

## CDR's Kink Interest & Willingness Inventory

**Purpose:** This inventory is designed to help facilitate communication between you and your partner about your kink and sexual interests, desires and curiosities as well as to gauge your willingness to try things outside your own interests if it means pleasing your partner.

### Directions:

1. Decide if you wish to fill this out as someone taking on the role of a **dominant/top**, **submissive/bottom** or (if the role you like to take varies) as a **switch**.
2. Fill out your copy of this inventory privately. Try not to rush.
3. Set a time to sit down with your partner to exchange inventories, read them and discuss. *This should be outside the bedroom, like over coffee, where there is no pressure to immediately try any of the activities.*

### Rate your interest or willingness on a scale of 0 to 3, as a hard limit or unknown:

- 0 = I have no interest, but it's not a hard limit
- 1 = I have very little interest or willingness
- 2 = I have some interest or willingness
- 3 = I am very interested or willing
- X = This is a hard limit. I am not willing to do this under any circumstances.
- ? = I don't know what this is.

### Definitions:

**"Interested In"** is about your desires. It means that you would like, or think you would like, to experience this activity.

**"Willing To"** is about experimenting with or pleasing your partner. It indicates your level of willingness to try something for your partner, regardless of your own level of interest in an activity.

**BDSM** = Bondage & Discipline, Domination & Submission, Sadism & Masochism

**Scene:** the time in which you engage in kinky play.

**Landmines:** words or actions that trigger bad memories or undesired responses

**Buzz kills:** words or actions that ruin the mood or flow

**Hard limits:** activities that you do not want to engage in under any circumstances

### The checklist is broken down into nine sections:

1. **Tone & Mood:** the feeling of your scene
2. **Role Play:** the context of your kinky play
3. **Bondage:** restriction of physical movement
4. **Impact Play:** any play that delivers a blow to the body
5. **Sensation Play:** painful or pleasurable bodily sensations.
6. **Erotic Humiliation, Power Play:** offensive things that are erotic in the right environment
7. **Edge Play:** higher risk kinky activities
8. **Fetishes & Clothing:** things that you *really* like
9. **Sex Acts:** the types of sex, if any, that you want to incorporate into your kinky play

**1. Tone & Mood:** kinky scenes aren't always dark and serious. Which of these words describe the types of scenes you enjoy or think that you may enjoy? *Circle all that apply; mark hard limits with an X*

- Casual                  Playful                  Silly                  Romantic                  Sensual
- Seductive              Serious                  Intense              Combative              Nurturing
- Cold / unemotional      Animalistic / primal                  Other: \_\_\_\_\_

**2. Fantasy Scenes & Role Playing:** are useful when having a certain dynamic between you and your play partner adds to your enjoyment of kinky play.

Fantasy Scenes & Role Playing	Top: the person putting on the cuffs / tying the knots		Bottom: the person being bound or restrained	
	Interested in Giving 0-3, X or ?	Willing to Give 0-3, X or ?	Interested in Receiving 0-3, X or ?	Willing to Receive 0-3, X or ?
Age play (not necessarily sexual)				
Mommy or Daddy play				
Teacher / student				
Interrogations				
Kidnapping				
Medical scenes				
Religious scenes				
Animal training: dog / puppy, pony				
Mistress / sissy				
Master / slave				
Serving as maid, butler, houseboy, servant				
Sorority sister or Fraternity brother / pledge				
Bully / weakling				
Predator / prey				

**3. Bondage & Restraint:** the restriction of physical movement.

**How do you want to feel in bondage?** *Circle all that apply; mark hard limits with an X*

- |             |                 |               |
|-------------|-----------------|---------------|
| Comfortable | Some discomfort | Uncomfortable |
| Safe        | Helpless        | Vulnerable    |
| Controlled  | Submissive      | Overpowered   |
| Beautiful   | Other: _____    |               |

**What level of restriction or styles of bondage sound appealing?** *Circle all that apply; mark hard limits with an X*

- |                         |                           |                      |
|-------------------------|---------------------------|----------------------|
| Light/simple bondage    | Heavy/restrictive bondage | Immobilizing bondage |
| Quick/practical bondage | Decorative bondage        | Elaborate bondage    |
| Other: _____            |                           |                      |

**Medical concerns that may impact the type of bondage play engage in:** none of these medical issues listed below will prevent you from engaging in bondage play. However, they may mean that you need to adjust the type or duration of bondage to lessen potential risks.

**Examples:** diabetes, breathing issues, circulatory issues, nerve damage or numbness, claustrophobia, panic attacks, limited range of motion or flexibility, hay fever (should avoid hemp and jute rope), etc.

<p style="text-align: center;"><b>Bondage &amp; Restraint</b></p> <p>Below are a variety of items that can be used in restraint. Do any of these sound more appealing than others?</p>	Top: the person putting on the cuffs / tying the knots		Bottom: the person being bound or restrained	
	Interested in Giving 0-3, X or ?	Willing to Give 0-3, X or ?	Interested in Receiving 0-3, X or ?	Willing to Receive 0-3, X or ?
Leather wrist & ankle cuffs (buckle close)				
Fabric wrist & ankle cuffs (Velcro close)				
Silk scarves, nylon stockings, neck ties				
Rope: Hemp, Jute, Linen, Cotton, Nylon, Bamboo silk				
Rope chest/breast harnesses				
Leather chest/breast harnesses				
Metal handcuffs				
Chains				
Spreader bars				
Stocks				
Sleep sack / body bag				
Straight jacket				



<b>Bondage Continued</b>				
Plastic wrap				
Vetwrap				
Plaster				
Collars: symbolizing ownership				
Posture collar				
Hoods				
Masks				
Blindfolds				
Mummification (neck to toes immobilizing bondage using plastic wrap, vet wrap or plaster)				
Ball gag				
Bit gag (similar to a bit on a horse bridle)				
Inflatable gag				
O-ring gag				
Dental gag (metal, ratchets open)				
Tape over mouth				
Cloth gag				
Rope suspension (high level of difficulty)				
Sling / sex swing				
Wrist or ankle suspension cuffs (leather, buckle closed)				
Inversion (being upside down)				



**4. Impact Play & Corporal Punishment:** activities that delivery an impact to the body.

**What part of your body is ok to hit?** *Circle all that apply; mark hard limits with an X*

- Butt                      Back                      Backs of thighs                      Front of thighs  
 Chest or breasts      Genitals                      Other: \_\_\_\_\_

**How would you like to receive impact play?** *Circle all that apply; mark hard limits with an X*

- In bondage      Unbound  
 Standing      Bent over      Across someone's lap                      Other: \_\_\_\_\_

**What type of impact play appeals to you?** *Circle all that apply; mark hard limits with an X*

- No pain              Maybe a little pain      Definitely some pain                      Other: \_\_\_\_\_  
 Light intensity      Medium intensity      Heavy intensity                      Make me cry

**Does your skin mark or bruise very easily?** Yes      No      I don't know

**Are you able to have temporary marks on your skin?** Yes              No

**Where on your body is it ok to have temporary marks?** \_\_\_\_\_

**When do the marks need to be gone by?**

- an hour or two              tomorrow              a day or two              a week              Other: \_\_\_\_\_

**Medical concerns that may restrict the type of impact play you engage in:** diabetes, circulatory issues, hemophilia or bleeding disorders, taking aspirin or other blood thinners, etc.

Only on this body part:	Impact Play Implements	Top: Giving		Bottom: Receiving	
		Interested in Giving 0-3, X or ?	Willing to Give 0-3, X or ?	Interested in Receiving 0-3, X or ?	Willing to Receive 0-3, X or ?
	Hand spanking				
	Canes				
	Crops				
	Paddles				
	Belts				
	Whips/single tails				
	Floggers				
	Domestic items: hairbrush, ruler, wooden spoon				



**5. Sensation Play:** painful or pleasurable bodily sensations.

Light Intense Pleasure focused Light Pain is OK Moderate Pain is OK

**Do you like being teased to the point of almost climaxing? (aka Tease & Denial)** *Circle all that apply; mark hard limits with an X*

Yes, but eventually I want to orgasm. Yes, I want to be denied orgasm. No.

**Are you ticklish?** Yes No

**My nipples are:** Very sensitive Somewhat sensitive Not very sensitive

**Sensations I enjoy or think that I may enjoy on my nipples, chest or breasts:** *Circle all that apply; mark hard limits with an X*

Light touch Light pinching Hard pinching Licking Suction Pulling

Sensation Play	Giving		Receiving	
	Interested in Giving 0-3, X or ?	Willing to Give 0-3, X or ?	Interested in Receiving 0-3, X or ?	Willing to Receive 0-3, X or ?
Tease & denial				
Rough Genital Stimulation				
Rough Nipple Stimulation				
Blindfolds				
Ice cubes				
Hot wax				
Glass & metal dildos				
Glass & metal butt plugs				
Chemical play: Icy Hot, Bengay, Tiger Balm				
Body massage				
Sensory deprivation (blindfold & headphones)				
Scratching				
Tickling				
Biting				
Feathers				
Electricity, external (on skin) – Violet Wand or TENS Unit				
Electricity, internal (vaginal or anal) -- TENS unit				



**6. Erotic Humiliation and Objectification:** some things that would be offensive or unpleasant in day to day life can be exciting in a sexually charged power-exchange environment.

**Tone of the play:** *Circle all that apply; mark hard limits with an X*

- Objectifying                      Mildly embarrassing                      Humiliating                      Degradation
- Reluctant compliance              Wishing to please the dominant              “Forced” (consensual non-consent)

**If you like the idea of verbal humiliation,** what kinds of words or names do you want to be called (examples: slut, pig, worthless, faggot, etc.)

\_\_\_\_\_

Are any words buzz kills or landmines that should be avoided? \_\_\_\_\_

<b>Erotic Humiliation &amp; Objectification</b>	<b>Giving</b>		<b>Receiving</b>	
	<b>Interested in Giving</b> 0-3, X or ?	<b>Willing to Give</b> 0-3, X or ?	<b>Interested in Receiving</b> 0-3, X or ?	<b>Willing to Receive</b> 0-3, X or ?
Begging / pleading				
Serving as furniture				
Exhibitionism (forced nudity, masturbation)				
Verbal humiliation (name calling)				
Golden showers				
Forced consumption (food, piss, semen)				
Spitting				
Cross dressing / gender play				
Enemas				
Sploshing (messy food play)				
<b>Humiliation through Power &amp; Control</b>				
Kneeling				
Chastity				
Following Orders				
Voyeurism				
Body shaving				
Chastity: physical (cage or belt)				
Chastity: mental (sexual/orgasm deprivation)				
Orgasm control				
Orgasm denial				
Hair pulling				
Face slapping				

\_\_\_\_\_



**7. Edge Play:** anything that will push the limits of most individuals, involves a high level of skill and higher physical or emotional risk than other kinky activities. However, edge play is subjective. What's edgy to one person may not be to another.

**Things to considering when exploring edge play:**

**Is the top:**

- Experienced in this particular type of play?
- First aid and CPR certified?

**Is the bottom:**

- Skilled at communicating their limits?
- In a good place emotionally and psychologically?

**Are both partners:**

- Aware of the potential physical, emotional or psychological risks involved?
- Recently tested for STIs (sexually transmitted infections) or fluid bonded?

Edge Play	Giving		Receiving	
	Interested in Giving 0-3, X or ?	Willing to Give 0-3, X or ?	Interested in Receiving 0-3, X or ?	Willing to Receive 0-3, X or ?
Fear play (creating the illusion of danger)				
Smothering				
Breath play				
Choking				
Fire play				
Cutting (scalpel, razor blade or knife)				
Needles / temporary play piercing				
Knife play (may or may not involve cutting)				
Rough body play				
Punching				
Wrestling				
Rape fantasy role play				





**8. Fetishes & Clothing:** Are there any specific scene-related things that you really like?

Below are some common fetishes. *Circle all that apply; mark turn-offs with an X*

**Feet:** bare feet, dirty feet, feet in stockings, feet in socks

**Legs:** bare legs, thigh high stockings, pantyhose, knee socks

**Body hair:** legs, underarms, genitals

**Shoes:** high heels, sandals, open toe heels

**Boots:** knee high boots, thigh high boots, combat boots

**Fetish attire:** ballet boots, hobble skirt, spanking skirt, leather chest harness

Clothing	Clothing for Me		Clothing for my Partner	
	Interested in Wearing 0-3, X or ?	Willing to Wear 0-3, X or ?	Interested in seeing them wear 0-3, X or ?	Willing to have them wear 0-3, X or ?
Corsets				
Lingerie				
Garter belts				
Thigh high stockings				
Pantyhose				
Body stockings				
Zentai suits (head to toe spandex)				
Crotchless panties				
Thong underwear				
Leather				
Rubber / Latex				
PVC (shiny vinyl)				
Satin				
Lace				
Gloves				
Uniforms _____				
Shoes: High Heels				
Shoes: Other _____				
Boots: Knee high boots				
Boots: Other _____				



**9. Sex Acts with your Partner\*:** kinky play doesn't necessarily need to include sex.

*\*Note: a Dominatrix that you pay to see does not engage in these activities with you.*

**How do you like your kink? Do you want it:** *Circle all that apply; mark hard limits with an X*

to not include sex                      to definitely include sex                      to be foreplay for vanilla sex

Other: \_\_\_\_\_

**What safer sex precautions are you taking?** Condoms, gloves, dental dams, etc.?

Sex Acts with your Partner	Giving		Receiving	
	Interested in performing 0-3, X or ?	Willing to perform 0-3, X or ?	Interested in receiving 0-3, X or ?	Willing to receive 0-3, X or ?
Cunnilingus				
Fellatio				
Analingus / Rimming (ass licking)				
Anal penetration with fingers				
Anal penetration with a dildo				
Anal penetration with a plug or beads				
Anal penetration with a penis				
Prostate massage				
Vaginal penetration with fingers				
Vaginal penetration with a dildo				
Vaginal penetration with a penis				
Double penetration (vaginal & anal)				
Hand jobs / manual stimulation				
Frottage / rubbing / grinding				

**Other toys that I like or would like to try:**

Vibrators (external)                      Vibrators (internal)                      Strap-ons                      Fucking machines  
 Masturbation sleeves                      Penis, clit or nipple pumps                      Cock rings                      Vibrating cock rings

**Other erotic activities that sound interesting:**

Erotic dancing                      Lap dances                      Using sex furniture                      Fucking machines  
 Threesomes                      Swinging                      Visiting a swingers club                      Visiting a strip club  
 Visiting a BDSM club                      Nude beaches                      Classes at a sex toy store                      Kinky play parties

Did we forget anything? Please add it on the back of this sheet.

