

# CollarNcuffs Printable BDSM Checklist

This is a printable version of the BDSM Checklist. It has been formatted to print correctly to legal sized (just smaller than A4) or larger paper. Go to **File|Print Preview** to see how it will look when printed.

## Key

<b>No Answer</b>	Either you choose not to answer for whatever reason, or it's not applicable - such as breast bondage for males. To represent this, just put a cross through the box.
<b>Curious</b>	You've not tried it and so have no idea how you'd feel, but you are curious.
<b>Essential</b>	This is something that's so essential to you that you can't see yourself enjoying a relationship without it.
<b>Love</b>	You <i>love</i> doing whatever it is.
<b>Like</b>	You like doing whatever it is.
<b>Don't Mind</b>	You don't mind either way, but will do it for someone else.
<b>Dislike</b>	You dislike doing it but will do so if it means a lot to someone else.
<b>Hate</b>	You <i>hate</i> doing it but will do so if it means a lot to someone else.
<b>Soft Limit</b>	While it is not something you are capable of at the moment, you can see how that might one day change.
<b>Hard Limit</b>	There is no way you can ever see this being something you could do without damaging who you are.

## Done To Self / Receiving

How you feel about having the act done to you or with you as the primary participant, perhaps at someone else's command. Alternatively, read this as how you feel about being on the receiving end of the act.

For example, Done To Self for "Fisting - Anal" means that it is your anus that the fist enters. For Cunnilingus, it would be you being licked (receiving).

## Done To Others / Giving

How you feel about your play partner having the act done to them, perhaps at your command. Alternatively, read this as how you feel about doing this act to someone else.

To take the same example, Done To Others for "Fisting - Anal" means that it is your play partner's anus that the fist enters, be it your fist or someone else's. For Cunnilingus, it would be you doing the licking (giving).

## Tried

Have you tried the activity (either done to yourself or done it to someone else)?

## Rating

How do you feel about the activity (either doing it to yourself or to others) Many of these pages contain documentation of dangerous or life-threatening activities of questionable legality -- CollarNcuffs accepts no responsibility or liability for the actions of others. Please view with respect and intelligence, or don't view at all. This page should be included in all duplicate versions.

Activity	To Self (Receiving)			To Others (Giving)		
	Done	Rate		Done	Rate	
Anal Play	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating (General)	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Canes	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Crops	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Floggers	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Hairbrushes	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Hard	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Paddles	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Soft	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Spanking	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Straps	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating - Whips	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating Location - Back	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating Location - Bottom	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Beating Location - Chest	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

		Soft Limit	Hard Limit		Soft Limit	Hard Limit
<b>Beating Location - Feet</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Beating Location - Genitals</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Beating Location - Legs</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bestiality</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Biting</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Activity</b>	<b>To Self (Receiving)</b>			<b>To Others (Giving)</b>		
	<b>Done</b>	<b>Rate</b>		<b>Done</b>	<b>Rate</b>	
<b>Blindfolds</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Body Modification - Branding</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Body Modification - Piercing, Permanent</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Body Modification - Piercing, Play</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Body Modification - Saline Injection</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Body Modification - Scarification</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Body Modification - Tattooing</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage (General)</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Breast</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Bondage - Cuffs</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Genital</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Heavy</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Intricate</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Light</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Locks</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Prolonged</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Sleeves, Arm</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Sleeves, Leg</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Spreader Bars</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Stocks</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Activity</b>	<b>To Self (Receiving)</b>			<b>To Others (Giving)</b>		
	<b>Done</b>	<b>Rate</b>		<b>Done</b>	<b>Rate</b>	
<b>Bondage - Straight Jackets</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Suspension</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Suspension, Inverted</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage - Whole Body</b>	Yes	Essential	Curious	Yes	Essential	Curious

	No	1 2 3 Soft Limit	4 5 Hard Limit	No	1 2 3 Soft Limit	4 5 Hard Limit
<b>Bondage Material - Chain</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage Material - Leather</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage Material - Rope</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage Material - Saran Wrap</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage Material - Scarves</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Bondage Material - Tape</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Breath Play</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Catheters</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothespins</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothing - Chosen For</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothing - Corsets</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothing - Full Head Hoods</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothing - Harnesses</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothing - High Heels</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothing - Lingerie</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Clothing - Masks</b>	Yes	Essential	Curious	Yes	Essential	Curious

	No	1 2 3 4 5 Soft Limit Hard Limit	No	1 2 3 4 5 Soft Limit Hard Limit
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Activity	To Self (Receiving)			To Others (Giving)		
	Done	Rate		Done	Rate	
Clothing - Uniforms (General)	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Clothing - Uniforms, Military	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Clothing - Uniforms, School	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Clothing Material - Leather	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Clothing Material - PVC	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Clothing Material - Rubber	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Clothing Material - Sheer	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Collars - Private	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Collars - Public	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Crawling	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Cutting	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Dilation - Anal	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Dilation - Vaginal	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Discipline	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

		Soft Limit	Hard Limit		Soft Limit	Hard Limit
Drinking - Blood	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Drinking - Semen	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Drinking - Urine	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Electricity	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Enemas	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Examination - Physical	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

Activity	To Self (Receiving)			To Others (Giving)		
	Done	Rate		Done	Rate	
Exhibitionism - Forced	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Exhibitionism - Voluntary	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Face Slapping	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Fisting - Anal	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Fisting - Vaginal	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Food - Chosen For	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Food - From Body	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
Food - From Bowl	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Food - From Hand</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Gags (General)</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Gags - Ball</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Gags - Bit</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Gags - Ring</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Gags - Tape</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Given Away (General)</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Given Away - Auctions</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Given Away - Permanent</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Hand Jobs</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Heterosexuality - Forced</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Heterosexuality - Voluntary</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Activity</b>	<b>To Self (Receiving)</b>			<b>To Others (Giving)</b>		
	<b>Done</b>	<b>Rate</b>		<b>Done</b>	<b>Rate</b>	
<b>Homosexuality - Forced</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Homosexuality - Voluntary</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Humiliation - Private</b>	Yes	Essential	Curious	Yes	Essential	Curious



	No	1 2 3 Soft Limit	4 5 Hard Limit	No	1 2 3 Soft Limit	4 5 Hard Limit
<b>Humiliation - Public</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Humiliation - Verbal</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Including Others</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Kneeling</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Leashes</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Lecturing</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Licking</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Massage</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Masturbation - Forced</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Masturbation - Voluntary</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Nipple Clamps</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Nipple Play</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Nipple Weights</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Nudity - Forced</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Nudity - Voluntary</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Orgasm - On Command</b>	Yes	Essential	Curious	Yes	Essential	Curious

	No	1 2 3 4 5 Soft Limit Hard Limit	No	1 2 3 4 5 Soft Limit Hard Limit
Orgasm Control	Yes No	Essential Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential Curious 1 2 3 4 5 Soft Limit Hard Limit

Activity	To Self (Receiving)				To Others (Giving)			
	Don e	Rate			Don e	Rate		
Orgasm Denial	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Pain (General)	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Pain - Heavy	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Pain - Light	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Phone Sex	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Rape - Fantasy	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Rape - Fantasy, Gang	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Recorded Scenes - Photographs, Private	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Recorded Scenes - Photographs, Shared	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Recorded Scenes - Video, Private	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Recorded Scenes - Video, Shared	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Roleplay (General)	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit		Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	
Roleplay - Age	Yes	Essential	Curious		Yes	Essential	Curious	

	No	1 2 3 4 5 Soft Limit Hard Limit	No	1 2 3 4 5 Soft Limit Hard Limit
Roleplay - Education	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit
Roleplay - Interrogation	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit
Roleplay - Kidnapping	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit
Roleplay - Medical	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit
Roleplay - Pig	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit
Roleplay - Pony	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit
Roleplay - Prison	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit

Activity	To Self (Receiving)			To Others (Giving)		
	Done	Rate		Done	Rate	
Roleplay - Puppy	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious
Roleplay - Religious	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious
Roleplay - Whore	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious
Sensation Play (General)	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious
Sensation Play - Deprivation	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious
Sensation Play - Fire	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious
Sensation Play - Hair Pulling	Yes No	Essential 1 2 3 4 5	Curious	Yes No	Essential 1 2 3 4 5	Curious

		Soft Limit	Hard Limit		Soft Limit	Hard Limit
<b>Sensation Play - Hot Wax</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sensation Play - Ice</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sensation Play - Needle</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sensation Play - Scratching</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sensation Play - Suction</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sensation Play - Teasing</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sensation Play - Tickling</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving (General)</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Art</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Ashtray</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Chauffer</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Dancer</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Following Orders</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Activity</b>	<b>To Self (Receiving)</b>			<b>To Others (Giving)</b>		
	<b>Done</b>	<b>Rate</b>		<b>Done</b>	<b>Rate</b>	
<b>Serving - Forced</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Serving - Furniture</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Housework</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Maid</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Serving - Sexually</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Anal</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Cunnilingus</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Denial</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Fellatio</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Group</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Penetration, Double</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Penetration, Triple</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Rimming</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Threesome</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Vaginal</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex - Vanilla</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Sex Toys - Beads</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit

<b>Sex Toys - Butt Plugs</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Sex Toys - Dildos</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Sex Toys - Love Eggs</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit

<b>Activity</b>	<b>To Self (Receiving)</b>			<b>To Others (Giving)</b>		
	<b>Done</b>	<b>Rate</b>		<b>Done</b>	<b>Rate</b>	
<b>Sex Toys - Public (Under Clothes)</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Sex Toys - Strap On</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Sex Toys - Vibrators</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Shaving - Body</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Shaving - Genital</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Shaving - Genital, Styling</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Shaving - Head</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Showers - Brown</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Showers - Golden</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Speculums - Anal</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Speculums - Vaginal</b>	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit	Yes No	Essential 1 2 3 4 5 Soft Limit Hard Limit	Curious 1 2 3 4 5 Soft Limit Hard Limit
<b>Swapping (Partner)</b>	Yes	Essential	Curious	Yes	Essential	Curious

	No	1 2 3 Soft Limit	4 5 Hard Limit	No	1 2 3 Soft Limit	4 5 Hard Limit
<b>Voyeurism</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Worship - Boot</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Worship - Bottom</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Worship - Breast</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Worship - Foot</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Worship - Genital</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Worship - High Heel</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit
<b>Wrestling</b>	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit	Yes No	Essential 1 2 3 Soft Limit	Curious 4 5 Hard Limit