

NEGOTIATION CHECKLIST

FOR EACH ACTIVITY,

RATE INTEREST

3 = YES!

2 = OK

1 = SOFT LIMIT

0 = HARD LIMIT

NAME _____ DATE _____

BONDAGE

Rope		
Rope (suspension)		
Cuffs (leather / metal)		
Blindfold		
Gag (cloth / ball / ring / tape)		

IMPACT & PAIN

Spanking		
Flogger		
Paddle		
Cane		
Clamps / clothespins		
Biting / pinching		
Bruises / marks		

SENSATION PLAY

Ice		
Wax		
Electrical play		
Wartenberg wheel		
Tickling		

SCENARIOS

Interrogation		
Play kidnapping		
Forced exercise		
Domestic tasks (e.g. cleaning)		

OTHER

Playing with another sub		
Playing with another Dom		
Taking photos / video		

POWER EXCHANGE (D/S)

Commands / instructions		
Wearing collar		
Leash		
Kneeling		
Humiliation play		
Verbal degradation (e.g. name calling)		
Choking		
Face slapping		
Hair pulling		
Pet play		
Orgasm control / denial		

CLOTHING

Being naked		
Corset		
Latex clothing		
High heels		
Chastity belt		
Pet play dress up		

SEXUAL PLAY

Being touched (breasts, nipples)		
Being touched (pussy)		
Vibrator (external)		
Toys (in pussy)		
Toys (in ass)		
Hand job (giving)		
Oral (giving)		
Oral (receiving)		
Sex (intercourse)		
Sex (anal)		

SAFETY

Medical conditions / injuries / STDs	
Allergies	
Known triggers	

ANY OTHER IDEAS, LIMITS, COMMENTS OR DETAILS

ANY OTHER IDEAS, LIMITS, COMMENTS OR DETAILS (CONT)