



D/s BDSM Play Checklist



This questionnaire should be filled out by a sub and provided to their Dom/me 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 hard limit, soft limit, or 1 to 5.
 - **Hard Limit** - you will NOT do that item under any circumstances.
 - **Soft limit** - 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 in certain circumstances.
 - **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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<i>Activity</i>	<i>Experience Yes/No</i>	<i>Willingness Hard limit, soft limit, or scale 1-5</i>	<i>Comments</i>
Abrasion	No	Hard limit	
Age Play	No	Hard limit	
Anal plugs (small)	Yes	4	
Anal plugs (large)	Yes	3	
Anal plug (public, under clothes)	Yes	Soft limit	
Animal roles	No	Hard limit	
Arm & leg sleeves (arm binders)	No	3	
Asphyxiation	Yes	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after several play sessions together. Will not allow if hands are bound.



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Auctioned for charity	No	1-2	Agreeable to this as part of roleplay
Bathroom use control	No	Hard limit	
Bestiality	No	Hard limit	
Beating (soft)	Yes	4	Nothing that leaves marks for longer than a few days. Top of feet and stomach is off limits.
Beating (hard)	Yes	3	Nothing that leaves marks for longer than a few days. Feet, breasts, stomach, and genitals is off limits for hard beating.
Blindfolds	Yes	Hard limit	
Being bitten	Yes	4	
Breast/chest bondage	Yes	2	Light bondage okay (no tightly bound breasts).
Breath control	Yes	Soft limit	Depending on my comfort level, this may be a possibility after several play sessions together. Will not allow if hands are bound.
Branding	No	Hard limit	
Boot worship	No	2	
<u>Bondage</u>			
Hands in Front	Yes	4	
Hands Behind	Yes	4	
Hands over head	Yes	3	
Ankles	Yes	4	
Knees	Yes	3	
Elbows	No	3	
Wrist-to-ankles	Yes	3-4	
Wrist-to-waist	No	3-4	
Spreader Bars	Yes	2	
Tied to a Chair	No	4	
Tied to a Bed	Yes	4	
Using Rope	Yes	5	No tightly bound breasts.
Using Tape	Yes	4	No tightly bound breasts.
Metal Cuffs	Yes	3	
Leather Cuffs	Yes	4	
Silk ties	Yes	3-4	
Bondage (multi-day)	No	N/A	
Bondage (public, under clothing)	No	1-2	Would need to be discussed and agreed upon before play scene.
Breast whipping	Yes	2	Nothing that leaves marks for longer than a few days. No hard beating.



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Brown showers (scat)	No	Hard limit	
Cages (locked inside of)	Yes	2	
Caning	Yes	1	Depending on my comfort level, this <i>may</i> be a possibility after <i>several</i> play sessions together. Nothing that leaves marks for longer than a few days. This easily bruises me. Feet, stomach, and breasts are off limits.
Catheterization	No	Hard limit	
Cattle Prod Play	Yes	2-3	
Cells/Closets (locked inside of)	No	1-2	
Chastity belts	No	1-2	
Chauffeuring	No	1	Will do as part of roleplay.
Chemical Play-peppermint oil, tiger balm, rubbing alcohol etc.	Yes	3	
Choking	Yes	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after <i>several</i> play sessions together. Will not allow if hands are bound.
Clamps			
Nipples	Yes	2	Depending on the clamp style, this can easily cause cuts (one of my Hard limits). Please be aware of this.
Genital	Yes	2	
Other	Yes	3	
Clothespins	Yes	3	
Collars (worn in private)	Yes	4-5	
Collars (worn in public)	Yes	2	It would depend on the collar and would need to be discussed and agreed upon before scene.
Competitions with subs	No	1	
Corsets (wearing)	Yes	4	
Cupping	No	3	
Electricity	Yes	5	I've tried the Violet wand and TENS unit.
Enemas	Yes	Hard limit	
Enforced chastity	No	2	
Examinations (physical)	Yes	2-3	
Exercise (forced/required)	Yes	1	
Exhibitionism (friends)	Yes	3-4	
Exhibitionism (strangers)	Yes	Soft limit	It would depend on where we were and would need to be discussed and agreed upon before scene.



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Eye contact restrictions	Yes	3	
Face slapping	Yes	Hard limit	
Fantasy abandonment	Yes	2	
Fire play	Yes	Hard limit	
Fisting (anal)	Yes	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after <i>several</i> play sessions together.
Fisting (vaginal)	Yes	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after <i>several</i> play sessions together.
Following orders	Yes	3	
Foot worship	Yes	2-3	
Forced dressing	No	1-2	
Forced nudity (private)	No	3	
Forced nudity (around others)	No	Soft limit	It would depend on where we were and must be discussed and agreed upon before scene.
Forced servitude	No	1-2	
Full head hoods	No	Hard limit	This includes any sort of covering that goes over my head.
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	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after <i>several</i> play sessions together. Will not allow if hands are bound.
Given away to another Dom (temporary)	Yes	3-4	
Given away to another Dom (permanent)	No	N/A	
Golden showers	Yes	Soft limit	Only available to give, <i>not</i> receive.
Gun play	No	Hard limit	
Hairbrush spankings	Yes	3	
Hair pulling	Yes	4-5	
Harems (serving w/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	3-4	
High heel worship	No	3	
Homage with tongue (non-sexual)	Yes	3	



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Hot oils	No	3	
Hot wax play	Yes	3-4	
Housework (doing)	No	1	Will do as part of roleplay...I'm not a house cleaner though, so don't expect anything more than me roleplaying!
Human puppy dog	No	Hard limit	
Humiliation (private)	Yes	Hard limit	
Humiliation (public)	Yes	Hard limit	
Hypnotism	No	3	
Ice cubes	Yes	4	
Infantilism	No	Hard limit	
Initiation rites	No	3-4	
Injections	No	Hard limit	
Intricate (Japanese) rope bondage	Yes	5	No tightly bound breasts.
Interrogations	Yes	3	
Kidnapping	Yes	3-4	
Kneeling	Yes	4	
Knife play	Yes	Hard limit	
Leather clothing	Yes	4	
Leather restraints	Yes	5	
Lectures for misbehavior	Yes	4	
Licking (non-sexual)	Yes	3	
Manacles & Irons	No	3	
Manicures (giving)	No	1	
Marks			
Visible in street clothes	Yes	1-2	Nothing that leaves marks for longer than a few days.
Visible in bathing suit	Yes	3	Nothing that leaves marks for longer than a few days.
Massage (giving)	Yes	3	
Massage (receiving)	Yes	5	
Medical scenes	Yes	3	
Mental bondage	No	3	
Mind games	Yes	3-4	
Modeling for photos/videos	Yes	5	



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Mouth bits	Yes	1-2	
Mummification	No	Hard limit	
Nipple weights	Yes	3	
Over-the-knee spanking	Yes	3-4	
Outdoor scenes	Yes	Soft limit	Would depend where we were. Must be discussed and agreed upon before scene.
Piercing (temporary, play-pierce)	No	Hard limit	
Piercing (permanent)	No	Hard limit	
Prison scenes	No	1-2	
Pony slave	No	Hard limit	
Public exposure	Yes	Hard limit	
Pussy whipping	Yes	1	No hard beating.
Riding the "horse" (crotch torture)	No	Hard limit	
Non religious rituals	No	3	
Religious scenes	No	Hard limit	
Restrictive rules on behavior	Yes	3-4	
Rubber/latex clothing	Yes	4	
Rope body harness	Yes	5	
Saran wrapping	Yes	3	
Scratching - getting	Yes	5	
Sensory deprivation	Yes	3	
Serving	No	2	
Serving as art	No	1	Will do as part of roleplay
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	3-4	
Serving other Dom/mes (unsupervised)	No	3	



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Shaving (body hair)	No	Soft limit	Would need to be discussed and agreed upon before scene.
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	Hard limit	
Spanking	Yes	4	
Spandex clothing	Yes	4	
Speech restrictions (when, what)	Yes	3-4	
Speculums (Anal)	Yes	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after <i>several</i> play sessions together.
Speculums (Vaginal)	Yes	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after <i>several</i> play sessions together.
Spitting	No	Hard Limit	
Spread eagle	Yes	3-4	
Standing in corner	No	2	
Stocks	Yes	2	
Straight jackets	No	Hard limit	
Strapping (full body beating)	Yes	3	Nothing that leaves marks for longer than a few days. Top of feet and stomach is off limits. No hard beating of the breasts or genitals.
Suspension (upright)	Yes	2-3	
Suspension (on toes)	Yes	2	
Suspension (in air upright)	Yes	2	
Suspension (inverted)	No	1	
Suspension (horizontal)	No	3	
Supplying new partners for Dom/me	Yes	3	
Swallowing urine	No	Hard limit	
Tattooing	No	Hard limit	
Teasing	Yes	4	
Tickling	Yes	3	I'm not very ticklish.
Uniforms	No	3	
Including others	Yes	4-5	
Vampire Gloves	Yes	5	Do not draw blood. My skin breaks very easy so do not press hard enough to puncture my skin.



