

Lotus EROTICA

By Mistress Eros

Kink checklist and intro into conscious kink play

Part 1: Getting clear on desires

Both the Domme/Dom and Sub fill out the checklist below.

<u>SEX RELATED:</u>	<u>Hard Limit</u> (Something I won't try)	<u>Soft limit</u> (Not my favourite but willing to do with negotiation)	<u>Curious I want to try</u>	<u>Something I enjoy</u>
Anal Beads				
Butt Plugs				
Cock Rings				
Deep Throating (includes strap-on)				
Double penetration				
Dildo - Anal (get)				
Dildo - Oral (get)				
Fisting (anal)				
Fisting (vaginal)				
Food (used during sex/penetration) (get)				

Forced Bisexuality (forced sexual acts with others of gender you don't readily identify with)				
Gates of Hell (wearing)				
Hand Job				
Massage				
Nipple Play				
Oral Sex (give) (Includes sucking a strap-on/ dildo)				
Pegging				
Talking dirty (receiving)				
Teasing				
Vibrators (get)				
<u>BONDAGE:</u>				
Bondage - Full body				
Bondage - Basic rope				
Bondage - Intricate Rope				
Breast Bondage				
Caging				
Chains (wearing)				
Crucifixion				
Cuffs				
Genital bondage				
Mummification				
Restraint Duration: overnight or full day (get)				
Spreader Bars (ankle/thighs)				
Suspension				
Whipping Post (bound to)				
<u>S&M:</u>				
Abrasion				
Asphyxiation				
Ball/Pussy Lips Stretching				
Bastinado (get) (Beating soles of feet)				
Beating - hard				
Beating - soft				
Biting				
Body worship (armpit)				

Body Worship (Ass)				
Body Writing				
Breast/Chest torture				
Breath Control				
Choking				
Cock and Ball/Pussy Torture				
Face Slapping – Light				
Face Slapping – Hard				
Florentine Flogging				
Fireplay				
Hair pulling				
Knife play				
Led by Neck				
Led by Hair				
Needles				
Nipple Torture				
Pinching				
Spitting on Face				
Spitting in Mouth				
Scratching				
Spanking				
Trampling (get)				
Tantric Spanking				
<u>POWER PLAY:</u>				
Collars				
Crawling				
Eye Contact Restriction				
Face Sitting/ Queening				
Face Forced Into Pillow				
Following Orders				
Forced Exercise				
Forced Masturbation				
Forced Nudity				
Forced Orgasm (for example: wand being held onto clit)				
Forced Servitude				
Hot Waxing				
Humiliation				
Humiliation - Verbal				

Kneeling				
Leash/Lead				
Lecturing				
Orgasm Control				
Orgasm Denial				
Pedicures				
Rough play/ Thrown Around				
Sensual Domination				
Speech Restrictions				
Standing in Corner				
Struggling				
<u>ROLE PLAY:</u>				
Age Regression Play				
Fantasy Rape (get)				
Interrogations				
Medical Scenes				
Physical Examinations				
Prostitution (pretend)				
Punishment Scene				
Teacher/ Student				
<u>BONDAGE TOYS:</u>				
Blindfolds (wearing)				
Duct Tape				
Full Head Hoods				
Gags - ball				
Gags - cloth				
Gags - phallic				
Gags - tape				
Harnessing – leather				
Headphone/Earplugs				
Plastic Wrap				
Stocks (get)				
<u>S&M TOYS:</u>				
Belt/Strap				
Caning				
Clothes Pegs				
Cupping/Suction				

Cutting				
Electricity - Tens Unit				
Electricity - Violet Wand				
Flogging				
Knife Play				
Nipple Clamps				
Nipple Weights				
Paddling				
Piercing - Temp				
Riding Crops				
Scarification				
Urethral Sounds				
Whipping – Single Tail				
Whipping - Genitals				
<u>FETISH:</u>				
Boot Worship/Boot Blacking (give)				
Corsets (you)				
Cross-Dressing (you)				
Cuckolding				
Diapers (you)				
Enemas – for cleansing purposes				
Enemas – for punishment/retention purposes				
Feathers/Fur (others wearing/using)				
Foot Worship				
Golden showers (drink from a goblet/ cup)				
Golden Showers on body/ chest/ face etc				
High Heel Worship				
High Heel Wearing (you)				
Infantilism				
Fear				
Latex				
Latex (you wearing)				
Needles				
Pet Play				
Posing for Erotic Photos				
Protocols				

Sensory Deprivation				
Scarlet Showers				
Scat Play/ Human Toilet				
Stockings/ Pantihose				
Temperature Play (Ice Blocks or Warm Tea/ Hot Water Bottle)				
Wrestling (fantasy)				
Wrestling (Primal)				

Submissive (Sub) is to answer the below questions to give the Dominant/ Domme more of an insight for the session:

1. Is there anything not listed above that you want to try or are into:

2. Is there anything you wish to clarify?

3. What do you wish to be called during the scene (if known)? I.e. Slave, slut, good girl/boy, sissy, pathetic worm, my little whore etc..

4. Are you a masochist? What is your pain level?

(hate pain) 15.....10 (love pain)

Please write any health concerns you have or medical issues that are important for your Dom/Domme to know:

Injuries/ surgery/ illnesses _____

5. Preferred vibe of your Dom/ Domme?

- ☐ Dominating/ authoritarian/ controlling
- ☐ Dark mother/ firm but caring
- ☐ Cold and strict
- ☐ Queen energy/ royal/ worthy of worship

6. What do you prefer your Dom/ Domme to wear? PVC, Lingerie, Lace, Uniform, Latex, Stilettos, Boots, a Certain Colour etc.

7. What is your intention for the scene? How do you wish to feel afterwards/ during?

8. Do you have any known trauma or triggers that could come up in relation to the scene?

Part 2 - Setting up a scene

Once the checklist and questions are filled out the Dom/ Domme will need to determine whether the Sub's interests are in alignment with their own.

Remember as Domme/Dom are you:

GOOD - Are you willing to be good at what the sub is interested in receiving by doing the research and creating a safe container for play?

GIVING - Are you willing to be giving of the Sub's interests?

GAME - Are you game enough to try the kink and maybe even like it for yourself?!

The most important part of a scene is the beginning and end.

At the beginning of a scene the Domme/Dom begins by clarifying consent and boundaries, determining intentions etc. and at the end the Domme/ Dom will provide the requested aftercare.

This is the juice that makes the session feel safe and yummy!

Planning Session (different day to main session) → Main session → After care

Planning session

It's best to plan the scene by having the planning session on a different day to the actual session as the excitement/ arousal can distort consent.

Have the Sub fill out the above form and go through what you might include, ask any questions or gain clarity around soft limits, specifics etc.

Even if we think we do not need to follow these steps - our body remembers EVERYTHING and will store any unprocessed stimulus from the scene in the cellular memory of the body as trauma.

Planning Session Framework

These are questions for the Domme/ Dom to ask the sub the day before the scene/ on a different day to the actual session. Have the Sub's filled out checklist handy and gain any further clarification needed.

1. Consent

Discuss that actions in the 'Curious I want to try', 'Something I enjoy' columns could be included in the scene and with adequate discussion the 'Soft Limits' section could be included as well.

2. Aftercare

What kind of aftercare does the Sub require?

Suggestions:

Cuddles

A fluffy/ favourite toy or pillow

A cup of tea

A chat

Wrapped up in a blanket

3. Get Clarity

Gain clarification on anything from the form that doesn't make sense/ you need more information about.

Main session

On the day of the session ask the Sub to confirm that the original agreement is still the same. Do not allow the Sub to change their mind during the scene for extra pain/ more risky activities. Again, they will be in a trance like state and are not set up to make informed consent choices when in subspace.

Once the scene is over the Domme/Dom will provide the discussed aftercare for the Sub. Allow enough time for this.

Main session structure:

Sit down with the Sub and face each other, go through the below pieces before starting the scene. The more safe and relaxed both parties are, the more pleasure you will feel. Take time to co-regulate together in the beginning, this is done by breathing together, hugging, hand on heart or eye gazing.

1. Consent

Confirm consent is the same as per initial planning discussion.

2. Boundaries

Is there anywhere you don't want to be touched?

Any particular way you don't want to be touched?

3. Intention/ Fears

How would you like to feel after the session? Is there anything you'd like to work on during the session? Maybe a daddy kink (but there's known abandonment wounding there) so the word daddy/ good girl could be titrated into the session.

Do you have any fears about the session?

4. Desires

Give the Sub a chance to share any strong desires they may have. It's a long checklist - so there may be 2-3 things that they are really craving on the day.

5. Explore and enjoy the scene!

Allow plenty of time for play! Create the space - clean your room, put on mood lighting and music, pour love into the creation of the scene.

6. Lastly - provide the requested aftercare :)

10-15 minutes is suitable for a 1.5 hour scene, but again go with the flow and feel into what is needed for the Sub, it may be more it may be less.

Extra notes:

- If using BDSM for healing is important to mention that it can be therapeutic but it is not therapy. It is always best to pair BDSM with a trained trauma therapist. There are many therapists these days who are recognising the healing properties of BDSM.
- If it is both the Sub and the Dommes/Doms' first time playing in these realms remember it might not be super hot and sexy the first time! Allow yourselves the chance to be awkward and fumble your way through it.
- The best place to start is sensual domination - think blind folds, feathers and slow erotic pleasure sessions using power/ body language and restraints.
- Conscious kink goes with the flow of energy, feeling into what is alive for the session rather than following a rigid script.
- Breathe together at the beginning and the end of the session, establish trust, go slowly!
- Clear Communication = Trust = Intimacy
- The Domme/ Dom should always be checking the Subs body for signs of dysregulation. If they do start to become heightened/ show signs of dysregulation then co-regulate (breathe together/ hand on their heart or hugging position) with consent.
- This is the tip of the iceberg!! Do your research! Find a Pro Domme/ Dom to learn from <3

Thanks for reading and I hope you learnt something new and this information supports you in your journey into the world of conscious kink! Please reach out if you have any questions or would like 1:1 support integrating this work.

Enjoy you sexy, kinky minx!

With Love and Pain,

Mistress Eros xx

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