

Submissive BDSM Play Partner Check List. By Tammad Rimilia

This checklist 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. Dominants may wish to work through the checklist, to get a better handle on their specific interests. Switches should go through the checklist twice; one persons Dom and Sub interests may be very different.

For each item, you need to provide two answers:

1) For experience, write YES or NO next to each item to indicate if you have ever DONE that activity in Real Life.

Mark N/A if it does not apply to your gender.

2) For willingness, indicate for each item how you feel about DOING that activity by rating it on a scale

of NO or 0 to 5.

"?" means you don't understand what the item is attempting to describe.

NO means 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 permit the Dominant to do it if it they really wanted it. (sometimes called a "soft limit").

1 - means you don't want to do or like to do this activity, but wouldn't object if it was asked of you.

2 - means you are willing to do this activity, but it has no special appeal for you.

3 - means you usually like doing this activity, at least on an irregular/ occasional basis.

4 - means you like doing this activity, and would like to experience it on a regular basis.

5 - means the activity is a wild turn-on for you, and you would like it as often as possible.

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.

Note any additional information or nuances which might be important for your Dom to know in the margin to the right.

There is intentionally some overlap between categories. Unless otherwise stated, the Sub is the recipient/target of the activity.

Real life	Willingness	Comments: Add comments expanding any experience or questions.
Yes/No	NO or 0-5	

_____	_____	Abrasion
_____	_____	Age play
_____	_____	Anal sex

_____	_____	Anal plugs (small)
_____	_____	Anal plugs (large)
_____	_____	Anal plug (public, under clothes)
_____	_____	Animal roles
_____	_____	Arm & leg sleeves (arm binders)
_____	_____	Aromas
_____	_____	Asphyxiation
_____	_____	Auctioned for charity
_____	_____	Ball stretching
_____	_____	Bathroom use control
_____	_____	Bestiality
_____	_____	Beating (soft)
_____	_____	Beating (hard)
_____	_____	Blindfolds
_____	_____	Being serviced (sexual)
_____	_____	Being bitten
_____	_____	Boot worship
_____	_____	Bondage (light)
_____	_____	Bondage (heavy)
_____	_____	Bondage (multi-day)
_____	_____	Bondage (public, under clothing)
_____	_____	Branding
_____	_____	Breast/chest bondage
_____	_____	Breast whipping
_____	_____	Breath control
_____	_____	Brown showers (scat)
_____	_____	Bruises
_____	_____	Cages (locked inside of)
_____	_____	Caning
_____	_____	Castration fantasy
_____	_____	Catheterization
_____	_____	Cattle prod (electrical toy)
_____	_____	Cells/Closets (locked inside of)
_____	_____	Chains
_____	_____	Chamber-pot use
_____	_____	Chastity belts (short term)
_____	_____	Chastity belts (multi-day)
_____	_____	Chauffeuring (driving)
_____	_____	Choking
_____	_____	Chores (domestic service)
_____	_____	Clothespins
_____	_____	Cock rings/straps
_____	_____	Cock worship
_____	_____	Collars (worn in private)

_____	_____	Collars (worn in public)
_____	_____	Competitions (with other Subs)
_____	_____	Corsets (wearing casually)
_____	_____	Corsets (trained waist reduction)
_____	_____	Cross-dressing
_____	_____	Cuffs (leather)
_____	_____	Cuffs (metal)
_____	_____	Cunnilingus (giving)
_____	_____	Cunnilingus (recieving)
_____	_____	Cutting
_____	_____	Diapers (wearing)
_____	_____	Diapers (wetting)
_____	_____	Diapers (soiling)
_____	_____	Dilation
_____	_____	Dildoes
_____	_____	Domestic Discipline
_____	_____	Double penetration
_____	_____	Electricity
_____	_____	Enemas (for cleansing)
_____	_____	Enemas (retention/punishment)
_____	_____	Enforced chastity
_____	_____	Erotic dance (for audience)
_____	_____	Examinations (physical)
_____	_____	Exercise (forced/required)
_____	_____	Exhibitionism (friends)
_____	_____	Exhibitionism (strangers)
_____	_____	Eye contact restrictions
_____	_____	Face slapping
_____	_____	Fantasy abandonment
_____	_____	Fantasy rape
_____	_____	Fantasy gang-rape
_____	_____	Fear (being scared)
_____	_____	Feathers
_____	_____	Fellatio (dildo sucking)
_____	_____	Fellatio (giving head to a Man)
_____	_____	Figging (ginger)
_____	_____	Fisting (anal)
_____	_____	Fisting (vaginal)
_____	_____	Flame play
_____	_____	Flogging, stingy
_____	_____	Flogging, thuddy
_____	_____	Following orders
_____	_____	Food play (cucumbers, sorbet...)
_____	_____	Foot worship

_____	_____	Forced bedwetting
_____	_____	Forced dressing
_____	_____	Forced eating
_____	_____	Forced homosexuality
_____	_____	Forced heterosexuality
_____	_____	Forced masturbation
_____	_____	Forced nudity (private)
_____	_____	Forced nudity (around others)
_____	_____	Forced servitude
_____	_____	Forced smoking
_____	_____	head hoods
_____	_____	Gags (cloth)
_____	_____	Gags (inflatable)
_____	_____	Gags (phallic)
_____	_____	Gags (rubber)
_____	_____	Gags (tape)
_____	_____	Gas masks
_____	_____	Gates of Hell (male)
_____	_____	Genital sex
_____	_____	Given away to another Dom (temp)
_____	_____	Given away to another Dom (perm)
_____	_____	Golden showers
_____	_____	Gun play
_____	_____	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 (give fellatio/cunnilingus)
_____	_____	Head (recv fellatio/cunnilingus)
_____	_____	High heel wearing
_____	_____	High heel worship
_____	_____	Homage with tongue (non-sexual)
_____	_____	Hoods
_____	_____	Hot oils (on genitals)
_____	_____	Hot waxing
_____	_____	Housework (doing)
_____	_____	Human puppy dog
_____	_____	Humiliation (private)
_____	_____	Humiliation (public)

