

Kink Activity List for				Date						
A blank under Experience =	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Under Willingness =	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

Notes

1. This version is intended for Bottoms & Switches with their Bottom hat on
2. ? Don't understand this item.
3. **No** under Willingness is a hard limit, subject to any notes
4. **Flogging** is defined as mild to moderate (& occasionally severe) with multi-tailed implements
5. **Whipping** is defined as severe usually with a single-tail or very wicked implement
6. Novices may change the Experience column heading to: **Blank = No**
7. For **#** put a number from 1 (barely tolerate) to 10 (love it!) for how much you like the activity.

	<u>Experience</u> <u>Blank = ?</u>	<u>Willingness</u> <u>Blank = ?</u>	#	<u>Notes & Nuances</u> <u>Including any medical concerns</u>
Anal penetration (properly prepared) - cock				
Anal penetration - dildo/butt plug/fingers				
Anal plug (public, under clothes)				
Animal play (sex with real animals)				
Arm & leg sleeves (arm/leg binders)				
Aromas				
Auctioned for charity				
Anilingus/rimming (oral/anal play)				
Beating anywhere on body (soft/moderate)				
Beating anywhere on body (hard)				
Blindfolds				
Being serviced sexually by other subs				
Being bitten				
Blood play (rose canes, vampire gloves, etc.)				
Boot worship/polishing				
Bondage – usually rope, other types too (light)				
Bondage (heavy)				
Bondage (multi-day)				
Bondage (public, under clothing)				
Bondage (Intricate Japanese rope)				
Branding (cell popping method)				

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Branding (violet wand)				
Branding (heated metal method)				
Breast/chest bondage				
Breast – impact play (mild to moderate)				
Breath play (choking, hanging, bagging, etc.)				
Cages (locked inside of)				
Caning				
Catheterisation				
Cattle prod (electrical toy)				
Cells/Closets (locked inside of)				
Chains				
Chamber-pot use				
Chastity belts				
Chauffeuring				
Clamps (clothespins, etc.)				
Cock worship				
Cock & Ball Torture (Male bottoms)				
Collars (worn in private)				
Collars (worn in public)				
Competitions (with other Subs)				
Corsets (wearing casually)				
Corsets (trained waist reduction)				
Crawling				
Cuffs (leather)				
Cuffs (metal)				
Cunninglingus (giving oral pleasure to cunts)				
Cunninglingus (receiving oral pleasure)				

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Cupping (Chinese medicine – plastic/glass)				
Cutting (scalpel – temporary modification)				
Dilation (usually of ass via dildos)				
Dildos				
Double penetration (vagina & ass)				
Enemas (for cleansing)				
Enemas (retention/punishment)				
“Enforced” chastity				
Erotic dance (for audience or private)				
Exercise (“Forced”/required)				
Exhibitionism (friends)				
Exhibitionism (strangers)				
Eye contact restrictions				
Face slapping				
Fantasy abandonment – pretending to leave you alone				
Fear play (based on things you fear)				
Fellatio (receiving oral pleasuring of cock)				
Fellatio (giving oral pleasuring of cock)				
Fisting (anal)				
Fisting (vaginal)				
Flame/Fire play				
Flogging – any areas to avoid?				
Following orders				
Food Play – syrup, whipping cream, etc.				
Foot worship				
“Forced” dressing				

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"Forced" eating				
"Forced" homosexuality				
"Forced" heterosexuality				
"Forced" lactation				
"Forced" masturbation				
"Forced" nudity (private)				
"Forced" nudity (around others)				
"Forced" servitude				
"Forced" smoking				
Gags (cloth)				
Gags (inflatable)				
Gags (phallic)				
Gags (rubber)				
Gags (tape)				
Gags (mouth bit)				
Gas masks				
Genital play – mild/moderate sensations e.g. vibrators, dildos, soft, warm, sharp				
Genital torture (intense sensation)				
Given away to another Dom (temp)				
Given away to another Dom (perm)				
Gun play				
Hair pulling				
Hand jobs (giving)				
Hand jobs (receiving)				
Harems (serving with other subs)				
Harnessing (leather)				

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Harnessing (rope)				
Having food chosen for you				
Having clothing chosen for you				
High heel wearing				
High heel worship				
Hoods – cloth, latex or leather				
Housework (doing)				
Humiliation (private)				
Humiliation (public)				
Hypnotism				
Ice cubes				
Immobilization – restrained or told to keep still				
Including others in scenes (assistants, observers, co-topping, multiple bottoms)				
Injections (saline in breasts)				
Injections (saline in labia)				
Injections (saline in ball sack - males)				
Kneeling				
Knife play				
Latex – liquid brushed onto body				
Latex – body suits & hoods				
Leather clothing				
Leather restraints				
Lectures for misbehaviour				
Licking (non-sexual – various parts of body)				
Lingerie (wearing)				
Lubricants – flavoured or clit stimulating				

