

MASSIVE BDSM CHECKLIST



Legend for Experience	Legend for Limits/Interest
0 - No Answer	0 - Hard Limit (Not willing at all)
1 - No Experience/No Interest	1 - Neutral/Uninterested
2 - No Experience/Interested or curious	2 - May try for partner
3 - A Little Experience	3 - Willing to try/Have tried but not my favorite thing
4 - Some Experience	4 - Like It
5 - A Lot of Experience	5 - Love It

Don't be afraid to modify the rankings as needed, or to even put something else in a space. Like NEVER or N/A or whatever you need.

Feel free to use markers for certain items. (Like red for a ABSOLUTE hard limit, green for YES, PLEASE, and yellow/orange for CAUTION.) Use Comments section for notes.

Bondage and Suspension

Activity	Experience	Limits/Interest	Comments
Blindfolds			
Bondage (heavy)			
Bondage (light)			
Immobilization			
Bondage (public, under clothing)			
Leather restraints			
Chains			
Ropes			
Japanese rope bondage			
Western rope bondage			
Rope body harness			
Arm & leg sleeves (armbinders)			
Harnesses (leather)			
Harnesses (rope)			
Collar (leather)			
Collar (chain)			
Collar (solid metal)			
Collar (day)			
Leash/lead			
Cuffs (leather)			
Cuffs (metal)			
Manacles & Irons			
Suspension cuffs - hands			
Suspension cuffs - feet			
Gags (cloth)			
Gags (rubber)			
Gags (tape)			
Gags (phallic)			
Gags (ring)			
Gags (ball)			
Gags (bit)			
Gags (spider)			
Gags (ashtray, duster, other)			
Mouth bits			
Full head hoods - leather			
Full head hoods - latex			
Full head hoods - spandex/lycra			
Hood - animal play			
Partial head hood			
Face mask			
Mummification/plastic wrap			
Vaccu bed/cube			
Straight jacket			
Sleep sack			
Suspension (upright)			
Suspension (horizontal)			
Suspension (inverted)			

Impact/Percussion

Activity	Experience	Limits/Interest	Comments
Spanking			
Flogging (general)			
Floggers - fluffy bunny			
Floggers - mop/suede			
Floggers - leather			
Floggers - braided/stiff			
Floggers - stingy			

Floggers - severe			
Single-tail whips			
Canes - rattan			
Canes - metal			
Canes - other			
Belts			
Leather straps			
Riding crops			
Hairbrushes			
Wooden paddles			
Metal paddles			
Acrylic/nylon paddles			
Misc. Impact Items			
Slapping (back, buttocks, breasts, genitals)			
Pummeling			
Punching			
Boxing gloves/weighted gloves			
Kicking			
Stomping			
Strapping (full body beating)			
Hair pulling/holding			
Face slapping			

Sexual Activity

Activity	Experience	Limits/Interest	Comments
Nipple sucking/play			
Tit-fucking			
Fellatio			
Cock worship			
Cunnilingus			
Swallowing semen			
Being comed on by partner/pearl necklace			
Bukkake			
Felching			
Hand jobs			
Vaginal sex			
Anal sex			
Anal plugs (small)			
Anal plugs (large)			
Anal plug (public, under clothes)			
Dildos			
Pegging/strap-on play			
Anal beads			
Other anal toys			
Fuck sheaths/Fleshlights			
Vibrator - internal			
Vibrator on genitals			
Masturbation			
Fisting - vaginal			
Fisting - anal			
Prostate milking			
Oral-anal play (rimming)			
Queening			
Anal play (other)			
Tea-bagging			
Docking			
Scissoring			
Lactation play			
Double penetration (oral and anal)			
Double penetration (anal and vaginal)			

Triple (oral, vaginal, and anal)			
Forced masturbation			
Phone sex (with partner)			
Phone sex (with others)			
Group Sex			
Outdoor sex			
Water/pool sex			
Orgasm control (Denial)			
Ruined orgasms			
Forced orgasm play			

Sensation / Edge Play

Activity	Experience	Limits/Interest	Comments
Abrasion			
Scratching			
Biting			
Nails			
Tickling			
Kissing			
Licking			
Soft/fur/satin			
Massage			
Scents/aromas			
Armpits			
Zapping (e.g. electric fly swatter, taser, stun gun)			
TENS unit			
Violet Wand			
Pinwheel			
Figging			
Ice cubes			
Food play (feeding)			
Food play (human platter)			
Wax Play			
Clothespins/zipper lines			
Rubber bands/tubing			
Fire play			
Cupping - fire			
Cupping - suction			
Knife play (dry)			
Knife play (wet)			
Cutting play			
Pressure points			
Stingy			
Thuddy			
Medical staples			
Piercing - temporary			
Piercing - permanent			
Needles			
Branding - hot			
Branding - liquid nitrogen			
Branding - Violet Wand			
Cell popping			
Scarification			
Medical Play			
Predicament play			
Blow darts			

