The New and Improved BDSM Checklist

Name:		Date:					
Part One: Safety							
I am mainly into: (D/s, Sadism, Masochetc)?	ism, Bondage, Fetish, Po	Power Exchange,					
Saftey Codes:	RED: Stop; YELLOW: I'm ok but slower/less/careful; GREEN: I'm fine, go on, more						
Safeword:							
Do you have any medical problems/issuallergies, asthma, breathing problems, circulation, heart condition, seizures, et details: List any known allergies (i.e. latex, foo wool, feathers, animals, medications, experience)	blood sugar issues, c)? If yes, please give od, scents, oils, lotions,						
Do you have any known STI's? Have yo STI's? If yes, please indicate which type treated, if applicable.	e and how it was						
Have you ever been exposed to HIV/AI	DS?						
When were you last tested and which S for? (chlamydia, gonorrhea, syphilis, he hepatitis, etc.)?	_						

Have you received any STI vaccinations (i.e. hepatitis A & B or HPV)?	
How often do you practice safe sex (always, most of the time, some of the time, never)? Please explain reasons for not doing so.	
Medications: Have you taken any medication, including Asprin within the last 4-6 hours (Asprin changes your blood's clotting time). Please include a list of all prescription and over the counter medications you are currently taking:	
Visible brusies, cuts, or marks must be avoided (yes or no)?	
Please list any no hit zones, if any:	
Do you have any phobias or fears that the Dom/Domme should be aware of (blood, needles, enclosed areas, etc.)?	
Do you want aftercare (yes, no, only in certain circumstances, unsure, etc.)? Please explain.	
Do you like to talk after a scene (yes, no, maybe)? Please explain.	
Do you want extensive verbal communication during a scene? Please explain.	

Do you enjoy music during scenes? If so, what type and when?	

Part Two: Activities

Instructions: Mark YES, NO, or N/A next to each item to indicate whether or not you have participated in this activity. Indicate your like or dislike about each item based on a scale of 0-5 (see scale key below). Write NO next to anything you would consider a HARD LIMIT, thismeans you would NOT consider doing this activity under any circumstance.

Scale Key: *0 (zero): indicates you are in NO way interested in doing that activity. *1 (one): indicates you do not want to or like to do this activity, but might for the right person, under the right circumstances. *2 (two): indicates you are willing to do this activity, although it isn't one of your favorites. *3 (three): indicates you are willing to do this activity occasionally. *4 (four): indicates you are willing to do this activity on a regular basis. *5 (five): indicates you love doing this activity as often as possible. *?: indicates you are not familiar with the activity or do not understand the question. */: indicates that you understand the activity but are unsure of how to answer.

Would you do it (again) key: Never = a hard limit. No Desire = a soft limit. Forced = if you were forced to you (might) like it. Maybe = if under the right conditions. Yes = absolutely. Fetish Need = this really turns you on and you can't live without it.

ACTIVITY	EVER DONE? WOULD YOU LIKE TO DO?							
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Abrasion (scraping, sanding)								
Acrophilia (arousal from heights)								
Acrotomphlia (arousal from amputees)								
Adult Baby								
Aftercare (at finish of play)								
Age Play (not pedophilia)								
Agalmatophilia (sex with statues)								
Amazon Women								
Anal Play								
Anal Beads								

ACTIVITY	EVER I	OONE?	WOULD YOU LIKE TO DO?					
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Anal Plugs - Small								
Anal Plugs - Medium								
Anal Plugs - Large								
Anal Plugs - public under clothes								
Anal Sex								
Animal Role Play								
Anilingus (oral/anal stim) - giving								
Anilingus (oral/anal stim) - receiving								
Ankle Restraints								
Anthropomorphic (false amputation)								
Arm & Leg Sleeves (binders)								
Aromas								
Asphyxiation								
Attraction for Uncircumcised Penis								
Auctioned (for specified use by								
purchaser)								
Auctioned for Charity								
Auctioned as Slave								
Auto-Erotic Asphyxiation								
Ball Gag								
Ball Stretching								
Bareback (sex without condoms)								
Barosmia (arousal from flagellation)								
Bastinado (beating soles of feet)								
Bathroom Use Control								
Battery Play (9 volt)								
Beating - hard								
Beating - soft								
BBW (Big Beautiful Women)								
Begging								
Being Boxed (coffin, crate, cage, etc.)								
Being Serviced (sexually)								
Belly Dancing								
Belly Punching		_			_	_		