_____	_____	Hypnotism
_____	_____	Ice cubes
_____	_____	Immobilization
_____	_____	Infantilism
_____	_____	Initiation rites
_____	_____	Injections
_____	_____	Intricate (Japanese) rope bondage
_____	_____	Interrogations
_____	_____	Kidnapping
_____	_____	Kneeling
_____	_____	Knife play
_____	_____	Leather clothing
_____	_____	Leather restraints
_____	_____	Lectures for misbehavior
_____	_____	Licking (non-sexual)
_____	_____	Lingerie (wearing)
_____	_____	Manacles & Irons
_____	_____	Manicures (giving)
_____	_____	Massage (giving)
_____	_____	Massage (receiving)
_____	_____	Medical scenes
_____	_____	Modeling for erotic photos
_____	_____	Mouth bits
_____	_____	Mummification
_____	_____	Name change (for scene)
_____	_____	Name change (legal, permanent)
_____	_____	Nipple clamps
_____	_____	Nipple rings (piercings)
_____	_____	Nipple play/"torture"
_____	_____	Nipple weights
_____	_____	nudity
_____	_____	Oral/anal play (rimming)
_____	_____	Over-the-knee spanking
_____	_____	Orgasm denial
_____	_____	Orgasm control
_____	_____	Outdoor scenes
_____	_____	Outdoor sex
_____	_____	Pain (mild)
_____	_____	Pain (medium)
_____	_____	Pain (severe)
_____	_____	Persona training (in scene)
_____	_____	Personality modification (RL)
_____	_____	Phone sex (serving Dom)
_____	_____	Phone sex (serving Dom's friends)

_____	_____	Phone sex (commercial provider)
_____	_____	Piercing (temporary, play-pierce)
_____	_____	Piercing (permanent)
_____	_____	Plastic surgery
_____	_____	Prison scenes
_____	_____	Prostitution (public pretense)
_____	_____	Prostitution (actual)
_____	_____	Pony slave
_____	_____	Public exposure
_____	_____	Punishment Scene
_____	_____	Pussy/cock whipping
_____	_____	Pussy worship
_____	_____	Riding crops
_____	_____	Riding the "horse" (crotch torture)
_____	_____	Rimming ass (giving)
_____	_____	Rimming ass (recieving)
_____	_____	Rituals
_____	_____	Religious scenes
_____	_____	Restrictive rules on behavior
_____	_____	Rubber/latex clothing
_____	_____	Rope body harness
_____	_____	Saran wrapping
_____	_____	Scarification
_____	_____	Scratching (getting)
_____	_____	Scratching (giving)
_____	_____	Sensory deprivation
_____	_____	Serving
_____	_____	Serving as art
_____	_____	Serving as ashtray
_____	_____	Serving as furniture
_____	_____	Serving as a maid
_____	_____	Serving as toilet (urine)
_____	_____	Serving as toilet (feces)
_____	_____	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 (genital hair)
_____	_____	Shaving (head hair)
_____	_____	Skinny-dipping
_____	_____	Sleep deprivation

_____	_____	Sleep sacks
_____	_____	Slutty clothing (private)
_____	_____	Slutty clothing (public)
_____	_____	Spandex clothing
_____	_____	Spanking
_____	_____	Speech restrictions (when, what)
_____	_____	Speculums (Anal)
_____	_____	Speculums (vaginal)
_____	_____	Spitting
_____	_____	Spreader bars
_____	_____	Standing in corner
_____	_____	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 feces
_____	_____	Swallowing semen
_____	_____	Swallowing urine
_____	_____	Swapping (with one other couple)
_____	_____	Swinging (multiple couples)
_____	_____	Tampon Training (in ass)
_____	_____	Tattooing
_____	_____	Teasing
_____	_____	TENS Unit (electrical toy)
_____	_____	Thumb cuffs (metal)
_____	_____	Tickling
_____	_____	Triple penetration
_____	_____	Urethral Sounds (metal rods)
_____	_____	Uniforms
_____	_____	Including others
_____	_____	Vaginal dildo
_____	_____	Verbal humiliation
_____	_____	Vibrator on genitals
_____	_____	Violet Wand (electrical toy)
_____	_____	Voyeurism (watching others)
_____	_____	Voyeurism (your Dom w/others)
_____	_____	Video (watching others)
_____	_____	Video (recordings of you)

_____	_____	Water torture
_____	_____	Waxing (hair removal)
_____	_____	Wearing symbolic jewelry
_____	_____	Weight gain (forced)
_____	_____	Weight loss (forced)
_____	_____	Whipping
_____	_____	Wooden paddles
_____	_____	Wrestling

Willingness quick-key:

? - Don't understand this item.

* - I will do with current sex partner only.

NO - I WILL NOT DO that item under ANY circumstances (a hard limit).

0 - No desire, don't like, will permit if special to Dom (a soft limit).

1 - Don't want to do, but will.

2 - Willing to do, but has no special appeal.

3 - Usually LIKE doing, on an irregular/ occasional basis.

4 - LIKE doing, would like it on a regular basis.

5 - WILD TURN-ON, would like it as often as possible.