

*BDSM Checklist*

Date: \_\_\_\_\_ Initial List/Subsequent: \_\_\_\_\_

Name: \_\_\_\_\_

BDSM Identity: \_\_\_\_\_

Limits: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Medical conditions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency contacts/measures needed: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phobias: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other issues: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Rating:**

1. Love it
2. Hate it
3. Want to try
4. It's ok—Take it/Leave it
5. Force (will accept if desired/forced by Master/Mistress)
6. Need Modifications (Explain)
7. Never/again—Hard Limit

**Have Experienced**

**Want to Experience**

Activity	Have Experienced					Want to Experience				
	Giving	Receiving	Yes	No	Rate	Giving	Receiving	Yes	No	Rate
<u>Services</u>										
Collars										
Gags										
Kneeling										
Blindfolds										
Restricted eye contact										
Protocols										
Rituals										
Butler/Maid										
Sissy Maid										
Foot worship										
Feminization										

**Have Experienced**

**Want to Experience**

Activity	Have Experienced					Want to Experience				
	Giving	Receiving	Yes	No	Rate	Giving	Receiving	Yes	No	Rate
<b><u>Roleplaying</u></b>										
Religious Scenes										
Torture Scenes										
Vampire Scenes										
<i>Predicament</i>										
<i>Bondage</i>										
Age Play (consenting adults)										
Daddy/little girl										
Puppy Play										
Pony Play										
Prisoner/Warden										
Boss/secretary										

**Have Experienced**

**Want to Experience**

Activity	Have Experienced					Want to Experience				
	Giving	Receiving	Yes	No	Rate	Giving	Receiving	Yes	No	Rate
Restraints (any kind)										
Metal Handcuffs										
Rope Bondage										
Flogging										
Whips Single Tail										
Whips--other										
Nipple Clamps										
Spanking										
Spanking (over-the-knee)										
Spanking (Implement)										
Caning										
Chastity Training/Control										
Medical Scenes										
Needle Play										
Videotaping										
Mummification										

**Have Experienced**

**Want to Experience**

Activity	Have Experienced					Want to Experience				
	Giving	Receiving	Yes	No	Rate	Giving	Receiving	Yes	No	Rate
Humiliation Public										
Humiliation Private										
Suspension										
Sensory Deprivation										
Predicament Bondage										
Orgasm Denial										
Crossdressing										
<b><u>Physical/ Restraints</u></b>										
Bondage										
Hogtied										
Straight Jacket										
Chains										
Movement restriction										
Cages										

**Have Experienced**

**Want to Experience**

Activity	Have Experienced					Want to Experience				
	Giving	Receiving	Yes	No	Rate	Giving	Receiving	Yes	No	Rate
<u>Edge Play</u>										
Breath Restriction										
Fire play										
Inverted Suspension										
Abduction scenes										
Blood Play										
Branding										
Electrical Shock										
Urethral Sounds										
Fisting										
Knife Play										

**Have Experienced**

**Want to Experience**

Activity	Have Experienced					Want to Experience				
	Giving	Receiving	Yes	No	Rate	Giving	Receiving	Yes	No	Rate
<b><u>Mind Fucks</u></b>										
Interrogations										
Fear Play										
Phobia Play										
Hypnosis										
Force										
Same Gender Sex										
Waterboarding/ Drowning										
<b><u>Anything else</u></b>										

**Explanations to items noted above needing modifications:**

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**Other issues which could affect interactions:  
(medical/physical/emotional/past-history)**

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**Possible interactions with others/strangers:**

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**Deliciously wicked thoughts to try:**

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**Anything else/Comments:**

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**Notes/Thoughts:**