Inclusive Kinky Play Negotiation Form

(Adapted from Sovereign House’s BDSM Checklist)

**More is More!** The more information that each partner has about the other, the safer and more exciting their playtime can be. Remember; communication is key in all satisfying sexual interactions and relationships. If you cannot communicate with the person you’re playing with, why play?

Below is a list of various kink activities - don’t be overwhelmed by this list. You may have no idea what some of these things are, and that's absolutely fine. Take your time and answer as honestly and as best you can. Let the list give you new ideas, encourage communication and remember, your answers will change over time and depending on your partner(s). You can use this by yourself, with a partner or partners, as a guide, or literally as a negotiation form or even contract.

Negotiations and limits are NOT just for Tops/Dominants/Masters/Mistresses/etc. – everyone involved needs to be part of negotiations. You can either fill this out/discuss it together, or fill them out individually, and then share them with each other.

**Please put 2-3 answers next to each item:**

*First answer should be if you’ve ever tried that activity before*

**Yes** = I have participated in this activity before

**No** = I have not participated in this activity before

*Second answer should be interest in engaging in that activity on a scale of 0–5, NO,?, +, ! or a combo*

***0*** = I have no interest/don’t like this, but would do it to please you

***1*** = Not very interesting/don’t really enjoy this too much

***2*** = This is OK

***3*** = This is nice/fun/interesting

***4*** = I really enjoy/think I’ll enjoy this activity

***5*** = I LOVE THIS/CAN’T WAIT TO TRY THIS

***NO*** = Hard limit. I will not participate in this activity at all, at this time.

***?*** = Unfamiliar with this activity.

***+*** = I’m scared of this but would possibly like to explore it. Let’s talk!

***!*** = I’m embarrassed to admit I like this.

**Examples**:

Flogging: Yes/5 (Have done it before/LOVE IT!)

Cutting: No/+ (Have never tried/scared of this but might like to try it)

Golden Shower: No/5! (Have never done it/really exciting/embarrassed to admit it)

Tickling: Yes/5+! (Have done this before/love it/scared of it/embarrassed I like it)

*Third answer would be to write any explanations or more information after your answers.*

**Examples:**

Flogging: Yes/5 - I especially love to be flogged on my back!!!

Tickling: Yes/5+! - My feet are my most ticklish place but I didn’t tell you that!

Anal sex: No/4 – I am interested in this, but only to top/provide to someone else, not to receive

**LIST**:

Age Play:

Anal Sex:

Auctioned Off:

Begging/Pleading:

Biting:

Blindfolds:

Bondage (heavy):

Bondage (light):

Boot Worship:

Branding:

Breast/Chest Bondage:

Breast/Chest Whipping:

Breath Play:

Caning:

Chauffeuring:

Chemical Play:

Choking:

Chosen Clothing for:

Chosen Food For:

Clothespins:

Collars:

Corsets:

Cuttings:

Daddy Play:

Double Penetration:

Bondage Tape:

Electricity (Violet Wand):

Examinations (physical):

Exhibitionism:

Face Slapping:

Fantasy Gang Rape:

Fantasy Rape:

Fire Play:

Fisting:

Flogging (back):

Flogging (butt):

Flogging (other):

Following Orders:

Foot Worship:

Forced Dressing:

Forced Masturbation:

Forced Nudity:

Forced Orgasm:

Gags:

Game Playing:

Genital Sex (describe what you are/are not ok with):

Golden Showers (piss play):

Hair Pulling:

Harnessing:

High Heel Worship:

Homage with Tongue:

Hot Wax Play:

Housework:

Human Kitty:

Human Pony:

Human Puppy:

Human Animal (other):

Humiliation in Private:

Humiliation in Public:

Ice Cubes:

Including Others:

Interrogations:

Kicking:

Kidnapping:

Kneeling:

Knife Play:

Latex:

Leather Restraints:

Lecturing:

Licking:

Massage (getting):

Massage (giving):

Medical Scenes:

Mommy Play:

Mummification (saran wrap, etc.):

Needle Play/Play Piercings/etc.:

Nipple Torment:

Orgasm Control:

Orgasm Denial:

Over-the-Knee Spanking:

Phone Sex:

Pumping:

Punching (controlled and/or beat down):

Pussy/Cunt Whipping:

Pussy/Cunt Worship:

Religious Scenes:

Riding Crops:

Rope:

Scratching:

Sensory Deprivation:

Sexting:

Serving as Furniture:

Serving Orally:

Serving Other (elaborate):

Sex in Scene:

Sexual Deprivation:

Shaving:

Single Tail:

Spanking (hand and/or implements):

Speculums (vaginal):

Spreader Bars:

Stocks:

Strap-on Dildos (elaborate):

Sounding:

Suspension (rope/other):

Swapping Partners:

Teasing:

Tickling:

Triple Penetration:

Uniforms:

Verbal Humiliation:

Videoed/Photographed Scenes:

Voyeurism:

Wrestling:

There are thousands of exciting activities: Is there something that isn’t on here that you really like or really don’t like? Please add it to the bottom of the list!

**Important Questions:**

**Safewords:**

-What means stop?

-What means slow down and check in?

-What means go go go?

-Other safewords we should discuss?

**Personal Info:**

Name(s) to be called in public:

Name(s) to be called in private:

Names NOT to be use EVER:

Pronouns to use with me:

Words to use for various body parts:

**Physical Concerns**

Do you have any medical conditions, chronic or otherwise, that your partner should know about (Epilepsy, weak shoulders, skin allergy to latex, chronic pain, migraines, etc.)? Are you on any prescription medications?

**Mental/Emotional Concerns**

Do you have any phobias or mental conditions that your partner should know about (fear of heights, claustrophobia, trauma history, triggers, etc.)? This is a great place to talk about mental health!

**Limits**

Are there any specific scene-related things you will not do?

**Fetishes**

-Are there any specific scene-related things that you really like or dislike?

**Anything that has not been mentioned above:**