

The New and Improved BDSM Checklist

Name:

Date:

Part One: Safety

I am mainly into: (D/s, Sadism, Masochism, Bondage, Fetish, Power Exchange, etc)?

Safety 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/issues (hemophilia, allergies, asthma, breathing problems, blood sugar issues, circulation, heart condition, seizures, etc)? If yes, please give details:

List any known allergies (i.e. latex, food, scents, oils, lotions, wool, feathers, animals, medications, etc.):

Do you have any known STI's? Have you ever had any known STI's? If yes, please indicate which type and how it was treated, if applicable.

Have you ever been exposed to HIV/AIDS?

When were you last tested and which STI's were you tested for? (chlamydia, gonorrhea, syphilis, herpes (blood test), HIV, 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.	

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								
Zoerasty (sexual intercourse with animals)								
Zoophilia (sexual arousal stroking/fondling animals)								

Part Three: Other Useful Information	
What are your expectations for your BDSM relationship/experience?	

