# BDSM CHECKLIST

For each item, you need to provide two answers:

1. For experience, write YES or NO next to each item to indicate if you have ever done that activity.

2. For willingness, indicate for each item how you feel about doing that activity by rating it on a scale of 0 to 5, or enter NO if it is a hard limit.

· 0 (zero) indicates you have utterly no desire to do that activity and don't like doing it (in fact, may loath it) and would ordinarily object to doing it, but you would do it if I really wanted it (sometimes called a "soft limit").

· 1 means you don't want to do or like to do this activity, but wouldn't object if it was asked of you.

· 2 means you are willing to do this activity, but it has no special appeal for you.

· 3 means you usually like doing this activity, at least on an irregular/ occasional basis.

· 4 means you like doing this activity, and would like to experience it on a regular basis.

· 5 means the activity is a wild turn-on for you, and you would like it as often as possible.

Note any additional information or nuances which might be relevant in the Notes column to the right. For example, with public play, you may be ok with play that is discreet (eg if I grab you by the hair), but not overt play (for example being led on a leash).

· NO means you will NOT do that item under any circumstances (a hard limit).

· "?" means you don't understand what the item is attempting to describe.

| **Activity** | **Experience (yes/no)** | **Willingness (0 - 5 or NO)** | **Notes** |
| --- | --- | --- | --- |
| ·  Abrasion |  |  |  |
| ·  Anal sex (giving) |  |  |  |
| ·  Anal sex (receiving) |  |  |  |
| ·  Animal roles (puppy, pony, etc, specify which) |  |  |  |
| ·  Arm & leg sleeves (armbinders) |  |  |  |
| ·  Auctioned |  |  |  |
| ·  Ball stretching |  |  |  |
| ·  Ball torture |  |  |  |
| ·  Bathroom use control |  |  |  |
| ·  Beating (soft) |  |  |  |
| ·  Beating (hard) |  |  |  |
| ·  Biting |  |  |  |
| ·  Blindfolds |  |  |  |
| ·  Body worship |  |  |  |
| ·  Bondage (light) |  |  |  |
| ·  Bondage (heavy) |  |  |  |
| ·  Bondage (while sleeping) |  |  |  |
| ·  Bondage (multi-day) |  |  |  |
| ·  Bondage (public, under clothing) |  |  |  |
| ·  Bondage, intricate (i.e. rope for rope’s sake, shibari etc) |  |  |  |
| ·  Boot worship |  |  |  |
| ·  Branding |  |  |  |
| ·  Breath play (light, hand over mouth type) |  |  |  |
| ·  Breath play (heavy, plastic bag, airway obstruction) |  |  |  |
| ·  Butt plug (small) |  |  |  |
| ·  Butt plug (large) |  |  |  |
| ·  Butt plug, size training |  |  |  |
| ·  Butt plug in public, clothed |  |  |  |
| ·  Cages (locked inside of) |  |  |  |
| ·  Caning |  |  |  |
| ·  Castration fantasy |  |  |  |
| ·  Catheterization |  |  |  |
| ·  Cattle prod |  |  |  |
| ·  Chains |  |  |  |
| ·  Chastity |  |  |  |
| ·  Chastity devices |  |  |  |
| ·  Chauffeuring |  |  |  |
| ·  Choking (light, symbolic) |  |  |  |
| ·  Choking (heavy, choke hold etc) |  |  |  |
| ·  Chores (domestic service) |  |  |  |
| ·  Clothespins |  |  |  |
| ·  Clothing restrictions (having clothes chosen for you) |  |  |  |
| ·  Cock rings/straps |  |  |  |
| ·  Cock torture |  |  |  |
| ·  Collars (worn in private) |  |  |  |
| ·  Collars (worn in public) |  |  |  |
| ·  Cross dressing (in private) |  |  |  |
| ·  Cross dressing (in public) |  |  |  |
| ·  Cutting |  |  |  |
| ·  Diet control (short or long term) |  |  |  |
| ·  Dildos (giving) |  |  |  |
| ·  Dildos (receiving) |  |  |  |
| ·  Dildos (size training) |  |  |  |
| ·  Domestic service |  |  |  |
| ·  Electricity (TENS-based) |  |  |  |
| ·  Electricity (violet wand) |  |  |  |
| ·  Enemas (for cleansing) |  |  |  |
| ·  Enemas (retention/punishment) |  |  |  |
| ·  Examinations (physical) |  |  |  |
| ·  Exercise control (required) |  |  |  |
| ·  Exhibitionism (friends) |  |  |  |
| ·  Exhibitionism (strangers) |  |  |  |
| ·  Eye contact restrictions |  |  |  |
| ·  Face slapping |  |  |  |
| ·  Financial control (short term, shopping trip, wallet emptying) |  |  |  |
| ·  Financial control (long term: budgeting, giving allowance) |  |  |  |
| ·  Fire play |  |  |  |
| ·  Fisting |  |  |  |
| ·  Flogging |  |  |  |
| ·  Following orders |  |  |  |
| ·  Food (having it chosen for you) |  |  |  |
| ·  Foot worship |  |  |  |
| ·  ‘Forced’ bi |  |  |  |
| ·  ‘Forced’ cross dressing |  |  |  |
| ·  ‘Forced’ masturbation |  |  |  |
| ·  ‘Forced’ nudity (private) |  |  |  |
| ·  ‘Forced’ nudity (around others) |  |  |  |
| ·  ‘Forced’ servitude |  |  |  |
| - ‘Force’ (in general, being 'made’ to do things) |  |  |  |
| ·  Gags (cloth) |  |  |  |
| ·  Gags (horse-style mouth bit) |  |  |  |
| ·  Gags (inflatable) |  |  |  |
| ·  Gags (phallic) |  |  |  |
| ·  Gags (rubber) |  |  |  |
| ·  Gags (tape) |  |  |  |
| ·  Gas masks |  |  |  |
| ·  Given away to another top (temporarily) |  |  |  |
| ·  Given away to another top (permanently) |  |  |  |
| ·  Golden showers (on body) |  |  |  |
| ·  Golden showers (swallowing) |  |  |  |
| ·  Group scenes (play parties) |  |  |  |
| ·  Hand jobs (giving) |  |  |  |
| ·  Hand jobs (receiving) |  |  |  |
| ·  Handcuffs (leather) |  |  |  |
| ·  Handcuffs (metal) |  |  |  |
| ·  Harnesses |  |  |  |
| ·  Hoods |  |  |  |
| ·  Humiliation (private) |  |  |  |
| ·  Humiliation (public) |  |  |  |
| ·  Ice cubes |  |  |  |
| ·  Ignoring |  |  |  |
| ·  Immobilization |  |  |  |
| ·  Initiation rites |  |  |  |
| ·  Interrogations |  |  |  |
| ·  Kidnapping |  |  |  |
| ·  Kneeling |  |  |  |
| ·  Knife play (not cutting) |  |  |  |
| ·  Latex clothing |  |  |  |
| ·  Leather clothing |  |  |  |
| ·  Leather restraints |  |  |  |
| ·  Manacles & irons |  |  |  |
| ·  Marks / bruises, light (temporary / just for a few hours) |  |  |  |
| ·  Marks / bruises, heavy (that might last more than a few hours) |  |  |  |
| ·  Massage (giving) |  |  |  |
| ·  Massage (receiving) |  |  |  |
| ·  Medical scenes |  |  |  |
| ·  Mind fucks |  |  |  |
| ·  Modeling for erotic photos |  |  |  |
| ·  Mummification |  |  |  |
| ·  Needle play |  |  |  |
| ·  Nipple clamps |  |  |  |
| ·  Nipple play/torture |  |  |  |
| ·  Nipple weights |  |  |  |
| ·  Objectification, sexual (eg. being used for oral & dismissed) |  |  |  |
| ·  Objectification, non-sexual (eg. being a footstool) |  |  |  |
| ·  Oral sex (giving) |  |  |  |
| ·  Oral sex (receiving) |  |  |  |
| ·  Orgasm control (being told when, where, how etc) |  |  |  |
| ·  Orgasm denial (short term) |  |  |  |
