

BDSM Checklist

Provided by www.LearnAboutBDSM.com

This checklist should be completed by the submissive and provided to his/her Dom/Top before playing or engaging in BDSM relations. This will provide a simple way to identify limits, negotiate and find common ground for play that both parties enjoy. Dominants should complete the checklist, to get a better handle on a sub's specific interests. Switches should go through the checklist twice; a person's interests as Dom typically differ from their interest when in a submissive role.

For each item, you need to provide two answers as follows:

- For experience, write YES or NO next to each item to indicate if you have ever DONE that activity. Mark N/A if it does not apply to your gender/role.
- Writing NO means you will NOT do that item under any circumstances (a hard limit).
- Write LTR the items which you are willing to do only in a committed relationship but not with casual play-partners.
- If you don't understand what the item is attempting to describe write "?"
- For willingness, indicate for each item how you feel about DOING that activity by rating it 0 (dislike extremely/soft limit) to 10 (love doing).
- Note any additional information or nuances, which might be important for your Dom to know in the comments section. For example under diapers you might wish to distinguish between "wetting" and "soiling".

There is intentionally some overlap between categories. Unless otherwise stated, the sub is the recipient/target of the activity.

	Experience	Willingness	Comments
Abrasion http://www.adameveofgreensboro.com/blog/2014/7/24/abrasion-play			
Age play https://en.wikipedia.org/wiki/Ageplay			
Anal sex			
Anal plugs (small)			
Anal plugs (large)			
Anal plug (public, under clothes)			
Animal roles			
Arm & leg sleeves (armbinders)			
Aromas			
Asphyxiation			
Auctioned for charity			
Ball stretching			

Bathroom use control			
-------------------------	--	--	--

Bestiality			
Beating (soft)			
Beating (hard)			
Blindfolds			
Being serviced (sexual)			
Being bitten			
Breast/chest bondage			
Breath control			
Branding			
Boot worship			
Bondage (light)			
Bondage (heavy)			
Bondage (multi-day)			
Bondage (public, under clothing)			
Breast whipping			
Brown showers (scat)			
Cages (locked inside of)			
Caning			
Castration fantasy			

Catheterization			
Cattle prod (electrical toy)			
Cells/Closets (locked inside of)			
Chains			
Chamber-pot use			
Chastity belts			
Chauffeuring			
Choking			
Chores (domestic service)			
Clothespins			
Cock rings/straps			
Cock worship			
Collars (worn in private)			
Collars (worn in public)			
Competitions (with other subs)			
Corsets (wearing casually)			
Corsets (trained waist reduction)			
Crossdressing			
Cuffs (leather)			

Cuffs (metal)			
Cutting			
Diapers (wearing)			
Diapers (wetting)			
Diapers (soiling)			
Dilation			
Dodoes			
Double penetration			
Electricity			
Enemas (for cleansing)			
Enemas (retention/punishmen t)			
Enforced chastity			
Erotic dance (for audience)			
Examinations (physical)			
Exercise (forced/required)			
Exhibitionism (friends)			
Exhibitionism (strangers)			

Eye contact restrictions			
--------------------------	--	--	--

Face slapping			
Fantasy abandonment			
Fantasy rape			
Fantasy gang-rape			
Fear (being scared)			
Fisting (anal)			
Fisting (vaginal)			
Fire play			
Following orders			
Food play (cucumbers, sorbet...)			
Foot worship			
Forced bedwetting			
Forced dressing			
Forced eating			
Forced homosexuality			
Forced heterosexuality			

Forced masturbation			
Forced nudity (private)			

Forced nudity (around others)			
Forced servitude			
Forced smoking			
Full head hoods			
Gags (cloth)			
Gags (inflatable)			
Gags (phallic)			
Gags (rubber)			
Gags (tape)			
Gas masks			
Gates of Hell (male)			
Genital sex			
Given away to another Dom (temp)			
Given away to another Dom (perm)			
Golden showers			
Gun play			

Hairbrush spankings			
Hair pulling			
Hand jobs (giving)			

Hand jobs (receiving)			
Harems (serving w/other subs)			
Harnessing (leather)			
Harnessing (rope)			
Having food chosen for you			
Having clothing chosen for you			
Head (give fellatio/cunniling us)			
Head (receive fellatio/cunniling us)			
High heel wearing			
High heel worship			
Homage with tongue (non-sexual)			
Hoods			

