

Submissive BDSM Play Partner Check List

This questionnaire should be filled out by a Sub and provided to their Dom/Top 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 NO or 0 to 5.
 - **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 it 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. Mark with an asterisk (*) those items which you are willing to do only with your current sex partner(s), but not with casual play partners.
4. Note any additional information that might be important for your Dom to know in the comments box.

Submissive BDSM Play Partner Check List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Abrasion			
Age Play			
Anal Sex			
Anal plugs (small)			
Anal plugs (large)			
Anal plug (public, under clothes)			
Animal roles			
Arm & leg sleeves (arm binders)			
Asphyxiation			
Auctioned for charity			
Bathroom use control			
Beastiality			
Beating (soft)			
Beating (hard)			
Blindfolds			
Being serviced (sexual)			
Being bitten			
Breast/chest bondage			
Breath control			
Branding			
Boot worship			
Bondage			
Hands in Front			
Hands Behind			
Hands over head			
Ankles			
Knees			
Elbows			
Wrist-to-ankles			
Wrist-to-waist			
Spreader Bars			

Submissive BDSM Play Partner Check List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Tied to a Chair			
Tied to a Bed			
Using Rope			
Using Tape			
Metal Cuffs			
Leather Cuffs			
Silk ties			
Bondage (multi-day)			
Bondage (public, under clothing)			
Breast whipping			
Brown showers (scat)			
Cages (locked inside of)			
Caning			
Catheterization			
Cells/Closets (locked inside of)			
Chastity belts			
Chauffeuring			
Choking			
Clamps			
Nipples			
Genital			
Other			
Clothespins			
Cock worship			
Collars (worn in private)			
Collars (worn in public)			
Competitions (with other Subs)			
Corsets (wearing)			
Cunnilingus			
Dilation			

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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Double penetration			
Electricity			
Enemas			
Enforced chastity			
Examinations (physical)			
Exercise (forced/required)			
Exhibitionism (friends)			
Exhibitionism (strangers)			
Eye contact restrictions			
Face slapping			
Fantasy abandonment			
Fantasy rape			
Fantasy gang-rape			
Fisting (anal)			
Fisting (vaginal)			
Following orders			
Foot worship			
Forced dressing			
Forced homosexuality			
Forced masturbation			
Forced nudity (private)			
Forced nudity (around others)			
Forced servitude			
Full head hoods			
Gags (cloth)			
Gags (rubber)			
Gags (tape)			
Gates of Hell (male)			
Genital sex			
Given away to another Dom (temporary)			
Given away to another Dom (permanent)			
Golden showers			

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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Hairbrush spankings			
Hair pulling			
Hand jobs (giving)			
Hand jobs (receiving)			
Harems (serving w/other subs)			
Harnessing (leather)			
Harnessing (rope)			
Having food chosen for you			
Having clothing chosen for you			
Head (giving fellatio)			
Head (receiving fellatio)			
High heel worship			
Homage with tongue (non-sexual)			
Hot oils (on genitals)			
Hot waxing			
Housework (doing)			
Human puppy dog			
Humiliation (private)			
Humiliation (public)			
Hypnotism			
Ice cubes			
Infantilism			
Initiation rites			
Injections			
Intricate (Japanese) rope bondage			
Interrogations			
Kidnapping			
Kneeling			
Leather clothing			
Leather restraints			
Lectures for misbehavior			

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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Licking (non-sexual)			
Manacles & Irons			
Manicures (giving)			
Marks			
Visible in street clothes			
Visible in bathing suit			
Massage (giving)			
Massage (receiving)			
Medical scenes			
Modeling for erotic photos			
Mouth bits			
Mummification			
Nipple weights			
Oral/anal play (rimming)			
Over-the-knee spanking			
Orgasm denial			
Orgasm control			
Outdoor scenes			
Outdoor sex:			
Phone sex (serving Dom)			
Phone sex (serving Dom's friends)			
Piercing (temporary, play-pierce)			
Piercing (permanent)			
Prison scenes			
Pony slave			
Public exposure			
Pussy/cock whipping			
Pussy worship			
Riding crops			
Riding the "horse" (crotch torture)			
Rituals			
Religious scenes			

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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Restrictive rules on behavior			
Rubber/latex clothing			
Rope body harness			
Saran wrapping			
Scratching - getting			
Scratching - giving:			
Sensory deprivation			
Serving			
Serving as art			
Serving as ashtray			
Serving as furniture			
Serving as a maid:			
Serving as toilet			
Serving as waitress/waiter			
Serving orally (sexual)			
Serving other doms (supervised)			
Serving other doms (unsupervised)			
Sexual deprivation (short term)			
Sexual deprivation (long term)			
Shaving (body hair)			
Shaving (head hair)			
Sleep deprivation			
Sleep sacks			
Slutty clothing (private)			
Slutty clothing (public)			
Spanking			
Spandex clothing			
Speech restrictions (when, what)			
Speculums (Anal)			
Speculums (vaginal)			
Standing in corner			

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Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Stocks			
Straight jackets			
Strap-on-dildos (sucking on)			
Strap-on-dildos (penetrated by)			
Strap-on-dildos (wearing)			
Strapping (full body beating)			
Suspension (upright)			
Suspension (inverted)			
Suspension (horizontal)			
Supplying new partners for Dom			
Swallowing semen			
Swallowing urine			
Swapping (with one other couple)			
Swinging (multiple couples)			
Tattooing			
Teasing			
Tickling			
Triple penetration			
Uniforms			
Including others			
Vaginal dildo			
Verbal humiliation			
Vibrator on genitals			
Voyeurism (watching others)			
Voyeurism (your Dom w/others)			
Video (watching others)			
Video (recordings of you)			
Water torture			
Wearing symbolic jewelry			
Whipping			
Wooden paddles			
Wrestling			

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