Breath Play

Activity	Experience	Limits/Interest	Comments
Dutch oven			
Asphyxiation	WARNING	WARNING	
Breath control			
Neck rope	WARNING	WARNING	
Choking	WARNING	WARNING	
Waterboarding	WARNING	WARNING	
Gasmasks			

Humiliation

Activity	Experience	Limits/Interest	Comments
Teasing/friendly humiliation			
Sex/sexy humiliation			
Humiliation (private)			
Humiliation (public)			
Verbal humiliation			
Spitting			
Washing mouth out with soap			
Objectification (art, furniture...)			
Ashtray			
Cuckolding/hot-wifing			
Forced feminization/masculinity			
Forced bi			
CFNM / CMNF			
Shaving (body hair)			
Shaving (hair)			
Shaving (facial hair)			
Sexy clothing (private)			
Sexy clothing (public)			
Outdoor scenes			
Public exposure			

Body Part Torture

Activity	Experience	Limits/Interest	Comments
Nipple clamps			
Nipple weights			
Nipple suction cups			
Labia clamps			
Clit clamp			
Clit suction			
Parachute/other testicle weights			
Pussy/clit spanking			
Penis torture			
Penis sounding			
CBT			
Cock pumping			
Milking machine (cock)			
Feet			

Fetishes, Clothing, Miscellaneous

Activity	Experience	Limits/Interest	Comments
Bare feet			
Boots/shoes			
Bootblacking			
Hanky code			
Wristbands/armbands			
Vests/leathers			
Cover/cap/hat			
Smoking, cigars			
Uniforms (military, sports, first responder)			
Underwear/jock			
Lingerie/vintage lingerie			
Socks/stockings			
Chastity devices			
Masks			
Leather clothing			
Latex clothing			
Wigs			
Corsets/bustiers/waist cinchers			
High heels			
Ballet toe pumps			
Suits			
Facial hair			
Human dollification/robot			
Furry/fursuits			
Puppy play			
Pony play			
Pet play			
Other animal play			
Primal play			
Wrestling			

Diaper play			
Age play			

Foot fetish/worship			
Spiders			
Coffee/caffeine			
Hypnosis			
FemDom/FLR			
MaleDom			
Domestic discipline			
50's style dynamic			
Roleplaying			
Activity	Experience	Limits/Interest	Comments
Fear play			
Mindfucks			
Big/lil play			
Lolita play			
Adult baby			
Kidnapping			
Interrogation			
Sleep deprivation			
Rape (CNC)			
Gang bang			
Office (boss/secretary)			
Maid/butler/valet			
Teacher/student/school			
Initiation rites			
Religious scenes			
Medical scenes			
Prison scenes			
Other roleplay			
Service and Restrictive Behavior			
Activity	Experience	Limits/Interest	Comments
Following orders			
Service (food)			
Service (beverage, tea)			
Service (chores)			
Service (other)			
Restrictive rules on behavior			
Clothing control			
Personal valet			
Personal grooming control (hair, nails, makeup, etc)			
Eye contact restrictions			
Speech restrictions (when, what, to whom)			
Bathroom restrictions			
Kneeling			
Begging			
Standing in corner			
Learned postures			
Rituals			
Voyeurism/Exhibitionism			
Activity	Experience	Limits/Interest	Comments
Forced nudity (private)			
Forced nudity (around others)			
Exhibitionism (friends)			
Exhibitionism (strangers)			
Modelling for erotic photos			
Video (watching others)			
Video (recordings of you)			
Voyeurism (watching others)			
Voyeurism (your Dom w/others)			
Bodily Fluids and Functions			
Activity	Experience	Limits/Interest	Comments
Watersports/golden showers			
Cum			
Vomit			
Scat			
Spit			
Snot			
Blood			

Comments

Other Comments, Activities, Notes:		
Allergies:		
Medications:		
OTC Medications, herbal remedies, vitamins:		
Health History: (surgeries, medical conditions, implanted medical device, chronic illness/conditions, STIs)		
Drinker:		
Smoker:		
Other drugs:		
Psychological/mental concerns: (Claustrophobia, anxiety, panic attacks, PTSD, can't be touched by others, etc.)		
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