Bad Girls Bible

This comprehensive BDSM checklist will help you to discover new activities to try.

The checklist starts at the bottom of page 2.

Table of Contents

- Instructions
- Legend
- Bondage and Suspension
- Impact/Percussion
- Rough Play
- Sexual Activity and Penetration
- Sensation Play
- Breath Play
- Humiliation
- Fetishes
- Roleplaying
- Service and Restrictive Behavior
- Voyeurism/Exhibitionism
- Marks
- Bodily Fluids and Functions
- Consensual Nonconsent (CNC)
- Comments

Instructions

1. Use "Experience" column to indicate your experience. Use "Limits and Interest Receiving" column to indicate if you'd like to try something as the receiver of that activity. Use "Limits and Interest Giving" to indicate if you'd like to try something as the giver of that activity. "Use Comments" for notes/comments. You can fill this out as a Dominant, submissive, switch, top or bottom.

Looking for more BDSM resources and sex tips? Check out Bad Girls Bible. Return to the BDSM checklist page for ideas on how to implement this list.

Legend

Legend for Experience	Legend for Limits/Interest	Legend for Limits/Interest
0 - No Answer	0 - Hard Limit (Not willing at all)	0 - Hard Limit (Not willing at all)
1- No Experience/No Interest	1 - Neutral/Uninterested	1 - Neutral/Uninterested
2 - No Experience/Interested	2 - May try for partner	2 - May try for partner
3 - A Little Experience	3 - Willing to Try	3 - Willing to Try
4 - Some Experience	4 - Like It	4 - Like It
5 - A Lot of Experience	5 - Love It	5 - Love It

Bondage and Suspension				
Activity	Experience (0-5)	Limits and Interest Receiving (0-5)	Limits and Interest Giving (0-5)	Comments
Arm & leg sleeves (armbinders)				
Bondage (decorative)				

Bondage (heavy)				
Bondage (light)				
Bondage (multi-day)				
Bondage (public, under clothing)				
Bondage tape				
Bondage to furniture				
Bondage to person				
Bondage hidden under clothes				
Burying				
Cages				
Chains				
Chastity devices				
Collar (with or without leash)				
Corsets				
Cuffs (leather)				
Cuffs (metal)				
Full head hoods				

Gags (ball)				
Gags (cloth)				
Gags (dental)				
Gags (phallic)				
Gags (ring)				
Gags (rubber)				
Gags (spider)				
Gags (tape)				
Harnesses (leather)				
Harnesses (rope)				
Immobilisation				
Intricate (Japanese) rope bondage				
Leather restraints				
Manacles & Irons				
Mental bondage				
Mouth bits				
Mummification/saran wrapping				

Muzzles				
Nose hooks				
Pillory				
Plastering				
Posture collar,				
Rope body harness				
Ropes				
Sleep sacks				
Spreader bars				
Stocks				
Straight jackets				
Suspension (breast)				
Suspension (horizontal)				
Suspension (inverted)				
Suspension (upright)				
Swings				
Thumbcuffs				

While sleeping				
Vacuum bed				

Impact/Percussion				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
Bastinado (feet beating)				
Belts				
Caning				
Face slapping				
Flogging				
Genital impact				
Hairbrushes				
Leather straps				
Over-the-knee				
Riding crops				
Rubber band snapping				
Single-tail whips				

Slapping (back, buttocks, breasts, genitals)				
Spanking				
Spanking machine				
Stinging nettles				
Strapping (full body beating)				
Wooden paddles				

Rough Play				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
Biting				
Genital pulling or pinching				
Hair pulling				
Kicking				
Mouse traps as clamps				
Punching				
Resistance				
Shoving				

Trampling				
Wrestling				
Biting				

Sexual Activity and Penetration				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
Anal beads				
Anal hook				
Anal plug (public, under clothes)				
Anal plugs (large)				
Anal plugs (small)				
Anal sex				
Breast fucking				
Butt plug with tail or decoration				
Catheterization				
Cock ring				
Cuckolding/cuckqueening				

Cumming on Partner				
Double penetration (anal and vaginal)				
Double penetration (oral and anal)				
Dry penetration				
Fisting				
Foot fucking				
Free use				
Fucking machine				
Group Sex				
Manual sex (hand jobs or fingering)				
Masturbation				
Multiple orgasms				
Oral sex				
Oral/anal play (rimming)				
Orgasm control				
Outdoor scenes				
Pegging and prostate stimulation				

Penetration without condoms/birth control (raw)				
Phone sex (with others)				
Phone sex (with partner)				
Swallowing semen				
Triple (oral and anal)				
Urethral sounding				
Vibrator on genitals				

Sensation Play				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
Abrasion				
Alternating pain and pleasure				
Blindfolds				
Cattle prod				
Clothespins				
Cupping (fire or suction)				
Ear plugs or muffs				

Electricity (vibrator, TENS unit, Violet Wand)				
Figging				
Holding ice				
Ice cubes (external)				
Ice cubes (inserted)				
Kissing				
Nipple clips				
Nipple weights				
Piercing				
Plucking hair (face, genitals, ass)				
Removing hot wax with whip				
Scratching				
Sensory deprivation				
Standing, sitting, or lying on ice				
Stun gun				
Suction (nipple, genital, body)				
Taser				

