



D/s BDSM Play Checklist



This questionnaire should be filled out by a Sub and provided to their Domme/Top before playing with them. This will provide a quick "head-start" to identifying limits, negotiating, and finding common ground for play.

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

For each item, you need to provide two answers:

1. First 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.
2. Indicate for each item how you FEEL about that activity by rating it on a scale of NO or 0 to 5.
 - **NO** - you will NOT do that item under any circumstances (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 be willing to do it to please the Dominant if it they really wanted it. Sometimes called a "soft limit.
 - **1** - you don't want to do or like to do this activity but wouldn't object if it was asked of you.
 - **2** - you are willing to do this activity, but it has no special appeal for you.
 - **3** - you usually like doing this activity, at least on an irregular/ occasional basis.
 - **4** - you like doing this activity and would like to experience it on a regular basis.
 - **5** - the activity is a wild turn-on for you, and you would like it as often as possible.
3. Note any additional information that might be important for your Domme to know in the comments box.



D/S BDSM Play Checklist



Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Abrasion			
Anal plugs (small)			
Anal plugs (large)			
Anal plug (public, under clothes)			
Arm & leg sleeves (arm binders)			
Asphyxiation			
Auctioned for charity			
Ball stretching			
Bathroom use control			
Beating (soft)			
Beating (hard)			
Blindfolds			
Being bitten			
Breast/chest bondage			
Breath control			
Branding			
Boot worship			
Bondage:			
Hands in front			
Hands behind			
Hands over head			
Ankles			
Knees			
Elbows			
Wrist-to-ankles			
Wrist-to-waist			
Spreader bars			
Tied to a chair			
Tied to a bed			
Using rope			



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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Using tape			
Metal cuffs			
Leather cuffs			
Silk ties			
Bondage (multi-day)			
Bondage (public, under clothing)			
Breast whipping			
Cages (locked inside of)			
Caning			
Catheterization			
Cattle prod			
C.B.T.			
Cells/Closets (locked inside of)			
Chastity belts/device			
Chauffeur			
Chemical Play-peppermint oil, tiger balm, rubbing alcohol etc.			
Choking			
Clamps:			
Nipples			
Genital			
Other			
Clothespins			
Collars (worn in private)			
Collars (worn in public)			
Corsets (wearing)			
Crawling			
Cross dressing			
Cupping			
Dilation			
Electricity			



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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Enemas			
Enforced chastity			
Examinations (physical)			
Exercise (forced/required)			
Exhibitionism (friends)			
Exhibitionism (strangers)			
Eye contact restrictions			
Face slapping			
Fantasy abandonment			
Following orders			
Foot worship			
Forced dressing			
Forced nudity (private)			
Forced nudity (around others)			
Forced servitude			
Full head hoods			
Gags (cloth)			
Gags (inflatable)			
Gags (phallic)			
Gags (rubber ball)			
Gags (tape)			
Gates of Hell			
Genital whipping			
Golden showers			
Hairbrush spankings			
Hair pulling			
Harnessing (leather)			
Harnessing (rope)			
Having food chosen for you			
Having clothing chosen for you			
Headphones/ear plugs			



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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
High heel worship			
Homage with tongue (non-sexual)			
Hot oils			
Hot wax play			
Housework (doing)			
Human puppy dog			
Humiliation (private)			
Humiliation (public)			
Hypnotism			
Ice cubes			
Infantilism			
Initiation rites			
Intricate (Japanese) rope bondage			
Interrogations			
Kidnapping			
Kneeling			
Knife play			
Leather restraints			
Lectures for misbehavior			
Licking (non-sexual)			
Manacles & Irons			
Manicures (giving)			
Marks:			
Visible in street clothes			
Visible in bathing suit			
Massage (giving)			
Medical scenes			
Mental bondage			
Mind games			
Modeling for erotic photos and/or videos			
Mouth bits (bit gag)			



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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Mummification			
Name change			
Nipple weights			
Over-the-knee spanking			
Pegging			
Pinching			
Prison scenes			
Pony slave			
Public exposure			
Pussy whipping			
Riding the "horse" (crotch torture)			
Rituals			
Restrictive rules on behavior			
Rope body harness			
Saran wrapping			
Scratching - getting			
Sensory deprivation			
Serving			
Serving as art			
Serving as ashtray			
Serving as furniture			
Serving as a maid			
Serving as toilet			
Serving as waitress/waiter			
Serving other Dommies (supervised)			
Serving other Dommies (unsupervised)			
Shaving (head hair)			
Sleep deprivation			
Sleep sacks			
Sounds (urethral)			



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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Spanking			
Speech restrictions (when, what)			
Speculums (anal)			
Speculums (vaginal)			
Spitting			
Spread eagle			
Standing in corner			
Stocks			
Straight jackets			
Strapping (full body beating)			
Suspension (upright)			
Suspension (on toes)			
Suspension (in air upright)			
Suspension (inverted)			
Suspension (horizontal)			
Supplying new partners for Domme			
Swallowing urine			
Teasing			
Tickling			
Including others			
Vampire Gloves			
Verbal humiliation			
Voyeurism (watching others)			
Water torture			
Wearing symbolic jewelry			
Whipping			
Wrestling			
Outdoor Setting			
Indoor Setting			



D/S BOSM Flog Checklist



Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Public Setting			
Semi-Public Setting			
Private Setting			
Slapper			
Leather Paddle			
Wooden Paddle			
Belt or Strap			
Switch			
Deerskin flogger			
Leather flogger			
Braided flogger			
Knotted flogger			
Rubber flogger			
Single tail whip			
Cane			
Fiberglass/Plastic Rod			
Riding Crop			
Bull whip			
Quirt			
Fur-lined Paddle			

What is your level of experience?

1. Very experienced
2. Experienced
3. Limited experience
4. Beginner

Main interest

1. Sensual and physical
2. Psychosexual and mental
3. Both equally

How long have you had or known of your interests?

1. As long as I can remember
2. 5 years or more
3. 1 to 4 years
4. Less than 1 year

What is your sexual orientation?

1. Heterosexual exclusively
2. Bisexual
3. Homosexual
4. BiCurious
5. Other (please describe)

Your level of interest in bondage:

1. Total helplessness
2. Light bondage
3. Not my favorite thing
4. Outside my limits
5. Never tried it

Pain (what you are, or what you're looking for...choose one or more)

1. Pain slut
2. Whipping, caning, paddling
3. Light paddling, sensual whipping, no marks
4. Punishment only when necessary
5. Interested, but never tried it
6. WAY beyond limits

What do you believe the purpose of pain in a session is (choose one or more)?

1. Pain is a reward
2. Pain is a punishment
3. For training or correction only
4. Whatever pleases my partner
5. Not sure

Which settings are you comfortable playing in (choose one or more)?

1. Public play
2. Scene parties
3. Intimate groups of 1 to 3 other couples
4. Three way play
5. One on one

Role Playing. Listed below are several examples of roles to be played by the Domme. List those you'd like to see your partner play.

Amazon	Baby	Barbarian	Bitch-Goddess
Boss	Burglar	Child	Clergy
Cowboy	Cowgirl	Daddy	Doctor
Evil Priest	Evil Priestess	Femme Fatale	French Maid
God	Goddess	Hooker	Indian
Inquisitor	Interrogator	Hero	Kidnap Victim
Knight	Leather Man	Master	Mentor
Mistress	Mommy	Nun	Nurse
Rapist	Role Reversal	Pet	Pimp
Pirate	Policeman	Ponyboy	Ponygirl
POW	Prince	Princess	Principal
Puppy	Savage	Secretary	Sex Object
Sissy	Slave	Slave Owner	Slut
Student	Suspect	Teacher	Teen
Torturer	Victim	Warrior	Wild Beast

Listed below are 6 parts of the body and 3 categories. Using the following letter codes, rate each as what is acceptable to you:

N = Never	L = Light	? = Not Sure
T = Thuddy	M = Medium	
S = Stingy	H = Heavy	

<u>Body Part</u>	<u>Bondage</u>	<u>Corporal</u>
Back/Shoulders		
Bottom/Thighs		
Breasts		
Genitals		
Feet/Ankles		
Wrists		