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The BDSM Femdom Partner Checklist is a list of D/s activities that you may find helpful in guiding your erotic actions. It is meant to be filled out by a submissive for the Dominant's use. Alternatively as a Domme, this can be filled out to indicate your tastes, as well as whether you are willing to do something. Kink Check lists can aide in the negiation process making play more beneficial for BOTH

The list should be used as follows:

Column 2: Answer YES or NO next to each item to indicate if you have ever DONE that activity.

Indicate for each item how you FEEL about that activity by rating it on a scale of 0 to 5 or as a NO. NO means NO you will NOT do that item under any circumstances. A zero indicates you have no desire to do that activity (or in fact, may loath it) but you are willing to do it to please the Dominant/submissive. 5 means the activity is a wild turn-on, with the other numbers indicating some level in between those two.

#	Yes or No	Activity	Rating (NO or 0-5)
1		Abrasion	
2		Anal sex	
3		Arm & leg sleeves (material or rope)	
4		Asphyxiation	
5		Beating hard	
6		Beating soft	
7		Being blindfolded	
8		Being gagged	
9		Being serviced (sex)	
10		Bastinado	
11		Biting	
12		Bondage – light	
13		Bondage- heavy	
14		Boot worship	
15		Branding	
16		Breast bondage	
17		Breast whipping	
18		Chastity	
19		Caning	
20		Catheterization/sounding	
21		Chauffeurring	
22		Choking	
23		Chosen clothing for	
24		Chosen food for	

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25		Clothespins	
26		Cock worship	
27		Collars (wearing)	
28		Corsets (wearing)	
29		Cuffs (metal)	
30		Cutting	
31		Dilation	
32		Double penetration	
33		Electricity/TENS/EMS	
34		Enemas	
35		Examinations (physical)	
36		Exhibitionism	
37		Face slapping	
38		Fantasy gang rape	
39		Fantasy rape	
40		Fisting	
41		Following orders	
42		Foot fetishism	
43		Forced dressing	
44		Forced homosexuality	
45		Forced masturbation	
46		Forced nudity	
47		Forced servitude	
48		Full head hoods	
49		Genital sex	
50		Given away	
51		Golden showers	
52		Hair pulling	
53		Hairbrushes	
54		Hand jobs – getting	
55		Hand jobs - giving	
56		Harnessing	
57		Head – getting	
58		Head - giving	
59		High heel worship	
60		Oral worship	
61		Hot waxing	
62		Housework	
63		Human puppy dog	
64		Humiliation in private	
65		Humiliation in public	
66		Ice cubes	
67		Including others	
68		Interracial	
69		Injections /Needle play	
70		Interrogations	
71		Intricate rope bondage	

72	Fantasy Kidnapping
73	Kneeling
74	Leather restraints
75	Lecturing
76	Licking
77	Massage – getting
78	Massage – giving
79	Medical scenes
80	Mouth gags or bits
81	Nipple clamps
82	Nipple weights
83	Oral/anal play
84	Orgasm control
85	Orgasm denial
86	Over the knee spanking
87	Phone sex
88	Piercing (permanent)
89	Piercing (temp)
90	Pussy whipping
91	Pussy worship
92	Religious scenes
93	Riding crops
94	Saran wrapping
95	Scratching – getting
96	Scratching – giving
97	Sensory deprivation
98	Serving
99	Serving as a maid
100	Serving as a pony
101	Serving as ashtray
102	Serving as furniture
103	Serving orally
104	Sexual deprivation
105	Shaving
106	Spanking
107	Speculums (anal)
108	Speculums (vaginal)
109	Spreader bars
110	Stocks
111	Straitjackets
112	Strap on dildos
113	Strapping – full body
114	Supplying victims XX
115	Suspension
116	Suspension (inverted)
117	Swapping
118	Swinging

119	Tape gags
120	Tattooing
121	Teasing
122	Tickling
123	Triple penetration
124	Uniforms
125	Verbal humiliation
126	Videoed/photographed scenes
127	Voyeurism
128	Whipping
129	Wrestling

Additional Information & Notes: