

BDSM Desires/Limitations List

Below you will find a list of different BDSM activities. Take the time to go through this list and figure out where your desires lie. Also make sure you indicate where your soft limits and hard limits are.

The time spent on this sheet can help to provide you with better clarification of what you need and desire in your life. It can also give a partner a reference to better understand your desires and what is on and off limits for play.

Instructions:

On the left hand side is each BDSM/Kinky/Fetish Activity to the right of each activity are four columns.

Previous Experience: Here is your chance to list how much experience you have with the particular activity. If you have no experience you can leave the space blank for that activity.

If you have experience you can list your level of experience from 1 – 10

1 – having only tried the activity one or two times

2-4 – Increasing the amount of play with that activity

5 – a moderate amount of experience or on and off experience in past training/play

6-9 - Increasing the amount of play with that activity

10 – having participated in the activity more times than you can remember or was a regular activity in past training/play

Desire/Limits: In this column you can list the activities that you desire to have incorporated into play/training and also the activities that are off limits and that you don't want to take part in.

?: By putting a question mark beside an activity you are indicating that you do not know what this activity is and therefore can not determine interest or non-interest in the activity.

This will give you the opportunity upon reflection to do more research about that activity so you can better understand what it's all about. It also indicates to a potential partner not to incorporate this activity. Instead both partner's need to learn more about the activity to make a better informed decision. The point is to make sure all consent is informed consent.

Yes: If there is an activity you desire just add a 'Yes' located beside the particular activity

SL: Is a soft limit; which is an activity that a person is interested in and might potentially consider trying in the future under the right circumstances but as of this moment the activity is off limits.

HL: Is a hard limit; which is an activity that is completely off limits. The person is not only expressing an absolute disinterest in the activity, but under no circumstances should this activity be included in any play/training. This is a no go zone!

Now over time will interests change? Absolutely, as humans O/our interests, desires, likes and dislikes are always changing and evolving. One day something you desire might become a hard limit or what you thought was once a hard limit might be moved to a soft limit or even a desire.

Every 6 months or so redo this list and compare your new desires and limits with your old ones and see for yourself how your desires change overtime.

Interest Level: This is your level of interest, passion or desire for a particular activity. On a scale from 1 – 5 rate how strong your desire is for participating in a particular activity that you have indicated with a 'Yes'

0 – No need to indicate anything with a zero as should be obvious with your marked soft limits and hard limits

1 – Means you don't particularly like the activity that much and don't normally want to do it but will not object if it is asked of you

2 – you don't mind the particular activity, but it holds no special interest for you. It does not turn you on or off.

3 – you like this activity but you are not into it being incorporated on a regular basis. However, it can be fun when incorporated from time to time on a irregular/occasional basis. Or it is not something you think your body could handle regularly.

4 – It turns you on and you really like this activity and enjoy having it incorporated regularly into your play/training

5 – This activity is hot, it is a huge turn on for you, the idea drives you wild and you would love to incorporate it as frequently as possible if you could.

Activity	Desire & Limits	Interest Level	Experience	Additional Information
Dominant				
Submissive				
Slave				
Switch				
Pet				
Little				
Total Power Exchange (TPE)				
Only During A Scene				
Only In The Bedroom				

Monogamy				
Polyamory				
Cuckold				
Cuckquean				
1 Dominant being served by 2 or more submissives				
1 submissive serving 2 or more Dominants				
Sexual Activities				
Vanilla Sex				
Oral Sex				
Rough Sex				
Mutual Masturbation				
Instructed Masturbation				
Strap-on (Receiving)				
Strap-on (Giving)				
Dildos				
- small				
- medium				
- large				
- extra large				
Vibrators				
Magic Wands				
Forced Orgasm				
Vaginal Fisting				
Anal Toys				

- small				
- medium				
- large				
- extra large				
- wearing under clothes in public				
Anal Licking (Rimming - Receiving)				
Anal Licking (Rimming - Giving)				
Anal Sex (Receiving)				
Anal Sex (Giving)				
Anal Stretching				
Anal Fisting				
Enemas				
Types Of Play				
Role Play				
Wrestling				
Pet Play				
- puppy				
- kitten				
- other animal				
Age Play				
- little/Babygirl/ Babyboy				
- middle				
- mommy/daddy				
- babysitter/ caregiver				

Sissification				
Crossdressing				
Interrogation Play				
Medical Play				
Punishment Play				
Foot Play				
Suction/ Enlargement Play				
- nipples				
- cock				
- clitoris				
- Pussy				
- Anus				
Knife Play				
Blood Play				
Golden Showers				
Scat Play				
Voyeurism				
Exhibitionism				
Videos (watching)				
Videos (making)				
Leather Clothes				
Latex/Rubber Clothes (allergies)				
Spandex Clothes				
Humiliation				
- physical				
- verbal				
- public				
- private				

Degradation				
Bondage				
Rope Bondage				
Leather Bondage				
Metal Bondage				
Light Bondage				
Heavy Bondage				
Bondage (under clothes in public)				
Closets				
Cages				
Predicament Bondage				
Spreader Bars				
Suspension				
- horizontal				
- vertical				
- inverted				
Mummification				
- saran wrap				
- leather sack				
- rubber sack				
Straight Jacket				
Collar (worn in private)				
Collar (worn in public)				
Leash				
Sensory Deprivation				
Blindfolds				

Hoods				
- spandex				
- leather				
- latex/rubber				
Gags				
- clothe				
- ball				
- inflatable				
- phallic				
- tape				
Mouth Bit				
Pain Play				
Mild Pain				
Medium Pain				
Heavy Pain				
Extreme Pain				
Face Slapping				
Biting (Receiving)				
Biting (Giving)				
Abrasions				
Wax Play				
Figging				
Fire Play				
Ice Play				
Clothespins				
Clips & Clamps				
Weighted Clamps				
Needle Play				
Torture Play				
- nipple				

- breast				
- pussy				
- cock & ball				
Electro Play				
- Violet Wand				
- Tens Unit				
Impact Play				
Bare Handed Spanking				
Paddling				
- wood				
- leather				
- rubber				
Cropping				
Flogging				
Caning				
Single Tail Whip				
Areas To Impact				
- ass				
- back				
- chest				
- front of thighs				
- back of thighs				
- inner thighs				
- arms				
- palm of hands				
- bottoms of feet				
Marks/ Bruises				
Body Control				
Hair Pulling				

Eye Contact Restriction				
Speech Rules				
Behaviour Rules				
Protocol Training				
Body Inspection				
Denied Privacy				
Orgasm Control				
Chastity Belt				
Appearance Control				
- clothes				
- hair				
- makeup				
- undergarments				
- body hair (removal)				
- exercise				
Bathroom Control				
Nudity (in private)				
Nudity (in public)				
Branding				
Service				
Sexual Service				
- intercourse				
- oral				
- anal				
- Swallowing				
Body Worship				
Genital Worship				

By Viewing This Document You Certify That The Following Statements Are True:

I am at least 18 years of age or the legal age of consent where I reside

I will not allow any minors to access any of the material found herein

BDSM is dedicated to a Safe, Sane & Consensual lifestyle

WARNING:

Before a reader or other participants attempt any such activities listed herein, everybody involved must be fully aware of the potential for injury, damage or harm not only to themselves but to others involved in the activities listed. No individual should participate in any of the activities depicted/described herein unless all participating individuals have acknowledged and fully understand the potential for injury, damage or harm whether physical, or emotional.

Before an individual attempts any of the listed activities each individual must take full responsibility for any injury, damage or harm that may occur. All individuals involved in the activities and use of the instruments/equipment and techniques listed do so at their own risk. Under no circumstances shall anybody associated with the production of this list be liable for any direct, indirect, punitive, incidental, special or consequential damages that result from or arise out of the participation or inability to safely participate in any of the activities contained in or received through use of this list.

The reader or other participant of this list should use this list as the reader or other participant sees fit, and at the reader or other participant's own risk. Every individual who agrees to participant in any type of activities depicted/described within this list must come up with their own decisions regarding their participation in such activities.

You are responsible for any use of the information found herein, and hold BDSMTrainingAcademy.com and all members and affiliates harmless in any claim or event.

BDSMTrainingAcademy.com