Hot oils (on genitals)			
Hot waxing			

Housework (doing)			
Human puppy dog			
Humiliation (private)			
Humiliation (public)			
Hypnotism			
Ice Cubes			
Immobilization			
Infantilism			
Initiation rites			
Injections			
Intricate (Japanese) rope bondage			
Interrogations			
Kidnapping			
Kneeling			
Knife play			
Leather clothing			
Leather restraints			

Lectures for misbehavior			
Licking (non-sexual)			

Lingerie (wearing)			
Manacles & Irons			
Manicures (giving)			
Massage (giving)			
Massage (receiving)			
Medical scenes			
Modeling for erotic photos			
Mouth bits			
Mummification			
Name change (for scene)			
Name change (legal, permanent)			
Nipple clamps			
Nipple rings (piercing)			
Nipple play/"torture"			

Nipple weights			
Over-the-knee spanking			
Orgasm denial			
Orgasm control			

Outdoor scenes			
Outdoor sex			
Pain (mild)			
Pain (medium)			
Pain (severe)			
Persona training (in scene)			
Personality modification (RL)			
Phone sex (serving Dom)			
Phone sex (serving Dom's friends)			
Phone sex (commercial provider)			
Piercing (temporary, play-pierce)			
Piercing (permanent)			
Plastic surgery			

Prison scenes			
Prostitution (public pretense)			

Prostitution (actual)			
Pony slave			
Public exposure			
Punishment Scene			
Pussy/cock whipping			
Pussy worship			
Riding crops			
Riding the "horse" (crotch torture)			
Rituals			
Religious scenes			
Restrictive rules on behavior			
Rubber/latex clothing			
Rope body harness			
Saran wrapping			
Scarification			
Scratching - getting			

Scratching - giving			
---------------------	--	--	--

Sensory deprivation			
Serving			
Serving as art			
Serving as ashtray			
Serving as furniture			
Serving as a maid			
Serving as toilet (urine)			
Serving as toilet (feces)			
Serving as waitress/waiter			
Serving orally (sexual)			
Serving other doms (supervised)			
Serving other doms (unsupervised)			
Sexual deprivation (short term)			
Sexual deprivation (long term)			

Shaving (body hair)			
Shaving (genital hair)			
Shaving (head hair)			
Skinny-dipping			
Sleep deprivation			
Sleepsacks			
Slutty clothing (private)			
Slutty clothing (public)			
Spandex clothing			
Spanking			
Speech restrictions (when, what)			
Speculums (Anal)			
Speculums (vaginal)			
Spitting			
Spreader bars			
Standing in corner			
Stocks			

Straight jackets			
Strap-on-dildos (sucking on)			
Strap-on-dildos (penetrated by)			
Strap-on-dildos (wearing)			
Strapping (full body beating)			
Suspension (upright)			
Suspension (inverted)			
Suspension (horizontal)			
Supplying new partners for Dom			
Swallowing feces			
Swallowing semen			
Swallowing urine			
Swapping (with one other couple)			
Swinging (multiple couples)			
Tampon Training (in ass)			

Tattooing			
-----------	--	--	--

Teasing			
TENS Unit (electrical toy)			
Thumb cuffs (metal)			
Tickling			
Triple penetration			
Urethral Sounds (metal rods)			
Uniforms			
Including others			
Vaginal dildo			
Verbal humiliation			
Vibrator on genitals			
Violet Wand (electrical toy)			
Voyeurism (watching others)			
Voyeurism (your Dom w/others)			
Video (watching others)			

Video (recordings of you)			
---------------------------	--	--	--

Water torture			
Waxing (hair removal)			
Wearing symbolic jewelry			
Weight gain (forced)			
Weight loss (forced)			
Whipping			
Wooden paddles			
Wrestling			

List any activities NOT listed above in which you have experience or an interest along with assessment (YES/NO & 1-5) as above:

Please list any scenes you may have done when playing in the past, indicate whether they were r/l (“real life”) or cyber, what your role(s) was (were), and whether or not the scene was a good one for you.

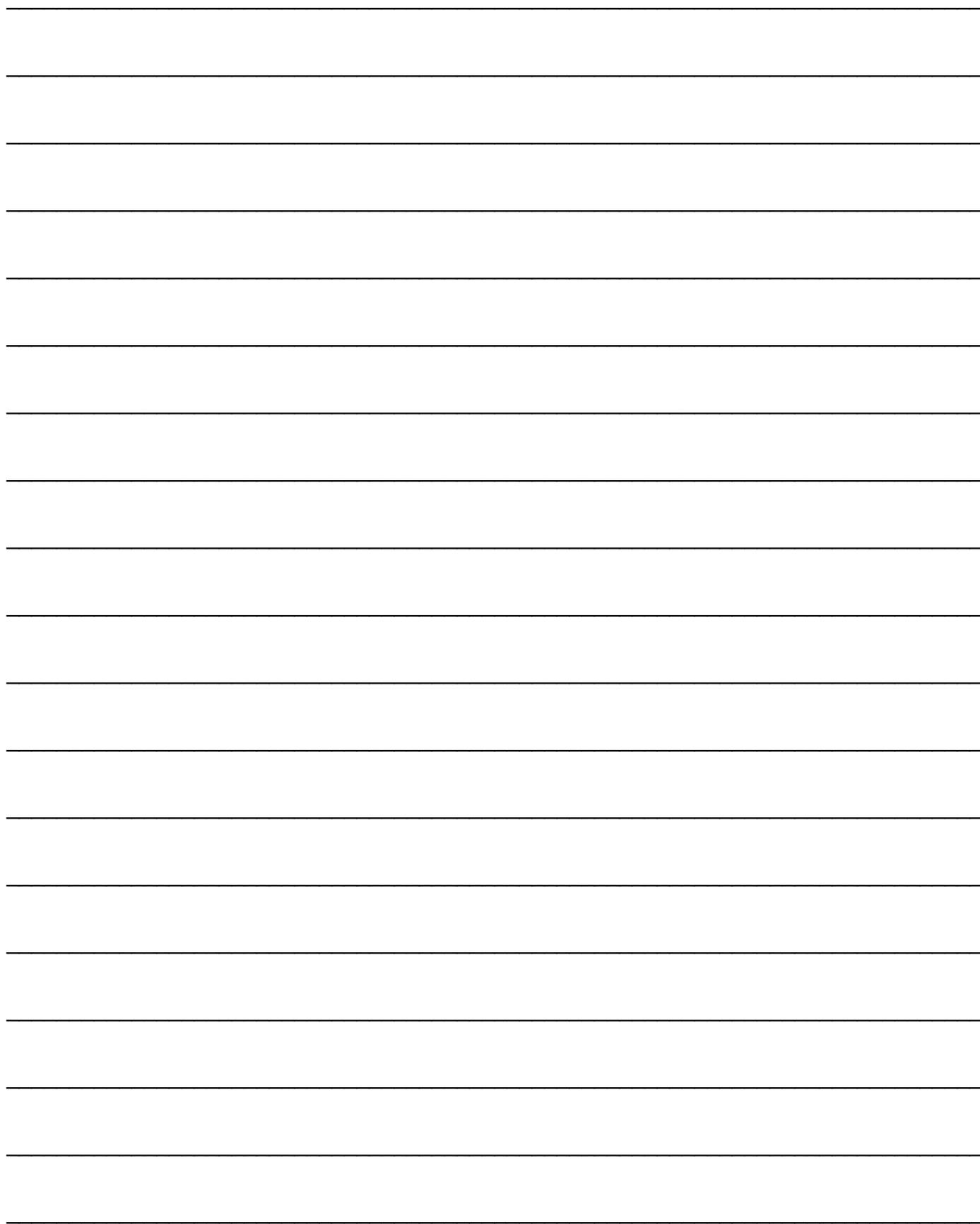
Realizing that wants/needs/desires change with experience, briefly describe what you hope to “get out of” this relationship at this time. In other words, what do you want to receive now?

Again realizing that things change with time and experience, describe what you think you bring to this relationship at this time. In other words, what do you have to give now?

Is there anything else you want or think the Dominant should know about you before this process, or the relationship goes further?

What questions do you want the Dominant to answer for you? What concerns do you want the Dominant to address for you?

Because our sexual histories are such a large part of who we are, and how we respond to BDSM, write your sexual history to submit with this survey. Going into as much detail as you want and think necessary. Let your potential Dom know when you first became aware of sex, when you had your first sexual experiences (masturbation included), how these experiences came about, and which ones were pleasant (and why, if you know) and which ones were not pleasant (and why, if you know). Take this history up to today. Feel free to include anything in here that you think will help your potential Dom to understand you better.



The answers I have provided above are as truthful and honest as I can make them.

Submissive's Signature

Date