

Chatting With The Lightkeeper's BDSM Checklist

Category	Activity	Interest Level (1-5)	Experience (None/Some/Skilled)	Hard/Soft Limit (H/S)	Notes
Bondage & Restraint	Wrist cuffs				
Bondage & Restraint	Ankle cuffs				
Bondage & Restraint	Chest harness				
Bondage & Restraint	Rope wrist ties				
Bondage & Restraint	Rope ankle ties				
Bondage & Restraint	Full body rope harness				
Bondage & Restraint	Suspension rope play				
Bondage & Restraint	Hogtie				
Bondage & Restraint	Spreaders				
Bondage & Restraint	Tape bondage				
Bondage & Restraint	Mummification				
Bondage & Restraint	Shibari decorative ties				
Bondage & Restraint	Arm binders				
Bondage & Restraint	Leg binders				
Bondage & Restraint	Collar with leash				
Bondage & Restraint	Bondage tape hood				
Bondage & Restraint	Suspension from beams				
Bondage & Restraint	Floor restraint systems				
Bondage & Restraint	Wall restraint systems				
Bondage & Restraint	Furniture bondage				
Impact Play	Hand spanking				
Impact Play	Paddle spanking				
Impact Play	Slapper spanking				
Impact Play	Flogger (soft)				
Impact Play	Flogger (medium)				
Impact Play	Flogger (heavy)				
Impact Play	Caning (thin)				
Impact Play	Caning (thick)				
Impact Play	Crop strikes				
Impact Play	Whipping (soft)				

Impact Play	Whipping (medium)				
Impact Play	Whipping (heavy)				
Impact Play	Tawse strikes				
Impact Play	Switch strikes				
Impact Play	Riding crop				
Impact Play	Leather strap				
Impact Play	Belt spanking				
Impact Play	Slap on bare skin				
Impact Play	Spanking with implements				
Impact Play	Impact on clothed body				
Sensation Play	Wax play				
Sensation Play	Ice cubes				
Sensation Play	Feather teasing				
Sensation Play	Fur teasing				
Sensation Play	Temperature extremes (hot/cold)				
Sensation Play	Tickling				
Sensation Play	Textural objects (silk, rope, etc.)				
Sensation Play	Vibration (toys)				
Sensation Play	Massage with oils				
Sensation Play	Electric stimulation				
Sensation Play	Pinwheels				
Sensation Play	Soft brushes				
Sensation Play	Spanking with fur				
Sensation Play	Cold metal play				
Sensation Play	Hot metal play				
Sensation Play	Pressure points				
Psychological	Verbal humiliation				
Psychological	Written humiliation				
Psychological	Degradation				
Psychological	Protocol training				
Psychological	Roleplay authority				
Psychological	Age play				
Psychological	Pet play (puppy, kitten, pony)				
Psychological	Sensory deprivation				

Psychological	Fear play				
Psychological	Mind games				
Psychological	Shame play				
Psychological	Erotic storytelling				
Psychological	Teasing with false promises				
Psychological	Delayed gratification				
Psychological	Control of clothing				
Psychological	Task assignment				
Psychological	Confession sessions				
Psychological	Public exposure (private)				
Psychological	Silent treatment				
Psychological	Denial of attention				
Sexual Activities	Oral sex				
Sexual Activities	Anal penetration (toys)				
Sexual Activities	Anal penetration (strap-on)				
Sexual Activities	Manual anal penetration				
Sexual Activities	Vaginal penetration				
Sexual Activities	Orgasm denial/control				
Sexual Activities	Chastity devices				
Sexual Activities	Mutual masturbation				
Sexual Activities	Erotic teasing				
Sexual Activities	Cunnilingus				
Sexual Activities	Fingering				
Sexual Activities	Fisting (hand)				
Sexual Activities	Fisting (toy)				
Sexual Activities	Pegging				
Sexual Activities	Double penetration				
Sexual Activities	Intercrural sex				
Sexual Activities	Clothed sex				
Sexual Activities	Sex in restraints				
Sexual Activities	Edging with denial				
Sexual Activities	Temperature play during sex				
Medical & Edge Play	Needle play				
Medical & Edge Play	Blood play / cutting				

Medical & Edge Play	Sounding				
Medical & Edge Play	Fire play				
Medical & Edge Play	Knife play				
Medical & Edge Play	Breath play				
Medical & Edge Play	Electrostimulation				
Medical & Edge Play	Medical roleplay				
Medical & Edge Play	Cupping				
Medical & Edge Play	Scarification				
Medical & Edge Play	Branding				
Medical & Edge Play	Hypnosis				
Medical & Edge Play	Medical fetish roleplay				
Medical & Edge Play	Needle insertion (non-medical)				
Medical & Edge Play	Pressure point manipulation				
Medical & Edge Play	Sensory overload				
Medical & Edge Play	Electro-cuffs				
Medical & Edge Play	Fire cupping				
Poly / Sharing / Swinging	Partner swapping				
Poly / Sharing / Swinging	Group sex participation				
Poly / Sharing / Swinging	Voyeurism / exhibition				
Poly / Sharing / Swinging	Threesomes				
Poly / Sharing / Swinging	Foursomes				
Poly / Sharing / Swinging	Rules for secondary partners				
Poly / Sharing / Swinging	Swinger party attendance				
Poly / Sharing / Swinging	Consensual non-monogamy				
Poly / Sharing / Swinging	Hotwife play				
Poly / Sharing / Swinging	Cuckolding				
Poly / Sharing / Swinging	Polyamorous scene sharing				
Poly / Sharing / Swinging	Multiple partner orgies				
Poly / Sharing / Swinging	Partner rotation				
Poly / Sharing / Swinging	Sharing explicit fantasies				
Poly / Sharing / Swinging	Mutual observation of scenes				
Poly / Sharing / Swinging	Ethical boundaries discussion				
Poly / Sharing / Swinging	Joint negotiation sessions				
Poly / Sharing / Swinging	Secondary partner check-ins				

Poly / Sharing / Swinging	Sex party attendance rules				
Poly / Sharing / Swinging	Poly agreements				
Fetish / Lifestyle	Feet worship				
Fetish / Lifestyle	Shoe worship				
Fetish / Lifestyle	Latex clothing				
Fetish / Lifestyle	Leather clothing				
Fetish / Lifestyle	Uniforms / cosplay				
Fetish / Lifestyle	Pet play (puppy, kitten, pony)				
Fetish / Lifestyle	Sensory fetish (balloons, silk, etc.)				
Fetish / Lifestyle	Adult baby / diaper play				
Fetish / Lifestyle	Object fetish (rubber, metal, etc.)				
Fetish / Lifestyle	Clothing restrictions				
Fetish / Lifestyle	Mask fetish				
Fetish / Lifestyle	Gag fetish				
Fetish / Lifestyle	Boot worship				
Fetish / Lifestyle	Medical fetish				
Fetish / Lifestyle	Piercing fetish				
Fetish / Lifestyle	Tattoo fetish				
Fetish / Lifestyle	Roleplay objects				
Fetish / Lifestyle	Furniture fetish				
Fetish / Lifestyle	Shiny/reflective surfaces fetish				
Fetish / Lifestyle	Latex body suits				
Service & Domestic	Chores / domestic tasks				
Service & Domestic	Serving drinks				
Service & Domestic	Serving meals				
Service & Domestic	Following protocol orders				
Service & Domestic	Cleaning / maintenance				
Service & Domestic	Massage services				
Service & Domestic	Dressing assistance				
Service & Domestic	Foot washing				
Service & Domestic	Hair brushing				
Service & Domestic	Bed making				
Service & Domestic	Errand running				
Service & Domestic	Personal shopping				

Service & Domestic	Organizing items				
Service & Domestic	Setting up scenes				
Service & Domestic	Cleaning play areas				
Service & Domestic	Laundry service				
Service & Domestic	Table setting				
Service & Domestic	Cooking				
Service & Domestic	Light household repairs				
Aftercare Preferences	Physical touch (hug, stroke)				
Aftercare Preferences	Emotional check-ins				
Aftercare Preferences	Silence / space				
Aftercare Preferences	Food / water / rest				
Aftercare Preferences	Text / follow-up communication				
Aftercare Preferences	Delayed aftercare (next day)				
Aftercare Preferences	Cuddling preferences				
Aftercare Preferences	Massage after scenes				
Aftercare Preferences	Blankets, warm baths				
Aftercare Preferences	Music preferences for calm				
Aftercare Preferences	Emotional reassurance				
Aftercare Preferences	Affirmations				
Aftercare Preferences	Journaling post-scene				
Aftercare Preferences	Private reflection time				
Aftercare Preferences	Medical monitoring if needed				
Aftercare Preferences	Hydration monitoring				
Aftercare Preferences	Pain assessment				
Aftercare Preferences	Discussion of triggers				
Aftercare Preferences	Consent review post-play				
Aftercare Preferences	Scene debriefing				
