

BACK



## 200 Question BDSM Checklist - Printable Version

This checklist is formatted to print correctly on standard 8-1/2"x11" paper. For personal use only.

Checklists are frequently difficult to complete due to the complex variety to what we enjoy. When we try to fill them out as Tops, Bottoms, Dominants, Submissives, etcetera there is usually confusion over fetishes that aren't physically interactive between partners or over activities that may not clear as to who is giving and who receiving. A sincere effort has been made here to reduce this kind of confusion, but bdsm checklists will *never* be perfect enough that you won't probably have to go to your partner and confer about how to answer at least one item. Take it as a blessing in disguise - a bdsm checklist is only supposed to get a conversation started. That's what the tool is made for. Remember, it's just a beginning to negotiation, not an end in itself.

**Done to/for Self:** Read this as how you feel about being on the receiving end of the act. (As examples, here Whipping would refer to you being whipped, while Massage would mean you're the one on the table.)

**Done to/for Others:** Read this as how you feel about having someone else receive this act. (In the examples above, you would be delivering the Whipping, or serving your partner a Massage.)

**Tried:** Have you tried this? Circle Yes or No for each.

**Rating:** How does/might this feel to you? Use the chart below as a guide, and circle two answers together if you're "in-between."

/	Not Applicable	Actions that are <i>physical</i> impossibilities. Draw a slash through the box for these.
?	Curious	Maybe you're never tried this, or only once, and want to experience more before deciding how much you like it.
!	Essential	This is something that you can't see yourself enjoying a scene/date/relationship without.
5	Love	You <i>love</i> doing whatever it is.
4	Like	You like doing whatever it is.
3	Don't Mind	You can take this or leave it, but will probably do it for your partner.
2	Dislike	You dislike this but will put up with it for your partner.
1	Hate	You <i>hate</i> this but will put up with it for your partner.
x	Soft Limit	Something you cannot attempt at this time but <i>might</i> be possible in the future.
X	Hard Limit	Something you will not ever attempt.

Activity	To/For Self				To/For Others					
	Done	Rate			Done	Rate				
<b>Anal Play</b> Acts in which the anus is involved.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating (General)</b> Acts in which one partner is beaten.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Canes</b> Acts in which one partner is beaten with a cane.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Crops</b> Acts in which one partner is beaten with a crop.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Floggers</b> Acts in which one partner is beaten with a flogger.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Hairbrushes</b> Acts in which one partner is beaten with a hairbrush.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Hard</b> Acts in which one partner is beaten hard.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Paddles</b> Acts in which one partner is beaten with a paddle.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Soft</b> Acts in which one partner is beaten softly.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Spanking</b> Acts in which one partner is beaten with a hand.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Straps</b> Acts in which one partner is beaten with a strap.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating - Whips</b> Acts in which one partner is beaten with a whip.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1
<b>Beating Location - Back</b> Beating based acts that focus on the back as a target.	Yes No	Essential 5	Curious 4	3 2	1	Yes No	Essential 5	Curious 4	3 2	1

**Beating Location - Bottom**

Beating based acts that focus on the bottom as a target.

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

Activity	To/For Self		To/For Others		
	Done	Rate	Done	Rate	
<b>Beating Location - Chest</b> Beating based acts that focus on the chest or breasts as a target.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Beating Location - Feet</b> Beating based acts that focus on the feet (usually the soles) as a target.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Beating Location - Genitals</b> Beating based acts that focus on the genitals as a target.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Beating Location - Legs</b> Beating based acts that focus on the legs as a target.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bestiality</b> Sex with animals.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Biting</b> Acts involving biting one partner with the teeth of the other.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Blindfolds</b> Acts in which blindfolds are placed over one partner's eyes to remove that sense (and often heighten others).	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Body Modification - Branding</b> Burning the body, often with a specific design, to leave a permanent mark or scar.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Body Modification - Piercing, Permanent</b> Putting an object through a part of the body for permanent adornment.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Body Modification - Piercing, Play</b> Exploring the concept of body piercing but in a manner that is temporary.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Body Modification - Saline Injection</b> Injecting saline in to a part of the body to temporarily engorge it.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Body Modification - Scarification</b> Deliberately causing scars, often through cutting the	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit

skin, for adornment.

**Body Modification - Tattooing**

Adorning the body by permanently applying ink under the skin.

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

**Bondage (General)**

Binding or restricting some or all of the body.

Activity	To/For Self		To/For Others		
	Done	Rate	Done	Rate	
<b>Bondage - Breast</b> Binding or restricting the breasts.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Cuffs</b> Binding or restricting the body (usually the wrists) with [hand]cuffs.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Genital</b> Binding or restricting the genitals.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Heavy</b> Heavily binding or restricting the body, usually to the point where no, or next-to no, movement is possible.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Intricate</b> Intricately binding or restricting some or all of the body.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Light</b> Lightly binding or restricting the body. Usually more symbolic than actually restrictive.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Locks</b> Bondage that involves locks and keys.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Prolonged</b> Binding or restricting some or all of the body for prolonged periods of time.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Sleeves, Arm</b> Restricting the movement of the arms by placing them in a confining sleeve.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Sleeves, Leg</b> Restricting the movement of the legs by placing them in a confining sleeve.	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit	Curious 2 1	Yes No	Essential 5 4 3 2 1 Soft Limit Hard Limit
<b>Bondage - Spreader Bars</b>		Essential	Curious		Essential

Restricting the movement of the legs by connecting them to either end of a bar, usually forcing them open.	Yes No	5 Soft Limit	4 3	2 Hard Limit	1	Yes No	5 Soft Limit	4 3	2 1	
<b>Bondage - Stocks</b> Restricting movement by placing the wrists and neck (though may involve ankles) through a set of stocks.	Yes No	Essential Soft Limit	Curious 4	3 2	1	Yes No	Essential Soft Limit	Curious 4	3 2	1
<b>Bondage - Strait Jackets</b> Binding or restricting the torso and arms by placing them inside a straight jacket.	Yes No	Essential Soft Limit	Curious 4	3 2	1	Yes No	Essential Soft Limit	Curious 4	3 2	1

Activity	To/For Self				To/For Others							
	Done	Rate			Done	Rate						
<b>Bondage - Suspension</b> Binding or restricting someone so they are suspended above the ground.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage - Suspension, Inverted</b> Binding or restricting someone so they are suspended above the ground, upside-down.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage - Whole Body</b> Binding or restricting the whole body.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage Material - Chain</b> Binding or restricting the body, or parts of, with chain.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage Material - Leather</b> Binding or restricting the body, or parts of, with leather.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage Material - Rope</b> Binding or restricting the body, or parts of, with rope.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage Material - Saran Wrap</b> Binding or restricting the body, or parts of, with saran wrap (clingfilm).	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage Material - Scarves</b> Binding or restricting the body, or parts of, with [usually silk] scarves.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Bondage Material - Tape</b> Binding or restricting the body, or parts of, with [usually adhesive] tape.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Breath Play</b> Also called Asphyxiation. Acts involving restricting or cutting off the supply of oxygen.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1

<b>Catheters</b> Inserting a tube in to the urethra to collect urine.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothespins</b> Using clothespins to pinch parts of the body.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Chosen For</b> Having your clothing choices made for you, usually without the ability to appeal.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Corsets</b> Wearing corsets which control the shape of the waist and hips.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1

Activity	To/For Self				To/For Others							
	Done	Rate			Done	Rate						
<b>Clothing - Full Head Hoods</b> Wearing hoods that cover the entire head, leaving only small holes for vision, breathing, etc. (if even them).	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Harnesses</b> Wearing clothing that harnesses the body without necessarily covering it.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - High Heels</b> Wearing high-heeled shoes.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Lingerie</b> Wearing women's lingerie.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Masks</b> Wearing masks that cover the face.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Uniforms (General)</b> Wearing uniforms that have a given significance.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Uniforms, Military</b> Wearing military uniforms.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing - Uniforms, School</b> Wearing schoolgirl/schoolboy uniforms.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1
<b>Clothing Material - Leather</b> Clothing made out of, or involving, leather.	Yes No	Essential Soft Limit	Curious 4	3	2	1	Yes No	Essential Soft Limit	Curious 4	3	2	1

		Soft Limit	Hard Limit		Soft Limit	Hard Limit
<b>Clothing Material - PVC</b> Clothing made out of, or involving, PVC (the shiny plasticity material).	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Clothing Material - Rubber</b> Clothing made out of, or involving, rubber or latex.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Clothing Material - Sheer</b> Clothing made out of, or involving, sheer (transparent or translucent) material.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Collars - Private</b> Wearing a "slave" collar in private.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Collars - Public</b> Wearing a "slave" collar in public.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1

Activity	To/For Self		To/For Others			
	Done	Rate	Done	Rate		
<b>Crawling</b> The act of crawling on all fours to denote submission.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Cutting</b> Deliberately cutting the skin.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Dilation - Anal</b> Deliberately stretching the anus open.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Dilation - Vaginal</b> Deliberately stretching the vagina open.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Discipline</b> Submitting to, or receiving, the [often corporal] discipline of another.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Drinking - Blood</b> Drinking blood.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Drinking - Semen</b> Drinking semen.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Drinking - Urine</b> Drinking urine.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1

		Soft Limit	Hard Limit		Soft Limit	Hard Limit
<b>Electricity</b> Using electricity for sensation or pain.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Enemas</b> Applying liquid (traditionally warm water) in to the lower intestine, via a tube. Often to induce uncontrolled, or hard to control, excretion.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Examination - Physical</b> Having your body physically examined and, often, appraised. Sometimes this includes medical examination roleplays though, here, that is listed as Roleplay - Medical.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Exhibitionism - Forced</b> Exposing your body to others, nominally against your will, at the will of another.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Exhibitionism - Voluntary</b> Willingly exposing your body to others.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1

Activity	To/For Self		To/For Others			
	Done	Rate	Done	Rate		
<b>Face Slapping</b> Slapping the face, usually with an open hand, to cause pain or denote position.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Fisting - Anal</b> Placing an entire hand (the term "fst" is often an exaggeration) inside the anus.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Fisting - Vaginal</b> Placing an entire hand (the term "fst" is often an exaggeration) inside the vagina.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Food - Chosen For</b> Having your food choices made for you, usually without the ability to appeal.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Food - From Body</b> Eating food from another person's body. Either eating it directly from them or using them as a platter.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Food - From Bowl</b> Eating food directly from a bowl, like an animal such as a cat or dog.	Yes No	Essential 5 4 3	Curious 2 1	Yes No	Essential 5 4 3	Curious 2 1
<b>Food - From Hand</b>	Yes	Essential	Curious	Yes	Essential	Curious

Eating food directly from another person's hand.	<input type="radio"/> No	5 4 3 2 1	<input type="radio"/> No	5 4 3 2 1
		Soft Limit Hard Limit		Soft Limit Hard Limit
<b>Gags (General)</b>		Essential Curious		Essential Curious
Devices used to limit, or prevent, verbal communication.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Gags - Ball</b>		Essential Curious		Essential Curious
A type of gag that uses a ball to effectively block any verbal communication.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Gags - Bit</b>		Essential Curious		Essential Curious
A type of gag that uses a bar that goes across the mouth, much like a horse's "bit".	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Gags - Ring</b>		Essential Curious		Essential Curious
A type of gag that uses a ring to force the mouth open while providing access to the, now undefendable, mouth.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Gags - Tape</b>		Essential Curious		Essential Curious
Using adhesive tape across the mouth to create a gag.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Given Away (General)</b>		Essential Curious		Essential Curious
Being given, at a partner's whim, to another person, usually temporarily.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Given Away - Auctions</b>		Essential Curious		Essential Curious
Being given to another person as the result of a [slave] auction.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
<b>Given Away - Permanent</b>		Essential Curious		Essential Curious
Being given away, at a partner's whim, to another person, permanently.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Hand Jobs</b>		Essential Curious		Essential Curious
Pleasuring someone else's genitals with your hand.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Heterosexuality - Forced</b>		Essential Curious		Essential Curious
Sexual acts with members of the opposite sex, nominally against your will.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Heterosexuality - Voluntary</b>		Essential Curious		Essential Curious
Sexual acts with members of the opposite sex, willingly.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Homosexuality - Forced</b>		Essential Curious		Essential Curious
Sexual acts with members of the same sex, nominally against your will.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit

<b>Homosexuality - Voluntary</b>		Essential Curious		Essential Curious
Sexual acts with members of the same sex, willingly.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Humiliation - Private</b>		Essential Curious		Essential Curious
Acts in which you are humiliated, degraded, or shamed, in a private setting.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Humiliation - Public</b>		Essential Curious		Essential Curious
Acts in which you are humiliated, degraded, or shamed, in front of others.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Humiliation - Verbal</b>		Essential Curious		Essential Curious
Acts in which you are humiliated, degraded, or shamed, through either the words of someone else (such as name calling) or your own words.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Including Others</b>		Essential Curious		Essential Curious
Acts in which other people, from outside your immediate relationship, are included.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Kneeling</b>		Essential Curious		Essential Curious
The act of kneeling to denote submission. <i>special topic *</i>	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Leashes</b>		Essential Curious		Essential Curious
Wearing a leash, attached to a collar (or other convenient point).	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Lecturing</b>		Essential Curious		Essential Curious
An exposition of a given subject for the purpose of instruction or reprimand.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Licking</b>		Essential Curious		Essential Curious
Using your tongue on another person's body [or, often, anything they require].	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
<b>Massage</b>		Essential Curious		Essential Curious
Rubbing another person's body for their relaxation.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Masturbation - Forced</b>		Essential Curious		Essential Curious
Pleasuring your own genitals, with your hand, nominally against your will.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Masturbation - Voluntary</b>		Essential Curious		Essential Curious
Pleasuring your own genitals, with your hand, willingly.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit
<b>Nipple Clamps</b>		Essential Curious		Essential Curious
Placing clamps on the nipples to cause pain.	<input type="radio"/> Yes	5 4 3 2 1	<input type="radio"/> Yes	5 4 3 2 1
	<input type="radio"/> No	Soft Limit Hard Limit	<input type="radio"/> No	Soft Limit Hard Limit

	Yes	Essential	Curious	No	Yes	Essential	Curious	No				
<b>Nipple Play</b> Acts that focus on the nipples.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Nipple Weights</b> Applying weights to the nipples to stretch them, generally to cause pain.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Nudity - Forced</b> Periods of time spent without clothing, nominally against your will.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Nudity - Voluntary</b> Periods of time spent without clothing.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Orgasm - On Command</b> Having to orgasm on the command of another person.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Orgasm Control</b> Giving control of when and how orgasms are experienced - and when they are not - to another person.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Orgasm Denial</b> Losing the right to have orgasms for an [often protracted] period of time.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Pain (General)</b> Acts involving physical pain.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Pain - Heavy</b> Acts involving a very large degree of physical pain.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Pain - Light</b> Acts involving some physical pain, yet without too great an intensity - being more symbolic than serious.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
<b>Phone Sex</b> Having sexually explicit phone conversations, usually involving performing sexual acts at the same time.	<input checked="" type="radio"/>	5 4 3 2 1	<input checked="" type="radio"/>	5 4 3 2 1
	<input type="radio"/>	Soft Limit Hard Limit	<input type="radio"/>	Soft Limit Hard Limit
<b>Rape - Fantasy</b> Acts that explore being sexually used, nominally	<input checked="" type="radio"/>	5 4 3 2 1	<input checked="" type="radio"/>	5 4 3 2 1
	<input type="radio"/>	Soft Limit Hard Limit	<input type="radio"/>	Soft Limit Hard Limit

	Yes	Essential	Curious	No	Yes	Essential	Curious	No				
against your will, by another person.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Rape - Fantasy, Gang</b> Acts that explore being sexually used, nominally against your will, by more than one other person.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Recorded Scenes - Photographs, Private</b> Having photographs taken of you, either naked or indulging in a sexual act, for private viewing only.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Recorded Scenes - Photographs, Shared</b> Having photographs taken of you, either naked or indulging in a sexual act, to be shared with others.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Recorded Scenes - Video, Private</b> Having video taken of you, either naked or indulging in a sexual act, for private viewing only.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Recorded Scenes - Video, Shared</b> Having video taken of you, either naked or indulging in a sexual act, to be shared with others.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Roleplay (General)</b> Scenes in which the participants take on and act out roles.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Roleplay - Age</b> Scenes in which the participants take on and act out roles based on being a different age (such as babies or naughty young girls).	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Roleplay - Education</b> Scenes in which the participants take on and act out roles based on a scholastic teacher/student setting.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					
<b>Roleplay - Interrogation</b> Scenes in which the participants take on and act out roles based on interrogations where one person is the interrogator and the other the subject.	<input checked="" type="radio"/>	5	4	3	2	1	<input checked="" type="radio"/>	5	4	3	2	1
	<input type="radio"/>	Soft Limit	Hard Limit		<input type="radio"/>	Soft Limit	Hard Limit					

