Goddess Anubis

Self-Evaluation Worksheet

(To be completed separately, without peeking & stealing answers. Then share.)

**NAME/NICKNAME:**

# What part(s) of BDSM interest you?

Example: 1. Kinky sex/sensation play only (e.g. spanking, caning, wax play etc)? 2. Kinky play with some power dynamics (e.g. orgasm denial)? 3. Power exchange outside the bedroom/dungeon (i.e. Dominance and submission/servitude)? 4. A combination of these?

# What role(s) do you most identify with or wish to try? Explain what the role means to you

**and WHY you are interested in this role.**

Example roles: Dom/me, sub, Master/Mistress, slave, top, bottom, pet, switch, Daddy, Trainer, boy/boi/ girl etc. Don't worry too much about the title but, rather, focus on what your ideal role(s) would involve.

E.g. I would like to be a submissive as I desire to be cared for and guided in certain aspects of my life. I also like to be dominated sexually within my limits.

E.g. I am interested in training my own slave. I would like to train her/him to serve me and please me because it turns me on/because being a protector/mentor/leader fulfills me on a spiritual level.

E.g. I just want to surrender to someone sexually.

# What are the specific fetishes/kinks/fantasies that interest you ... or not?

Kinks interested in (yes please!):



Examples:

* 1. Bondage
  2. Flogging
  3. Role play
  4. Latex

Would consider (soft limits):

Examples:

1. Caning
2. Needle play
3. Genital stretching

Definitely not (hard limits):

Examples:

1. Humiliation
2. Pain
3. Domestic service



# Describe/draw your perfect scene:

1. **Describe your perfect day in this lifestyle:**

**From when you wake up to bedtime.**



1. **How involved do you wish to be?**

E.g. 24/7, only on weekends, only for casual play/sex, I'd like to get involved in the BDSM community, I'd like to include others/keep things private.

# What do you want to achieve with this arrangement?

I.e. If we were having this discussion 12 months from today, and you were looking back over those 12 months, what has to have happened in your life both personally and within your dynamic, for you to feel happy with your progress?\*

E.g. Relationship goals I'd like to achieve: become a full time slave, be collared, move in together, I'm happy if we just try a new kinky activity each week etc.

Skills I'd like to learn/improve on: submission, being a good Dominant, confidence, training a slave, the art of bondage, communicating my wants and needs, defining my boundaries etc.

\*This is an adaptation of the significant, universally adaptable Question crafted by Dan Sullivan in “The Dan Sullivan Question". No affiliation is claimed.