



D/s BDSM Play Checklist



This questionnaire should be filled out by a Sub and provided to their Dom/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.
 - **Hard limit** - you will NOT do that item under any circumstances.
 - **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 Dom to know in the comments box.



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Abrasion	Yes	Hard limit	
Age play	No	Hard limit	
Animal roles	No	Hard limit	
Arm & leg sleeves (arm binders)	No	2	This might be available after a few visits together.
Asphyxiation	Yes	Hard limit	
Auctioned for charity	No	1-2	Agreeable to this as part of roleplay.
Bathroom use control	No	Hard limit	
Bestiality	No	Hard limit	



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Beating (soft)	Yes	4	Nothing that leaves marks for longer than a few days. Top of feet and stomach are off limits.
Beating (hard)	Yes	3	Nothing that leaves marks for longer than a few days. Feet, breasts, stomach, and genitals are off limits.
Blindfolds	Yes	Hard limit	
Being bitten	Yes	4	
Breast/chest bondage	Yes	3	Light bondage only. I don't allow tightly bound breast bondage.
Breath control	No	Hard limit	
Branding	No	Hard limit	
Boot worship	No	2	
Bondage			
Hands in front	Yes	4	This might be available after a few visits together.
Hands behind	Yes	4	This might be available after a few visits together.
Hands over head	Yes	3	This might be available after a few visits together.
Ankles	Yes	4	
Knees	Yes	3	
Elbows	Yes	3	This might be available after a few visits together.
Wrist-to-ankles	Yes	3-4	This might be available after a few visits together.
Wrist-to-waist	Yes	3-4	This might be available after a few visits together.
Spreader bars	Yes	3	Wrist spreader bars might be available after a few visits together.
Tied to a chair	No	3	Wrists/hands tied to chair might be available after a few visits together.
Tied to a bed	Yes	4	Wrists/hands tied to bed might be available after a few visits together.
Using rope	Yes	5	No tightly bound breasts.
Using tape	Yes	4	No tightly bound breasts.
Metal cuffs	Yes	3	Wrist cuffs might be available after a few visits together.



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Leather cuffs	Yes	4	Wrist cuffs might be available after a few visits together.
Silk ties	Yes	4	
Bondage (multi-day)	No	0	Soft limit.
Bondage (public, under clothing)	No	1-2	
Breast whipping	Yes	3	Nothing that leaves marks for longer than a few days. Hard impact play is not allowed.
Brown showers (scat)	No	Hard limit	
Cages (locked inside of)	Yes	0	Soft limit. Would require an additional person present.
Caning	Yes	1	Nothing that leaves marks for longer than a few days. Feet, stomach, and breasts are off limits.
Catheterization	Yes	Hard limit	
Cattle prod play	Yes	2-3	
Cells/closets (locked inside of)	No	0	Soft limit. Would require an additional person present.
Chastity belts	No	1-2	
Chauffeuring	No	1	Agreeable to this as part of roleplay.
Chemical play (peppermint oil, tiger balm, rubbing alcohol, etc.)	Yes	3	
Choking	Yes	Hard limit	
Clamps			
Nipples	Yes	4	Depending on the clamp style tugging/pulling on the clamps may cause cuts.
Genital	Yes	3	
Other	Yes	3	
Clothespins	Yes	3	
Collars (worn in private)	Yes	4	
Collars (worn in public)	Yes	2	Collar type would need to be discussed and agreed upon beforehand.
Competitions with subs	No	1	



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Corsets (wearing)	Yes	4	
Cupping	No	3	
Electricity	Yes	5	
Enemas	Yes	Hard limit	
Enforced chastity	No	2	
Examinations (physical)	Yes	1-2	
Exercise (forced/required)	No	1	
Exhibitionism (friends)	Yes	3-4	
Exhibitionism (strangers)	Yes	0	Soft limit. It would depend on where we were and would need to be discussed and agreed upon beforehand.
Eye contact restrictions	Yes	3	
Face slapping	Yes	Hard limit	
Fantasy abandonment	Yes	2	
Fire play	Yes	Hard limit	
Fisting (anal)	Yes	Hard limit	
Fisting (vaginal)	Yes	Hard limit	
Following orders	Yes	3	
Foot worship	Yes	2-3	
Forced dressing	No	1-2	
Forced nudity (private)	Yes	3	
Forced nudity (around others)	Yes	0	Soft limit. It would depend on where we were and would need to be discussed and agreed upon beforehand.
Forced servitude	No	1-2	
Full head hoods	Yes	Hard limit	
Gags (cloth)	Yes	3	Nothing tied over my mouth and/or around my head and mouth. Cloth stuffed in my mouth is okay.
Gags (rubber)	Yes	Hard limit	No ball gags, phallic gags, etc.
Gags (tape)	Yes	0	Soft limit. This might be available after a few visits together, though I will not allow it if my hands are bound.



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Given away to another Dom/me (temporary)	No	3-4	
Given away to another Dom/me (permanent)	No	N/A	
Golden showers	Yes	0	Soft limit. Only available to give, not receive.
Gun play	No	Hard limit	
Hairbrush spankings	Yes	3	
Hair pulling	Yes	4-5	
Harems (serving with other subs)	Yes	3	
Harnessing (leather)	No	4	
Harnessing (rope)	Yes	4	
Having food chosen for you	No	1	
Having clothing chosen for you	Yes	2	
High heel worship	No	3	
Hot oils	No	3	
Hot wax play	Yes	4	
Housework (doing)	No	0	
Human puppy dog	No	Hard limit	
Humiliation (private)	Yes	Hard limit	
Humiliation (public)	Yes	Hard limit	
Hypnotism	No	3	
Ice cubes	Yes	3	
Infantilism	No	Hard limit	
Initiation rites	No	3-4	
Injectons	No	Hard limit	
Intricate (Japanese) rope bondage	Yes	5	No tightly bound breasts.
Interrogations	Yes	3	
Kidnapping	No	3	
Kneeling	Yes	4	
Knife play	Yes	Hard limit	
Leather clothing	Yes	4	



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Leather restraints	Yes	5	
Lectures for misbehavior	Yes	4	
Licking (non-sexual)	Yes	2	
Manacles & irons	No	3	
Manicures (giving)	No	1	
Marks			
Visible in street clothes	Yes	3	Nothing that lasts more than a few days.
Visible in bathing suit	Yes	3	Nothing that lasts more than a few days.
Massage (giving)	Yes	3	
Massage (receiving)	Yes	5	
Medical scenes	Yes	2-3	
Mental bondage	No	3	
Mind games	Yes	3-4	
Mouth bits	Yes	1	
Mummification	No	Hard limit	
Nipple weights	Yes	4	
Over-the-knee spanking	Yes	3-4	
Outdoor scenes	Yes	0	Soft limit. It would depend on where we were and would need to be discussed and agreed upon beforehand.
Piercing (temporary, play-pierce)	No	Hard limit	
Piercing (permanent)	No	Hard limit	
Prison scenes	No	2	Agreeable to this as part of roleplay.
Pony slave	No	Hard limit	
Public exposure	Yes	0	Soft limit. It would depend on where we were and would need to be discussed and agreed upon beforehand.
Pussy whipping	Yes	2	No medium or hard impact play.
Riding the "horse" (crotch torture)	No	1	
Rituals	No	3	



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Religious scenes	No	Hard limit	
Restrictive rules on behavior	Yes	3	
Rubber/latex clothing	Yes	4	
Rope body harness	Yes	5	
Saran wrapping	Yes	3	
Scratching - getting	Yes	5	
Sensory deprivation	Yes	3	
Serving	No	1	
Serving as art	No	1	
Serving as ashtray	No	Hard limit	
Serving as furniture	No	Hard limit	
Serving as a maid	No	1	Will do as part of roleplay.
Serving as toilet	No	Hard limit	
Serving as waitress/waiter	No	1	Will do as part of roleplay.
Serving other Dom/mes (supervised)	Yes	2-3	
Serving other Dom/mes (unsupervised)	No	2-3	
Shaving (body hair)	No	0	Soft limit. It would need to be discussed and agreed upon beforehand.
Shaving (head hair)	No	Hard limit	
Sleep deprivation	No	Hard limit	
Sleep sacks	No	Hard limit	
Slutty clothing (private)	Yes	4	
Slutty clothing (public)	Yes	0	Soft limit. It would need to be discussed and agreed upon beforehand.
Spanking	Yes	4	
Spandex clothing	Yes	4	
Speech restrictions (when, what, etc.)	Yes	3	
Speculums (anal)	Yes	0	Soft limit.
Speculums (vaginal)	Yes	0	Soft limit.
Spitting	Yes	Hard Limit	



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Spread eagle	Yes	3-4	
Standing in corner	No	2	
Stocks	Yes	2-3	
Straight jackets	No	1	This might be available after a few visits together.
Strapping (full body beating)	Yes	3	Nothing that leaves marks for longer than a few days. Feet, stomach, and breasts are off limits.
Suspension (upright)	Yes	2-3	
Suspension (on toes)	Yes	2-3	
Suspension (in air upright)	Yes	2	
Suspension (inverted)	No	1	
Suspension (horizontal)	No	3	
Supplying new partners for Dom/me	Yes	2-3	
Swallowing urine	No	Hard limit	
Tattooing	No	Hard limit	
Teasing	Yes	4	
Tickling	Yes	3	
Uniforms	Yes	3	
Including others	Yes	4	
Vampire gloves	Yes	5	Do not press hard enough to puncture my skin.
Verbal humiliation	Yes	Hard limit	
Voyeurism (watching others)	Yes	4	
Voyeurism (your Dom/me with others)	Yes	4	
Video (watching others)	Yes	4	
Video (watching recordings of you)	Yes	4	
Water torture	No	Hard limit	
Wartenburg wheel	Yes	5	Do not press hard enough to puncture my skin. Using this tool on the outside of my genitals is okay if it is done <i>very</i> lightly.
Wearing symbolic jewelry	No	4	



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Activity	Experience Yes/No	Willingness Scale 0-5	Comments
Whipping	Yes	3	Nothing that leaves marks for longer than a few days. Top of feet and stomach are off limits. No hard impact play of breasts or genitals.
Wrestling	No	2	
Slapper	Yes	3-4	
Leather paddle	Yes	4	
Wooden paddle	Yes	2-3	
Belt or strap	Yes	3	
Switch	Yes	2-3	
Deerskin flogger	No	3-4	
Leather flogger	Yes	4	
Braided flogger	Yes	1	
Knotted flogger	Yes	1	
Rubber flogger	Yes	2-3	
Single tail whip	Yes	2-3	
Cane	Yes	0	Soft limit.
Fiberglass/plastic rod	No	0	Soft limit.
Riding crop	Yes	3-4	
Bull whip	No	1-2	
Quirt	Yes	2	
Fur-lined paddle	Yes	3-4	

What is your level of experience?

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

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

Main interest

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

Your level of interest in bondage:

1. Total helplessness
- 2. Light bondage (more extreme bondage after getting to know my Dom)**
3. Not my favorite thing
4. Outside my limits
5. Never tried it

Pain (what you are, or what you're looking for)

- 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?

- 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?

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

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
T = Thuddy
S = Stingy

L = Light
M = Medium
H = Heavy

? = Not Sure

Body Part

Back/Shoulders
Bottom/Thighs
Breasts
Genitals
Feet/Ankles
Wrists

Bondage

Heavy
Heavy
Heavy
Medium
Heavy
Light to Medium

Corporal

Medium to heavy, thuddy and stingy
Medium to heavy, thuddy and stingy
Medium, thuddy and stingy
Light, thuddy and stingy
Light, thuddy and stingy
Never