

Submissive Checklist

This checklist should be filled out by a Sub and provided to their Dom/Top before playing with them. This will provide a quick "head-start" to identifying limits, negotiating and finding common ground for play. Dominants may wish to work through the checklist, to get a better handle on their specific interests. Switches should go through the checklist twice; one persons Dom and sub interests may vary widely.

For each item, you need to provide two answers as follows:

- For experience, write YES or NO next to each item to indicate if you have ever DONE that activity. Mark N/A if it does not apply to your gender.
- For willingness, indicate for each item how you feel about DOING that activity by rating it on a scale of NO or 0 to 5. "?" means you don't understand what the item is attempting to describe.
- NO means you will NOT do that item under any circumstances (a hard limit).
- 0 (zero) indicates you have utterly no desire to do that activity and don't like doing it (in fact, may loath it) and would ordinarily object to doing it, but you would permit the Dominant to do it if it they really wanted it. (sometimes called a "soft limit").
- 1 means you don't want to do or like to do this activity, but wouldn't object if it were asked of you.
- 2 means you are willing to do this activity, but it has no special appeal for you.
- 3 means you usually like doing this activity, at least on an occasional basis.
- 4 means you like doing this activity, and would like to experience it on a regular basis.
- 5 means the activity is a wild turn-on for you, and you would like it as often as possible.
- Mark with an asterisk (*) those items which you are willing to do only with your current sex partner(s), but not with casual play-partners.

Note any additional information or nuances, which might be important for your Dom to know in the margin to the right. For example under diapers you might wish to distinguish between "wetting" and "soiling".

There is intentionally some overlap between categories. Unless otherwise stated, the Sub is the recipient/target of the activity.

	Experience	Willingness	Comments
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Abrasion			
Age play			
Anal sex			
Anal plugs (small)			
Anal plugs (large)			
Anal plug (public, under clothes)			
Animal roles			
Arm & leg sleeves (armbinders)			
Aromas			
Asphyxiation			
Auctioned for charity			
Ball stretching			
Bathroom use control			
Beastiality			
Beating (soft)			
Beating (hard)			
Blindfolds			
Being serviced (sexual)			
Being bitten			
Breast/chest bondage			
Breath control			
Branding			
Boot worship			
Bondage (light)			
Bondage (heavy)			
Bondage (multi-day)			
Bondage (public, under clothing)			
Breast whipping			
Brown showers (scat)			
Cages (locked inside of)			
Caning			
Castration fantasy			
Catheterization			
Cattle prod (electrical toy)			
Cells/Closets (locked inside of)			
Chains			
Chamber-pot use			
Chastity belts			
Chauffeuring			
Choking			
Chores (domestic service)			
Clothespins			
Cock rings/straps			
Cock worship			
Collars (worn in private)			
Collars (worn in public)			
Competitions (with other Subs)			
Corsets (wearing casually)			
Corsets (trained waist reduction)			
Cross-dressing			
Cuffs (leather)			

Cuffs (metal)			
Cutting			
Diapers (wearing)			
Diapers (wetting)			
Diapers (soiling)			
Dilation			
Dodoes			
Double penetration			
Electricity			
Enemas (for cleansing)			
Enemas (retention/punishment)			
Enforced chastity			
Erotic dance (for audience)			
Examinations (physical)			
Exercise (forced/required)			
Exhibitionism (friends)			
Exhibitionism (strangers)			
Eye contact restrictions			
Face slapping			
Fantasy abandonment			
Fantasy rape			
Fantasy gang-rape			
Fear (being scared)			
Fisting (anal)			
Fisting (vaginal)			
Fire play			
Following orders			
Food play (cucumbers, sorbet...)			
Foot worship			
Forced bedwetting			
Forced dressing			
Forced eating			
Forced homosexuality			
Forced heterosexuality			
Forced masturbation			
Forced nudity (private)			
Forced nudity (around others)			
Forced servitude			
Forced smoking			
Full head hoods			
Gags (cloth)			
Gags (inflatable)			
Gags (phallic)			
Gags (rubber)			
Gags (tape)			
Gas masks			
Gates of Hell (male)			
Genital sex			
Given away to another Dom (temp)			
Given away to another Dom (perm)			
Golden showers			

Gun play			
Hairbrush spankings			
Hair pulling			
Hand jobs (giving)			
Hand jobs (receiving)			
Harems (serving w/other subs)			
Harnessing (leather)			
Harnessing (rope)			
Having food chosen for you			
Having clothing chosen for you			
Head (give fellatio/cunnilingus)			
Head (receive fellatio/cunnilingus)			
High heel wearing			
High heel worship			
Homage with tongue (non-sexual)			
Hoods			
Hot oils (on genitals)			
Hot waxing			
Housework (doing)			
Human puppy dog			
Humiliation (private)			
Humiliation (public)			
Hypnotism			
Ice cubes			
Immobilization			
Infantilism			
Initiation rites			
Injections			
Intricate (Japanese) rope bondage			
Interrogations			
Kidnapping			
Kneeling			
Knife play			
Leather clothing			
Leather restraints			
Lectures for misbehavior			
Licking (non-sexual)			
Lingerie (wearing)			
Manacles & Irons			
Manicures (giving)			
Massage (giving)			
Massage (receiving)			
Medical scenes			
Modeling for erotic photos			
Mouth bits			
Mummification			
Name change (for scene)			
Name change (legal, permanent)			
Nipple clamps			
Nipple rings (piercing)			
Nipple play/"torture"			

Nipple weights			
Oral/anal play (rimming)			
Over-the-knee spanking			
Orgasm denial			
Orgasm control			
Outdoor scenes			
Outdoor sex			
Pain (mild)			
Pain (medium)			
Pain (severe)			
Persona training (in scene)			
Personality modification (RL)			
Phone sex (serving Dom)			
Phone sex (serving Dom's friends)			
Phone sex (commercial provider)			
Piercing (temporary, play-pierce)			
Piercing (permanent)			
Plastic surgery			
Prison scenes			
Prostitution (public pretense)			
Prostitution (actual)			
Pony slave			
Public exposure			
Punishment Scene			
Pussy/cock whipping			
Pussy worship			
Riding crops			
Riding the "horse" (crotch torture)			
Rituals			
Religious scenes			
Restrictive rules on behavior			
Rubber/latex clothing			
Rope body harness			
Saran wrapping			
Scarification			
Scratching - getting			
Scratching - giving			
Sensory deprivation			
Serving			
Serving as art			
Serving as ashtray			
Serving as furniture			
Serving as a maid			
Serving as toilet (urine)			
Serving as toilet (feces)			
Serving as waitress/waiter			
Serving orally (sexual)			
Serving other doms (supervised)			
Serving other doms (unsupervised)			
Sexual deprivation (short term)			
Sexual deprivation (long term)			

Shaving (body hair)			
Shaving (genital hair)			
Shaving (head hair)			
Skinny-dipping			
Sleep deprivation			
Sleepsacks			
Slutty clothing (private)			
Slutty clothing (public)			
Spandex clothing			
Spanking			
Speech restrictions (when, what)			
Speculums (Anal)			
Speculums (vaginal)			
Spitting			
Spreader bars			
Standing in corner			
Stocks			
Straight jackets			
Strap-on-dildos (sucking on)			
Strap-on-dildos (penetrated by)			
Strap-on-dildos (wearing)			
Strapping (full body beating)			
Suspension (upright)			
Suspension (inverted)			
Suspension (horizontal)			
Supplying new partners for Dom			
Swallowing feces			
Swallowing semen			
Swallowing urine			
Swapping (with one other couple)			
Swinging (multiple couples)			
Tampon Training (in ass)			
Tattooing			
Teasing			
TENS Unit (electrical toy)			
Thumb cuffs (metal)			
Tickling			
Triple penetration			
Urethral Sounds (metal rods)			
Uniforms			
Including others			
Vaginal dildo			
Verbal humiliation			
Vibrator on genitals			
Violet Wand (electrical toy)			
Voyeurism (watching others)			
Voyeurism (your Dom w/others)			
Video (watching others)			
Video (recordings of you)			
Water torture			
Waxing (hair removal)			

Wearing symbolic jewelry			
Weight gain (forced)			
Weight loss (forced)			
Whipping			
Wooden paddles			
Wrestling			