



200 Question BDSM Checklist - Printable Version

This checklist is formatted to print correctly on standard 8-1/2"x11" paper. For personal use only.

Checklists are frequently difficult to complete due to the complex variety to what we enjoy. When we try to fill them out as Tops, Bottoms, Dominants, Submissives, etcetera there is usually confusion over fetishes that aren't physically interactive between partners or over activities that may not clear as to who is giving and who receiving. A sincere effort has been made here to reduce this kind of confusion, but bdsm checklists will *never* be perfect enough that you won't probably have to go to your partner and confer about how to answer at least one item. Take it as a blessing in disguise - a bdsm checklist is only supposed to get a conversation started. That's what the tool is made for. Remember, it's just a beginning to negotiation, not an end in itself.

Done to/for Self: Read this as how you feel about being on the receiving end of the act.
(As examples, here Whipping would refer to you being whipped, while Massage would mean you're the one on the table.)

Done to/for Others: Read this as how you feel about having someone else receive this act.
(In the examples above, you would be delivering the Whipping, or serving your partner a Massage.)

Tried: Have you tried this? Circle Yes or No for each.

Rating: How does/might this feel to you? Use the chart below as a guide, and circle two answers together if you're "in-between."

/	Not Applicable	Actions that are <i>physical</i> impossibilities. Draw a slash through the box for these.
?	Curious	Maybe you're never tried this, or only once, and want to experience more before deciding how much you like it.
!	Essential	This is something that you can't see yourself enjoying a scene/date/relationship without.
5	Love	You <i>love</i> doing whatever it is.
4	Like	You like doing whatever it is.
3	Don't Mind	You can take this or leave it, but will probably do it for your partner.
2	Dislike	You dislike this but will put up with it for your partner.
1	Hate	You <i>hate</i> this but will put up with it for your partner.
×	Soft Limit	Something you cannot attempt at this time but <i>might</i> be possible in the future.
X	Hard Limit	Something you will not ever attempt.

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate

Anal Play Acts in which the anus is involved.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating (General) Acts in which one partner is beaten.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Canes Acts in which one partner is beaten with a cane.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Crops Acts in which one partner is beaten with a crop.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Floggers Acts in which one partner is beaten with a flogger.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Hairbrushes Acts in which one partner is beaten with a hairbrush.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Hard Acts in which one partner is beaten hard.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Paddles Acts in which one partner is beaten with a paddle.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Soft Acts in which one partner is beaten softly.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Spanking Acts in which one partner is beaten with a hand.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Straps Acts in which one partner is beaten with a strap.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating - Whips Acts in which one partner is beaten with a whip.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating Location - Back Beating based acts that focus on the back as a target.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating Location - Bottom Beating based acts that focus on the bottom as a target.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 5 4 3 2 1 Soft Limit Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
Beating Location - Chest	Yes	Essential Curious	Yes	Essential Curious

Beating based acts that focus on the chest or breasts as a target.	No	5 4 3 2 1 Soft Limit Hard Limit	No	5 4 3 2 1 Soft Limit Hard Limit
Beating Location - Feet Beating based acts that focus on the feet (usually the soles) as a target.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating Location - Genitals Beating based acts that focus on the genitals as a target.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Beating Location - Legs Beating based acts that focus on the legs as a target.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Bestiality Sex with animals.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Biting Acts involving biting one partner with the teeth of the other.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Blindfolds Acts in which blindfolds are placed over one partner's eyes to remove that sense (and often heighten others).	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Body Modification - Branding Burning the body, often with a specific design, to leave a permanent mark or scar.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Body Modification - Piercing, Permanent Putting an object through a part of the body for permanent adornment.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Body Modification - Piercing, Play Exploring the concept of body piercing but in a manner that is temporary.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Body Modification - Saline Injection Injecting saline in to a part of the body to temporarily engorge it.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Body Modification - Scarification Deliberately causing scars, often through cutting the skin, for adornment.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Body Modification - Tattooing Adorning the body by permanently applying ink under the skin.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Bondage (General) Binding or restricting some or all of the body.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit

Activity	To/For Self				To/For Others			
	Done	Rate			Done	Rate		
Bondage - Breast Binding or restricting the breasts.	Yes	Essential	Curious	5 4 3 2 1	Yes	Essential	Curious	5 4 3 2 1

	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
Bondage - Cuffs Binding or restricting the body (usually the wrists) with [hand]cuffs.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Genital Binding or restricting the genitals.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Heavy Heavily binding or restricting the body, usually to the point where no, or next-to no, movement is possible.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Intricate Intricately binding or restricting some or all of the body.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Light Lightly binding or restricting the body. Usually more symbolic than actually restrictive.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Locks Bondage that involves locks and keys.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Prolonged Binding or restricting some or all of the body for prolonged periods of time.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Sleeves, Arm Restricting the movement of the arms by placing them in a confining sleeve.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Sleeves, Leg Restricting the movement of the legs by placing them in a confining sleeve.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Spreader Bars Restricting the movement of the legs by connecting them to either end of a bar, usually forcing them open.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Stocks Restricting movement by placing the wrists and neck (though may involve ankles) through a set of stocks.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Strait Jackets Binding or restricting the torso and arms by placing them inside a straight jacket.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self				To/For Others			
	Done	Rate			Done	Rate		
Bondage - Suspension Binding or restricting someone so they are	Yes	Essential	Curious	5 4 3 2 1	Yes	Essential	Curious	5 4 3 2 1

suspended above the ground.	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
Bondage - Suspension, Inverted Binding or restricting someone so they are suspended above the ground, upside-down.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage - Whole Body Binding or restricting the whole body.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage Material - Chain Binding or restricting the body, or parts of, with chain.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage Material - Leather Binding or restricting the body, or parts of, with leather.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage Material - Rope Binding or restricting the body, or parts of, with rope.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage Material - Saran Wrap Binding or restricting the body, or parts of, with saran wrap (clingfilm).	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage Material - Scarves Binding or restricting the body, or parts of, with [usually silk] scarves.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Bondage Material - Tape Binding or restricting the body, or parts of, with [usually adhesive] tape.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Breath Play Also called Asphyxiation. Acts involving restricting or cutting off the supply of oxygen.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Catheters Inserting a tube in to the urethra to collect urine.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothespins Using clothespins to pinch parts of the body.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - Chosen For Having your clothing choices made for you, usually without the ability to appeal.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - Corsets Wearing corsets which control the shape of the waist and hips.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self			To/For Others		
	Done	Rate		Done	Rate	
Clothing - Full Head Hoods Wearing hoods that cover the entire head,	Yes	Essential	Curious	Yes	Essential	Curious
		5 4 3 2 1			5 4 3 2 1	

leaving only small holes for vision, breathing, etc. (if even them).	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
Clothing - Harnesses Wearing clothing that harnesses the body without necessarily covering it.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - High Heels Wearing high-heeled shoes.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - Lingerie Wearing women's lingerie.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - Masks Wearing masks that cover the face.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - Uniforms (General) Wearing uniforms that have a given significance.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - Uniforms, Military Wearing military uniforms.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing - Uniforms, School Wearing schoolgirl/schoolboy uniforms.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing Material - Leather Clothing made out of, or involving, leather.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing Material - PVC Clothing made out of, or involving, PVC (the shiny plastic material).	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing Material - Rubber Clothing made out of, or involving, rubber or latex.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Clothing Material - Sheer Clothing made out of, or involving, sheer (transparent or translucent) material.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Collars - Private Wearing a "slave" collar in private.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Collars - Public Wearing a "slave" collar in public.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self				To/For Others			
	Done	Rate			Done	Rate		
Crawling The act of crawling on all fours to denote	Yes No	Essential 5 4 3 2 1	Curious 2 1		Yes No	Essential 5 4 3 2 1	Curious 2 1	

submission.		Soft Limit	Hard Limit		Soft Limit	Hard Limit
Cutting Deliberately cutting the skin.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Dilation - Anal Deliberately stretching the anus open.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Dilation - Vaginal Deliberately stretching the vagina open.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Discipline Submitting to, or receiving, the [often corporal] discipline of another.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Drinking - Blood Drinking blood.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Drinking - Semen Drinking semen.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Drinking - Urine Drinking urine.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Electricity Using electricity for sensation or pain.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Enemas Applying liquid (traditionally warm water) in to the lower intestine, via a tube. Often to induce uncontrolled, or hard to control, excretion.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Examination - Physical Having your body physically examined and, often, appraised. Sometimes this includes medical examination roleplays though, here, that is listed as Roleplay - Medical.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Exhibitionism - Forced Exposing your body to others, nominally against your will, at the will of another.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Exhibitionism - Voluntary Willingly exposing your body to others.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self			To/For Others		
	Done	Rate		Done	Rate	
Face Slapping Slapping the face, usually with an open hand, to cause pain or denote position.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Fisting - Anal Placing an entire hand (the term "fist" is often an exaggeration) inside the anus.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Fisting - Vaginal Placing an entire hand (the term "fist" is often an exaggeration) inside the vagina.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Food - Chosen For Having your food choices made for you, usually without the ability to appeal.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Food - From Body Eating food from another person's body. Either eating it directly from them or using them as a platter.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Food - From Bowl Eating food directly from a bowl, like an animal such as a cat or dog.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Food - From Hand Eating food directly from another person's hand.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Gags (General) Devices used to limit, or prevent, verbal communication.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Gags - Ball A type of gag that uses a ball to effectively block any verbal communication.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Gags - Bit A type of gag that uses a bar that goes across the mouth, much like a horse's "bit".	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Gags - Ring A type of gag that uses a ring to force the mouth open while providing access to the, now undefendable, mouth.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Gags - Tape Using adhesive tape across the mouth to create a gag.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Given Away (General) Being given, at a partner's whim, to another person, usually temporarily.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Given Away - Auctions Being given to another person as the result of a [slave] auction.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
Given Away - Permanent Being given away, at a partner's whim, to	Yes No	Essential 5 4 3 2 1	Yes No	Essential 5 4 3 2 1

another person, permanently.		Soft Limit	Hard Limit		Soft Limit	Hard Limit
Hand Jobs Pleasuring someone else's genitals with your hand.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Heterosexuality - Forced Sexual acts with members of the opposite sex, nominally against your will.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Heterosexuality - Voluntary Sexual acts with members of the opposite sex, willingly.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Homosexuality - Forced Sexual acts with members of the same sex, nominally against your will.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Homosexuality - Voluntary Sexual acts with members of the same sex, willingly.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Humiliation - Private Acts in which you are humiliated, degraded, or shamed, in a private setting.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Humiliation - Public Acts in which you are humiliated, degraded, or shamed, in front of others.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Humiliation - Verbal Acts in which you are humiliated, degraded, or shamed, through either the words of someone else (such as name calling) or your own words.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Including Others Acts in which other people, from outside your immediate relationship, are included.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Kneeling The act of kneeling to denote submission.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Leashes Wearing a leash, attached to a collar (or other convenient point).	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Lecturing An exposition of a given subject for the purpose of instruction or reprimand.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Licking Using your tongue on another person's body [or, often, anything they require].	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self				To/For Others			
	Done	Rate			Done	Rate		
Massage Rubbing another person's body for their	Yes	Essential	Curious	5 4 3 2 1	Yes	Essential	Curious	5 4 3 2 1

relaxation.	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
Masturbation - Forced Pleasuring your own genitals, with your hand, nominally against your will.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Masturbation - Voluntary Pleasuring your own genitals, with your hand, willingly.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Nipple Clamps Placing clamps on the nipples to cause pain.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Nipple Play Acts that focus on the nipples.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Nipple Weights Applying weights to the nipples to stretch them, generally to cause pain.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Nudity - Forced Periods of time spent without clothing, nominally against you will.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Nudity - Voluntary Periods of time spent without clothing.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Orgasm - On Command Having to orgasm on the command of another person.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Orgasm Control Giving control of when and how orgasms are experienced - and when they are not - to another person.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Orgasm Denial Losing the right to have orgasms for an [often protracted] period of time.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Pain (General) Acts involving physical pain.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Pain - Heavy Acts involving a very large degree of physical pain.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Pain - Light Acts involving some physical pain, yet without too great an intensity - being more symbolic than serious.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
Phone Sex		Essential Curious		Essential Curious

