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D/s-LTC BDSM Activity

Limit List

The purpose of this document is to provide the dominant with a clear picture of the submissive limits in and out of the bedroom. This will ultimately build trust and respect between the two of you and create negotiation with proper communication. I have intentionally overlapped some of the activities between categories. Unless otherwise stated, the submissive is the recipient of the activity in the list.

For each item, there are two answers you need to provide:

1. **First:** You will need to write YES or NO next to each item to indicate if you have ever DONE that activity. Mark N/A if it does not apply to your gender.
2. **Second:** You will need to indicate for each activity how you FEEL about that activity and rate it on a scale of NO or 0 to 5.
 - **NO** - Means you will NOT do the activity under any circumstances, this item is off the table. This is called a **(Hard limit)**.
 - 0 (zero) - Is a **“Soft limit”**. This indicates you have zero desire to do that activity and would normally object to the activity as you do not like doing it at all, but you would be willing to do it to please the dominant.
 - 1 - You don't want to do or like to do this activity, but would not object if it were asked of you from your dominant.
 - 2 - You are willing to do this activity, but you have no desire to do this activity.
 - 3 - You usually enjoy doing this activity, at least on an irregular/occasional basis.
 - 4 - You desire and enjoy doing this activity, and would like to experience it on a regular basis.
 - 5 - The activity is a wild turn-on for you, and you have desires about doing this activity as often as possible during scenes and play.
3. **Note:** There is a comment box to add additional information that might be important for your Dominant. This may include certain slave positions that are uncomfortable or are unable to do. Also notate any fears that you are concerned about.

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Abrasion			
Age Play			
<u>Anal Sex</u>			
Anal plugs (small)			
Anal plugs (large)			
Anal plug (public, under clothes)			
Animal roles (pet play)			
Arm & leg sleeves (arm binders)			
Asphyxiation			
Auctioned for charity			
Bathroom use control			
Beating (soft)			
Beating (hard)			
Blindfolds			
Being serviced (sexual)			
Being bitten			
Breast/chest bondage			
Breath control			
Branding			
Boot worship			
<u>Bondage</u>			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Hands in Front			
Hands Behind			
Hands over head			
Ankles			
Knees			
Elbows			
Wrist-to-ankles			
Wrist-to-waist			
Spreader Bars			
Tied to a Chair			
Tied to a Bed			
Using Rope			
Using Tape			
Metal Cuffs			
Leather Cuffs			
Silk ties			
Bondage (public, under clothing)			
Breast whipping			
Brown showers (scat)			
Cages (locked inside of)			
Caning			
Catheterization			
Cells/Closets (locked inside of)			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Chastity belts			
Chauffeuring			
Choking			
<u>Clamps</u>			
Nipples			
Genital			
Other			
Clothespins			
Cock worship			
Collars (worn in private)			
Collars (worn in public)			
Competitions (with other Subs)			
Corsets (wearing)			
Cunnilingus			
Dilation			
Dollification			
Double penetration			
Electricity			
Enemas			
Enforced chastity			
Examinations (physical)			
Exercise (forced/required)			
Exhibitionism (friends)			
Exhibitionism (strangers)			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Eye contact restrictions			
Face slapping			
Fantasy abandonment			
Fantasy rape			
Fantasy gang-rape			
Fisting (anal)			
Fisting (vaginal)			
Flogging			
Following orders			
Foot worship			
Forced dressing			
Forced masturbation			
Forced nudity (private)			
Forced nudity (around others)			
Forced servitude			
Full head hoods			
Gags (cloth)			
Gags (rubber)			
Gags (tape)			
Gates of Hell (male)			
Genital sex			
Given away to another Dom (temporary)			
Golden showers			
Hairbrush spankings			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Hair pulling			
Hand jobs (giving)			
Hand jobs (receiving)			
Harems (serving w/other subs)			
Harnessing (leather)			
Harnessing (rope)			
Having food chosen for you			
Having clothing chosen for you			
Head (giving fellatio)			
Head (receiving fellatio)			
High heel worship			
Homage with tongue (non-sexual)			
Hot oils (on genitals)			
Hot waxing			
Housework (doing)			
Human puppy dog			
Humiliation (private)			
Humiliation (public)			
Hypnotism			
Ice cubes			
Infantilism			
Initiation rites			
Injections			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Intricate (Japanese) rope bondage			
Interrogations			
Kidnapping			
Kneeling			
Leather clothing			
Leather restraints			
Lectures for misbehavior			
Licking (non-sexual)			
Manacles & Irons			
Manicures (giving)			
Marks			
Visible in street clothes			
Visible in bathing suit			
Massage (giving)			
Massage (receiving)			
Medical scenes			
Modeling for erotic photos			
Mouth bits			
Mummification			
Needle Play			
Nipple weights			
Oral/anal play (rimming)			
Over- the -knee spanking			
Orgasm denial			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Orgasm control			
Outdoor scenes			
Outdoor sex			
Phone sex (serving Dom)			
Phone sex (serving Dom's friends)			
Piercing (temporary, play-pierce)			
Piercing (permanent)			
Prison scenes			
Pony slave			
Public exposure			
<u>Punishment</u>			
Spanking			
Standing in the corner			
With crop			
With cane			
With belt			
With paddle			
With stern talking to			
Pussy/cock whipping			
Pussy worship			
Riding crops			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Riding the "horse" (crotch torture)			
Rituals			
Religious scenes			
Restrictive rules on behavior			
Rubber/latex clothing			
Rope body harness			
Saran wrapping			
Scratching - getting			
Scratching - giving:			
Sensory deprivation			
<u>Servitude</u>			
Serving as art			
Serving as ashtray			
Serving as furniture			
Serving as a maid:			
Serving as toilet			
Serving as waitress/waiter			
Serving orally (sexual)			
Serving other doms (supervised)			
Serving other doms (unsupervised)			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Sexual deprivation (short term)			
Sexual deprivation (long term)			
Shaving (body hair)			
Shaving (head hair)			
Sleep deprivation			
Sleep sacks			
Slutty clothing (private)			
Slutty clothing (public)			
<u>Spanking</u>			
Maintenance spanking			
Punishment spanking			
Reset spanking			
Spandex clothing			
Speech restrictions (when, what)			
Speculums (Anal)			
Speculums (vaginal)			
Standing in corner			
Stocks			
Straight jackets			
Strap-on-dildos (sucking on)			

D/s-LTC BDSM Activity Play List

Activity	Experience Yes/No	Willingness No or scale 0-5	Comments
Strap-on-dildos (penetrated by)			
Strap-on-dildos (wearing)			
Strapping (full body beating)			
<u>Suspension</u>			
Suspension (upright)			
Suspension (inverted)			
Suspension (horizontal)			
Suspension (partial)			
Supplying new partners for Dom			
Swallowing semen			
Swapping (with one other couple)			
Swinging (multiple couples)			
Tattooing			
Teasing			
Tickling			
Triple penetration			
Uniforms			
Used for sexual pleasure			
Including others			
Vaginal dildo			
Verbal humiliation			