Temperature play				
Tickling				
Topical capsaicin (Icy Hot, hot sauce)				
Topical menthol (Tiger balm)				
Wartenberg wheel (pinwheel)				
Wax Play				
Waxing hair				
Zapping (e.g. electric fly swatter)				

Breath Play				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
Asphyxiation				
Breath control				
Choking				
Gas masks				

Humiliation				
Activity	Experience (0-5)	Limits and Interest Receiving (0-5)	Limits and Interest Giving (0-5)	Comments
Being led by hair				
Body search				
Bound in front of window or camera/on video				
Cavity search				
Crawling				
Depersonalization				
Drooling				
Feminization				
Gagging with fingers				
Gagging with penis				
Gagging with toy				
human toilet				
Humiliation (private)				
Humiliation (public)				

Objectification (art, furniture...)				
Outdoor scenes				
Public exposure				
Sexy clothing (private)				
Sexy clothing (public)				
Shaving (body hair, eyebrows, head)				
Smeared makeup				
Spitting				
Standing in corner				
Teasing				
Using bathroom while watched/in public				
Verbal humiliation				
Wearing a bell				
Writing on your body with a marker,				
Washing mouth out with soap				

Fetishes				
Activity	Experience (0-5)	Limits and Interest Receiving (0-5)	Limits and Interest Giving (0-5)	Comments
Adult baby/diapering				
Armpits				
Body part worship				
Boots				
Costumes				
Cross dressing				
Crying				
Farting				
Feet				
Foot or footwear worship				
Fur				
High heels				
Infantilism				
Leather clothing				
Looning				

Masks				
Mirrors				
Race play				
Rubber/latex/PVC clothing				
Underwear				
Wet and messy (sploshing)				
Worn underwear				

Roleplaying				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
24/7 Total Power Exchange				
DD/lg				
Deification				
Employee/boss				
Examinations				
Gang bang				
Incest				

Initiation rites				
Medical scenes (nurse/doctor and patient)				
Pet play				
Prison scenes				
Religious scenes				
Religious scenes				
Schoolroom scenes				
Sex worker				
Slave auction				
Student/teacher				

Service and Restrictive Behavior				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
Bathroom control				
Begging				
Chauffeuring (driving)				

Clothing chosen				
Diary/journaling				
Discipline and punishment				
Domestic service (chores)				
Erotic dancing (public or private)				
Eye contact restrictions				
Following orders				
Harems (multiple subs to one dom)				
Kneeling				
Learned postures				
Massage				
Manicure/pedicure				
Obedience training				
Orders				
Restrictive rules on behaviour				
Rituals				
Sharing for service				

Speech restrictions (when, what, to whom)				
Standing in corner				
Symbolic jewelry (collar, chain, etc)				
To be put to sleep with pills				
Video or location surveillance				
Weight control				

Voyeurism/Exhibitionism				
Activity	**Experience (0-5)**	**Limits and Interest Receiving (0-5)**	**Limits and Interest Giving (0-5)**	**Comments**
Exhibitionism (friends)				
Exhibitionism (strangers)				
Modelling for erotic photos				
Video (watching others)				
Video (recordings of you)				
Voyeurism (watching others)				
Voyeurism (your Dom w/others)				

Marks				
Activity	Experience (0-5)	Limits and Interest Receiving (0-5)	Limits and Interest Giving (0-5)	Comments
Branding				
Scarification				
Tattooing				
Play/temporary piercing				
Permanent piercing				

Bodily Fluids and Functions				
Activity	Experience (0-5)	Limits and Interest Receiving (0-5)	Limits and Interest Giving (0-5)	Comments
Chamber pot use / Human Toilet				
Creampie				
Creampie (cum in vagina)				
Cum in ass				
Cum in mouth				
Cum on body				
Cutting - Blood play				

Enema				
Injections (Saline)				
Milking (made to produce breast milk)				
Pearl necklace (cum on chest/throat)				
Pearl shower (cum on face)				
Rimming (oral/anal play)				
Scat				
Smeared bodily fluids (on face or body)				
Snowballing				
Squirting				
Swallowing blood				
Swallowing semen				
Swallowing urine				
Vomit				
Watersports/golden showers				

Consensual Nonconsent (CNC)				
Activity	Experience (0-5)	Limits and Interest Receiving (0-5)	Limits and Interest Giving (0-5)	Comments
Blackmail				
Bound while sleeping				
Bratting				
Coercion				
Erotic hypnosis				
Fantasy abandonment				
Fear play				
Forced dressing				
Forced exercise				
Forced feeding				
Forced licking bodily fluids (your own or others')				
Forced masturbation				
Forced nudity (around others)				
Forced nudity (private)				
Forced orgasm				

Forced punishment				
Forced servitude				
Forced sex (rape play)				
Forced talking through gag				
Interrogation				
Kidnapping				
Medical sedation				
Primal play				
Sleep deprivation				
Somnophilia (sleep sex)				
Primal play				

Comments

Use this spot below to add any thoughts about additional activities that may not be on this list.