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
<b>Roleplay - Kidnapping</b> Scenes in which the participants take on and act out roles based on one partner being kidnapped.	<input checked="" type="radio"/>	5 4 3 2 1	<input checked="" type="radio"/>	5 4 3 2 1
	<input type="radio"/>	Soft Limit Hard Limit	<input type="radio"/>	Soft Limit Hard Limit
<b>Roleplay - Medical</b> Scenes in which the participants take on and act out roles such as Doctor/Patient.	<input checked="" type="radio"/>	5 4 3 2 1	<input checked="" type="radio"/>	5 4 3 2 1
	<input type="radio"/>	Soft Limit Hard Limit	<input type="radio"/>	Soft Limit Hard Limit
<b>Roleplay - Pig</b> Scenes in which the subject takes on and acts out a role based on being a pig.	<input checked="" type="radio"/>	5 4 3 2 1	<input checked="" type="radio"/>	5 4 3 2 1
	<input type="radio"/>	Soft Limit Hard Limit	<input type="radio"/>	Soft Limit Hard Limit

<b>Roleplay - Pony</b> Scenes in which the subject takes on and acts out a role based on being a pony.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Roleplay - Prison</b> Scenes in which the participants take on and act out roles based on the prison world such as Sadistic Jailer/Vulnerable Inmate	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Roleplay - Puppy</b> Scenes in which the subject takes on and acts out a role based on being a puppy or adult dog.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Roleplay - Religious</b> Scenes in which the participants take on and act out roles based on the religious world such as confessionals or Bishop/Nun.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Roleplay - Whore</b> Scenes in which the subject takes on and acts out a role based on being a male or female prostitute, selling themselves to another person for sex.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Sensation Play (General)</b> Acts involving the senses and strong sensations.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Sensation Play - Deprivation</b> Acts involving depriving the subject of their senses (often to heighten the remaining ones).	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Sensation Play - Fire</b> Acts involving the sensations and apprehensions caused by fire and heat.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Sensation Play - Hair Pulling</b> Acts involving the sensations and apprehensions caused by having hair pulled.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
<b>Sensation Play - Hot Wax</b> Acts involving the sensations and apprehensions caused by having hot candle wax dripped on to or applied to the body.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Sensation Play - Ice</b> Acts involving the sensations and apprehensions caused by using ice or other cold items on the body.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Sensation Play - Needle</b> Acts involving the sensations and apprehensions	Yes	Essential 5 4 3 2 1 Curious	Yes	Essential 5 4 3 2 1 Curious

caused by using needles on the body, either scratching with them, or poking them.	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
<b>Sensation Play - Scratching</b> Acts involving the sensations and apprehensions caused by being scratched.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		
<b>Sensation Play - Suction</b> Acts involving the sensations and apprehensions caused by having suction applied to the body.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		
<b>Sensation Play - Teasing</b> Acts involving the sensations and apprehensions caused by teasing the body.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		
<b>Sensation Play - Tickling</b> Acts involving the sensations and apprehensions caused by tickling the body.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		
<b>Serving (General)</b> Serving another person in specific ways, putting their pleasure ahead of your own. For example, a maid or a sexual servant.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		
<b>Serving - Art</b> Serving another person, putting their pleasure ahead of your own, as a (usually immobile) piece of artwork such as a statue.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		
<b>Serving - Ashtray</b> Serving another person, putting their pleasure ahead of your own, using a part of your body as a receptacle for their cigarette or cigar ash.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		
<b>Serving - Chauffeur</b> Serving another person, putting their pleasure ahead of your own, as their formal driver.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit		

Activity	To/For Self		To/For Others	
	Done	Rate	Done	Rate
<b>Serving - Dancer</b> Serving another person, putting their pleasure ahead of your own, as a dancer. For example, a belly dancer or stripper.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Serving - Following Orders</b> Serving another person, putting their pleasure ahead of your own, as they give you specific formal orders to follow.	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit	Yes No	Essential 5 4 3 2 1 Curious Soft Limit Hard Limit
<b>Serving - Forced</b> Serving another person in specific ways, putting	Yes	Essential 5 4 3 2 1 Curious	Yes	Essential 5 4 3 2 1 Curious

their pleasure ahead of your own, nominally forced against your will.	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
<b>Serving - Furniture</b> Serving another person, putting their pleasure ahead of your own, as an immobile piece of furniture. For example, on all fours as a table or a footstool.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Serving - Housework</b> Serving another person, putting their pleasure ahead of your own, performing household chores.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Serving - Maid</b> Serving another person, putting their pleasure ahead of your own, as a maid. For example, serving tea while wearing a uniform.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Serving - Sexually</b> Serving another person, putting their pleasure ahead of your own, in whatever sexual way pleases them.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex - Anal</b> Sexual intercourse involving a penis entering your anus.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex - Cunnilingus</b> Sexually stimulating the vagina with a mouth/tongue.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex - Denial</b> Going without sex, or sexual gratification, often at another person's command.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex - Fellatio</b> Sexually stimulating the penis with a mouth/tongue.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex - Group</b> Sexual intercourse with more than one partner.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit

Activity	To/For Self		To/For Others		
	Done	Rate	Done	Rate	
<b>Sex - Penetration, Double</b> Sexual intercourse in which two orifices (mouth, vagina, anus) are filled.	Yes No	Essential Soft Limit	Curious Hard Limit	Essential Soft Limit	Curious Hard Limit
<b>Sex - Penetration, Triple</b> Sexual intercourse in which three orifices (mouth, vagina, anus) are filled.	Yes No	Essential Soft Limit	Curious Hard Limit	Essential Soft Limit	Curious Hard Limit
<b>Sex - Rimming</b> Sexually stimulating the anus with a mouth/tongue.	Yes No	Essential Soft Limit	Curious Hard Limit	Essential Soft Limit	Curious Hard Limit

		Soft Limit	Hard Limit		Soft Limit	Hard Limit
<b>Sex - Threesome</b> Sexual intercourse with two other people.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex - Vaginal</b> Sexual intercourse involving a penis entering your vagina.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex - Vanilla</b> Traditional sexual intercourse, without involving any kinks.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex Toys - Beads</b> Having a string of connected beads (or balls) inserted in to your anus or vagina and then pulled out.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex Toys - Butt Plugs</b> Wearing a "plug" inserted in to your anus.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex Toys - Dildos</b> Using and/or being penetrated with a non-vibrating artificial phallus.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex Toys - Eggs</b> Variously known as Ben-Wa Balls, Love Eggs, etc. Two balls made to be vaginally inserted which vibrate when you move or are battery powered to vibrate.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex Toys - Public (Under Clothes)</b> Going out in public with a sex toy (such as a butt plug) in your body, under your clothing.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex Toys - Strap On</b> Using and/or being penetrated with an artificial phallus that fastens about a partner's waist.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit
<b>Sex Toys - Vibrators</b> Using and/or being penetrated with a vibrating toy, usually an artificial phallus.	Yes No	Essential Soft Limit	Curious Hard Limit	Yes No	Essential Soft Limit	Curious Hard Limit

Activity	To/For Self		To/For Others		
	Done	Rate	Done	Rate	
<b>Shaving - Body</b> Removing all traces of hair below the neck.	Yes No	Essential Soft Limit	Curious Hard Limit	Essential Soft Limit	Curious Hard Limit
<b>Shaving - Genital</b> Removing all traces of hair from the genitals.	Yes No	Essential Soft Limit	Curious Hard Limit	Essential Soft Limit	Curious Hard Limit

	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
<b>Shaving - Genital, Styling</b> Shaving or trimming pubic hair, removing some but not all of it in a given style.	Yes No	Essential 5 4 3 2 1	Curious 3 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Shaving - Head</b> Removing all traces of hair from the head.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Showers - Brown</b> Defecating on another person.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Showers - Golden</b> Urinating on another person.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Speculums - Anal</b> Using a medical tool to dilate (stretch open) the entrance to the anus, providing access within.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Speculums - Vaginal</b> Using a medical tool to dilate (stretch open) the entrance to the vagina, providing access within.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Swapping (Partner)</b> Sex between two or more couples where members of each couple exchange partners and have sex with them.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Voyeurism</b> Watching someone, often without their knowledge, in a situation with sexual connotations.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Worship - Boot</b> Worshipping the boots of another person.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Worship - Bottom</b> Worshipping the bottom of another person.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Worship - Breast</b> Worshipping the breasts of another person.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1

Activity	To/For Self		To/For Others			
	Done	Rate	Done	Rate		
<b>Worship - Foot</b> Worshipping the feet of another person.	Yes No	Essential 5 4 3 2 1	Curious 1	Yes No	Essential 5 4 3 2 1	Curious 2 1

	No	Soft Limit	Hard Limit	No	Soft Limit	Hard Limit
<b>Worship - Genital</b> Worshipping the genitals of another person.	Yes No	Essential 5 4 3 2 1	Curious 3 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Worship - High Heel</b> Worshipping the high-heeled shoes of another person.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1
<b>Wrestling</b> Wrestling with another person, overpowering them or being overpowered.	Yes No	Essential 5 4 3 2 1	Curious 2 1	Yes No	Essential 5 4 3 2 1	Curious 2 1