Kinky Checklist - INTRO

This Kinky Checklist serves as a practical way to communicate your desires and interests. Invite yourself to work through the checklist slowly, exploring new possibilities in & out of BDSM. Open your mind to how each activity could be as straightforward as it says, or bend it to your own style. Feel inspired to add in activities that may not be listed. Make notes or changes that fit you!

This checklist can also be a useful tool between partners, unveiling interests or highlighting desires you've yet to discover together. As a partner activity, each person should fill out their own checklist. Have fun comparing answers

Feel free to highlight activities you'd like to prioritize in play sooner rather than later.

You can use checkmarks or a number rating system for activities that have multiple options. <u>Do what works for you.</u>

PROMPT			YES	NO	MAYBE	GIVE	RECEIVE
EXAMPLE	1 EX 1	2 EX 2	1	2		1	1
		3 EX 3	3			3	

Trigger Warning:

Some activities listed may bring up uncomfortable feelings. Kinks should always be practiced in a safe, sane & consensual environment.

For more help or questions visit

BONDAGE	YES	NO	MAYBE	GIVE	RECEIVE
BONDAGE LIGHT HEAVY					
ARMS BOUND					
LEGS BOUND					
BREASTS BOUND					
BLINDFOLDS					
CHAINS					
CHASTITY DEVICE					
CUFFS METAL ROPE LEATHER					
GAGS BALL BIT CLOTH TAPE					
HARNESS LEATHER ROPE					
HOODS					
LEASH					
MUMMIFICATION					
ROPE DECORATIVE INTRICATE					
SPREADER BAR FEET HANDS					
STOCKS (HEAD AND HANDS)					
STRAIGHT JACKET					
SUSPENSION UPRIGHT INVERTED					
FURNITURE	YES	NO	MAYBE	GIVE	RECEIVE
CAGE					
GLORY HOLE					
SEX SWING					
SPANKING BENCH					
ST ANDREWS CROSS					
SYBIAN					
VACUUM CHAMBER					
WEDGE PILLOW					

CLOTHING	YES	NO	MAYBE	GIVE	RECEIVE
BODY HAIR					
BOOTS WORSHIP WEARING					
COMMANDO					
CORSETS					
CROSS DRESSING					
GAS MASKS					
HIGH HEELS					
LACE WORSHIP WEARING					
LEATHER					
LINGERIE					
RUBBER / LATEX					
SLUTTY CLOTHING					
SPANDEX					
ROLE PLAY	YES	NO	MAYBE	GIVE	RECEIVE
AGE PLAY					
ABANDOMENT					
BREEDING					
CONSENSUAL NONCONSENT (CNC)					
FEAR PLAY					
GIANTESS					
INTERROGATIONS / PRISON					
MEDICAL					
PROSTITUTION					
RELIGIOUS					
SCHOOLROOM					
TOTAL POWER EXCHANGE (TPE)					
OTHER:					

SENSATION PLAY	YES	NO	MAYBE	GIVE	RECEIVE
BITING MARK NO MARK					
BREATH CONTROL - CHOKING					
BREATH CONTROL - HAND OVER MOUTH / NOSE					
CLOTHESPINS / CLAMPS BODY GENITALS					
ELECTRICITY BODY GENITALS					
ENEMAS					
FINGER CLAWS BODY GENITALS					
FIRE CUPPING					
FIRE PLAY BODY GENITALS					
HAIR PULLING					
HOT WAX BODY GENITALS					
ICE CUBES BODY GENITALS					
KNIFE PLAY BLOOD NO BLOOD					
NEEDLE PLAY BODY GENITALS					
NIPPLE CLAMPS					
NIPPLE PLAY TWIST PULL LICK					
SARAN WRAP					
SCRATCHING MARK NO MARK					
SENSORY DEPRIVATION					
SLEEP DEPRIVATION					
SHAVING					
TEASING					
TICKLING					
WARTENBURG PINWHEEL					
OTHER:					
TEXTURES / MATERIALS:					

IMPACT PLAY	YES	NO	MAYBE	GIVE	RECEIVE
BREAST PLAY - ROUGH HITTING SQUEEZING					
CANING					
FACE SLAPPING					
KICKING					
PUNCHING					
PUSSY SPANKING					
RIDING CROPS					
SPANKING HAND HAIRBRUSH					
PADDLE OVER THE KNEE (OTK)					
WHIPPING BELT FLOGGER SINGLE TAIL					
WRESTLING					
OTHER:					
MARKING	YES	NO	MAYBE	GIVE	RECEIVE
BRANDING					
BRUISING					
HICKIES					
PIERCING					
SCARIFICATION					
ΤΑΤΤΟΟ					
VISIBLE IN PUBLIC					
NON MONOGAMY					
CUCKOLD					
GROUP PLAY THREESOME ORGY					
MULTIPLE ROMANTIC RELATIONSHIPS (POLYAMORY)					
SWINGING / SWAPPING (NON ROMANTIC)					

SEXUAL ACTIVITY	YES	NO	MAYBE	GIVE	RECEIVE
ANAL BEADS					
ANAL RIMMING					
ANAL PLUGS SMALL MEDIUM LARGE					
PUBLIC UNDER CLOTHES					
ANAL SEX					
BREAST FUCKING					
BREAST SMOTHERING					
CUNNILINGUS					
DIRTY TALKING					
DILDOS ANAL ORAL VAGINAL					
DOUBLE PENETRATION VAG X ANAL VAGINAL X2					
🛑 VAG X ORAL 🛑 OTHER					
TRIPLE PENETRATION					
EXOTIC DANCING					
FISTING VAGINAL ANAL					
MAKING OUT					
PHONE SEX					
SCISSORING					
SOUNDING					
SPECULUMS					
STRAP ON DILDOS SUCKING ON WEARING					
PENETRATED BY					
VIBRATOR 🛛 EXTERNAL GENITAL 🔵 INTERNAL GENITAL					
- ANAL					
ADDITIONAL PROMPTS: HOW OFTEN?				I	
WHERE:					

VOYEURISM/EXHIBITIONISM	YES	NO	MAYBE	GIVE	RECEIVE
EXHAMINATIONS PUBLIC PRIVATE					
EXHIBITIONISM FRIENDS STRANGERS					
EROTIC PHOTOS TAKING MODELING					
OUTDOOR					
VIDEO WATCHING RECORDING					
VOYEURISM					
TOYS	YES	NO	MAYBE	GIVE	RECEIVE
CLIT PUMPS					
DUCT TAPE					
FOOD OFF BODY					
FUCK MACHINE					
ICE CUBES					
OBJECT INSERTION EXAMPLES:					
THUMB CUFFS					
MATERIAL OF TOY SILICONE STEEL GLASS					
OTHER:					
OTHER TOYS EXAMPLES:					

WORSHIP	YES	NO	MAYBE	GIVE	RECEIVE
FOOT WORSHIP					
ASS WORSHIP					
GENITAL WORSHIP					
OTHER WORSHIP:					
HUMILIATION	YES	NO	MAYBE	GIVE	RECEIVE
FORCED DRESSING					
FORCED FEMINIZATION / MASCULINIZATION					
FORCED HOMO / HETERO SEXUALITY					
FORCED MASTURBATION					
FORCED NUDITY					
FORCED SERVITUDE EXAMPLES:					
HUMILIATION PUBLIC PRIVATE					
LECTURING FOR MISBEHAVIOR					
STANDING IN A CORNER (PUNISHMENT)					
VERBAL HUMILIATION					
WRITING PUNISHMENTS					
OTHER:					

SERVICE / RESTRICTIONS /CONTROL	YES	NO	MAYBE	GIVE	RECEIVE
ALCOHOL RESTRICTIONS					
BATHROOM USE CONTROL					
BEGGING					
CHAUFERRING					
CHORES					
CHOSEN CLOTHING FOR					
COLLAR WEARING PUBLIC PRIVATE					
CONTRACT SLAVE					
CORNER TIME					
DAILY DIARY					
DEPRIVED PRIVILEGES					
EYE CONTACT RESTRICTIONS					
FEET PEDICURES FOOT MASSAGES					
BOOT BLACKING					
FINANCIAL RESTRICTIONS / ALLOWANCE					
FOLLOWING ORDERS					
FORCED / REQUIRED EXERCISE					
GO TO BED EARLY					
HAIR RESTRICTIONS BODY HEAD					
EINGTH CUT COLOR					
KEYHOLDING					
KNEELING					
MANICURES					
MASSAGE					
MASTURBATION RESTRICTION					
ORGASM CONTROL					
PERSONALITY MODIFICATION					
RITUALS					
SERVING AS: ART ASHTRAY					
MAID FURNITURE OTHER:					

SERVICE / RESTRICTIONS / CONTROL CONT.	YES	NO	MAYBE	GIVE	RECEIVE
SEXUAL DEPRIVATION					
SILENT TREATMENT					
SLEEP RESTRICTIONS					
SPEECH RESTRICTIONS					
TOBACCO / DRUG RESTRICTIONS					
UNIFORM					
WEARING SYMBOLIC JEWELRY					
PUBLIC PRIVATE					
24/7 DYNAMIC					
OTHER:					
BODILY FLUIDS	YES	NO	MAYBE	GIVE	RECEIVE
BREAST MILK PRODUCE DRINK					
CHAMBER POT USE					
DIAPERS					
SPIT					
SWEAT					
WATERSPORTS (URINE) PRODUCE ORINK					
GOLDEN SHOWER					
HARDSPORTS (SCAT)					
OTHER:					

PENIS RELATED	YES	NO	MAYBE	GIVE	RECEIVE
BALL STRETCHING					
COCK & BALL TORTURE (CBT)					
COCK CAGES PLAY CHASTITY					
COCK RINGS					
CUM EATING INSTRUCTION (CEI)					
CUM IN MOUTH IN ASS					
IN VAGINA ON FACE ON BODY					
DEEP THROATING					
FACE FUCKING					
FELLATIO					
PENIS PUMPING					
PHALIC GAGS					
SMALL PENIS HUMILIATION (SPH)					
SOUNDING					
SWALLOWING SEMEN					
OTHER:					