A Guide to using the Checklist

I recommend revisiting the checklist at least every 6 months especially if you are playing/having sessions and exploring regularly. The pushing of boundaries is expected, a gentle nudge when you have built up a steady and close relationship within your D/s dynamic, but a safeword is always required, even if you’re working online.

The obvious one is - **RED** to mean stop right now and the activity will cease immediately. This doesn’t mean you can never revisit it. Headspaces change daily and what is ok in one session may not feel right in the next. This also does not mean it becomes a **HARD LIMIT** and should be something that you and your D/s discuss fully and honestly.

**Communication is paramount and needs to be clear and defined at all times.**

I will need to know BASIC personal background in the understanding of your situation. We’re not talking life history. Anything you can think of that may mar your enjoyment of the scene, from words to be used or not used, to instances you enjoy or have had bad experiences with. For example – I was sexually abused as a child by my father, so anything relating to incest, calling someone Daddy, etc. is my HARD LIMIT.

Getting someone with a similar checklist to yours is ideal. Not everyone will match with me but it’s more than a perfect 100% tick box thing. Having the rapport and being comfortable with the person you are having sessions is **how I work**. That way the communication will be easier and the sessions run smoother and more to expectation all round. It’s supposed to be fun for both and shouldn’t be seen as too much like hard work.

I’m here to enjoy what I do and to give you the best possible experience I can.

Mina x

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| **ACTIVITY** | **Ever Done?** | | |  | **Would You Like To Do?** | | | | | |
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| Abrasion (scraping, sanding) |  |  |  |  |  |  |  |  |  |  |
| Age play (not pedophilia) |  |  |  |  |  |  |  |  |  |  |
| Anal play |  |  |  |  |  |  |  |  |  |  |
| Anal plugs - Small |  |  |  |  |  |  |  |  |  |  |
| Anal plugs - Medium |  |  |  |  |  |  |  |  |  |  |
| Anal plugs - Large |  |  |  |  |  |  |  |  |  |  |
| Anal plugs - public under clothes |  |  |  |  |  |  |  |  |  |  |
| Anal sex |  |  |  |  |  |  |  |  |  |  |
| Animal roleplay |  |  |  |  |  |  |  |  |  |  |
| Arm and leg sleeves (binders) |  |  |  |  |  |  |  |  |  |  |
| Asphyxiation |  |  |  |  |  |  |  |  |  |  |
| Auctioned for Charity |  |  |  |  |  |  |  |  |  |  |
| Ball stretching |  |  |  |  |  |  |  |  |  |  |
| Bathroom permission control |  |  |  |  |  |  |  |  |  |  |
| Beating hard |  |  |  |  |  |  |  |  |  |  |
| Beating soft |  |  |  |  |  |  |  |  |  |  |
| Bestiality (sex with animals) |  |  |  |  |  |  |  |  |  |  |
| Biting (being bitten) |  |  |  |  |  |  |  |  |  |  |
| Blindfoldes |  |  |  |  |  |  |  |  |  |  |
| Bondage - light |  |  |  |  |  |  |  |  |  |  |
| Bondage - heavy |  |  |  |  |  |  |  |  |  |  |
| Bondage - all day/multi day |  |  |  |  |  |  |  |  |  |  |
| Boot worship |  |  |  |  |  |  |  |  |  |  |
| Branding |  |  |  |  |  |  |  |  |  |  |
| Breast bondage |  |  |  |  |  |  |  |  |  |  |
| Breast fucking |  |  |  |  |  |  |  |  |  |  |
| Breast whipping |  |  |  |  |  |  |  |  |  |  |
| Breath Control (choking) |  |  |  |  |  |  |  |  |  |  |
| Breath Control (mild restriction) |  |  |  |  |  |  |  |  |  |  |
| Cages/Cells/Closets (locked inside of) |  |  |  |  |  |  |  |  |  |  |
| Caning - english |  |  |  |  |  |  |  |  |  |  |
| Caning - sensation |  |  |  |  |  |  |  |  |  |  |
| Catheterization |  |  |  |  |  |  |  |  |  |  |
| Chains (bound with) |  |  |  |  |  |  |  |  |  |  |
| Chamber-pot use |  |  |  |  |  |  |  |  |  |  |
| Chastity device/belts |  |  |  |  |  |  |  |  |  |  |
| Chauffeuring (driving) |  |  |  |  |  |  |  |  |  |  |
| Chores (domestic service/housework) |  |  |  |  |  |  |  |  |  |  |
| Chosen clothing for |  |  |  |  |  |  |  |  |  |  |
| Chosen food for |  |  |  |  |  |  |  |  |  |  |
| Clamps - labia/clit area |  |  |  |  |  |  |  |  |  |  |

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| Clothespins |  |  |  |  |  |  |  |  |  |  |
| Cock worship |  |  |  |  |  |  |  |  |  |  |
| Collars - worn in private |  |  |  |  |  |  |  |  |  |  |
| Collars - worn in public |  |  |  |  |  |  |  |  |  |  |
| Contract slave |  |  |  |  |  |  |  |  |  |  |
| Corsets |  |  |  |  |  |  |  |  |  |  |
| Cross dressing |  |  |  |  |  |  |  |  |  |  |
| Cuffs - leather |  |  |  |  |  |  |  |  |  |  |
| Cuffs - metal |  |  |  |  |  |  |  |  |  |  |
| Cunnilingus (eating another woman) |  |  |  |  |  |  |  |  |  |  |
| Cunnilingus (receiving oral) |  |  |  |  |  |  |  |  |  |  |
| Cutting - Blood play |  |  |  |  |  |  |  |  |  |  |
| Daily diary |  |  |  |  |  |  |  |  |  |  |
| Diapers |  |  |  |  |  |  |  |  |  |  |
| Dilation |  |  |  |  |  |  |  |  |  |  |
| Dildos - vaginal |  |  |  |  |  |  |  |  |  |  |
| Dildos - anal |  |  |  |  |  |  |  |  |  |  |
| Double penetration |  |  |  |  |  |  |  |  |  |  |
| Ear plugs |  |  |  |  |  |  |  |  |  |  |
| Edge play (risk taking) |  |  |  |  |  |  |  |  |  |  |
| Electricity - Internal (egg or probe) |  |  |  |  |  |  |  |  |  |  |
| Electricity - TENS unit |  |  |  |  |  |  |  |  |  |  |
| Electricity - Violet Wand |  |  |  |  |  |  |  |  |  |  |
| Enemas - for cleansing |  |  |  |  |  |  |  |  |  |  |
| Enemas - retention/training |  |  |  |  |  |  |  |  |  |  |
| Exercise - forced/required |  |  |  |  |  |  |  |  |  |  |
| Erotic dancing |  |  |  |  |  |  |  |  |  |  |
| Examinations |  |  |  |  |  |  |  |  |  |  |
| Exhibitionism (before friends) |  |  |  |  |  |  |  |  |  |  |
| Exhibitionism (before strangers) |  |  |  |  |  |  |  |  |  |  |
| Eye contact restrictions |  |  |  |  |  |  |  |  |  |  |
| Face slapping |  |  |  |  |  |  |  |  |  |  |
| Fantasy gang rape |  |  |  |  |  |  |  |  |  |  |
| Fantasy rape play |  |  |  |  |  |  |  |  |  |  |
| Fellatio (giving head to a Man) |  |  |  |  |  |  |  |  |  |  |
| Finger Claws |  |  |  |  |  |  |  |  |  |  |
| Fire play |  |  |  |  |  |  |  |  |  |  |
| Fisting - anal |  |  |  |  |  |  |  |  |  |  |
| Fisting - vaginal |  |  |  |  |  |  |  |  |  |  |
| Following orders |  |  |  |  |  |  |  |  |  |  |
| Foot worship |  |  |  |  |  |  |  |  |  |  |
| Forced dressing |  |  |  |  |  |  |  |  |  |  |
| Forced feminization |  |  |  |  |  |  |  |  |  |  |

