



Loving BDSM Checklist

We wish we could list every single kinky act and fetish out there, but since almost anything can be made a little kinky, it's impossible to list everything. This, however, should be a good starting point if you're new.

How to use the checklist:

- Print as many copies as you need
- Read each activity
- Choose how you do or might want to interact with the activity: give (G), receive (R), or both (B)
- Write Y or N whether you've tried it or not
- Check whether like it, feel "meh" about it (neutral), or dislike it
- For things you haven't done, write Y or N on whether you'd be willing to try it
- If you know you're a hard no on an activity, check the hard limit box at the end.
- Use the notes section at the back to write down ideas, items not on the list, things to research, and any topics you want to discuss with your partner.

Once you and your partner(s) are done, it's time to compare notes. Talk about what you love and hate. Research anything you're unsure about. For anything that's new to you and you want to try together, consider this your first kinky bucket list.

You don't have to like everything your partner does in order to have kinky fun. You don't have to be really experienced, either. BDSM and D/s are about growing as individuals and together. This is simply a tool to help you on your path.



Loving **BDSM**

Kink/Fetish	G/R/B	Tried It	Like	Meh	Dislike	Willing to Try	Hard Limit
Anal - Rimming							
Anal - Prostate Massage							
Anal Play - Plug							
Anal Play - Sex							
Bondage - Rope							
Bondage - Handcuffs							
Bondage - Duct Tape							
Bondage - Mummification							
Bondage - Hood							
Bondage - Bondage Tape							
Bondage - Honor							
Bondage - Public							
Bondage - Outdoor							
Bondage - Cock/Ball							
Bondage - Hair							
Bondage - Predicament							
Cock Torture							
Clit Torture							
Caging/Using a Cage							



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Ball Gag							
Bit Gag							
Cloth Gag							
Spider Gag							
Phallic Gag							
Orgasm Control							
Forced Orgasms							
Edging							
Orgasm Denial							
Permission to Orgasm							
Public Masturbation							
Masturbation with Toys							
Mutual Masturbation							
Masturbating for Partner							
Nipple Clamps							
Clitoral Clamp							
Cock Cage							
Chastity Belt							
Forced Abstinence							
Under the Bed Restraints							
Tickling							
Spanking - Bare Hand							



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Spanking - Paddle							
Spanking - Wooden Spoon							
Spanking - Over the Knee							
Spanking - Punishment							
Spanking - Therapeutic							
Spanking - Funishment							
Impact Play - Flogging							
Impact Play - Crops							
Impact Play - Tawse							
Impact Play - Dragon Tail							
Impact Play - Punching							
Following Rules							
Setting Rules							
Punishment - Cornertime							
Punishment - Removed privileges							
Punishment - Spanking							
Punishment - Other							
Name Calling							
"Good girl/boy"							



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Boot Licking							
Slapping							
Nipple Torture							
Hair Pulling							
Using Tongue to Clean							
Urethra Play							
Wax Play							
Violet Wand							
Wartenberg Wheel							
Vibrators							
Dildos							
Anal Plugs							
Wand Massagers							
Cock Rings							
Oral Sex							
Handjob/Fingering							
Sex in Public							
Threesome (or more)							
Cuckold							
Sexting							
Phone/Skype Sex							
Massage							
Biting							
Licking							



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Sensory Deprivation							
Ankle Restraints							
Long-term Restraint							
Collar							
Cuffs							
Sleeves for Legs/Arms							
Metal/Chain Restraint							
Leather Restraint							
Latex Clothing							
Sex Swing or Wedge							
Objectification							
Bimboification							
Breath Play							
Knife Play							
Blood Play							
Needles							
Golden Shower							
Scat							
Age Play							
Puppy Play							
Kitten Play							
Pony Play							
Zipppers							



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Canes							
Spanking Bench							
St. Andrew's Cross							
Cupping							

Notes:

(Feel free to jot down notes in this section.)



More notes: