Open Relationship Checklist

Who (characteristics of potential partners)

gender: ☐ women ☐ men ☐ transwomen/MtoF ☐ transmen/FtoM ☐ unimportant

coupled status: ☐ single ☐ partnered ☐ unimportant

sexual orientation: ☐ lesbian/gay/queer ☐ bisexual ☐ straight ☐ pansexual ☐ unimportant

SM orientation: ☐ top ☐ bottom ☐ switch ☐ unimportant

D/s orientation: ☐ dominant ☐ submissive ☐ unimportant

age: ☐ older ☐ younger ☐ approx. same age ☐ unimportant

familiarity: ☐ stranger ☐ unimportant

my: ☐ acquaintance ☐ best/close friend ☐ friend ☐ neighbor ☐ co-worker ☐ ex-partner

partner’s: ☐ acquaintance ☐ best/close friend ☐ friend ☐ neighbor ☐ co-worker ☐ ex-partner ☐ relative

other characteristics:

☐ appearance:

☐ body type:

☐ other identity (for example: swinger, crossdresser, butch):

What (characteristics of potential experiences/relationships)

Interaction or relationship can include:

☐ affectionate/sexual activity (see next section) ☐ flirting

☐ BDSM activity (see last section) ☐ dating

☐ socializing ☐ courting/romance

☐ friendship ☐ sleepovers
Interaction or relationship can include: (continued)

☐ travel/vacation ☐ commitment

☐ emotional connection ☐ all of the above

☐ love ☐ other:

**Affectionate and Sexual Activities**

flirting ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

erotic touch (non-genital) ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

breast/nipple play ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

hand job/manual stimulation ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

frottage/tribadism ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

cunnilingus ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

fellatio ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

analmingus ☐ ok to give ☐ ok to receive ☐ not ok ☐ depends on:

vaginal penetration with fingers ☐ ok to give ☐ ok to receive ☐ not ok

☐ depends on:

vaginal penetration with toys ☐ ok to give ☐ ok to receive ☐ not ok

☐ depends on:

vaginal penetration with penis ☐ ok to give ☐ ok to receive ☐ not ok

☐ depends on:

vaginal fisting ☐ ok to give ☐ ok to receive ☐ not ok

☐ depends on:

anal penetration with fingers ☐ ok to give ☐ ok to receive ☐ not ok

☐ depends on:
anal penetration with toys □ ok to give □ ok to receive □ not ok

□ depends on:

anal penetration with penis □ ok to give □ ok to receive □ not ok

□ depends on:

anal fisting □ ok to give □ ok to receive □ not ok

□ depends on:

___________________ □ ok to give □ ok to receive □ not ok

□ depends on:

___________________ □ ok to give □ ok to receive □ not ok

□ depends on:

___________________ □ ok to give □ ok to receive □ not ok

□ depends on:

When
frequency of contact:
□ one time only
□ ongoing, infrequent, specify:
□ ongoing, frequent, specify:
□ other:
□ all of the above

Where
□ in town
□ out of town
□ public settings (parties, clubs)
□ events
□ at home
□ not at home
□ other:

Are there special occasions, days of the week reserved for a particular partner? (specify)
BDSM roles/specifics

temporary marks on body  □ ok □ not ok □ depends on:
use of honorifics (Mistress, Daddy, etc.)  □ ok □ not ok □ depends on:
permanent body modification  □ ok □ not ok □ depends on:
wearing a collar  □ ok □ not ok □ depends on:
____________________  □ ok to give □ ok to receive □ not ok □ depends on:
____________________  □ ok to give □ ok to receive □ not ok □ depends on:
____________________  □ ok to give □ ok to receive □ not ok □ depends on:

are any of the following roles ok, not ok?
□ slave □ boy □ girl □ Daddy □ Master □ Mistress □ Mommy □ servant □ pet □ Lady □ Sir □ Ma’am □ sissy maid

BDSM/Kink Activities

spanking  □ ok to give □ ok to receive □ not ok □ depends on:
caning  □ ok to give □ ok to receive □ not ok □ depends on:
slapping  □ ok to give □ ok to receive □ not ok □ depends on:
flogging  □ ok to give □ ok to receive □ not ok □ depends on:
singletail whipping  □ ok to give □ ok to receive □ not ok □ depends on:
clip and clamps  □ ok to give □ ok to receive □ not ok □ depends on:
hot wax  □ ok to give □ ok to receive □ not ok □ depends on:
knife play (no breaking the skin)  □ ok to give □ ok to receive □ not ok □ depends on:
electricity play  □ ok to give □ ok to receive □ not ok □ depends on:
tickle torture  □ ok to give □ ok to receive □ not ok □ depends on:
fireplay  □ ok to give □ ok to receive □ not ok □ depends on:
rough sex  □ ok to give □ ok to receive □ not ok □ depends on:
cock and ball play  □ ok to give □ ok to receive □ not ok □ depends on:
genital play/genitorture  □ ok to give □ ok to receive □ not ok □ depends on:
sounds  □ ok to give □ ok to receive □ not ok □ depends on:
enemas  □ ok to give □ ok to receive □ not ok □ depends on:
golden showers  □ ok to give □ ok to receive □ not ok □ depends on:
face slapping  □ ok to give □ ok to receive □ not ok □ depends on:
hair pulling  □ ok to give □ ok to receive □ not ok □ depends on:
spitting  □ ok to give □ ok to receive □ not ok □ depends on:
punching  □ ok to give □ ok to receive □ not ok □ depends on:
pushing □ ok to give □ ok to receive □ not ok □ depends on:
wrestling □ ok to give □ ok to receive □ not ok □ depends on:
biting □ ok to give □ ok to receive □ not ok □ depends on:
scratching □ ok to give □ ok to receive □ not ok □ depends on:
sensory deprivation, □ ok to give □ ok to receive □ not ok □ depends on:
gags □ ok to give □ ok to receive □ not ok □ depends on:
breath control and play □ ok to give □ ok to receive □ not ok □ depends on:
bondage □ ok to give □ ok to receive □ not ok □ depends on:
suspension □ ok to give □ ok to receive □ not ok □ depends on:
chastity devices □ ok to give □ ok to receive □ not ok □ depends on:
mummification □ ok to give □ ok to receive □ not ok □ depends on:
Master/slave □ ok to give □ ok to receive □ not ok □ depends on:
domestic servitude □ ok to give □ ok to receive □ not ok □ depends on:
sexual service □ ok to give □ ok to receive □ not ok □ depends on:
personal service □ ok to give □ ok to receive □ not ok □ depends on:
24/7 D/s □ ok to give □ ok to receive □ not ok □ depends on:
animal roleplay □ ok to give □ ok to receive □ not ok □ depends on:
age play □ ok to give □ ok to receive □ not ok □ depends on:
erotic roleplay (specify)

__________ □ ok to give □ ok to receive □ not ok □ depends on:
__________ □ ok to give □ ok to receive □ not ok □ depends on:
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taboo play □ ok to give □ ok to receive □ not ok □ depends on:
mindfuck □ ok to give □ ok to receive □ not ok □ depends on:
interrogation □ ok to give □ ok to receive □ not ok □ depends on:
humiliation □ ok to give □ ok to receive □ not ok □ depends on:
kidnapping □ ok to give □ ok to receive □ not ok □ depends on:
orgasm control/denial □ ok to give □ ok to receive □ not ok □ depends on:
crossdressing □ ok to give □ ok to receive □ not ok □ depends on:
forced crossdressing □ ok to give □ ok to receive □ not ok □ depends on:
medical play □ ok to give □ ok to receive □ not ok □ depends on:
play/temporary piercing □ ok to give □ ok to receive □ not ok □ depends on:
saline inflation □ ok to give □ ok to receive □ not ok □ depends on:
stapling □ ok to give □ ok to receive □ not ok □ depends on:
permanent piercing □ ok to give □ ok to receive □ not ok □ depends on:
cutting □ ok to give □ ok to receive □ not ok □ depends on:
branding □ ok to give □ ok to receive □ not ok □ depends on:

☞ Other play? Be specific! Add your own to this list!