

A photograph of a person's lower body and hands, wearing a black thong and handcuffs. The person's hands are positioned near their buttocks. The background is dark and moody.

Kink Checklist

This Kink Checklist is a fun and practical way to begin the conversation around exploring the desires, fantasies, limits and boundaries for yourself.

With this clarity and understanding, you will be able to explore in a way that feels safe and exciting.

Directions

1 - Print out the list on the following pages for you and anyone who might do the exercise with you.

2 - Go through each activity and write down a number from a scale between **0-5** that best describes your level of interest. You can also do this separately for level of experience.

0 = No Interest/Hard Limit = **HELL NO!**

5 = Very Interested/Love it = **HELL YES!**

3 - Be sure to indicate if this an activity that you would like to:

Give (G), Receive (R) or Both (B)

Most importantly, have fun!

Kink Checklist

Impact Play

- ☐ Spanking
- ☐ Flogging
- ☐ Canes
- ☐ Belts
- ☐ Riding Crops
- ☐ Paddles
- ☐ Whips
- ☐ Face Slapping
- ☐ Other

Bondage/Restraints

- ☐ Leather Restraints
- ☐ Rope
- ☐ Handcuffs/Steel
- ☐ Gags
- ☐ Bondage Tape
- ☐ Head Hoods
- ☐ Mummification
- ☐ Suspension
- ☐ Blindfolds
- ☐ Mental bondage
- ☐ Silk Scarves/Ties
- ☐ Other

Sensation Play

- ☐ Ice
- ☐ Hot Wax
- ☐ Scratching
- ☐ Tickling
- ☐ Biting
- ☐ Licking
- ☐ Hair Pulling
- ☐ Nipple play/Torture
- ☐ Electricity
- ☐ Sensual Massage
- ☐ Sensory Deprivation
- ☐ Genital Torture
- ☐ Other

Humiliation/Mind Games

- ☐ Teasing
- ☐ Tease & Denial
- ☐ Verbal Humiliation
- ☐ Objectification
- ☐ Dirty Talk
- ☐ Degradation
- ☐ Other

Kink Checklist

Sexual Activity

- ☐ Oral Sex
- ☐ Hand Jobs
- ☐ Anal Sex
- ☐ Anal Plugs
- ☐ Forced Masturbation
- ☐ Mutual Masturbation
- ☐ Anal Fisting
- ☐ Vaginal Fisting
- ☐ Double Penetration
- ☐ Phone Sex
- ☐ Threesomes
- ☐ Group Sex
- ☐ Public Sex
- ☐ Couple Swapping
- ☐ Orgasm Control
- ☐ Vibrators/Dildos
- ☐ Other

Bodily Fluids

- ☐ Golden Showers
- ☐ Semen
- ☐ Spitting
- ☐ Other

Roleplaying

- ☐ Dressing in Costumes
- ☐ Fear Play
- ☐ Kidnapping
- ☐ Consensual Non-consent
- ☐ Interrogation
- ☐ Age Play
- ☐ Medical Scene
- ☐ Schoolroom Scene
- ☐ Mindfucking
- ☐ Maid Service
- ☐ Pet Play (Cat, Dog etc)
- ☐ Other

Fetishes

- ☐ Feet
- ☐ Textures (leather, latex)
- ☐ Specific Clothing
- ☐ Chastity
- ☐ Masks
- ☐ Exhibitionism
- ☐ Voyeurism
- ☐ Other

Kink Checklist

BDSM Roles

- ☐ Dominant
- ☐ Submissive
- ☐ Top
- ☐ Bottom
- ☐ Switch
- ☐ Brat
- ☐ Other

Service Behaviour

- ☐ Giving Orders
- ☐ Following Orders
- ☐ Forced Servitude
- ☐ Restrictive Rules
- ☐ Kneeling
- ☐ Begging
- ☐ Rituals
- ☐ Body Worship
- ☐ High Protocol
- ☐ Other

Edge Play

- ☐ Cutting/Branding
- ☐ Piercing
- ☐ Tattooing
- ☐ Other

Breath Play

- ☐ Choking
- ☐ Breath Control
- ☐ Smothering
- ☐ Other

SAFWORD

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Physical Restrictions & Comments

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