

Beginner's BDSM Checklist

This checklist is for people just beginning to explore BDSM. Fill it out on your own first, then share it with your partner(s). The goal isn't to match perfectly—it's to learn from each other, discover overlaps, and respect differences.

Roles & Dynamics

- Do I feel more comfortable being Dominant, submissive, or both (Switch)?
- How do I feel about using titles or pet names (Sir, Mistress, pet, etc.)?
- Am I curious about roleplay (teacher/student, boss/employee, etc.)?
- What do I think about humiliation play (teasing, embarrassment, playful shame)

My notes:

Sensations & Play

- How do I feel about light spanking?
- Do I want to try tickling, scratching, or hair pulling?
- Am I curious about temperature play (ice cubes, warm objects)?
- Do I want to try gentle restraints (scarves, cuffs, rope)?
- How do I feel about blindfolds or sensory play

My notes:

Communication & Safety

- What safeword system feels right for me (e.g., Green/Orange/Red)?
- How can I let my partner know when intensity should go up or down?
- Do I have any triggers (things that upset or scare me) my partner should know?
- What are my hard limits (things I never want to do)?

My notes:

Setting & Atmosphere

- What kind of environment feels right for experimenting (bedroom, soft light, music)?
- Do I prefer silence or music during play?
- How important are surroundings (candles, blankets, props) for my comfort?
- How can I let my partner know when intensity should go up or down?

My notes:

Aftercare

- What helps me feel safe and cared for after a scene? (Cuddling, talking, quiet time, warm tea/blanket)
- What kind of aftercare do I think I might ask from my partner(s)?

My notes:

Reflection

- What excites me most about BDSM right now?
- What makes me nervous? •

What boundaries feel most important to me today?

My notes:

Tip: Fill this checklist out privately first, then discuss your answers with your partner(s). Use it as a tool for communication, consent, and discovery—one step at a time