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Manacles & Irons				
Manicures (giving)				
Massage (giving)				
Massage (receiving)				
Mummification (e.g. duct tape, pallet wrap)				
Name change (for scene)				
Name change (legal, permanent)				
Nipple play/"torture", e.g. clamps				
Nipple weights				
Orgasm denial				
Orgasm control				
Outdoor bondage/play scenes				
Outdoor sex				
Paddles				
Pain (severe)				
Pain (moderate)				
Pain (mild)				
Persona training (taking on a given personality for a scene, e.g. brat)				
Personality modification (Real Life)				
Phone sex (serving Dom)				
Phone sex (serving Dom's friends)				
Phone sex (commercial provider)				
Photography – to record a scene				
Photography – planned erotic photo shoots				
Piercing (temp. syringe needles)				
Piercing (temp. acupuncture needles)				

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Piercing (permanent) – where?				
Plastic surgery				
Prostitution (public pretence)				
Prostitution (actual)				
Public exposure – doing things many people would be shocked about or disapprove of				
Punching – closed fist on meaty areas				
Riding crops				
Riding the "horse" (crotch torture)				
Rituals				
Restrictive rules on behaviour				
Scarification				
Scratching - getting				
Scratching - giving				
Sensation play (hot, cold, rough, smooth, etc.)				
Sensory deprivation				
Serving as a submissive fulfilling requests				
Serving as art				
Serving as ashtray				
Serving as furniture				
Serving as a maid				
Serving as toilet (urine)				
Serving as toilet (feces)				
Serving as waitress/waiter/hostess				
Serving other doms (supervised)				
Serving other doms (unsupervised)				
Sexual deprivation (short term)				

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Sexual deprivation (long term)				
Shaving (body hair)				
Shaving (head hair)				
Showers, golden (urine over body)				
Showers, brown (scat over body)				
Skinny-dipping				
Sleep deprivation				
Sleep sacks				
Slutty clothing (private)				
Slutty clothing (public)				
Spandex clothing				
Spanking - hand				
Spanking – implements, e.g. hairbrush				
Speech restrictions (when, what)				
Speculums (Anal)				
Speculums (vaginal)				
Spitting – being spit upon (humiliation play)				
Spreader bars				
Standing in corner				
Stapling – medical or hardware stapler				
Stocks – wooden device holding neck, hands				
Straight jackets				
Strap-on-dildos (sucking on)				
Strap-on-dildos (penetrated by)				
Strap-on-dildos (wearing/using)				
Straps - usually leather impact toys				
Stripping – erotic undressing				

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Suspension – rope & other devices (upright)				
Suspension (inverted)				
Suspension (horizontal – face up)				
Suspension (horizontal – face down)				
Supplying new partners for Dom				
Suturing				
Swallowing feces				
Swallowing semen				
Swallowing urine				
Swapping (with one other couple)				
Swinging (multiple couples)				
Tampon Training (in ass)				
Tattooing				
Teasing				
TENS Unit (electrical toy)				
Thumb cuffs (metal)				
Tickling				
Triple penetration				
Urethral Sounds (metal rods)				
Uniforms				
Vacuum bed				
Vaginal dildo				
Verbal humiliation – what words turn you on?				
Vibrators anywhere on body				
Violet Wand (electrical toy)				
Voyeurism (watching others)				
Voyeurism (your Dom w/others)				

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Video (watching others)				
Video (recordings of you)				
Water torture				
Wax - Hot (e.g. candles)				
Wax – Paraffin for manicures/pedicures				
Waxing (hair removal, e.g. Brazilians)				
Wearing symbolic jewellery				
Weight gain (“Forced”)				
Weight loss (“Forced”)				
Whipping – usually with a single tail whip. Any areas to avoid?				
Wrestling / “take down” scenes				

Role Play

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Parent/Child (Age play)				
Parent/Infant (in diapers – infantilism)				
Owner/Pet (puppy, kitten, etc.)				
Pony play				
Teacher/Student				
Officer/Suspect				
Interrogator/Suspect				
Priest/Confessor				
Sergeant/Recruit				
Prison Guard/Prisoner				
Customer/Prostitute				
Doctor/Patient				
Kidnapper/Victim				

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Rapist/Victim				
Pirate/Passenger				
Sultan/Harem girl				
Punishment Scene – what situations or characters do you like best?				
Initiation Rites – describe scenarios				
Others you fantasize about				

Other things you'd like to try or need to avoid.