ACTIVITY	EVER [OONE?	WOULD YOU LIKE TO DO?					
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Ben Wa Balls								
Bestiality (sex with animals)								
Bi-curious								
Bisexuality								
Biting (being bitten)								
Blackmail/Financial Subjection								
Blindfolds (being blindfolded)								
Blood Play								
Blow Up Sex Dolls								
Blue Balls (ball torture)								
Body Bag								
Body Piercing (temp)								
Body Piercing (perm)								
Bondage - light								
Bondage - heavy								
Bondage - all day/multi day								
Bondage - ropes								
Bondage - cuffs								
Bondage - duct tapes								
Bondage - Japanese								
Bondage - outdoor setting								
Bondage - private setting								
Bondage - public setting, under clothes								
Bondage - steel, wire, metal								
Boot Worship								
Branding								
Breast Bondage								
Breast Flagellation								
Breast Fucking								
Breast Torture								
Breast Whipping								
Breath Control (choking)								
Brown Showers								
Bruises								

ACTIVITY	EVER I	DONE?		WOL	JLD YOU	LIKE TO	DO?		
	V/NI	Data	Mover	No Dooiro	Forced	Mayba	Voo	Cation Nood	

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Butch/Femme Roleplay								
Butt Plugs								
Cages/Cells/Closets (locked inside of)								
Canes - hard								
Canes - light								
Canes - punishment								
Canes - sensual								
Canes - tattoo								
Canes - English								
Castration Fantasy								
Catheteriztion								
Cat-o-Nine Tails (flogger)								
Cat-o-Nine Tails (knotted)								
Cattle Prod								
CBT (Cock, Ball Torture)								
Cells/Closets/Confined Spaces (locked								
in)								
Chains - bound with								
Chains - hung from, wrapped in, confined								
Chamber Pot Use								
Chair Bondage								
Chastity Device/Belt - short term								
Chastity Device/Belt - multi day								
Chauffeuring								
Choking								
Chores (domestic service)								
Chosen Clothing For								
Chosen Food For								
Circumcised Penis								
Clamps - labia/clit area								
Clitoris Bondage								
Clitoris Piercing (perm)								
Clitoris Piercing (temp)								

ACTIVITY EVER DONE? WOULD YOU LIKE TO DO?

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Clitoris vacuum Pumping								
Clothespins								
Cock Worship								
Cold Play (place metal objects in ice &								
apply or secure to the skin - knives,								
chains, etc.)								
Collars - in private								
Collars - in public								
Collar and Leash								
Competitions (with other								
subs/slaves/bottoms)								
Consensual non Consensuality								
Contract Slave								
Corsets - casual								
Corsets - trained waist reduction								
Corsets - for body modification								
Co-Topping								
Crawling								
Cross dressing								
Crucifixion								
Crystal Wand (tantric tool)								
Cuffs - leather								
Cuffs - metal								
Cunnilingus - giving								
Cunnilingus - receiving								
Cunnilingus - while menstrating								
Cunnilingus - while urinating								
Cupping - suction cups								
Cupping - fire cups								
Cutting - Blood Play								
Dacryphlia (arousal from tears)								
Daily Diary								
Damsel in Distress Fetish								
Deep Throating								
Dental Gags- Retractors				<u> </u>				

ACTIVITY	EVER I	DONE?		WOL	JLD YOU	LIKE TO	DO?		
	V/NI	Doto	Nover	No Dooiro	Forced	Mayba	Voo	Cation Nood	

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Dental Play								
Diapers								
Dilations								
Dildo - on self								
Dildo - on partner								
Dildo - vaginal								
Dildo - anal								
Directed Daily Activities								
Dirty Talk								
Dirty Sex (mud, dirt, oil, rubbish)								
Discipline								
Double Penetration - dildos								
Double Penetration - multiple partners								
Douching								
Ear Plugs								
Edge Play - risk taking								
Electric Torture								
Electric Play								
Electric Play - high end								
Electricity - internal (egg or probe)								
Electricity - TENS unit								
Electricity - Violet Wand								
Enemas - giving								
Enemas - receiving								
Enemas - for cleansing								
Enemas - retention/training								
Enemas - for punishment								
Enforced Chastity								
Erotic Dance								
Erotic Humiliation								
Examinations - medical								
Examinations - physical								
Examinations - publicaly as slave								
Exercise								

ACTIVITY	EVER [OONE?		WOULD YOU LIKE TO DO?				
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Exhibitionism - friends								
Exhibitionism - strangers								
Eye Contact Requirements								
Eye Contact Restrictions								
Face Slapping								
Fantasy Abandonment								
Fantasy Abduction								
Fantasy Gang Rape								
Fantasy Rape								
Fantasy of Rendered/Unconscious								
Person								
Fear								
Feathers and Fur Play								
Feces Play - human on body								
Feces Play - animal on body								
Feces Play - on human face								
Feces Play - animal on face								
Feces Play - eating								
Fellatio - giving								
Fellatio - receiving								
Fellatio - mutual								
Fellatio - while urinating								
Fellatio - condom covered								
Female Body Builders								
Female Ejaculation								
Female to Female (strap on								
penetration - anal)								
Female to Female (strap on								
penetration - vaginal)								
Female to Male (strap on penetration								
anal)								
Femoral Intercourse (sex w/closed								
thighs)								
Fighting/Catfight								
Finger Claws								

ACTIVITY	EVER I	DONE?		WOU	JLD YOU	LIKE TO I	DO?	
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Finger Sucking								
Fire Play								
Fisting - anal, giving								
Fisting - anal, receiving								
Fisting - vaginal, giving								
Fisting - vaginal, receiving								
Fisting - double								
Flame Play								
Flogging - giving								
Flogging - receiving								
Following Orders								
Food Play								
Foot Binding								
Foot Bondage								
Foot Fetish								
Foot Licking								
Foot Massage - giving								
Foot Massage - receiving								
Foot Worship								
Forced Betwetting								
Forced Cross Dressing								
Forced Dressing								
Forced Eating								
Forced Domestic Service								
forced Feminization								
Forced Homosexuality								
Forced Heterosexuality								
Forced Masturbation								
Forced Panty/Pants Wetting								
Forced Nudity - private								
Forced Nudity - public								
Forced Nudity - with group								
Forced Oral Sex								
Forced Servitude								
Forced Smoking								

ACTIVITY	EVER I	DONE?		WOU	JLD YOU	LIKE TO	DO?		
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need	
Frottage (arousal from rubbing of									
clothed bodies)									
Full Head Hoods									
Gags - bit									
Gags - cloth									
Gags - dental									
Gags - funnel									
Gags - inflatable									
Gags - phallic									
Gags - rubber ball									
Gags - scarf									
Gags - tape									
Gas Mask									
Genital Clamps									
Genital sex									
Genitorture - light									
Genitorture - heavy									
Giantess									
Given Away to Another Dominant									
(temp)									
Given Away to Another Dominant									
(perm)									
Glory Hole									
Golden Showers - on body									
Golden Showers - on face, hair, in									
mouth									
Gor Slave Training (positions)									
Group Play - gang bang (multi-men)									
Group Play - multiple women & men									
Group Play - orgy									
G-spot									
Gun Play									
Hair Bondage									
Hair Cutting (head)									
Hair Cutting (body)									

	ACTIVITY	EVER D	ONE?		WOL	JLD YOU	LIKE TO I	00?		
		Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need	
ng										

	Y/IN	Rate?	Never	No Desire	Forcea	waybe	res	retish Need
Hair Holding								
Hair Pulling								
Hairbrush Spainkings								
Hand Cuffs								
Hand Jobs - giving								
Hand Jobs - receiving								
Hand Licking								
Harems - belonging to								
Harems - serving with others								
Harnessing - leather								
Harnessing - rope								
Head - giving								
Head - receiving								
Headbinding								
Head Restraint								
Head Shaving								
Heat Play (wax, ointment, cigarette)								
High Heel Training								
High Heel Wearing								
High Heel Worship								
Homage with Tongue (non-sexual,								
licking)								
Hoods - full head								
Hot Creams								
Hot Oils								
Hot Waxing (hair removal)								
Housework - doing								
Housework - doing nude, scantly								
clothed								
Human pet (cat, dog, horse)								
Humiliation - private								
Humiliation - public								
Hypnotism								
Hypnotic Female Domination								
Hypnotized Man	1			1		Ī	ĺ	

ACTIVITY EVER DONE? WOULD YOU LIKE TO DO?

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Ice Cubes								
Ice Enemas								
immobilization								
Including Others								
Infantilism								
Infibulation								
Inflatable Toys								
Initiations/Gauntlets								
Injections								
Insertable Inflatable Toys								
Interrogations								
Intricate (Japanese) Rope Bondage								
Jacking Off								
Kali's Teeth Bracelet								
Kegal Exercises								
Keloids (cutting and raising scars)								
Kidnapping								
Kneeling								
Kneeling - long								
Knife Play (no blood)								
Kundalini (Chi)								
Labia Clips								
Labia Enlargement								
Labia Saline Injections								
Labia Stretching								
Labia Weights								
Latex Clothing								
Lacation Play								
Lactating Women								
Large Insertable Toys								
Lead on a Leash								
Leather Clothing								
Leatherman/woman								
Leather Restraints								
Lectures for Misbehavior								

ACTIVITY	EVER DONE?	WOULD YOU LIKE TO DO?

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Leg Sleeve/Binder								
Licking - floor								
Licking - people								
Licking - toilet bowl								
Lifting and carrying cradle style in								
arms								
Lingerie - on partner								
Lingerie - wearing								
Liquid Rubber								
Litter Box Using								
Manacles, Shackles, Leg Irons								
Manicures - giving								
Manicure - receiving								
Mantra & Meditation								
Massage - giving								
Massage - receiving								
Masturbation								
Masturbation - in front of partner								
Masturbation - in front of others								
Masturbation - with same sex group								
Medical Play								
Men in Underwear								
Menstration Fetish								
Mind Control								
Mind Fucking								
Modeling for Erotic Photos								
Multiple Orgasms								
Mummification								
Mummification - elastic wrap								
Mummifcation - saran wrap								
Name Change - for scene								
Name Change - legal, permanent								
Name Change - online								
Necrophilia (arousal by corpse or								
corpse like state)								

ACTIVITY	EVER DONE?	WOULD YOU LIKE TO DO?

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Needle Play								
Nipple Clamps								
Nipple Piercing								
Nipple - pulls, tugs, twists								
Nipple Sucking								
Nipple Torture								
Nipple Weights								
Non-Penetrative Sex								
Nymphomania (abnormal sexual								
appetite)								
O Kee Pa (the Sun Dance)								
Objectification (being property)								
Orgasm Control								
Orgasm Denial								
Orgasm on Command								
Outdoor Scenes								
Outdoor Sex								
Paddles - leather								
Paddles - studded								
Paddles - wooden								
Pain - mild								
Pain - moderate								
Pain - severe								
Pain Slut								
Panty Wetting								
Pearl Shower (cum on face)								
Pedicures/Foot Massages - giving								
Pedicures/Foot Massages - receiving								
Pelvic Floor Muscle Control								
Permanent Record of Sessions (video,								
photo)								
Persona Training - in scene								
Personality Modification								
Phone Sex - commercial provider								

ACTIVITY EVER DONE? WOULD YOU LIKE TO DO?

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Phone Sex - serving Dom/Domme								
Phone Sex - serving Dom/Domme's								
friends								
Piercing (perm)								
Piercing (temp)								
Pinching								
Piqurer (stabbing with small objects in								
crowd)								
Plaster Casts								
Plastic Surgery								
Plastic Wrap								
Plushie Fetish								
Pony Girl/Boy								
Postillionage (inserting lubriated								
finger in anus)								
Practice Safe Sex								
Prison Scenes								
Prostitution - fantasy								
Prostitution - real								
Prostituion - forced								
Public Exposure								
Public Sex								
Pumping								
Punch Fucking (extreme fisting)								
Punishment - discipline								
Punishment Scene								
Pussy Whipping								
Pussy Worship								
Pygmalionsim (sex with mannequins,								
statues, dolls)								
Queening (forcing vagina into mouth &								
nose)								
Rape & Abduction Fantasy								
Religious Scenes								
Restrictive Rule on Behavior								

ACTIVITY	EVER DONE? WOULD YOU LIKE TO DO?							
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Riding Crops								
Riding the Wooden Horse (crotch								
torture)								
Rimming (oral/anal play) - giving								
Rimming (oral/anal play) - receiving								
Rituals/Ceremonies (non-religious)								
Roleplaying								
Rope Bondage								
Rubber, Gummi, Latex, Spandex,								
Wetsuits Fetish								
Sacred Sex/Sacred Sexuality								
Safe Call								
Saline Injection/Infusion (breasts,								
labia, testes)								
Scarification - strike branding								
Scarification - cautery branding								
Scarification - cold branding								
Scarification - cutting								
Scarification - ink rubbing								
Scarifcation - skin removal/skinning								
Scarification - packing								
Scarification - abrasion								
Scarves and Mask Fetish								
Scat (brown showers)								
Scratching - giving								
Scratching - receiving								
Secret Sex in Public								
Sensory Deprivation								
Serving as Art Object								
Serving as Ashtray								
Serve as Furniture								
Serve as Maid/Butler								
Serve as Toilet (feces)								
Serve as Toilet (urine)								

Serve as Waitress/Waiter

ACTIVITY	EVER I	DONE?		WOL	JLD YOU	LIKE TO I	DO?	
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Serve Orally								
Serving Other Dom/Domme -								
supervised								
Serving Other Dom/Domme -								
unsupervised								
Sexual Addiction								
Sexual Deprivation								
Sexual intercourse with older person								
(Gerontophilia)								
Sexual Sadism								
Shared (given to another only temp)								
Shaving - genitals (having)								
Shaving - below the neck								
Shaved (on partner)								
Single-Tail Whip								
Skinny Dipping								
Slavery								
Slave Marking - receiving								
Slave Marking - giving								
Sleep Deprivation								
Sleeping Bondage - heavy								
Sleeping Bondage - light								
Sleeping on the Floor								
Sleepsacks								
Slings/Swings								
Slutty Clothing - private								
Slutty Clothing - public								
Smoking Fetish								
Sneezing Fetish								
Spandex Clothing								
Spanking - giving								
Spanking - receiving								
Spanking - belt								
Spanking - hand								
Spanking - leather slappers/straps								

ACTIVITY	EVER DONE?			WOL	JLD YOU	LIKE TO I	DO?		
	V/NI	Doto	Mover	No Dooiro	Forced	Mayba	Voo	Cation Nood	

	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Spanking - with implement								
Spanking - wooden paddles								
Spanking - (OTK) Over the Knee								
Speculums - anal								
Speculums - vaginal								
Speech Restrictions - what and when								
Spitting - on body								
Spitting - in mouth								
Spreader Bars								
Standing in Corner (punishment)								
Stocks/Pillory								
Straight Jackets								
Strap-on Dildos - penetrate anally								
Strap-on Dildos - penetrate vaginally								
Strap-on Dildos - sucking on								
Strap-on Dildos - wearing								
Strapping (full body beating)								
Submission - private								
Submission - public								
Supplying New Partners for								
Dom/Domme								
Suspension - horizontal								
Suspension - inverted								
Suspension - partially touching floor								
(on toes)								
Suspension - upright								
Suspension by hook								
Swallowing Feces								
Swallowing Semen								
Swallowing Urine								
Swapping - with multiple couples								
Swapping - with one couple								
Swinging								
Switching								
Tampon Training (insert in anus)								

ACTIVITY	EVER DONE?	WOULD YOU LIKE TO DO?
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	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Tantra - Tantric & Taoist Sex								
Tattoos - henna/temp								
Tattoos - perm								
Teasing								
TENS unit								
The Humbler								
The Zipper								
Threesome								
Thumb Bondage								
Thumb Cuffs (metal)								
Tickling								
Toe Sucking								
Topping From the Bottom								
Total Power Exchange (TPE)								
Triple Penetration - dildo								
Triple Penetration - multiple partners								
24/7								
Uniform (wearing)								
Upskirt, Stockings, Nylons, Pantyhose								
Fetish								
Urethral Sounds (metal rods)								
Urethral Play								
Use of Non-Verbal Safe Words								
Use of Safe Words								
Vacuum Body Bag/Vacuum Bondage								
Bag								
Vaginal Intercourse								
Vampire Gloves								
Verbal Abuse								
Verbal Humiliation								
Vibrator - external								
Vibrator - internal								
Vibrator - anal								
Vibrator - vaginal								
Vibrator - egg/internal								

ACTIVITY	EVER DONE?		WOULD YOU LIKE TO DO?					
	Y/N	Rate?	Never	No Desire	Forced	Maybe	Yes	Fetish Need
Videotaped Scenes - watching								
Videotaped Scenes - making								
Voyeurism (watching partner with								
others)								
Water Sports								
Water Torture								
Wartenburg Pinwheel								
Wax Hair Removal								
Wax Play								
Wearing Rubber/Latex Clothing								
Wearing Symbolic Jewelry								
Wearing Boots								
Weight Control - gaining								
Weight Control - losing								
Whipping - cat-of-nine tails								
Whipping - flogger								
Whipping - single tail								
Whipping - general								
Wrestling - other subs								
Wrestling - your partner								
Wrestling - females								
Wrestling - males								
Zooerasty (sexual intercourse with								
animals)								
Zoophilia (sexual arousal								
stroking/fondling animals)								
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Part Three: Other Useful Information								
What are your expectations for your B	DSM							
relationship/experience?								

WOULD YOU LIKE TO DO? ACTIVITY **EVER DONE?** Never No Desire Forced Maybe Yes Fetish Need Y/N Rate? Do you have any specific fantasies? Any specific subject not described in this list that the Dom/Domme should be concerned with? Please describe. Comments: References: