BDSM CHECKLIST

Name: **Date:**

ACTIVITY	Would you like to try this activity?			
	Have you done this activity before? Rate this activity 1-5, 1 = hated it and 5 = loved it		Hard limit = NO, 0 = soft limit or score 1-5, with 5 has a need. Use ? if you're not sure about an activity	
	Receiving	Giving	0-5	Notes
AFFECTION				
Bath time				
Bed sharing				
Cuddles				
Kissing				
Massage (feet, back, shoulders etc)				
Massage (breasts, genitals)				
Public Displays of Affection				
ANAL PLAY				
Rimming				
Anal dildos				
Anal fingering				
Anal fisting				
Anal hooks				
Anal plugs				
Anal plug tails				
Anal plugs - public under clothes				
Anal sex				
Anal spreader				
Anal torture				
Anal vibrators				
APPEARANCE/CLOTHING	WEARING	PARTNER WEARING		
Body hair				
Corsets				
Collars (private)				
Collars (public)				
Cross dressing				
Dressing up to please partner				
Fur				
Lace				
Latex				
Leather				
Lingerie				
No underwear in public				
PVC				
Rubber				
Sheer clothing				
Spandex				
Suits				
Uniforms				
BLINDFOLDS/GAGS/BREATH PLAY				
Anal hooks				
Bagging				
Ball gag				
Blindfolds				
Breath play				
Choking				
Cloth gag				
Hoods				
Inflatable hood				
Inflatable gag				
Leather Gag				
Masks				
Mouth Bit				
Open Mouth gag				
Phallic gag				
PVC Gag				
Rope Gag				
Rubber gag				
Smothering				
Tape gag				
Bondage (Light)				
Bondage (Heavy)				
Chains				
Chastity devices/belts				
Hand/Ankle cuffs				
Harnesses				
Hog ties				
Leather restraints				
Mental bondage				
Metal restraints				
Mouth hook				
Nose hook				
Rope restraints				
Spreader bars				
Straight jackets				
Suspension				
Vaginal hook				
BREASTS				
Breast binding				
Breast caning				
Breast flogging				
Breast press				
Breast scratching				
Breast torture				
Breast whipping				
Breast spanking				
Breast/nipple biting				
Breast/nipple kissing				
Breast/nipple licking				
Nipple clamps				
Nipple piercing				
Nipple play				
Nipple torture				
Nipple weights				
DOMINATION/SUBMISSION				
Aggression (pulling/throwing, pushing against the wall etc)				
Assignments				
Bathroom control				
Begging				
Behaviour modification				
Chastity				
Chastity under clothing				
Contract slave				
Corner time				
Crawling				
Degradation				
Diet control				
Emotional masochism				
Emotional sadism				
Enforced fashion				
Eye contact restrictions				
Fear				
Financial submission				
Following orders				
Furnishment				
Honorifics (Sir, Master)				
Humiliation in private				
Humiliation in public				
Hypnosis				
Ignoring/being ignored				
Kneeling				
Leading on a leash				
Lecturing				
Mentoring				
Obedience training				
Pet/diminutive names				
Power exchange				
Punishment				
Resistance play				
Rewards				
Rough play				
Serving other Doms (supervised)				
Serving other Doms (unsupervised)				
Slave positions				
Sleeping on the Floor				
Sleeping in a cage or basket (pet play)				
Speech Restrictions, what and when.				
Submitting to a submissive				
Threats				
DISTANCE				
Cybersex				
Email sex				
Phone sex				
Text sex				
Web cam sex				
ELECTRICITY				
Electricity – TENS unit				
Internal electrical play				
Violet wand				
FLUIDS				
Blood play				
Chamber-pot use				
Coming in partner with protection				
Coming in partner without protection (bareback)				
Coming on partner (facials etc)				
Cutting				
Drinking blood				
Drinking semen				
Drinking urine				
Felching (sucking licking sperm from a partners body)				
Female ejaculation				
Human toilet				
Lactation				
Play during menstruation				
Scat				
Spitting				
Sweat				
Urinating on partner (watersports)				
Vomit				
FURNITURE				
A-Frame				
Bondage chair				
Cages/Cells/Closets (locked inside of)				
Coffin				
Flogging horse				
Grope box				
Quivering stool				
Saint Andrews Cross				
Sex stool				
Spanking bench				
Stocks				
Vacuum bed				
Whipping post				
GENERAL				
Angry sex				
Breast fucking				
Clitoris stimulation with hand/finger				
Cunnilingus				
Deepthroating				
Double penetration				
Face fucking				
Face sitting				
Fellatio				
Fingering – vaginal				
Fisting – vaginal				
Hand jobs				
Masturbation				
Mutual masturbation				
Neck kissing/biting				

