

Big BDSM Checklist

Some activities are simple and can be done with little to no instruction or investment, these are indicated by a 🍬. Others require a specific purchase or some skill to accomplish and are marked with a 📦. Finally, some techniques are potentially dangerous and should be learned through in person instruction and practice. These are indicated by a ⚠️.

How to Use the Checklist

Both or all partners should fill out this checklist, to gauge interest in activities and so that they are aware of what the other(s) are interested in. If you have multiple partners, each pairing should fill out a checklist, as what you are willing to explore with one partner may be different than what you are willing to explore with another.

Make sure you indicate your experience, if any, with each activity. Again, this is the beginning of a conversation, not the whole thing. Don't be afraid to ask a person how they learned, whether they were a top or bottom for that activity, etc.

If an activity does not apply to you for whatever reason, simply ignore it or write in **N/A**.

Use a **T** or **B** to indicate that you would be interested in topping or bottoming for an activity. If you're interested in doing both, simply write both letters in.







Remember, if you haven't tried an activity, indicate your interest level in that activity. If you plan on having others involved directly in your play, indicate with an * which activities you would want to keep between you and your primary partner or the person you are filling this checklist out with.






- ★ **NO** is a hard limit, something you are not interested in doing under any circumstances.
- ★ **0** (zero) is a soft limit, something you aren't interested in doing, but may consider under specific circumstances and with specific negotiation.
- ★ **1** (one) is something you aren't really interested in doing but will oblige if it's requested occasionally.
- ★ **2** (two) is something that you're okay with doing but you don't really enjoy. You will do it if asked, to please your partner, or as a special reward.
- ★ **3** (three) is something that you neither like nor dislike. You're up for it if your partner wants to, but it's not something you would miss if it didn't happen.
- ★ **4** (four) is something you enjoy doing and wouldn't mind doing often.
- ★ **5** (five) is something you really want to do, something you would like to do as often as possible.
- ★ **?** is something you don't understand or are truly unsure about.



Always remember that these checklists are not written in stone. You can change your checklist whenever you like. If you try something and it's not nearly as much fun as you thought it would be, change it's rating. If you didn't think you would like something but have warmed up to the idea, change it's rating. Don't forget to let your partner know about the change. These checklists are a great way to keep track of things and for spurring conversations, but most of us don't check them before each time we play. I recommend using a pencil to fill out your checklist so that you can change it whenever you need.

Name:





Date:





Protocol or Power Exchange Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
24 Hours a Day/7 Days a Week 			
Authority (Holds)			
Authority (Gives Up)			
Bathroom Use Control			
Bedroom Only Control			
Begging			
Behaviour Restrictions			
Body Modification (Ownership) 			
Body Worship			
Chastity			
Chauffeur			
Collar (Private)			
Collar (Public)			
Collar (Permanent) 			
Consensual Non Consent 			
Crawling			
Cuckold/Cuckquean 			
Day to Day Control 			
Discipline			
Domestic Servitude			
Dominant/Submissive			
Examination (Physical)			
Exercise Requirements			
Eye Contact Restrictions			
Following Orders			
Harems (Serving with Others) 			
Honorifics			

Protocol or Power Exchange Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Housework/Chores			
Genuflecting			
Kneeling			
Lectures for Corrections			
Loaned to Others for Service			
Loaned to Others for Sex 			
Master/Mistress/Slave 			
Micromanaging			
Micromanaging (Clothing)			
Micromanaging (Food)			
Mono/Poly Arrangement 			
Obedience			
Orgasm Control			
Owner/Property 			
Protocols			
Protocols (High) 			
Punishment Dynamic 			
Reprimands			
Ritual			
Rules			
Service			
Service (Boot Blacking)			
Service (Tea Service)			
Service (Sexual)			
Service Submissive			
Serving Others			
Sexual Activity Control (Timing, Where, How Long, etc)			
Slave Auctions			
Slave Positions			

Protocol or Power Exchange Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Speech Restrictions			
Tasks			
Tattoo/Branding as Sign of Ownership 			
Total Power Exchange 			
Training			
Wearing Symbolic Jewellery			










Bondage Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Arm Binders ☐			
Bed Restraints ☐			
Blindfolds ★			
Breast Bondage ☐			
Body Bags ☐			
Bondage (Light) ★			
Bondage (Heavy) ☐ 🚩			
Bondage (Long Term) 🚩			
Bondage Bed ☐			
Cages ☐			
Cells or Closets ★			
Chains ★			
Chest Bondage ☐			
Cock Bondage (Rope) ☐			
Cock Bondage (Devices) ☐			
Cock Bondage (Metal) ☐			
Cock Bondage (Leather) ☐			
Cock Bondage (Latex/Rubber) ☐			
Cock Rings ★			
Collars ★			
Collars (Posture) ☐			
Corsets ☐			
Cuffs (Leather) ★			
Cuffs (Metal) ☐			
Escaping Bondage ★ ☐ 🚩			
Gags (Cloth) ★			
Gags (Bit) ☐			
Gags (Ball) ☐			
Gags (Inflatable) ☐			
Gags (Phallic) ☐			

Bondage Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Gags (Tape) ★			
Gags (Ring) □			
Gags (Medical) □ 			
Gags (Open Mouth) □			
Gas Masks □			
Hair Bondage □			
Handcuffs □			
Harness (Leather) □			
Harness (Latex/Rubber) □			
Harness (Rope) □			
Harness (Other) □			
Hidden Bondage (Under Clothing) □			
Hoods □			
Immobilization □ 			
Japanese Bondage (Kinbaku or Shibari) □ 			
Japanese Bondage (Hojojutsu) □ 			
Leg Binders □			
Manacles and Irons □			
Mental Bondage ★			
Mummification ★			
Plastic Wrap ★			
Restraints (Leather) ★			
Restraints (Vegan) ★			
Restraints (Other) ★			
Scarves, Ties, Pantyhose, etc ★			
Self Bondage □			
Shoe Bondage □			
Sleep Sacks □			
Sleep Bondage □			

Bondage Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Spreader Bars ☐			
Stocks & Pillories ☐			
Straight Jacket ☐			
Straps ☐			
Stress Positions ☐ 			
Suspension (Sex Swing) ☐			
Suspension (Rope) ☐ 			
Suspension (Other) ☐ 			
Tape Bondage ★			
Thumb cuffs ☐			
Vacuum Bed ☐ 			
Zip Ties ☐			







Impact & Pain Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom?
Abrasion ★			
Bastinado (Foot Caning) ☐			
Biting (No Marks) ★			
Biting (Marks) ★			
Caning (Body) ☐			
Caning (Hands) ☐			
Caning (Genitals) ☐			
Clamps (Nipple) ★			
Clamps (Genitals) ★			
Clamps (Other, Lips, etc) ★			
DIY Implements ★ ☐ 🚩			
Electrical Play ☐ 🚩			
Floggers (Leather,Suede, Fur) ☐			
Floggers (Weights or Knots) 🚩			
Floggers (Rubber or Chain) 🚩			
Floggers (Genitals) ☐			
Floggers (Breasts) ☐			
Hair Pulling ★			
Kicking 🚩			
Kicking (Ball or Cunt Busting) 🚩			
Kitchen Implements ★			
Neon Wand ☐			
Paddles (Wooden) ★			
Paddles (Textured or Holes) ☐			
Paddles (Unusual) ☐			
Paddles (Genitals) ☐			
Paddles (Breasts) ★			
Pain (Mild) ★			
Pain (Moderate) ★ ☐			
Pain (Severe) ☐ 🚩			

Impact & Pain Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom?
Riding Crops (Leather Tress) ★			
Riding Crops (Rubber Tress) ★			
Riding Crops (Other Tress) ★			
Riding Crops (Breasts) ★			
Riding Crops (Genitals) ★			
Scratching (Fingernails) ★			
Scratching (Metal "Claws") ★			
Scratching (Other Implements) ★			
Slapping (Body) ★			
Slapping (Face) □			
Slapping (Breasts) ★			
Slapping (Genitals) ★			
Spanking (Hands) ★			
Spanking (Hair Brush) ★			
Spanking (Over the Knee) ★			
Straps (Leather) □			
Straps (Rubber or Silicone) □			
Straps (Hands) □			
Straps (Breasts) □			
Straps (Genitals) □			
Tawse □			
Tawse (Hands) □			
Tawse (Breasts) □			
Tawse (Genitals) □			
TENS Units (Electrical) □			
Violet Wand □			
Violet Wand (Flogging) □			
Violet Wand (Metal Objects) □			
Violet Wand (Branding) 🚩			
Weights (Nipples) □			
Weights (Genitals) □			









Impact & Pain Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom?
Whips (Single Tail) 			
Whips (Breasts) 			
Whips (Genitals) 			
Whips (Breaking Skin) 			
Whips (Fear Play & Cracking) 			
Wooden Spoon 			
Wrestling   			

Humiliation Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Anal Plugs (Public, Under Clothes)			
Animal Play (pet, dog, horse, etc)			
Begging/Groveling			
Bimbofication			
Blackmail			
Body Worship			
Burping			
Cuckold / Cuckquean			
Cum Eating			
Degradation			
Diapers			
Emasculation			
Enemas			
Exam (Physical)			
Face Slapping			
Face Spitting			
Foot Humiliation			
Forced Bedwetting			
Forced Pants Wetting			
Forced Masturbation			
Forced Nudity (Private)			
Forced Nudity (Public Sex Club/Dungeon)			
Forced Servitude			
Forced Crossdressing			
Humiliation (Private)			
Humiliation (Public)			
Human Art			
Human Ashtray			
Human Furniture			






Humiliation Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Human Toilet			
Inspection (Physical)			
Insults			
Objectification			
Pig Play			
Phallic Gags			
Phallic Worship			
Poses (Exposure, Embarrassing, etc)			
Put on Display			
Removal of Privacy			
Sexual Humiliation			
Sexual Inadequacy Humiliation			
Shaving (Body Hair)			
Shaving (Head Hair)			
Shared Sexually			
Slut Training			
Small Penis Humiliation			
Spitting			
Verbal Humiliation (Private)			
Verbal Humiliation (Public)			
Watching Bathroom Activities			




Sensation Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Abrasion ★			
Caressing ★			
Chemical Play ☐ 			
Chemical Play (Cooling Gels) ☐			
Chemical Play (Hot Oil) ☐			
Chemical Play (Icy Hot) ☐			
Chemical Play (Numbing Creams) ☐			
Chemical Play (Warming/Tingling Creams) ☐			
Clothespins ★			
Cupping (Suction) ☐			
Cupping (Fire) ☐ 			
Electrical Play (Neon Wand) ☐			
Electrical Play (TENS) ☐			
Electrical Play (Violet Wand) ☐ 			
Electrical Play (Other) ☐ 			
Figging ☐			
Fire Play 			
Gas Masks ★ ☐ 			
Hair Pulling ★			
Hair Brushing ★			
Ice Cubes ★			
Latex/Rubber Clothing ★ ☐			
Leather Clothing ★ ☐			
Licking (Non-sexual) ★			
Massage ★			
Massage (Hot Oil) ★			
Pumping (Pussy) ☐			
Pumping (Clit) ☐			
Sensation Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom

Pumping (Cock) ☐			
Pumping (Nipples) ☐			
Pumping (Other) ☐			
Scratching (Fingernails) ★			
Scratching (Metal Claws) ★ ☐			
Scratching (Other Implements) ★			
Sensory Deprivation (Blindfold) ★			
Sensory Deprivation (Sound) ★			
Sensory Deprivation (Hoods) ☐			
Sensory Deprivation (Body Bags) ☐			
Sensory Deprivation (Other) ☐			
Tickling ★			
Tickling (Feet) ★			
Tickling (Under Arms) ★			
Tickle Torture ★			
Vacuum Bed ☐ 🚩			
Vibrators on Genitals ★			
Vibrators Elsewhere ★			
Wax Play ☐			
Weights (Genital) ☐			
Weights (Nipple) ☐			
Weights (Other) ☐			

Sexuality & Sexual Taboo Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Anal Sex ★			
Anal Plugs ★			
Anal Plugs (in Public) ★			
Chastity ☐ 			
Chastity Devices ☐ 			
Cock Rings ★			
Cuckold ☐ 			
Cuckquean ☐ 			
Cybersex ★			
Digital Penetration (Fingering) ★			
Dirty Talk ★			
Dildos ★			
Double Penetration ★ ☐			
Edging ★			
Ethical Non-Monogamy ★ ☐ 			
Erotic Dance (Private) ★ ☐			
Erotic Dance (Audience) ★ ☐ 			
Erotic Photos (Looking at) ★			
Erotic Photos (Taking, Private) ★ ☐			
Erotic Photos (Taking, Posted Online) ★ ☐ 			
Erotic Videos (Watching) ★			
Erotic Videos (Making) ★ ☐			
Erotic Videos (Posted Online/Sold) ★ ☐ 			
Exhibitionism (Friends) ★ ☐			
Exhibitionism (Strangers) ★ ☐			
Face Sitting ★			
Fisting (Anal) ☐			
Fisting (Vaginal) ☐			

Sexuality & Sexual Taboo Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Forced Bisexuality <input type="checkbox"/>			
Forced Masturbation			
Forced Nudity (Private)			
Forced Nudity (Public Sex Club/Dungeon) <input type="checkbox"/>			
Forced Orgasms			
Genital Sex			
Genital Piercings (Have/Getting) <input type="checkbox"/> 			
Given Away for Sex <input type="checkbox"/>			
Glory Hole <input type="checkbox"/>			
Group Sex <input type="checkbox"/>			
Hand jobs			
Harems (With Other Subs/Bottoms) <input type="checkbox"/> 			
Hook (Anal) <input type="checkbox"/>			
Hook (Vaginal) <input type="checkbox"/>			
Hot Wife <input type="checkbox"/>			
Kissing			
Masturbation (Preformative)			
Masturbation (Mutual)			
Nipple Play			
Nipple Piercings (Have/Getting) <input type="checkbox"/> 			
Nipple Clamps <input type="checkbox"/>			
Nipple Weights <input type="checkbox"/>			
Nipple Suction <input type="checkbox"/>			
Oral Sex			
Orgasm Denial			
Orgasm Control			
Orgasm On Demand <input type="checkbox"/>			
Orgies <input type="checkbox"/>			






Sexuality & Sexual Taboo Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Outdoor Sex ★			
Pegging ★			
Phone Sex ★			
Polyamory ★ □ 			
Post Orgasm Torture □			
Public Exposure (Sex Clubs/Dungeons) □			
Public Sex ★ □			
Queening ★			
Ravishment Play (Rape Play) □ 			
Ravishment Play (Group) 			
Rimming/Analingus ★ □			
Ruined Orgasms ★ □			
Sex for Pay Fantasy □			
Sex Doll □			
Sex Slave □			
Sex Toys ★			
Sexual Deprivation (Temporary) ★			
Sexual Deprivation (Long Term) □			
Shared Sexually (With Friends) □ 			
Shared Sexually (With Strangers) 			
Skinny Dipping ★			
Slutty Clothing (Private) ★			
Slutty Clothing (Public) □			
Speculum (Anal) □			
Speculum (Vaginal) □			
Strap On (Wear) ★			
Strap On (Suck) ★			
Strap On (Penetrate) ★			
Swallow Semen/Sexual Fluids ★ □			

Sexuality & Sexual Taboo Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Swap Partners ☐ 			
Swinging ☐ 			
Tantric Sex ☐			
Teasing ★			
Tease and Denial ★			
Threesomes ☐ 			
Triple Penetration ★ ☐			
Unusual Insertions (Food, Objects, etc) ★			
Vibrators ★			
Voyeurism ★			
Worship (Breast) ★			
Worship (Cock) ★			
Worship (Pussy) ★			
Worship (Ass) ★			


















Fetish Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Aroma (Body Odor)			
Aroma (Farts)			
Aroma (Burps)			
Aroma (Under Arms)			
Aroma (Panties/Underwear)			
Aroma (Feet/Shoes)			
Balloons			
Boots			
Body Modification			
Breeding			
Bukkake			
Cross Dressing			
Corsets			
Crying			
Diapers			
Feet			
Feeder/Feedee			
Fingernails			
Fur (Coats, Rugs)			
Giants/Giantess			
Gloves			
Goth			
Hair			
High Heels			
Jeans			
Latex/Rubber			
Leather			
Legs			
Medical			
Menstrual			

