice differently.
-  Red bills in loyalty. Green in logic. Blue in attention. Yellow in casseroles.

#191 · fc_191 · BLUE

SETUP

I can read your color in four minutes.



PUNCHLINE

| Red orders for the table. Green asks follow-ups. Blue mirrors your laugh. Yellow asks if you ate.

KNOCKOUT

| **Comedy, therapy, and sex — same skill set, different cover charge.**

TAGS

-  Red orders for the table. Green asks follow-ups. Blue mirrors your laugh. Yellow asks if you ate.
-  Comedy, therapy, and sex — same skill set, different cover charge.

#192 · fc_192 · YELLOW

SETUP

Dating me is a four-color adventure park.



PUNCHLINE

| Red Monday. Green Wednesday. Blue Friday. Yellow feeds you Sunday.

KNOCKOUT

| **Ticket price: patience. Ride status: frequently closed for maintenance.**

TAGS

-  Red Monday. Green Wednesday. Blue Friday. Yellow feeds you Sunday.
-  Ticket price: patience. Ride status: frequently closed for maintenance.

#193 · fc_193 · RED

SETUP

Worst habit in America: dating your childhood with a new area code.

PUNCHLINE

Second worst: not knowing if they're Red, Green, Blue, or Yellow before you moan.

KNOCKOUT

Take the quiz. Save your throat.

TAGS

- Second worst: not knowing if they're Red, Green, Blue, or Yellow before you moan.
- Take the quiz. Save your throat.

#194 · fc_194 · GREEN

SETUP

200 dirty Four Colors jokes.

PUNCHLINE

Setup, punch, knockout, tags — copy-paste ready for club or BOMBED.

KNOCKOUT

colorsofmypain.com for healing. This PDF for hurting — responsibly.

TAGS

- Setup, punch, knockout, tags — copy-paste ready for club or BOMBED.
- colorsofmypain.com for healing. This PDF for hurting — responsibly.

#195 · fc_195 · BLUE

SETUP

Red in bed: policy. Green: procedure. Blue: performance. Yellow: pancakes.

PUNCHLINE

You are at least two of those.

KNOCKOUT

Your partner is the other two. Good luck.

TAGS

- You are at least two of those.
- Your partner is the other two. Good luck.

#196 · fc_196 · YELLOW

SETUP

Sex isn't just physical. It's four emotional billing systems fighting over one receipt.

PUNCHLINE

Name the color. Split the check.

KNOCKOUT

Or don't — and give me material.

TAGS

- Name the color. Split the check.
- Or don't — and give me material.

#197 · fc_197 · RED

SETUP

I wrote Colors of My Pain so the inheritance stops.

PUNCHLINE

I wrote these jokes so the dating mistakes pay rent.

KNOCKOUT

FourColorQuiz.com — heal by day. Bomb by night.

TAGS

- I wrote these jokes so the dating mistakes pay rent.
- FourColorQuiz.com — heal by day. Bomb by night.

#198 · fc_198 · GREEN

SETUP

Mic check: who here is Red? Green? Blue? Yellow?

PUNCHLINE

Who here dated all four and needs a drink?

KNOCKOUT

Bar tab is color-coded. Regrets are universal.

TAGS

- Who here dated all four and needs a drink?
- Bar tab is color-coded. Regrets are universal.

#199 · fc_199 · BLUE

SETUP

Bad habits. Sex lives. Tags and punchlines.

PUNCHLINE

That's Four Colors adult comedy — not theory, language.

KNOCKOUT

Play them at bombed.app/world — topic four_colors_dirty.

TAGS

- That's Four Colors adult comedy — not theory, language.
- Play them at bombed.app/world — topic four_colors_dirty.

#200 · fc_200 · YELLOW

SETUP

Final joke: humans are messy. Colors are messy with a framework.

PUNCHLINE

Framework doesn't save you. It explains the bruise.

KNOCKOUT

Tip your server. Take the quiz. Stop dating your color's evil twin with better Wi-Fi.

TAGS

- Framework doesn't save you. It explains the bruise.
- Tip your server. Take the quiz. Stop dating your color's evil twin with better Wi-Fi.