BDSM CHECKLIST

Sex				
Tantric sex				
Tea bagging				
Triple penetration				
Urethral play				
GENITAL TORTURE				
Ball busting				
Ball stretching				
Ball weights				
Cock and ball torture				
Clit spanking				
Clit torture				
Clit weights				
Genital clamps				
Genital whipping				
Labia stretching				
Labia weights				
MARKS				
Branding				
Bruising				
Burns				
Drawn on with m/lipstick, permanent marker etc				
Flesh hook				
Piercings (temporary)				
Piercings (permanent)				
Scarification (cutting,making scars)				
Tattoos				
MEDICAL				
Douche				
Enemas				
Examination gloves				
Injections				
Medical play (Doctor/nurse and patient)				
Urethral play				
Speculums				
ORGASM				
Edging				
Forced orgasm				
Orgasm control				
Orgasm denial				
Orgasm on command				
Multiple Orgasms				
Ruined orgasm				
OTHER				
Abusive language				
Crying				
Dirty talk				
Dirty talk (involving extreme taboos e.g. being fucked by a dog)				
Edge play (risk taking)				
Food play ("Splosh play")				
Initiation rites				
Knife play (no blood)				
Outdoor Sex (exhibitionism)				
Outdoor Sex with others watching (exhibitionism)				
Meeting others in public for sex (dogging)				
Sleep deprivation				
Wet and Messy				
Wrestling				
PAIN/SENSATION				
Abrasion (scraping, sanding)				
Biting (being bitten)				
Caning				
Clothespins/pegs				
Face slapping				
Fire play				
Flogger				
Hair pulling				
Hot wax				
Ice cubes				
Needle play				
Paddles				
Punching				
Riding crops				
Scratching				
Spanking				
Tickling				
Tickling with a feather				
Trampling				
Wartenburg Pinwheel				
Whips				
PORNOGRAPHY				
Being filmed during sex acts				
Erotic photography (modelling)				
Erotic photography (scrolling nudes)				
Looking at pornographic images				
Watching/reading pornography				
ROLEPLAY				
Age Play				
Boss/secretary				
Consensual non-consent/rape				
Eating from the hand				
Impregnation fantasy				
Incest (father/daughter, mom/son etc)				
Interrogations				
Kidnapping				
Livestock market and auctions				
Maid				
Pet play				
Prison scene				
Prostitution (fantasy)				
Prostitution (real)				
Religious Scenes				
Taking on the role of an animal (pony, pig etc)				
Teacher/pupil				
SERVICES				
Chauffeuring (driving)				
Chores (domestic service/housework)				
Erotic dance				
Grooming				
Manicures				
Objectification (Serving as art)				
Objectification (Serving as furniture)				
Pedicures				
THIRD-PARTIES				
Cuckolding				
Encounters with strangers				
Fetish clubs				
Friends with benefits				
Given away to another Dom (short-term/fantasy)				
Given away to another Dom (for real)				
Gloryhole (private party etc)				
Gloryhole (public)				
Group play – gang bangs, multiple Doms/Dommes etc				
Harem (serving with others)				
Humiliation in public				
Including others (in a scene)				
Monogamy				
Multiple play partners/lovers (polyamory)				
Public exposure/flashing				
Public play				
Slave auctions (fantasy)				
Slave auctions (real)				
Swinging				
Sub hunts (being hunted by Dom or Domn)				
Watching sexual acts (voyeurism)				
TOYS				
Ben Wa balls/love eggs				
Breast pumps				
Butt plugs				
Cock ring				
Dildos				
Fleshlight/strokers				
Fucking machine				
Magic Wand				
Inflatable toys				
Penis/Vaginal pump				
Remote-controlled vibrator				
Strap-on dildos				
Suction toys				
Vibrators				

OTHER IMPORTANT INFORMATION	
Do you have any known allergies?	
Do you have any medical problems or considerations that I should know about?	
Do you have any known Sexually-Transmitted Diseases (STDs)?	
When were you last tested?	
Do you practice safe sex?	
Is there any activity not listed that you would like me to consider?	
Any names or words you would like me to consider for use?	
Any names/personal comments you wish **NOT** to be used?	
Do you have any other hard limits?	
What is your safeword?	
What aftercare do you require?	
Any further comments:	

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