

Surrender to Pleasure

Your intimate exploration & B.D.S.M. checklist

USING THIS CHECKLIST:

1. Only include penetration when both parties have consented to penetration.
2. Discuss all of your comfort levels, experience and boundaries with your partner.
3. Safe words and other play signals should be discussed so that you both can pause or stop whenever you need to slow down or stop if things get too intense.



PLAY MODES, MIND-SET AND MECHANISMS

	YES	NO	NOT SURE, LETS TALK	ONE WORD TO DESCRIBE YOUR FEELINGS
• ADDRESS — Should you be called Sir or Ma'am or another title during or outside of play?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• BITING — Unleash your inner vampire. Be sure to discuss suitable locations and bite pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• BLINDFOLDS — Can increase vulnerability. Depends on when you'd like this introduced and for how long.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• COLLARS / LEASHES — Elicit primal play. Be sure to discuss your feelings about being controlled.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• DEEP CONNECTION — Explore non-sexual connection using breathe, eye-gazing and energy work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• EROTIC TOUCH — From teasing specific areas to full-body massage, negotiate your preferences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• FACE SLAPPING — This depends on you and your partner discussing strength, placement and timing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• FOOD — Introduce whipped cream, berries, caramel sauce, honey or whatever excites your taste buds.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• HAIR PULLING — Getting it right depends on you and your partner discussing force, technique and timing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• HOODS — Common sensory deprivation technique, hoods can be claustrophobic or deeply comforting.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• IMPACT PLAY (HEAVY) — More thud, less sting. This usually includes wide surface-area or heavy items.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• IMPACT PLAY (PRECISE) — More sting, less thud. This usually includes narrower and more biting pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• BODY MARKS — Be sure to discuss your comfort level regarding visible, temporary or long lasting marks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• MOUTH GAGS — Usually a ball fastened to limit noise / oral access. Not without some risk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• OBEDIENCE & COMPLIANCE — Be sure to discuss all rules prior to play. Rules should be clear & simple.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• OUTDOORS — Public sex is a common fantasy but it can include all kinds of touch or toys too.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• PHONE SEX — With smartphones this could include sexting, photo swapping, Snapchats, Facetime etc..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• PHYSICAL BODY CONTACT — Position manipulated via forced. Associated with the term "man-handled".	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• POSITION TRAINING — Introduced to help formalise and ritualise obedience to please the Dominant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• PUNISHMENT — Negotiated consequences for unacceptable behaviour or performance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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PLAY MODES, MIND-SET AND MECHANISMS

	YES	NO	NOT SURE, LETS TALK	ONE WORD TO DESCRIBE YOUR FEELINGS
• RESTRAINT (GENERAL) — Being restricted in some way. Best with an experienced Dominant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• RESTRAINT (ANKLE) — Loss of control, balance, stability, mobility. Best with an experienced Dominant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• RESTRAINT (WRIST) — Loss of arm control. Best with an experienced Dominant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• ROLE PLAY (CASUAL) — From traditional lingerie to fetish wear; from costumes to fantasy scenarios.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• ROLE PLAY (FORMAL) — Using clothing to cue behaviour and set the tone for play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• SAFE WORDS (OVERT) — Easy to be understood by anyone and can be heard in any play scenario.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• SAFE WORDS (COVERT) — Subtle, usually only known between the relevant partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• SAFE WORDS (NON VERBAL) — Using the body rather than your voice to somehow inform the Dominant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• SENSORY PLAY — From ice cubes to candle wax, sensory play can be enjoyed in a variety of ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• SENSUAL TOUCH — Develop deeper trust, surrender and connection by exploring the sensitivity of skin.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• SPANKING — Be it an open hand or belt, this can be ritualised or worked into any role or dynamic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• STRICT DOMINANCE — Establish protocol for play that is uncompromising for deeper connection.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• TOYS — Be it glass, metal, silicone or something else, toys can be enjoyed at any stage of play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• TRAINING — Within a fixed time frame / terms, a Dominant trains their sub to satisfy specific needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• VERBAL COMMANDS — From objectification to specific actions, order your partner to perform.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• VERBAL CONTROL — Removing independent thought so the sub only follows their Dom's instructions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• VERBAL HUMILIATION / DEGRADATION — Name calling that can objectify or insult a person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• WAITING — Deliberate delay during select play sessions to either test, frustrate or toy with a submissive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
• WRESTLING — Playful or rough full-body contact that can be its own thing or part of a bigger session.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	