

BDSM CHECKLIST

This checklist should be filled out by a submissive and provided to their Professional Dominatrix. Though the list may be long, it is not comprehensive to all the types of activities and play that is possible. If you do not see an activity you are interested in, please inform your Domme.

Utilize this list during initial conversations and negotiations BEFORE play. This list should assist in helping identify interests, limits, and any questions for the submissive. Feel free to **skip** over any areas if unsure of the activity.

For each item, provide answers for the following questions:

1. Experience level:

- N/A: If it does not apply to you/gender.
- 0 – 5: Zero will indicate no experience and five will indicate a lot of experience.

2. Willingness level:

- 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 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. Intensity level:

- 1 – 5: One will indicate low intensity and five will indicate you like it very intensely.

4. Any additional information and/or questions that might be important for your Dom to know.

Activity	Experience N/A or 0 - 5	Willingness NO or scale 0-5	Intensity 1 - 5	Comments + Questions
Bondage				
Rope				
Leather				
Metal				
Plastic wrap				
Tape				
Predicament				
Suspension				
Mummification				
Ball gags				
Straight jacket				
Body bags				
Hogtie				
Cages				
Long term				
Leash + collar				
Hoods				
Other (specify)				
Breath Play				
Ball gags				
Smothering				
Hoods				
Hand Choking				
Leg holds/scissor				
CBT / Pussy Torture				
Bondage				
Clamps				

Activity	Experience N/A or 0 - 5	Willingness NO or scale 0-5	Intensity 1 - 5	Comments + Questions
Crushing				
Electro-torture				
Ball-busting				
Milking / Continuous Stim				
Needles				
Other (specify)				
Chastity				
Cages				
Belts				
Long-Term				
Orgasm control				
Orgasm denial				
Crossdressing				
Transformation				
Forced Feminization				
Sissification				
Bimbofication				
Dollification				
Corset Training				
Gender play				
Other (specify)				
Fetishism / Worship				
Leather				
Latex/Rubber				
Satin				
hosiery/Nylon				

Activity	Experience N/A or 0 - 5	Willingness NO or scale 0-5	Intensity 1 - 5	Comments + Questions
High Heel				
Boot				
Uniform (specify)				
Foot				
Armpit				
Hair				
Other (specify)				
Financial Domination				
Forced Feeding - food				
Forced Cum eating				
Humiliation/Degradation				
Begging				
Verbal Humiliation				
Spitting				
CFNM				
Small Penis Humiliation				
Public Play / Exhibitionism				
Forced-Bi				
Cuckolding				
Diapers				
Forced Age Regression				
Bathroom Control				
Forced cleaning - using mouth				
Other (specify)				

Activity	Experience N/A or 0 - 5	Willingness NO or scale 0-5	Intensity 1 - 5	Comments + Questions
Hypnotism				
Impact Play				
Paddles				
Canes				
Crops				
Floggers				
Single Tail Whip				
Belt				
Hair Brush				
Face Slapping				
Scratching				
Bastinado (Foot)				
OTK (over the knee)				
Hands - spanking etc				
Other (specify)				
Jerk off instructions - JOI				
Medical				
Electrical Play				
Catheter				
Needles				
Blood Play				
Penis Pump				
Breast Pump				
Sounding				
Public play				

Activity	Experience N/A or 0 - 5	Willingness NO or scale 0-5	Intensity 1 - 5	Comments + Questions
Nipple Torture				
Clamps				
Impact tools				
Pinwheels				
Needles				
Hands				
Objectification				
Furniture				
Ashtray				
Roleplay / Fantasy				
French Maid				
Medical				
Prison / Jail				
Military				
Religious				
School				
Pet Play				
Puppy Play				
Kitten Play				
Pony Play				
Farm animal				
Age Play				
Abduction				
Blackmail				
Castration				
Interrogation				
Other (specify)				

Activity	Experience N/A or 0 - 5	Willingness NO or scale 0-5	Intensity 1 - 5	Comments + Questions
Scent play				
Sensory				
Blindfolds				
Hot / Cold Play				
Wax Play				
Sensory Deprivation				
Sensory Overload				
Lite sensual touch				
Other (specify)				
Service				
Cleaning				
Errands				
Chauffeur				
Financial				
Slave Training / D/S				
Behavior Modification				
Protocol				
TPE				
Markings (Piercings/Branding)				
Smothering				
Splashing				
Spitting				
Shaving				

Activity	Experience N/A or 0 - 5	Willingness NO or scale 0-5	Intensity 1 - 5	Comments + Questions
Strap-on Play / Pegging				
Small toys				
Large toys				
Plugs				
Fisting				
Enemas				
Ass to mouth				
Pussy to mouth				
BJ Training				
Tease & Denial				
Tickling				
Toilet				
Brown showers				
Golden showers				
Roman showers				
Trampling				
Waterboarding				
Wrestling				
Voyeurism				
*Photos in session	N/A		N/A	
*Videos in session	N/A		N/A	