**How to use the checklist**

This checklist can be used in several ways:

1. The Sub fills in the list and gives it to the Dom. This quickly provides insight into boundaries and possibilities. Similar interests can also be made clear.
2. A Dom can use the list to get clear what he wants from the sub.
3. Each Sub/Dom can fill out this list to get to know themselves better.

Switches will have to fill in the list twice. Their world of experience as a sub may differ from that as Dom.

For each activity, enter two details:

In the first column you indicate whether you have experience with the

activity:

Yes = experience ;

No = no experience

N/A = not applicable to your gender

In the 2nd column you indicate how you (emotionally) feel about the activity:

? means you don't know what the subject means.

No means you would NEVER want to do that. Under no circumstances (a hard limit).

0 means that you have no desire to do this and that you do not like it, in fact, it will be against you. But you will allow the Dominant to do this if the Dominant wants to (so-called soft limit).

1 means that you don't want to do this or that you don't like it. However, if it is asked, you will not refuse.

2 means that you want to do this activity, although it has no emotional value for you. You really don't have any problems with it either.

3 means that you would like to do this activity. At least once in a while. You're pretty curious.

4 means that you would like to experiment with this activity quite regularly. You think it's fun or you already know it's fun.

5 means that this activity excites you enormously. You would like to do it as often as possible.

Under comments you can write down additions, nuances or explanations that may be important for the Dom in the right column. The experience framework can differ per person per activity.

**Basics**

Name:

Age:

Length:

Weight:

Spectacles:

Smokes:

Addicted:

Chronic illness:

Medicines:

Sexual preference:

Other info:

**Appearance**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Experience** | **Desire** | **Remark** |
| Body modification |  |  |  |
| Erotic dancing (Intimates) |  |  |  |
| Erotic dancing (private) |  |  |  |
| Erotic dancing (Public) |  |  |  |
| Exhibitionism (Intimates) |  |  |  |
| Exhibitionism (private) |  |  |  |
| Exhibitionism (Public) |  |  |  |
| Weight reduction (forced) |  |  |  |
| Weight gain (forced) |  |  |  |
| Wearing a collar (Intimates) |  |  |  |
| Wearing a collar (private) |  |  |  |
| Wearing a collar (public) |  |  |  |
| Slutty clothing (Intimates) |  |  |  |
| Slutty clothing (private) |  |  |  |
| Slutty clothing (public) |  |  |  |
| Wearing high heels |  |  |  |
| Corsets (goal middle removal) |  |  |  |
| Corsets (occasionally) |  |  |  |
| Wearing chastity belt |  |  |  |
| Wearing leather clothes |  |  |  |
| Wearing lingerie |  |  |  |
| Model for erotic photo/film |  |  |  |
| Piercing (genitals) |  |  |  |
| Piercing (face) |  |  |  |
| Piercing (navel) |  |  |  |
| Piercing (nipples) |  |  |  |
| Piercing (temporary, fake pierce) |  |  |  |
| Plastic surgery |  |  |  |
| Wrist or ankle cuffs (intimates) |  |  |  |
| Wrist or ankle cuffs (private) |  |  |  |
| Wrist or ankle cuffs (public) |  |  |  |
| Public exhibition |  |  |  |
| Wearing rubber or latex clothing |  |  |  |
| Shaving (head hair) |  |  |  |
| Shaving (armpits) |  |  |  |
| Shaving (pubic area) |  |  |  |
| Sexy clothes (private) |  |  |  |
| Sexy clothes (public) |  |  |  |
| Tattoos |  |  |  |
| Transvestism (required) |  |  |  |
| Wearing a uniform |  |  |  |
| Compulsory dressing |  |  |  |
| Compulsory nudism (Intimates) |  |  |  |
| Compulsory nudism (private) |  |  |  |
| Mandatory Nudism (Public) |  |  |  |

**Restriction of freedom of movement**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Experience** | **Desire** | **Remark** |
| Blindfold |  |  |  |
| Blow-up sleeping bag |  |  |  |
| Bodybag |  |  |  |
| Cuffs (leather) |  |  |  |
| Tying breasts |  |  |  |
| Thumb cuffs (metal) |  |  |  |
| Straitjacket (arm) |  |  |  |
| Straitjacket (leg) |  |  |  |
| Straitjacket (leather) |  |  |  |
| Facesitting |  |  |  |
| Gas masks |  |  |  |
| Handcuffs |  |  |  |
| Harness (leather) |  |  |  |
| Harness (rope) |  |  |  |
| Hood (inflatable) |  |  |  |
| Hood (full) |  |  |  |
| Making immobile |  |  |  |
| Complicated (Japanese) rope bondage |  |  |  |
| Chains |  |  |  |
| Small space (locked in) |  |  |  |
| Cage (locked in) |  |  |  |
| Chastity belt/cage |  |  |  |
| Mouth bit/bridle |  |  |  |
| Mouth gag (inflatable) |  |  |  |
| Mouth gag (penis shape |  |  |  |
| Mouth gag (rubber) |  |  |  |
| Mouth gag (fabric) |  |  |  |
| Month gag (tape) |  |  |  |
| Mouth spreader |  |  |  |
| Mummify (foil) |  |  |  |
| Hanging (horizontal) |  |  |  |
| Hanging (upside down) |  |  |  |
| Hanging (upright) |  |  |  |
| Penis rings/ball stretchers |  |  |  |
| Spreader bar |  |  |  |
| Vacuum bed |  |  |  |
| Tying to the wheel |  |  |  |
| Tying/Bondage (long-term) |  |  |  |
| Tying/Bondage (light) |  |  |  |
| Tie up/Bondage (public) |  |  |  |
| Tie up/Bondage (firm) |  |  |  |
| Clothespins |  |  |  |
| Body bag bondage |  |  |  |
| Self-bondage |  |  |  |
| Depriving senses |  |  |  |

**Stimuli and pain**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Experience** | **Desire** | **Remark** |
| (Spanish) straw (riding crop thingy) |  |  |  |
| Auto-SM |  |  |  |
| Tongue action (no sex) |  |  |  |
| Bite |  |  |  |
| Branding |  |  |  |
| Cane |  |  |  |
| CBT |  |  |  |
| Cupping |  |  |  |
| Electric fly swatter |  |  |  |
| Electricity (Electro Stimulation) |  |  |  |
| Genitals (weights) |  |  |  |
| Genitals (clamps) |  |  |  |
| Waxing (removing hair) |  |  |  |
| Hot oil (on genitals) |  |  |  |
| Hot oil (on body) |  |  |  |
| Hot wax (candle wax) (on body) |  |  |  |
| Hot wax (on genitals) |  |  |  |
| Wooden bats |  |  |  |
| Ice cubes |  |  |  |
| Tickling |  |  |  |
| Scratching (giving) |  |  |  |
| Scratching (receive) |  |  |  |
| Stretching body openings (duckbill) |  |  |  |
| Massage (giving) |  |  |  |
| Massage (receiving) |  |  |  |
| Needles |  |  |  |
| Over-the-knee (spanking) |  |  |  |
| Pain (severe) |  |  |  |
| Pain (mild) |  |  |  |
| Pinwheel |  |  |  |
| Hitting (hard) |  |  |  |
| Hit (soft) |  |  |  |
| Punching in the face |  |  |  |
| Hitting with hairbrush |  |  |  |
| Hitting/chastising |  |  |  |
| Cut |  |  |  |
| Games with fire |  |  |  |
| Nipple weights |  |  |  |
| Nipple play/torment |  |  |  |
| Nipple clamps |  |  |  |
| Nipple rings (piercings) |  |  |  |
| Trampling |  |  |  |
| Pulling hair |  |  |  |
| Cattle stick (electric toy) |  |  |  |
| Vuurcupping (firecupping) |  |  |  |
| Vuurfloggen (fireflogging) |  |  |  |
| Vuurspanking (firespanking) |  |  |  |
| Firespraying |  |  |  |
| Vuurverfen (firepainting) |  |  |  |
| Whippings on chest |  |  |  |
| Whippings on genitals |  |  |  |
| Whipping on back or buttocks |  |  |  |
| Whip |  |  |  |

**Humiliation and subordination**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Experience** | **Desire** | **Remark** |
| Breath play |  |  |  |
| Serve other dominant (under supervision) |  |  |  |
| Serve other dominant (unsupervised) |  |  |  |
| Be spat on |  |  |  |
| Playing outdoors |  |  |  |
| Competition (with other subordinates) |  |  |  |
| Control of personal hygiene |  |  |  |
| Cuckolding (partner has a lover) |  |  |  |
| Serve as ashtray |  |  |  |
| Serving as an art object |  |  |  |
| Serving as furniture |  |  |  |
| Serving with other subordinates |  |  |  |
| Dominant chooses food for subordinate |  |  |  |
| Dominant chooses clothes for sub |  |  |  |
| High Heels worship |  |  |  |
| Housework (doing) |  |  |  |
| Standing in the corner |  |  |  |
| Internet sex (serving other dominant) |  |  |  |
| Internet sex (serving own dominant) |  |  |  |
| Kneel |  |  |  |
| Crawl |  |  |  |
| Wearing chastity belt |  |  |  |
| Boot worship |  |  |  |
| Licking (not sexual) |  |  |  |
| Manicure (giving) |  |  |  |
| Change name (permanently) |  |  |  |
| Change name (for game) |  |  |  |
| Limiting eye contact |  |  |  |
| Execute assignments |  |  |  |
| Cock worship |  |  |  |
| Prostitution (public, pretending) |  |  |  |
| Rules of conduct |  |  |  |
| Denying sex (short term) |  |  |  |
| Denying sex (long term) |  |  |  |
| Denying sex (completely) |  |  |  |
| Sleep denial |  |  |  |
| Speaking restrictions (when, what) |  |  |  |
| Positions for disobedience |  |  |  |
| Phone sex (Serving others) |  |  |  |
| Phone sex (commercial) |  |  |  |
| Phone sex (serving own dominant) |  |  |  |
| Pussy worship |  |  |  |
| Verbal humiliation |  |  |  |
| Humiliating (intimates) |  |  |  |
| Humiliating (private) |  |  |  |
| Humiliating (public) |  |  |  |
| Compulsory eating |  |  |  |
| Compulsory smoking |  |  |  |
| Video (watching others) |  |  |  |
| Video (to be recorded yourself) |  |  |  |
| Foot worship |  |  |  |
| Voyeurism (dominant with others) |  |  |  |
| Voyeurism (mandatory viewing of others) |  |  |  |
| Give away to other dominant (permanent) |  |  |  |
| Give away to other dominant (temporary) |  |  |  |

**Sexuality and eroticism**

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| --- | --- | --- | --- |
| **Activity** | **Experience** | **Desire** | **Remark** |
| Eating ass (of a man) |  |  |  |
| Eating ass (of a woman) |  |  |  |
| Ass getting eaten (by a male) |  |  |  |
| Ass getting eaten (by a woman) |  |  |  |
| Anal fucking (giving to man) |  |  |  |
| Anal fucking (giving to woman) |  |  |  |
| Anal fucking (receiving) |  |  |  |
| Wear butt plug (public, under clothing) |  |  |  |
| Receive butt plug (large) |  |  |  |
| Receive butt plug (small) |  |  |  |
| Receive butt plug (monstrous) |  |  |  |
| Eating pussy (giving) |  |  |  |
| Eating pussy (received from man) |  |  |  |
| Eating pussy (received from woman) |  |  |  |
| Outdoor sex |  |  |  |
| Bukkake |  |  |  |
| Triple penetration |  |  |  |
| Double penetration |  |  |  |
| Taste your own vaginal fluid |  |  |  |
| Acting as an object of lust |  |  |  |
| Use sex machines |  |  |  |
| To be used (sexually) |  |  |  |
| Forced orgasm(s) |  |  |  |
| Glory Hole |  |  |  |
| Used by a group |  |  |  |
| Throatfuck (involuntary) |  |  |  |
| Throatfuck (voluntary) |  |  |  |
| Masturbation (giving to male) |  |  |  |
| Masturbation (giving to woman) |  |  |  |
| Masturbation (receiving from a woman) |  |  |  |
| Masturbation (receiving from male) |  |  |  |
| Strap on (anal) |  |  |  |
| Strap on (wearing) |  |  |  |
| Strap on (vaginal) |  |  |  |
| Strap on (blowjob) |  |  |  |
| Blowjob (giving) |  |  |  |
| Blowjob (received from a man) |  |  |  |
| Blowjob (received from a woman) |  |  |  |
| Prostitution (public, actually) |  |  |  |
| Swallowing sperm (own) |  |  |  |
| Swallowing sperm (from another) |  |  |  |
| Sperm in mouth |  |  |  |
| Sperm over face |  |  |  |
| Sperm over body |  |  |  |
| Vaginal fucking (giving) |  |  |  |
| Vaginal fucking (receiving) |  |  |  |
| Vaginal dildo (public, under clothing) |  |  |  |
| Vaginal dildo/vibrator (large) |  |  |  |
| Vaginal dildo/vibrator (small) |  |  |  |
| Vaginal dildo/vibrator (monstrous) |  |  |  |
| Mandatory masturbation (supervised) |  |  |  |
| Mandatory masturbation (unattended) |  |  |  |
| Mandatory heterosexuality |  |  |  |
| Mandatory homosexuality |  |  |  |
| Foot sex |  |  |  |
| Fisting (giving anally to man) |  |  |  |
| Fisting (giving anally to woman) |  |  |  |
| Fisting (receiving anally) |  |  |  |
| Fisting (giving vaginally) |  |  |  |
| Fisting (receiving vaginally) |  |  |  |

**Role-playing games and scenes**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Experience** | **Desire** | **Remark** |
| Fear (scaring) |  |  |  |
| Baby (infantilism) |  |  |  |
| Castration (fantasies) |  |  |  |
| To chauffeur |  |  |  |
| Serving as waiter/waitress |  |  |  |
| Maid (household chores) |  |  |  |
| Petplay |  |  |  |
| Abandonment |  |  |  |
| Jail play |  |  |  |
| Gang rape |  |  |  |
| Hypnotize |  |  |  |
| Hazing |  |  |  |
| Age game |  |  |  |
| Physical examination |  |  |  |
| Medical role-playing games |  |  |  |
| Mindfuck |  |  |  |
| Mindplay |  |  |  |
| Interrogations |  |  |  |
| Abduction |  |  |  |
| Horse riding |  |  |  |
| Ponyplay |  |  |  |
| Puppy |  |  |  |
| Religious scenes or sects |  |  |  |
| Role play in general |  |  |  |
| Teenplay |  |  |  |
| Auction |  |  |  |
| Rape |  |  |  |

**Uro/copra etc.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Experience** | **Desire** | **Remark** |
| Serve as toilet (poop) |  |  |  |
| Serve as toilet (urine) |  |  |  |
| Serve as toilet paper (poop) |  |  |  |
| Drinking from someone else's mouth |  |  |  |
| Swallow your own urine |  |  |  |
| Food from someone else's mouth |  |  |  |
| Urinating in your own mouth |  |  |  |
| Receiving other’s urine in mouth |  |  |  |
| Catheter |  |  |  |
| Enema (for cleaning) |  |  |  |
| Enema (for punishment) |  |  |  |
| Diapers (wearing) |  |  |  |
| Diapers (urinating) |  |  |  |
| Diapers (pooping) |  |  |  |
| Urinating on another |  |  |  |
| Urinating on your own face |  |  |  |
| Urinating on your own body |  |  |  |
| Other urinating on your face |  |  |  |
| Other urinating on your body |  |  |  |
| Watersports in general |  |  |  |
| Eating poop |  |  |  |
| Poop games in general |  |  |  |
| Po use |  |  |  |
| Catching spit with mouth |  |  |  |
| Swallowing urine from others |  |  |  |
| Mandatory bedwetting |  |  |  |
| Voming |  |  |  |