



Master Z's BDSM Checklist ©

Please answer Yes if you have participated in this activity in the past and No if you have not.

A rating of 0 indicates little or no desire and 5 indicates a strong desire to participate in this activity.

Activity	Yes/No	Rating	Activity	Yes/No	Rating
SEX					
Anal Sex (Receive)			Breast Sex (Receive)		
Ass Cheek Sex (Receive)			Dildo - Anal (Receive)		
Dildo/Vaginal (Receive)			Finger Sex (Receive)		
Double Penetration Sex			Hand Job		
Licking (get)			Oral Sex (give)		
Massage (give)			Sex in Public		
Phone Sex			Swinging		
Sex Outdoors			Triple Penetration - Dildo		
Teasing			Vibrators		
Triple Penetration - 3 Partners			Licking (give)		
Vaginal Intercourse			Dildo Double-Penetration		
Wear Butt Plug					
BONDAGE					
Bondage - Full Body			Bondage - Intricate Rope		
Bondage - Mental			Bondage - Outdoors		
Bondage - Private			Bondage - Public		
Boxing / Closeting			Breast Bondage		
Caging			Crucifixion		
Mummification			Restraint – Duration: 0-hr		
Restraint – Duration: 1-3hrs			Restraint – Duration: 4 + hrs		
Restraint – Duration: 1-3 days			Restraint overnight or full day		
Restraint public under clothes			Suspension - Horizontal		
Suspension - Inverted			Suspension - Vertical		
S&M					
Abrasion			Anal Dilation		
Anal Fisting			Asphyxiation		
Bastinado			Beating - hard		
Beating - soft			Beating location – back		
Beating location – bottom			Beating location – chest		
Beating location – feet			Beating location – genitals		
Beating location - legs			Biting		
Choking			Face Slapping		
Fireplay			Hair pulling		
Nipple Torture			Pinching		
Punching			Scratching		
Spanking - on all fours			Spanking - over knee		
Spanking hard			Spanking soft		
Vaginal Dilation			Vaginal Fisting		

Master Z's BDSM Checklist – Page 2

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POWER PLAY					
Bathroom use control			Begging		
Behavior - Restrictive Rules			Butt Plugs - public		
Chastity Belts			Clothing choice		
Collars			Competition		
Crawling			Eye Contact Restriction		
Following Orders			Food Choice/Directed Eating		
Forced Dressing			Forced Exercise		
Forced Servitude			Given Away - Auction		
Given Away – Permanent			Given Away - Temporary		
Homosexuality – Forced			Homosexuality - Voluntary		
Hot Wax			Housework		
Humiliation - Private			Humiliation - Public		
Humiliation - Verbal			Kneeling		
Leashes			Lectures		
Manicures (get)			Manicures (give)		
Masturbation – Forced			Masturbation - Voluntary		
Name Change			Nudity – Forced		
Nudity - Voluntary			Orgasm Control		
Orgasm Denial			Personality Modification		
Serving Orally			Sexual Deprivation		
Sleep Deprivation			Speech Restrictions		
Standing in Corner			Struggling		
Symbolic Jewelry			Weight Gain/Loss		
Worship – Ass			Worship – Boot		
Worship - Breast			Worship – Cock		
Worship – Foot			Worship – High Heels		
Worship - Pussy					
ROLE PLAY					
Animal Play - cat			Animal Play - puppy		
Animal Play - pony			Chauffeuring		
Animal Play - other			Fantasy Rape		
Fantasy Gang Rape			Interrogations		
Initiation Rites			Medical Scenes		
Kidnapping			Prison Scenes		
Physical Examinations			Punishment Scene		
Prostitution (pretend)			Serving as Art		
Religious Scenes			Serving as Furniture		
Serving as Ashtray			Strap on Dildos		
Serving as Maid					
BONDAGE TOYS					
Blindfolds			Body Bags		
Duct Tape			Full Head Hoods		
Gags - ball type			Gags - bits		
Gags - cloth			Gags - inflatable		
Gags - phallic			Gags - tape		
Gas Masks			Harnessing - leather		

Master Z's BDSM Checklist – Page 3

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BONDAGE TOYS (Continued)					
Harnessing - rope			Headphone/Earplugs		
Masks (wear)			Padlocks		
Plastic Wrap			Restraints - Ankle		
Restraints - Arm & leg sleeves			Restraints - Hand Cuffs		
Restraints - Leather			Restraints - Metal		
Restraints - Rope			Restraints - Thumb Cuffs		
Restraints - Wrist			Restraints - Wrist to ankle/neck/waist		
Silk Scarves			Sleepsacks		
Slings/Swings			Spreader bars		
Stocks			Straight Jackets		
S&M TOYS					
Belt/Strap			Cane		
Clothespins			Crop		
Cupping/Suction			Cutting		
Electricity - Tens Unit			Electricity - Violet Wand		
Flogging			Hairbrushes		
Hot Oils			Ice Cubes (bottom)		
Injections			Labial Clip		
Nipple Clamps			Nipple Weights		
Paddling			Strapping - Full Body		
Urethral Sounds			Whipping - Bullwhip		
Whipping - Cat			Whipping – Knotted Whip		
Whipping - Switch			Whipping - Taws		
FETISH					
Abandonment			Acrotomophilia		
Acrophilia			Barosmia		
Agalmatophilia			Bestiality (others)		
Being Recorded			Branding		
Bestiality (you)			Brown Showers		
Brown Showers			Chamber Pots		
Catheterization			Corsets (others)		
Cock Rings (others)			Cross-Dressing (others)		
Corsets (you)			Diapers (you)		
Cross-Dressing (you)			Douching		
Dirty Sex			Erotic Dancing		
Enemas			Exhibitionism - Voluntary		
Exhibitionism – Forced			Golden Showers		
Fear					
Feathers/Fur (you)			Feathers/Fur (others)		
Infantilism (others)			Induced Lactation		
Latex (you)			Latex (others)		
Leather (you)			Leather (others)		
Lingerie (you)			Lingerie (others)		
Medical Instruments			Needles		
Oral/Anal Play			Pain		

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FETISH (Continued)					
Piercing (permanent)			Piercing (temporary)		
Prostitution (real)			Posing for Erotic Photos		
PVC (others)			Public Exposure		
Recording Scenes			PVC (you)		
Scarification			Rituals		
Shaving			Sensory Deprivation		
Spandex (others)			Skinny-Dipping		
Speculums (anal)			Spandex (you)		
Spitting			Speculums (vaginal)		
Swallowing Semen			Supplying victims		
Tasting Yourself			Taking Erotic Photos		
Tattoos (you)			Tattoos (others)		
Uniforms (others)			Tickling		
Voyeurism			Uniforms (you)		
Wrestling			Wearing Fluids		

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