

Femdom Checklist

Instructions

Rate each item from **0** to **5**, where:

- 0** is *"Absolutely not."*
- 1** is *"Not interested. Small chance that I would consider it."*
- 2** is *"Not very interested. Might try it."*
- 3** is *"Somewhat interested. Would try it."*
- 4** is *"Very interested. Would absolutely try it."*
- 5** is *"A huge fantasy of mine. Yes please!"*

Titles & Safeword

Domme will be addressed as:

Sub will be addressed as:

Safeword:

Categories

Porn

Feminization

Bisexual

Anal

Peeing/Watersports

Humiliation

Tease & Denial

Cum Eating

CBT

Multiple Partners

Chastity

BDSM

Miscellaneous

Checklist

Edging	
Ruined orgasms	
Tease and denial	
Teasing in chastity	
Orgasm denial	
Orgasm control	
Pussy denial	
Touching denial	
Only allowed to cum while plugged	
Only allowed to cum from anal	
She must have X number of orgasms first	
Forced masturbation	
Domme masturbating in front of sub	
Always must ask for permission to cum	
Punishment for begging to cum	
Punishment for cumming w/o permission	
Punishment for not cumming on command	
Always must eat cum after cumming	
Eat own creampie	
Eat another man's cum	
Eat another man's creampie	
Eat cum off of Her body	
Eat cum off of floor or other surface	
Cum into own mouth	
Hold cum in mouth until instructed to swallow	
Cum on Her face/boobs/ass/feet and lick it	
Milking	
Squeezing balls	
Hitting/punching balls	

Kicking balls	
Slapping dick and/or balls	
Stepping on balls	
Threesome with female (FFM)	
Threesome with male (MMF)	
Threesome with dominant female	
Threesome with dom. female (both submissive)	
Threesome with second slave male	
Threesome with second slave female	
Threesome with transgender female	
Foursome with another couple	
Foursome with dominant couple	
Cuckolding	
Hotwife	
Gangbang	
Gloryhole	
Short term chastity (less than 2 weeks)	
Long term chastity (more than 2 weeks)	
Permanent chastity	
Chastity humiliation w/ female friend(s)	
Chastity humiliation w/ male friend(s)	
Domme wears key in public	
Tell select female friends about chastity	
Tell select male friends about chastity	
Punishment for begging for release	
Chastity check-ups (send photo within X min)	
Chastity point system or game	
Chastity as punishment	
Ruined orgasms then back to chastity	

Checklist

Watching porn together	
No porn	
Daily porn	
Straight porn only	
Femdom porn only	
Cuckold porn only	
Gay porn only	
Trans/sissy porn only	
Censored porn only	
Sissy hypno videos	
Wearing panties	
Wearing heels	
Wearing stockings/lingerie	
Wearing women's clothing	
Wearing makeup	
Wearing wig	
Wearing panties in public (under clothes)	
Wearing panties whenever home	
Crossdressing	
Shaving pubic area	
Shaving legs	
Shaving full body	
Paint toenails	
Paint fingernails	
Manicures/pedicures	
Forced bisexuality	
Forced cocksucking (dildo)	
Forced anal (dildo)	
Forced deepthroating (dildo)	

Forced cocksucking (real cock)	
Forced anal (real cock)	
Forced ball licking (real cock)	
Forced to be creampie'd (real cock)	
Forced to eat another man's cum	
Light anal play (fingering, etc.)	
Butt plugs	
Butt plugs in public	
Plugged while at home for extended periods	
Plugged at night	
Pegging	
Pegging in public place	
Fisting	
Gaping	
Prostate milking	
Peeing on Her	
Peeing on him	
Peeing in mouth	
Squirting in mouth	
Swallow pee	
Swallow squirt	
Small penis humiliation (SPH)	
Verbal humiliation	
Name calling (slave, slut, bitch, etc.)	
Cute nickname for penis (e.g. clitty)	
Must ask for permission to touch Her	
Must thank Her for everything She does	
Punishment for not thanking or wrong title	
Punishment for touching w/o permission	

Checklist

Light bondage	
Heavy bondage	
Rope bondage	
Bed restraints	
Metal bondage	
Humbler	
Handcuffs	
Kept in large cage	
Wearing collar and leash	
Wearing collar around house	
Wearing collar in public	
Blindfolding	
Ball gags	
Nipple clamps	
Biting	
Spanking	
Spanking over the knee	
Whipping	
Riding crop	
Scratching	
Face slapping	
Choking	
Beating (soft)	
Beating (hard)	
Slave wears strapon (while locked/unlocked)	
Slave wears face/chin dildo	
Hair pulling	
Hot wax	
Numbing cream	

Heel worship	
Feet worship	
Forced pussy eating	
Pussy worship	
Ass licking	
Facesitting	
Kneeling	
Domestic chores	
Eye contact restrictions	
Wearing leather	
Wearing latex	
Outdoor sex	
Sex in kitchen, shower, etc.	
Public sex	
Public pussy eating	
Public foot/heel worship	
Roleplay (e.g. teacher/student, boss, etc.)	
Mandatory massages	
Serving wine/drinks	
Serving food	
Serving Her friends	
Bathing Her	
Preparing for dates (makeup, lingerie)	
Painting Her nails	
Giving Her pedicures	