Having sexually explicit phone conversations, usually involving performing sexual acts at the same time.	Yes No	5 4 3 2 1 Soft Limit Hard Limit	Yes No	5 4 3 2 1 Soft Limit Hard Limit
Rape - Fantasy Acts that explore being sexually used, nominally against your will, by another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Rape - Fantasy, Gang Acts that explore being sexually used, nominally against your will, by more than one other person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Recorded Scenes - Photographs, Private Having photographs taken of you, either naked or indulging in a sexual act, for private viewing only.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Recorded Scenes - Photographs, Shared Having photographs taken of you, either naked or indulging in a sexual act, to be shared with others.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Recorded Scenes - Video, Private Having video taken of you, either naked or indulging in a sexual act, for private viewing only.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Recorded Scenes - Video, Shared Having video taken of you, either naked or indulging in a sexual act, to be shared with others.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay (General) Scenes in which the participants take on and act out roles.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Age Scenes in which the participants take on and act out roles based on being a different age (such as babies or naughty young girls).	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Education Scenes in which the participants take on and act out roles based on a scholastic teacher/student setting.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Interrogation Scenes in which the participants take on and act out roles based on interrogations where one person is the interrogator and the other the subject.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
Roleplay - Kidnapping		Essential Curious		Essential Curious

Scenes in which the participants take on and act out roles based on one partner being kidnapped.	Yes No	5 4 3 2 1 Soft Limit Hard Limit	Yes No	5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Medical Scenes in which the participants take on and act out roles such as Doctor/Patient.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Pig Scenes in which the subject takes on and acts out a role based on being a pig.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Pony Scenes in which the subject takes on and acts out a role based on being a pony.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Prison Scenes in which the participants take on and act out roles based on the prison world such as Sadistic Jailer/Vulnerable Inmate	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Puppy Scenes in which the subject takes on and acts out a role based on being a puppy or adult dog.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Religious Scenes in which the participants take on and act out roles based on the religious world such as confessionals or Bishop/Nun.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Roleplay - Whore Scenes in which the subject takes on and acts out a role based on being a male or female prostitute, selling themselves to another person for sex.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Sensation Play (General) Acts involving the senses and strong sensations.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Sensation Play - Deprivation Acts involving depriving the subject of their senses (often to heighten the remaining ones).	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Sensation Play - Fire Acts involving the sensations and apprehensions caused by fire and heat.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Sensation Play - Hair Pulling Acts involving the sensations and apprehensions caused by having hair pulled.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit

Activity	To/For Self				To/For Others			
	Done	Rate			Done	Rate		
Sensation Play - Hot Wax Acts involving the sensations and	Yes	5	4	3 2 1	Yes	5	4 3 2 1	

apprehensions caused by having hot candle wax dripped on to or applied to the body.	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
Sensation Play - Ice Acts involving the sensations and apprehensions caused by using ice or other cold items on the body.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sensation Play - Needle Acts involving the sensations and apprehensions caused by using needles on the body, either scratching with them, or poking them.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sensation Play - Scratching Acts involving the sensations and apprehensions caused by being scratched.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sensation Play - Suction Acts involving the sensations and apprehensions caused by having suction applied to the body.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sensation Play - Teasing Acts involving the sensations and apprehensions caused by teasing the body.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sensation Play - Tickling Acts involving the sensations and apprehensions caused by tickling the body.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Serving (General) Serving another person in specific ways, putting their pleasure ahead of your own. For example, a maid or a sexual servant.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Serving - Art Serving another person, putting their pleasure ahead of your own, as a (usually immobile) piece of artwork such as a statue.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Serving - Ashtray Serving another person, putting their pleasure ahead of your own, using a part of your body as a receptacle for their cigarette or cigar ash.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Serving - Chauffeur Serving another person, putting their pleasure ahead of your own, as their formal driver.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self			To/For Others		
	Done	Rate		Done	Rate	
Serving - Dancer Serving another person, putting their pleasure ahead of your own, as a dancer.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

For example, a belly dancer or stripper.					
Serving - Following Orders Serving another person, putting their pleasure ahead of your own, as they give you specific formal orders to follow.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Serving - Forced Serving another person in specific ways, putting their pleasure ahead of your own, nominally forced against your will.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Serving - Furniture Serving another person, putting their pleasure ahead of your own, as an immobile piece of furniture. For example, on all fours as a table or a footstool.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Serving - Housework Serving another person, putting their pleasure ahead of your own, performing household chores.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Serving - Maid Serving another person, putting their pleasure ahead of your own, as a maid. For example, serving tea while wearing a uniform.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Serving - Sexually Serving another person, putting their pleasure ahead of your own, in whatever sexual way pleases them.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Sex - Anal Sexual intercourse involving a penis entering your anus.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Sex - Cunnilingus Sexually stimulating the vagina with a mouth/tongue.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Sex - Denial Going without sex, or sexual gratification, often at another person's command.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Sex - Fellatio Sexually stimulating the penis with a mouth/tongue.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
Sex - Group Sexual intercourse with more than one partner.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit

Activity	To/For Self			To/For Others		
	Done	Rate		Done	Rate	
Sex - Penetration, Double Sexual intercourse in which two orifices	Yes	Essential	Curious	Yes	Essential	Curious
		5 4 3 2 1			5 4 3 2 1	

(mouth, vagina, anus) are filled.	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
Sex - Penetration, Triple Sexual intercourse in which three orifices (mouth, vagina, anus) are filled.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex - Rimming Sexually stimulating the anus with a mouth/tongue.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex - Threesome Sexual intercourse with two other people.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex - Vaginal Sexual intercourse involving a penis entering your vagina.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex - Vanilla Traditional sexual intercourse, without involving any kinks.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex Toys - Beads Having a string of connected beads (or balls) inserted in to your anus or vagina and then pulled out.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex Toys - Butt Plugs Wearing a "plug" inserted in to your anus.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex Toys - Dildos Using and/or being penetrated with a non-vibrating artificial phallus.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex Toys - Eggs Variously known as Ben-Wa Balls, Love Eggs, etc. Two balls made to be vaginally inserted which vibrate when you move or are battery powered to vibrate.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex Toys - Public (Under Clothes) Going out in public with a sex toy (such as a butt plug) in your body, under your clothing.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex Toys - Strap On Using and/or being penetrated with an artificial phallus that fastens about a partner's waist.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit
Sex Toys - Vibrators Using and/or being penetrated with a vibrating toy, usually an artificial phallus.	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit	Yes No	Essential 5 4 3 2 1 Soft Limit	Curious 2 1 Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
Shaving - Body	Yes	Essential Curious	Yes	Essential Curious

Removing all traces of hair below the neck.	No	5 4 3 2 1 Soft Limit Hard Limit	No	5 4 3 2 1 Soft Limit Hard Limit
Shaving - Genital Removing all traces of hair from the genitals.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Shaving - Genital, Styling Shaving or trimming pubic hair, removing some but not all of it in a given style.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Shaving - Head Removing all traces of hair from the head.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Showers - Brown Defecating on another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Showers - Golden Urinating on another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Speculums - Anal Using a medical tool to dilate (stretch open) the entrance to the anus, providing access within.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Speculums - Vaginal Using a medical tool to dilate (stretch open) the entrance to the vagina, providing access within.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Swapping (Partner) Sex between two or more couples where members of each couple exchange partners and have sex with them.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Voyeurism Watching someone, often without their knowledge, in a situation with sexual connotations.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Worship - Boot Worshipping the boots of another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Worship - Bottom Worshipping the bottom of another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Worship - Breast Worshipping the breasts of another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
Worship - Foot	Yes	Essential Curious	Yes	Essential Curious

Worshiping the feet of another person.	No	5 4 3 2 1 Soft Limit Hard Limit	No	5 4 3 2 1 Soft Limit Hard Limit
Worship - Genital Worshiping the genitals of another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Worship - High Heel Worshiping the high-heeled shoes of another person.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit
Wrestling Wrestling with another person, overpowering them or being overpowered.	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit	Yes No	Essential Curious 5 4 3 2 1 Soft Limit Hard Limit