The BDSM Checklist

Looking for more BDSM resources and sex tips? Check out https://www.dominant-guide.com

You can fill this out as a dominant or submissive or a switch -- use the comments to indicate whether you like these activities in one or both roles.

Legend for Experience	Legend for Limits/Interest
1 = disliked intensely	Never = a hard limit
2 = gave no pleasure	No Desire = a soft limit
3 = was ok	Maybe = if under the right conditions
4 = liked it	Yes = absolutely
5 = extremely enjoyed.	Fetish Need = this really turns you on and you can't live without it.
	Forced = if you were forced to you (might) like it

Bondage and Suspension

	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Arm & leg sleeves (armbinders)													
Blindfolds													
Bondage - All day/multi day													
Bondage - Heavy													
Bondage - Light													
Bondage Public, under clothing													
Breast bondage													
Cages/Cells/Closets - Locked inside													
Chains													
Chastity device/belts													
Collars - Worn in private													
Collars - Worn in public													
Cuffs - Handcuff Style													
Cuffs - Leather													
Cuffs - Metal													
Ear plugs (sound deprivation)													
Full head hoods													
Gags - Ball													
Gags - Bit													
Gags - Cloth													
Gags - Inflatable													
Gags - Phallic													
Gags - Ring													
Gags - Rubber													
Gags - Tape													

Harnessing - Leather													
Harnessing - Rope													
Immobilisation													
Leash													
Leather restraints													
Manacles & Irons													
Mouth bits													
Mummification													
Muzzles													
Rope body harness													
Rope bondage - Japanese Style													
Rope bondage - Simple													
Sleep sacks													
Spreader Bars													
Stocks (head & hands)													
Straight jackets													
Suspension - Horizontal													
Suspension - Inverted													
Suspension - Upright													
Impact/Percussion													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Belts													
Breast whipping													
Caning - English													
Caning - Sensation													
Face slapping													
Hair pulling													
Leather straps													
Pussy kicking													
Pussy punching													
Pussy spanking													
Pussy whipping													
Riding crops													
Single-tail whips													
Spanking													
Spanking - Hairbrush													
Spanking - Hand													
Spanking - Leather slappers													
Spanking - Over The Knee													
Spanking - Wooden paddles													

Strapping - Full body beating													
Whipping - Belt													
Whipping - Cat o' 9 tails													
Whipping - Flogger													
Whipping - Single tail													
Impact/Percussion													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Anal beads													
Anal play													
Anal plugs - Large													
Anal plugs - Medium													
Anal plugs - Public, under clothes													
Anal plugs - Small													
Anal sex													
Bestiality (sex with animals)													
Breast fucking													
Catheterization													
Cumming on Partner													
Dildos - Anal													
Dildos - Oral													
Dildos - Vaginal													
Double penetration (anal and vaginal)													
Double penetration (oral and anal)													
Fantasy rape play													
Fellatio/Cunnilingus													
Fisting - Anal													
Fisting - Vaginal													
Forced masturbation													
Genital sex													
Group Sex													
Hand jobs													
Masturbation being watched													
Oral/anal play (rimming)													
Orgasm control													
Orgasm denial													
Outdoor sex													
Phone sex (with others)													
Phone sex (with partner)													
Sexual deprivation													
Sounding													

Speculums													
Strap-on-dildos (penetrated by)													
Strap-on-dildos (sucking on)													
Strap-on-dildos (wearing)													
Swallowing semen													
Triple penetration													
Vibrator - Anal													
Vibrator - External genital													
Vibrator - Internal genital													

Sensation Play													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Abrasion													
Asphyxiation													
Ball stretching													
Beating hard													
Beating soft													
Biting													
Breath control (Choking)													
Breath control (Mild restriction)													
Clamps - Labia/clit area													
Clothespins													
Clothespins													
Dilation													
Electricity - Internal (egg or probe)													
Electricity - TENS unit													
Electricity - Violet Wand													
Enemas - For cleansing													
Enemas - Retention/training													
Finger claws													
Fire cupping													
Fire play													
Hair pulling													
Hot wax - Dripping on body/genitals													
Hot waxing - Hair removal													
Ice cubes													
Kicking													
Kissing													
Knife play (blood drawn)													
Knife play (no blood)(sensation)													
Needle play													

