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KINK AND BDSM ACTIVITY CHECKLIST

Kink and BDSM activity checklists are especially useful tool to use when exploring a new - or renewed - relationship. Print this form and fill it out with complete honesty in as much detail as you can. Each individual in the relationship should fill out a separate copy without seeking input from their prospective playmate(s).

When complete, share it with your partner(s) and discuss. It can be fun to date the checklist and set it aside, as some of your hard limits may well become your favorites as time goes by.

At the end of the checklist you'll find some open-ended questions that are important to discuss when negotiating. Of course, if anything is not relevant you can leave it blank.

KinkyIntimacy.com provides kink/BDSM coaching services. Please visit our website or email info@kinkyintimacy.com today to see how we can help you on your journey!

Name _____

Date ____/____/____

KEY TO ENTRIES	
ACTIVITY	Kink/BDSM activity by broad category
GIVE	Check if you would give the activity
RECEIVE	Check if you would receive the activity
INTEREST	Your interest level where 0 is no/hard limit and 5 is super hot for you
INTENSITY	How intense you want the activity to be where 1 is light and 5 is very heavy
EXPERIENCE	Your experience level where 0 is none at all and 5 is expert
COMMENT	Any additional remarks that will help with negotiations

The categories are Impact Play, Bondage, Sensory Deprivation, Music, Sexual, Sensation Play, Fetishes, Role Play, Clothes, Medical Play, Humiliation, Services, Slavery and Discipline, Torture, and Breath Play

IMPACT PLAY (See "strike zones" in the last section)						COMMENT
	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	
Bare-Handed Spanking						
Belts						
Breast Whipping						
Canes						
Flogging - Stingy						
Flogging - Thuddy						
Hairbrush						
Kicking						
Paddles						
Pussy Whipping						
Riding Crops						
Single Tails/Whips						
Slapping						
Straps						
BONDAGE						COMMENT
	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	
Ankle Cuffs						
Bondage Tape						
Breast Bondage						
Chains						
Collars						
Duct Tape						
Gags						
Handcuffs						
Harnesses						
Hook Suspension						
Mental Bondage						
Mouth Bits						
Pallet Wrap						
Polyvinyl						
Predicament Bondage						
Rope (types in comments)						
Self-Bondage						
Shibari - Japanese Rope						
Spreader Bars						
Stocks						
Straight Jacket						
Suspension						

SENSORY DEPRIVATION	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT
Blindfolds						
Earplugs						
Headphones						
Hoods						
Vacuum Bed						
MUSIC	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT
Ambient						
Classical						
Electronica/EDM						
Heavy Metal						
Instrumental						
None						
Rap/Hip-Hop						
Rock and Roll						
Seasonal						
Vocal						
SEXUAL	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT
Amateur Pornography						
Anal Beads						
Anal Hooks						
Anal Sex						
Ben Wa Balls						
Butt Plugs						
Cream Pie						
Cream Pie Cleaning						
Cunnilingus						
Deep Throat						
Double Penetration						
Erotica						
Fisting						
Fucking Machines						
Gang Bangs						
Genital Sex						
Group Sex/Orgy						

Hand Jobs						
Head Jobs						
Hitachi Massager						
Pegging						
Penetrative Sex						
Phone Sex						
Pornography-Modern						
Pornography-Vintage						
Prostrate Stimulation						
Rimming						
Rough Sex						
Seduction						
Sex in the Cemetery						
Sex Online						
Sex Outdoors						
Sexting						
Sexual Objectification						
Sleepy Sex						
Strap-on Dildos						
Swinging						
Sybian						
Thunderstorm Sex						
Triple Penetration						
Vaginal Hooks						
Vibrators						
Waking Up With Sex						

SENSATION PLAY	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT

Abrasion						
Clothespins						
Feathers						
Figging						
Fire Play						
Hot Wax						
Ice						
Knives						
Nipple Clamps						
Pinching						
Scratching						
Wartenberg Wheel						