Fetish Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Milking/Lactation			
Muscles			
Navels			
Obesity			
Occult			
Panties			
Pantyhose/Stockings			
Piercings			
Plastic Surgery			
Pregnancy			
Shoes			
Sleep/Sleep Sex			
Slippers			
Smoking			
Sneakers			
Sploshing			
Squirting			
Swimwear			
Tattoos			
Tentacles			
Uniforms			
Wet & Messy			
Yoga Pants			
Zentai			

Role Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
ABDL			
Age Play			
Age Play (Little)			
Age Play (Middle)			
Age Play (Big)			
Age Play (Adult Baby)			
Age Play (Parent/Child, Sister/Brother, etc)			
Age Play (Incest) 			
Alien Abduction			
Alien Impregnation/Eggs			
Animal Play			
Animal Play (Horse)			
Animal Play (Dog)			
Animal Play (Pig)			
Babysitter Role Play			
Bimbofication			
Daddy/Mommy Dominant			
Damsel/Dude in Distress			
Diapers (Wearing)			
Diapers (Wetting)			
Diapers (Soiling)			
Doctor, Nurse, Patient			
Erotic Dancer/Entertainer			
Fantasy Abandonment 			
Funishment Scenes			
Furry Play			
Incest Role Play 			
Initiation Rites			
Interrogation Play 			

Role Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Kidnapping Fantasy 			
Maid Role Play			
Master/Mistress & Slave Role Play			
Nazi Role Play 			
Online Role Play			
Pet Play			
Pet Play (Kitten)			
Pet Play (Puppy)			
Pony Play			
Prison Role Play			
Ravishment Play (Rape Play) 			
Religious Role Play			
Ritual Play			
Satanic Ritual Scene			
School Role Play			
School Teacher			
School Student			
Sex for Money Fantasy 			
Slave Role Play (Historical) 			
Slave Role Play (Gor)			
Slave Role Play (Other)			
Stranger Role Play			
Wild West Role Play			

Taboo & Edge Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Age Play (Sexual) <input type="checkbox"/>			
Animal Role Play (Sexual) <input type="checkbox"/>			
Asphyxiation  			
Ball Busting <input type="checkbox"/>			
Bare-backing <input type="checkbox"/>			
Blackmail Fantasy 			
Blood Play  			
Branding 			
Breath Control 			
Breeding Fantasy			
Castration Fantasy <input type="checkbox"/>			
Catheters  			
CBT (Cock & Ball Torture) <input type="checkbox"/>			
Choking  			
Conditioning (Manipulation) 			
Corporal "Punishment" <input type="checkbox"/> 			
Cunt Busting <input type="checkbox"/>			
Enemas (Cleansing) <input type="checkbox"/>			
Enemas (Pleasure) <input type="checkbox"/>			
Enemas (Punishment) <input type="checkbox"/>			
Enemas (Retention) <input type="checkbox"/>			
Fear Play <input type="checkbox"/>			
Fire Play <input type="checkbox"/> 			
Flesh Hook Suspension  			
Full Body Beatings <input type="checkbox"/> 			
Gas Masks (Air Restriction) <input type="checkbox"/>			
Genitorture <input type="checkbox"/>			
Gun Play <input type="checkbox"/> 			
Golden Showers <input type="checkbox"/>			

Taboo & Edge Play Activity	Experience Y/N	Rating NO, 1-5, ?	Top or Bottom
Hypnosis ☐ 			
Inflation/Injections (Saline)  			
Interrogations ☐ 			
Knife Play ☐			
Mind Fucks ☐			
Needle Play 			
Pursuit & Capture (Public) ☐ 			
Pursuit & Capture (Kink Camping or Similar) ☐ 			
Play Piercing 			
Pussy Torture ☐			
Ravishment Play (Rape Play) ☐ 			
Resistance Play ☐ 			
Rough Body Play (Closed Fists) ☐ 			
Rough Body Play (Kicking) ☐ 			
Scat 			
Sleep Deprivation ☐			
Stress Positions ☐ 			
Take Down Play ☐ 			
Tasers/Stun Guns ☐ 			
Urethral Sounding 			
Urine Consumption ☐			
Waterboarding 