FL BDSM Checklist

This checklist is designed for anyone interested in BDSM, whether new or experienced. I have tried to include most of the main activities that you would see in a BDSM club, or that you might try at home. I have also included a space for safe words, red limits, any health concerns and aftercare.

The checklist is designed for anyone (i.e. Doms/Tops/givers, subs/bottoms/receivers, Switches etc.)

If you would like to contact me with any feedback etc. I can be found as Juggler10000 on fetlife.com.

Activities

For each activity, there are four boxes:

The first is whether you have ever tried the activity (Yes/No).

The second is whether you wish to experience the activity on a scale of 0-5 as a giver

0 = a hard limit.
1 = a soft limit.
2 = I do not wish to try this but will do so to please my partner
3 = I am ambivalent about this
4 = I enjoy this
5 = I love this

The third is whether you wish to experience the activity on a scale of 0-5 as a receiver

0 = a hard limit.
1 = a soft limit.
2 = I do not wish to try this but will do so to please my partner
3 = I am ambivalent about this
4 = I enjoy this
5 = I love this

The fourth box gives you the opportunity to write in any notes (perhaps you would only like a particular activity on a certain part of the body, or only in certain role plays etc.)

Restraints

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Rope				
Chains				
Cable ties				
Cuffs (metal/leather)				

Impact (play)

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Hands				
Floggers				
Paddles				
Tawse				
Belt				
Crops				
Canes				
Whips (short) (stock etc.)				
Whips (long) (bull etc.)				
Punching				
Kicking				

Impact (parts of the body)

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Face (slapping)				
Breasts				
Nipples				
Shoulders/ back				
bottom				
Thighs (lower)				
Thighs (upper)				
Genitals				
Feet				

Sensation

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Stroking				
Tickling				
Hair play (gentle)				
Hair pulling (for pain)				
Nettles				
Chilli				
Ice				
Wax				
Figging (ginger)				

Gags

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Tongue press				
Breathable gag				
Ball gag				
Inflatable gag				
Ring gag				

Rope

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Artistic (Shibari)				
Bondage (general)				
Bondage (breast)				
Suspension (partial)				
Suspension (full)				

Sensory Deprivation

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Hoods				
Blindfolds				
Earplugs				

Blood play

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Play piercing				
Staples				
Vampire gloves				
Pinwheels				
Knives (cutting)				
Spiked paddles				

Breath play

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Hand over mouth				
Choking (with hand)				
Choking (with belt)				
Bagging				
Under water				
Gas mask				

Electrical play

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
TENS				
Violet wand				
E-Stim				
Shock devices				

Watersports (pissing)

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
On body				
On face				
In mouth				
Through funnel				

Scat Play (Poop)

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Simulated				
Actual				

Sexual play

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Kissing (open mouth)				
Vibrators				
Breasts/nipples				
Oral				
Orgasm control (asking permission)				
Orgasm control (forced)				
Orgasm control (denial/edging)				
Genital (touching)				
Genital (penetration, with toys)				
Genital (penetration, with body)				
Bukkake				
Anal play (non-penetrative)				
Anal play (rimming)				
Anal hooks				
Anal penetration (with toys)				
Anal penetration (with body)				

Role play

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Kidnapping				
Interrogation				
Naughty schoolboy/girl				
Secretary				
Prisoner				
Military				
Other				

D/s

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Collar (in scene)				
Positions (e.g. Gorean etc.)				
Eye contact restrictions				
Speech restrictions				
Bathroom use control				
Honorifics (how someone is addressed e.g. Sir, Ma'am etc.)				

Humiliation and Degradation

As this is such an emotive area, and is exceptionally individual, I would suggest using the notes section to list other particular activities/specific words etc. that are desired/limits

Activity	Tried (Y/N)	Wish to experience 0-5 (Giver)	Wish to experience 0-5 (Receiver)	Notes
Humiliation (general)				
Degradation (general)				
Name calling				
Food play (WAM/ Sploshing)				
Human Furniture				
Writing on body				
Spitting				

In the next section, there are a series of free text boxes asking about your limits, safewords, any health issues, aftercare, and any other information relating to play. Please fill these out as honestly and as fully as you can (if you have not played before, please say so).

Red Limits (anything you would never consent to in a scene)

Safewords (what words do you use to indicate you wish to carry on, pause or stop a scene). How will you indicate a safeword if you are unable to speak?

Do you have any health issues that may affect you playing? This may be anything from problems with joints, allergies, diabetes, heart problems, epilepsy, blood clots etc.

What kind of aftercare do you like to receive/give? This may include being left alone, cuddles, reassurance, checking in the next day etc.

Is there anything else you wish to include on the checklist? This may be additional information about likes and dislikes, or anything else you feel may be relevant