FETISHES						COMMENT
	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	
Accents						
Big Breasts						
Boot Worship						
Brown Showers/Scat						
Butt Plugs						
Chastity Devices						
Cock Worship						
Cross-Dressing						
Crying						
Enemas						
Exhibitionism						
Food Play						
Foot Worship						
Goddess Worship						
Golden Showers/Urine						
Hair Pulling						
Homage with Tongue						
Lactation						
Large Labia						
Latex						
Leather						
Masks						
Metal						
Panty Sniffing						
Pussy Worship						
Rubber						
Secret Body Harness						
Small Breasts						
Taboos						
Tickling						
Uniforms						
Vampire						
Velvet						
Voyeurism						
ROLEPLAY						COMMENT
	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	
Age Play						
Boss/Secretary						
Brat						
Clown						

Costumes						
Daddy Play						
Damsel in Distress						
Fantasy Rape						
French Maid						
Furries						
Infantilism						
Interrogations						
John/Prostitute						
Kidnapping						
Master/Slave						
Medical Scenes						
Mommy Play						
Pet Play						
Pirate						
Pony Play						
Prison Scenes						
Puppy Play						
Race Play						
Religious						
Robots						
School Scenes						
Toons						

CLOTHES	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT

Corsets						
Costumes						
Fishnet Stockings						
High Heels						
Kilts						
Masks						
Nude						
Shoes						
Thigh-high Stockings						

MEDICAL PLAY	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT

Blood Play/Vein Tapping						
Body Modifications						
Catheters						
Cupping						

Cutting						
Needles						
Physical Examination						
Piercing						
Sounds						
Speculums						
Staples						
Suturing						

HUMILIATION						COMMENT
	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	

Bimbofication						
Bukkake						
Cuckold/Cucktress						
Forced Crossdressing						
Forced Homosexuality						
Forced Masturbation						
Forced Nudity						
Human Toilet						
Lecturing						
Objectification						
Serve as Ashtray						
Sissification						
Spitting On						
Teasing/Verbal Humiliation						

SERVICES						COMMENT
	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	

Boot Blacking						
Chauffeuring						
Cooking						
Domestic Assistant						
Erotic Massage						
High Protocol						
Housework						
Kneeling						
Massage						
Service Contract						
Shaving						

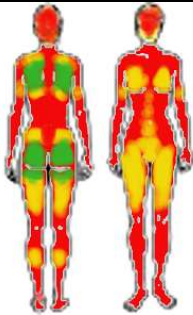
SLAVERY AND DISCIPLINE	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT
24/7						
Bathroom Use Control						
Behavior Modification						
Choosing Clothes						
Choosing Food						
Collar						
Eye Contact Restrictions						
Holding Items						
Holding Poses						
Given Away						
Gorian						
Long Term Relationship						
Master/Slave Contract						
Obedience Training						
Orgasm Control						
Orgasm Denial						
Punishment						
Sex Slave						
Speech Restrictions						
Stand in Corner						
Verbal Restrictions						
TORTURE	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT
Branding						
Cock and Ball Torture						
Crucifixion						
Flesh Hooks						
Medieval Devices						
Posture Collar						
Pressure Points						
Stinging Nettles						
Waterboarding						
BREATH PLAY	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT
Asphyxiation						
Breath Control						

Choking							
Smothering							
ELECTRICAL PLAY	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT	
Bug Zappers							
Remote Control							
Stun Gun							
Tasers							
Tens Unit							
Violet Wand							
PRIMAL	GIVE	RECEIVE	INTEREST	INTENSITY	EXPERIENCE	COMMENT	
Biting							
Punching							
Pursuit and Capture							
Tearing Off Clothes							
Trampling							
Wrestling							



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ADDITIONAL INFORMATION



IMPACT PLAY STRIKE ZONES

During BDSM impact play it is important to be careful with or avoid certain areas of the bottom's body. These images show strike zones as green, yellow, and red areas. Green zones have ample fat and muscle and are almost always safe. Yellow zones are safe with care, especially if the bottom is muscular in that part of their body. Red zones are to be avoided altogether.

Referring to the images above, describe the areas of the body where impact play is OK.	
Medical issues, if any, that your partner(s) should be aware of.	
Is it OK to leave bruises and/or marks? If so, where?	
What are your safewords? Do you have a non-verbal cue?	
How much sexuality do you want to incorporate into the scene, if any?	
What are your needs for aftercare, if any?	
Do you have any triggers?	

CONTINUED ON THE NEXT PAGE