| ·  Outdoor scenes |  |  |  |
| ·  Outdoor sex |  |  |  |
| ·  Pain in general (mild) |  |  |  |
| ·  Pain in general (severe) |  |  |  |
| ·  Pegging (giving) |  |  |  |
| ·  Pegging (receiving) |  |  |  |
| ·  Personal grooming (haircut, facial hair etc) |  |  |  |
| ·  Pet names (which ones?) |  |  |  |
| ·  Phone sex |  |  |  |
| ·  Piercing (temporary) |  |  |  |
| ·  Piercing (permanent) |  |  |  |
| ·  Prison scenes |  |  |  |
| ·  Protocol (honorifics, positions, formal rituals etc) |  |  |  |
| ·  Public play (bdsm setting) |  |  |  |
| ·  Public play (vanilla setting) |  |  |  |
| ·  Punishment scene |  |  |  |
| ·  Rape play |  |  |  |
| ·  Rape (gang-style) fantasy |  |  |  |
| ·  Religious scenes |  |  |  |
| ·  Restrictive rules on behaviour |  |  |  |
| ·  Riding crops |  |  |  |
| ·  Rimming (giving) |  |  |  |
| ·  Rimming (receiving) |  |  |  |
| ·  Role play (teacher/student etc) |  |  |  |
| ·  Rubber (neoprene) clothing |  |  |  |
| ·  Saline injections in balls |  |  |  |
| ·  Scarification |  |  |  |
| ·  Scat (brown showers) |  |  |  |
| ·  Scent worship (pussy & armpits for example) |  |  |  |
| ·  Scratching |  |  |  |
| ·  Sensory deprivation |  |  |  |
| ·  Service (domestic: cooking, waiter, etc) – private |  |  |  |
| ·  Service (domestic: cooking, waiter, etc) – public |  |  |  |
| ·  Serving other tops (supervised) |  |  |  |
| ·  Serving other tops (unsupervised) |  |  |  |
| ·  Sexual intercourse |  |  |  |
| ·  Shaving (body hair) |  |  |  |
| ·  Shaving (head hair) |  |  |  |
| ·  Sleep deprivation |  |  |  |
| ·  Sleepsacks |  |  |  |
| ·  Sounds (metal urethral rods) |  |  |  |
| ·  Spandex clothing |  |  |  |
| ·  Spanking |  |  |  |
| ·  Spanking (over-the-knee) |  |  |  |
| ·  Speech restrictions (when, what) |  |  |  |
| ·  Speculums (anal) |  |  |  |
| ·  Speculums (vaginal) |  |  |  |
| ·  Spreader bars |  |  |  |
| ·  Standing in corner |  |  |  |
| ·  Stocks |  |  |  |
| ·  Straight jackets |  |  |  |
| ·  Strapping (full body beating) |  |  |  |
| ·  Suspension (upright) |  |  |  |
| ·  Suspension (horizontal) |  |  |  |
| ·  Suspension (inverted) |  |  |  |
| ·  Tattooing |  |  |  |
| ·  Teasing |  |  |  |
| ·  Thumbcuffs (metal) |  |  |  |
| ·  Tickling |  |  |  |
| ·  Tongue bath / tongue worship |  |  |  |
| ·  Uniforms (specify) |  |  |  |
| ·  Verbal humiliation |  |  |  |
| ·  Violet wand (electrical device) |  |  |  |
| ·  Voyeurism (watching others) |  |  |  |
| ·  Video (watching others) |  |  |  |
| ·  Video (recordings of you) |  |  |  |
| ·  Wax (hot, dripping) |  |  |  |
| ·  Wearing symbolic jewellery |  |  |  |
| ·  Whipping |  |  |  |
| ·  Wooden paddles |  |  |  |
| ·  Wrestling |  |  |  |

If you have any special skills that you can offer (for example pedicures, manicures, massage, cooking etc), include them below:

| **Activity** | **Describe experience level/training etc** |
| --- | --- |
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Are there any turn-offs or turn-ons not listed above? If so, add below.

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| --- | --- | --- | --- |
| **Activity** | **Experience (yes/no)** | **Willingness (0 - 5 or NO)** | **Notes** |
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