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| Forced homosexuality |  |  |  |  |  |  |  |  |  |  |
| Forced masturbation |  |  |  |  |  |  |  |  |  |  |
| Forced nudity |  |  |  |  |  |  |  |  |  |  |
| Forced servitude |  |  |  |  |  |  |  |  |  |  |
| Gags - bit |  |  |  |  |  |  |  |  |  |  |
| Gags - cloth |  |  |  |  |  |  |  |  |  |  |
| Gags - inflatable |  |  |  |  |  |  |  |  |  |  |
| Gags - phallic |  |  |  |  |  |  |  |  |  |  |
| Gags - rubber ball |  |  |  |  |  |  |  |  |  |  |
| Gags - tape |  |  |  |  |  |  |  |  |  |  |
| Genital sex (a la vache/doggie style) |  |  |  |  |  |  |  |  |  |  |
| Golden showers (urinate on) |  |  |  |  |  |  |  |  |  |  |
| Gor Slave Training (positions) |  |  |  |  |  |  |  |  |  |  |
| Group play - gang bang (multi men) |  |  |  |  |  |  |  |  |  |  |
| Group play - multiple women + 1 man |  |  |  |  |  |  |  |  |  |  |
| Group play - Orgy |  |  |  |  |  |  |  |  |  |  |
| Hair pulling |  |  |  |  |  |  |  |  |  |  |
| Hairbrush Spankings |  |  |  |  |  |  |  |  |  |  |
| Harems (serving with other subs) |  |  |  |  |  |  |  |  |  |  |
| Harnessing - leather |  |  |  |  |  |  |  |  |  |  |
| Harnessing - rope |  |  |  |  |  |  |  |  |  |  |
| High heel wearing |  |  |  |  |  |  |  |  |  |  |
| High heel worship |  |  |  |  |  |  |  |  |  |  |
| Homage with tongue (licking) |  |  |  |  |  |  |  |  |  |  |
| Hoods (full head) |  |  |  |  |  |  |  |  |  |  |
| Hot wax - dripping on body/genitals |  |  |  |  |  |  |  |  |  |  |
| Hot waxing - hair removal |  |  |  |  |  |  |  |  |  |  |
| Human puppy-dog play |  |  |  |  |  |  |  |  |  |  |
| Humiliation in private |  |  |  |  |  |  |  |  |  |  |
| Humiliation in public |  |  |  |  |  |  |  |  |  |  |
| Hypnotism |  |  |  |  |  |  |  |  |  |  |
| Ice cubes |  |  |  |  |  |  |  |  |  |  |
| Infantilism (baby play) |  |  |  |  |  |  |  |  |  |  |
| Initiation rites |  |  |  |  |  |  |  |  |  |  |
| Injections |  |  |  |  |  |  |  |  |  |  |
| Interrogations |  |  |  |  |  |  |  |  |  |  |
| Kidnapping |  |  |  |  |  |  |  |  |  |  |
| Kneeling |  |  |  |  |  |  |  |  |  |  |
| Knife play (no blood) |  |  |  |  |  |  |  |  |  |  |
| Leather restraints |  |  |  |  |  |  |  |  |  |  |
| Leather (wearing) |  |  |  |  |  |  |  |  |  |  |
| Lecturing for misbehaviors |  |  |  |  |  |  |  |  |  |  |
| Lingerie (wearing) |  |  |  |  |  |  |  |  |  |  |
| Manacles & Irons |  |  |  |  |  |  |  |  |  |  |

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| Manicures - giving |  |  |  |  |  |  |  |  |  |  |
| Manicures - receiving |  |  |  |  |  |  |  |  |  |  |
| Mantra and meditation |  |  |  |  |  |  |  |  |  |  |
| Massage - giving |  |  |  |  |  |  |  |  |  |  |
| Massage - receiving |  |  |  |  |  |  |  |  |  |  |
| Masturbation |  |  |  |  |  |  |  |  |  |  |
| Medical scenes |  |  |  |  |  |  |  |  |  |  |
| Milking (made to produce breast milk) |  |  |  |  |  |  |  |  |  |  |
| Modeling for erotic photos |  |  |  |  |  |  |  |  |  |  |
| Mummification - elastic wrap |  |  |  |  |  |  |  |  |  |  |
| Mummification - saran wrap |  |  |  |  |  |  |  |  |  |  |
| Name change |  |  |  |  |  |  |  |  |  |  |
| Nipple clamps |  |  |  |  |  |  |  |  |  |  |
| Nipple Piercing |  |  |  |  |  |  |  |  |  |  |
| Nipple Play - Pulls, Tugs, Twists |  |  |  |  |  |  |  |  |  |  |
| Orgasm control |  |  |  |  |  |  |  |  |  |  |
| Orgasm denial |  |  |  |  |  |  |  |  |  |  |
| Outdoor scenes |  |  |  |  |  |  |  |  |  |  |
| Pain - mild |  |  |  |  |  |  |  |  |  |  |
| Pain - severe |  |  |  |  |  |  |  |  |  |  |
| Pearl shower (cum on face) |  |  |  |  |  |  |  |  |  |  |
| Pedicures & Foot massages (giving) |  |  |  |  |  |  |  |  |  |  |
| Pedicures & Foot massages (rec'vng) |  |  |  |  |  |  |  |  |  |  |
| Personality modification |  |  |  |  |  |  |  |  |  |  |
| Phone sex |  |  |  |  |  |  |  |  |  |  |
| Piercing (perm) |  |  |  |  |  |  |  |  |  |  |
| Piercing (temp) |  |  |  |  |  |  |  |  |  |  |
| Pony play |  |  |  |  |  |  |  |  |  |  |
| Prison scenes |  |  |  |  |  |  |  |  |  |  |
| Prostitution, real or fantasy |  |  |  |  |  |  |  |  |  |  |
| Punishment scene |  |  |  |  |  |  |  |  |  |  |
| Pussy whipping |  |  |  |  |  |  |  |  |  |  |
| Pussy worship |  |  |  |  |  |  |  |  |  |  |
| Riding crops |  |  |  |  |  |  |  |  |  |  |
| Riding the horse (crotch torture) |  |  |  |  |  |  |  |  |  |  |
| Rimming (oral/anal play) - receiving |  |  |  |  |  |  |  |  |  |  |
| Rimming (oral/anal play) - giving |  |  |  |  |  |  |  |  |  |  |
| Rituals |  |  |  |  |  |  |  |  |  |  |
| Religious scenes |  |  |  |  |  |  |  |  |  |  |
| Roleplaying |  |  |  |  |  |  |  |  |  |  |
| Rope bondage |  |  |  |  |  |  |  |  |  |  |
| Rope Bondage - Intricate (Japanese) |  |  |  |  |  |  |  |  |  |  |
| Rubber/latex clothing (wearing) |  |  |  |  |  |  |  |  |  |  |
| Scarification (cutting,making scars) |  |  |  |  |  |  |  |  |  |  |

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| Scat (brown showers) |  |  |  |  |  |  |  |  |  |  |
| Scratching - receiving |  |  |  |  |  |  |  |  |  |  |
| Scratching - giving |  |  |  |  |  |  |  |  |  |  |
| Sensory deprivation |  |  |  |  |  |  |  |  |  |  |
| Serving as a maid or ashtray |  |  |  |  |  |  |  |  |  |  |
| Serving as furniture |  |  |  |  |  |  |  |  |  |  |
| Serving as art |  |  |  |  |  |  |  |  |  |  |
| Serving other Doms (supervised only) |  |  |  |  |  |  |  |  |  |  |
| Sexual deprivation |  |  |  |  |  |  |  |  |  |  |
| Shared (given to another only temp) |  |  |  |  |  |  |  |  |  |  |
| Shaving (depilation) |  |  |  |  |  |  |  |  |  |  |
| Sleep deprivation |  |  |  |  |  |  |  |  |  |  |
| Slutty clothing |  |  |  |  |  |  |  |  |  |  |
| Spandex clothing |  |  |  |  |  |  |  |  |  |  |
| Spanking - hand |  |  |  |  |  |  |  |  |  |  |
| Spanking - leather slappers |  |  |  |  |  |  |  |  |  |  |
| Spanking - wooden paddles |  |  |  |  |  |  |  |  |  |  |
| Spanking - (OTK) Over The Knee |  |  |  |  |  |  |  |  |  |  |
| Speculums |  |  |  |  |  |  |  |  |  |  |
| Speech Restrictions, what and when.. |  |  |  |  |  |  |  |  |  |  |
| Spreader Bars |  |  |  |  |  |  |  |  |  |  |
| Standing in corner (punishment) |  |  |  |  |  |  |  |  |  |  |
| Stocks (head & hands) |  |  |  |  |  |  |  |  |  |  |
| Straight jackets |  |  |  |  |  |  |  |  |  |  |
| Strap-on-dildos (sucking on) |  |  |  |  |  |  |  |  |  |  |
| Strap-on-dildos (penetrated by) |  |  |  |  |  |  |  |  |  |  |
| Strap-on-dildos (wearing) |  |  |  |  |  |  |  |  |  |  |
| Strapping (full body beating) |  |  |  |  |  |  |  |  |  |  |
| Suction Cups |  |  |  |  |  |  |  |  |  |  |
| Suspension - inverted |  |  |  |  |  |  |  |  |  |  |
| Suspension - horizontal |  |  |  |  |  |  |  |  |  |  |
| Suspension - upright |  |  |  |  |  |  |  |  |  |  |
| Swallowing semen |  |  |  |  |  |  |  |  |  |  |
| Swallowing urine |  |  |  |  |  |  |  |  |  |  |
| Swapping (with one other couple) |  |  |  |  |  |  |  |  |  |  |
| Swinging (multiple couples) |  |  |  |  |  |  |  |  |  |  |
| Switching roles (Top/bottom) |  |  |  |  |  |  |  |  |  |  |
| Tattooing |  |  |  |  |  |  |  |  |  |  |
| Teasing |  |  |  |  |  |  |  |  |  |  |
| Thumb cuffs (metal) |  |  |  |  |  |  |  |  |  |  |
| Tickling |  |  |  |  |  |  |  |  |  |  |
| Total Power Exchange (TPE) |  |  |  |  |  |  |  |  |  |  |
| Triple penetration |  |  |  |  |  |  |  |  |  |  |
| Uniform (wearing) |  |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BDSM** | | **Name:** | | | | | **Date:** | | | |
| **Rate your Pleasure of that Activity: 1 =** disliked intensely, **2 =** gave no pleasure, **3 =** was just ok, **4 =** liked it, **5 =** extremely enjoyed. **Would you Like to Do it (again)? Never =** a hard limit, **No Desire =** a soft limit, **Forced =** if you were forced to you (might) like it, **Maybe =** if under the right conditions, **Fetish Need =** this really turns you on and you can't live without it. | | | | | | | | | | |
| **ACTIVITY** | **Ever Done?** | | |  | **Would You Like To Do?** | | | | | |
|  | **Yes** | **No** | **Rate** |  | **Never** | **No Desire** | **Forced** | **Maybe** | **Yes** | **Fetish**  **Need** |
| Vampire Gloves |  |  |  |  |  |  |  |  |  |  |
| Verbal humiliation |  |  |  |  |  |  |  |  |  |  |
| Vibrator - anal |  |  |  |  |  |  |  |  |  |  |
| Vibrator - egg/internal |  |  |  |  |  |  |  |  |  |  |
| Vibrator - genital |  |  |  |  |  |  |  |  |  |  |
| Videotaped Scenes - watching |  |  |  |  |  |  |  |  |  |  |
| Videotape Recording of you |  |  |  |  |  |  |  |  |  |  |
| Voyeurism |  |  |  |  |  |  |  |  |  |  |
| Water Torture/Sports |  |  |  |  |  |  |  |  |  |  |
| Wartenburg Pinwheel |  |  |  |  |  |  |  |  |  |  |
| Wearing symbolic jewelry |  |  |  |  |  |  |  |  |  |  |
| Weight control |  |  |  |  |  |  |  |  |  |  |
| Whipping - cat of 9 |  |  |  |  |  |  |  |  |  |  |
| Whipping - flogger |  |  |  |  |  |  |  |  |  |  |
| Whipping - single tail |  |  |  |  |  |  |  |  |  |  |
| Whipping - general |  |  |  |  |  |  |  |  |  |  |
| Wrestling |  |  |  |  |  |  |  |  |  |  |
| BODY SHAMING |  |  |  |  |  |  |  |  |  |  |
|  | | | |  | | | | | | |
| List any allergies that the Dom(me) should be aware? (if yes, describe:) | | | |  | | | | | | |
| Any medical problems/issues? (if yes, give details:) | | | |  | | | | | | |
| Do you have any known STD's? | | | |  | | | | | | |
| Have you ever been exposed to HIV/AIDS? | | | |  | | | | | | |
| When were you last tested? | | | |  | | | | | | |
| Do you practice safe sex? | | | |  | | | | | | |
| Any specific subject not described in this list that the Dom(me) should be concern with? (if yes describe:) | | | |  | | | | | | |
| Comments: | References: | | | | | | | | | |