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Activity	Experience Yes/No	Willingness Hard limit, soft limit, or scale 1-5	Comments
Verbal humiliation	Yes	Hard limit	
Voyeurism (watching others)	Yes	4	
Voyeurism (your Dom w/others)	Yes	4	
Video (watching others)	Yes	4	
Video (watching recordings of you)	Yes	5	
Water torture	No	Soft limit	Depending on my comfort level, this <i>may</i> be a possibility after several play sessions together. Would need to be discussed an agreed upon before scene. I will not do this if my hands are bound.
Wartenburg Wheel	Yes	5	Do not draw blood. Using this tool on the outside of my genitals is okay if it is done VERY lightly.
Wearing symbolic jewelry	No	4	
Whipping	Yes	3	Nothing that leaves marks for longer than a few days. Top of feet and stomach is off limits. No hard beating of breasts or genitals.
Wrestling	No	1	
Slapper	Yes	3-4	This comment applies to all the corporal punishment tools:
Leather Paddle	Yes	4	
Wooden Paddle	Yes	2	No marks that lasts longer than a few days. <u>The top of my feet and my stomach are off limits.</u> <u>No hard beating of my breasts or genitals.</u> I also ask that you use the tool all over my body, rather than just in one spot, when using the tools for an extended period of time (ie no whipping my butt for 5 minutes straight).
Belt or Strap	Yes	3	
Switch	Yes	2	Depending on my comfort level, I <i>may</i> allow use of a braided flogger, knotted flogger, single tail whip, cane, bull whip, and quirt after several play scenes together. I must know that you have experience with the tool and must be comfortable with you before you can use the tool on me.
Deerskin flogger	No	4	
Leather flogger	Yes	4	Important Note: I "last" longer when whatever tools you are using on me is used all over my body, rather than focusing the tool on one body part. I do need a warm up (5-10 minutes with various tools used lightly all over my body). <u>this also helps me last longer.</u>
Braided flogger	Yes	Soft limit	
Knotted flogger	Yes	Soft limit	
Rubber flogger	Yes	2-3	
Single tail whip	No	Soft limit	
Cane	Yes	Soft limit	
Fiberglass/Plastic Rod	No	Hard limit	
Riding Crop	Yes	4	
Bull whip	No	Soft limit	
Quirt	No	Soft limit	
Fur-lined Paddle	Yes	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

What is your sexual orientation?

1. Heterosexual exclusively
2. Bisexual
3. Homosexual
4. BiCurious
5. Pansexual

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 multiple play scenes together, and no tightly bound breasts)
3. Not my favorite thing
4. Outside my limits
5. Never tried it

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

1. Whipping, caning, paddling
2. **Light paddling, sensual whipping, no marks**
3. Punishment only when necessary
4. Interested, but never tried it
5. 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:

? = Not Sure

L = Light

M = Medium

H = Heavy

? = Not Sure

N = Never

T = Thuddy

S = Stingy

Body Part

Back/Shoulders

Bottom/Thighs

Breasts

Genitals

Feet/Ankles

Wrists

Bondage

H

H

L (no tightly bound breasts)

M

M to H

M

Corporal

M to H, T and S

M, T and S

L, T and S

L, T and S

L, T and S (top of feet off limits)

Never

My safe words will always be:

Red - Stop

Yellow - Slow down

And if gagged:

Three head shakes (head moving from shoulder to shoulder) with three simultaneous "ungh, ungh, ungh" (pretty much the only sound that you can make when you are gagged).

Before we start our play scene I ask that you take the time to confirm:

- **What my safe words are**
- **My hard limits**
- **My soft limits**

Role Playing. Listed below are several examples of roles to be played by *Dom/me*. Listed in bold are those you'd like to see your partner play.

Amazon	Burglar	Barbarian	Bitch-Goddess
Boss	Cowgirl	Daddy	Clergy
Cowboy	Evil Priestess	Femme Fatale	Doctor
Evil Priest	Goddess	Hooker	Indian
God	Interrogator	Hero	Mentor
Inquisitor	Leather Man	Master	Nurse
Knight	Mommy	Nun	Pimp
Mistress	Role Reversal	Princess	Principal
Rapist	Policeman	Secretary	Wild Beast
Pirate	Prince	Slave Owner	Medieval
POW	Savage	Teacher	
Student	Suspect	Warrior	
Torturer	Vampire	Alien	
Prize			
Royalty			

Role Playing. Listed below are several examples of roles to be played by *sub*. Listed in bold are those which you are interested in.

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