Nipple clamps													
Nipple piercing													
Nipple play - Pulls, Tugs, Twists													
Pain - Mild													
Pain - Severe													
Piercing (permanant)													
Piercing (temporary)													
Punishment scene													
Riding the horse (crotch torture)													
Scratching													
Sensory deprivation													
Sleep deprivation													
Strapping (full body beating)													
Suction cups													
Teasing													
Tickling													
Vampire gloves													
Wartenburg pinwheel													
Water torture (waterboarding)													
Wax Play													
Zapping (e.g. elecric fly swatter)													
Zippers - Clamps													
Zippers - Clothespins													
Zippers - Needles													

Bodily Fluids and Functions													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Chamber pot use													
Creampie													
Cum - In ass													
Cum - In mouth													
Cum - In vagina													
Cum - On body													
Cutting - Blood play													
Golden showers (urinate on)													
Human Toilet													
Injections (Saline)													
Milking (made to produce breast milk)													
Pearl necklace (cum on chest/throat)													
Pearl shower (cum on face)													
Rimming (oral/anal play)													

Scat (brown showers)													
Swallowing semen													
Swallowing urine													

Fetishes													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Boot worship													
Chastity devices													
Cock worship													
Corsets													
Cross dressing													
Diapers													
Feet													
Foot worship													
Gas Masks													
High heel worship													
High heels (wearing)													
Leather (wearing)													
Leather clothing													
Lingerie (wearing)													
Masks													
Pussy worship													
Rubber/latex clothing (wearing)													
Slutty clothing													
Spandex clothing													
Underwear													

Humiliation													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Forced dressing													
Forced feminization													
Forced homosexuality													
Forced masturbation													
Forced nudity													
Forced servitude													
Humiliation in private													
Humiliation in public													
Lecturing for misbehaviors													
Objectification (art, furniture...)													
Outdoor scenes													
Public exposure													

Sexy clothing (private)													
Sexy clothing (public)													
Shaving (body hair)													
Shaving head hair													
Shaving or depilation of body hair													
Spitting													
Standing in corner (punishment)													
Teasing													
Verbal humiliation													
Washing mouth out with soap													
Non-monogamy													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Fantasy gang rape													
Group play - Multiple men "gang bang"													
Group play - Multiple women & men													
Group play - Orgy													
Shared (given to another only temp)													
Swapping (with one other couple)													
Swinging (multiple couples)													
Marking													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Branding													
Scarification (cutting, making scars)													
Tattooing (inking)													
Role Play													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Abandonment (fantasy)													
Age play (not pedophilia)													
Animal roleplay													
Auctioned for charity													
Fantasy abandonment													
Fear play													
Gang bang													
Human puppy-dog play													
Infantilism (baby play)													
Initiation rites													
Interrogation													
Kidnapping													

Medical scenes													
Name change													
Other roleplaying													
Pony play													
Prison scenes													
Prostitution fantasy													
Psych ward play													
Rape													
Religious scenes													
Schoolroom scenes													
Sleep deprivation													
Switching roles (Top/bottom)													
Total Power Exchange (TPE)													

Service & Restricted/Controlled Behavior													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Auctioned for charity													
Bathroom use control (permission)													
Begging													
Chauffeuring (driving)													
Chores (domestic service/housework)													
Chosen clothing for													
Chosen food for													
Contract slave													
Daily diary													
Erotic dancing													
Exercise - Forced/required													
Eye contact restrictions													
Following orders													
Forced servitude													
Gor Slave Training (positions)													
Harems (serving with other subs)													
Hypnotism													
Kneeling													
Learned postures													
Manicures													
Mantra and meditation													
Massage													
Pedicures & foot massages													
Personality modification													
Phone sex													

Restrictive rules on behaviour													
Rituals													
Serving as a maid													
Serving as art													
Serving as furniture													
Serving other Doms (supervised only)													
Speech restrictions (when, what, to whom)													
Standing in corner													
Uniform (wearing)													
Washroom restrictions													
Wearing symbolic jewelry													
Weight control													

Voyeurism/Exhibitionism													
	Tried?			Would you like to try or do again?									Comment
Activity	Yes	No	Rate (1-5)	Never (Hard Limit)	No Desire	Maybe	Yes	Fetish Need	Forced	Give	Receive	Either/ Both	
Examinations													
Exhibitionism (friends)													
Exhibitionism (strangers)													
Forced nudity (around others)													
Forced nudity (private)													
Modeling for erotic photos													
Outdoor scenes													
Video (recordings of you)													
Video (watching others)													
Voyeurism (watching others)													
Voyeurism (your Dom w/others)													