



The Alyson Belle Femdom / Feminization Checklist

How to Use This Checklist

This checklist is intended to be used as a companion to *Sissy Boy: Feminized and Loving It* by Alyson Belle, a how-to guide to femdom and feminization for both men and women. To learn more about Alyson Belle and her writing, visit <http://www.AlysonBelle.com>.

Each section has questions that you will answer truthfully, and then a list of activities below. For each activity in the list, you will indicate whether you have done it before and your comfort level with doing it now. Submissive participants should assume that the acts will be done to them. Dominant partners should assume that they will be doing the act to the submissive.

Question 1: Have you ever done this before? Answer “YES” or “NO”

Question 2: How do you feel about doing it with your partner? Rate your comfort level from 0-5 using the following descriptors or write down “NO”:

- 0** means you have utterly no desire to do that activity, don't like doing it (in fact, may hate it), and would ordinarily object to it, but you would be willing to do it to please your partner if it they really wanted it (this is called a “soft limit.”)
- 1** means it's not especially interesting to you, but you're willing to try it if your partner would like it.
- 2** means you're curious about it and not sure how much you'll enjoy it, but you'd like to give it a try and see.
- 3** means it's a pleasurable and/or fun activity for you, and one that you would enjoy doing.
- 4** means you love it, thinking about it turns you on, and you definitely want to do it.
- 5** means the activity is a super-hot turn-on for you, it's something you often fantasize about it, and you want to do it as much as possible.

“NO” means you will NOT do that item under any circumstances (it's a hard limit for you).

Femdom / Feminization Checklist

Sex and Domination

Q1. Is sex something you want in your intimate play? **Circle:** YES or NO

Q2. Is female domination something you want in your intimate play? **Circle:** YES or NO

Q3. What does sex mean to you? [Write your answer out.]



Q4. What does safe sex mean to you? [Write your answer out.]

Q5. For each item below, answer Questions 1 and 2 as described in the “How to Use This Checklist” section.

Topic	Q1. Done it?	Q2. Comfort?	Comment
Anal penetration (penis)			
Anal penetration (object)			
Anal penetration (doing)			
Anilingus (giving)			
Anilingus (getting)			
Cock worship (doing)			
Cunnilingus (giving)			
Cyber Sex			
Double penetration (oral/anal)			
Eating/drinking cum (others)			
Eating/drinking cum (own)			
Fantasy rape			
Fellatio (getting)			
Fellatio (giving)			
Forced feminization			
Group Sex			
Humiliation			
Phone Sex			
Public Sex			
Punishments			
Sexting			
Slave/mistress play			
Strap-ons (receiving)			
Threesomes			
Triple Penetration			
Vaginal Sex (giving)			
Vibrator/dildo (giving/getting)			

Feminization/Sissification

Q1. Is feminization and/or sissification something you want in your intimate play? **Circle:** YES or NO

Q2. What does feminization or sissification mean to you? [Write your answer out.]



Q3. For each item below, answer Questions 1 and 2 as described in the “How to Use This Checklist” section.

Crossdressing

Topic	Q1. Done it?	Q2. Comfort?	Comment
Boots			
Blouses/shirts/tops			
Bras			
Corsets			
Dresses (frilly/doll fantasy)			
Dresses (stylish/modern realistic)			
Garters/stockings			
Jewelry/accessories			
Lingerie/Nighties			
Pajamas			
Panties/underwear			
Pantyhose			
Petticoats			
Socks			
Shoes (high heels)			
Shoes (other)			
Skirts			
Swimsuits			
Wigs			
Other/All			

Makeup/Hair

Topic	Q1. Done it?	Q2. Comfort?	Comment
Full face makeup			
Eyes (shadow/mascara/liner)			
Glitter			
Hair (dye)			
Hair (styling/curling/braiding)			
Lips (stick/liner/gloss)			
Lotion/moisturizer			
Manicure/pedicure			
Perfume			
Shaving (legs)			
Shaving (body)			
Waxing (body)			
Waxing (brows)			
Other/All			



Humiliation

Q1. Is humiliation something you want in your intimate play? **Circle:** YES or NO

Q2. For each item below, answer Questions 1 and 2 as described in the “How to Use This Checklist” section.

Topic	Q1. Done it?	Q2. Comfort?	Comment
Ashtray			
Crawling			
Dirty words			
Examination			
Face slapping			
Forced Nudity			
Foot kissing/worship			
Given away			
Inspection			
Kneeling			
Lead on leash			
Objectification			
Public crossdressing			
Public display			
Public embarrassment			
Public sex			
Secret sex in public			
Slavery			
Toilet			
Verbal abuse			
Verbal emasculation			
Other			

Punishments

Q1. Are punishments something you want in your intimate play? **Circle:** YES or NO

Q2. What types of activities would you like to be punished for? [Write your answer out.]

Q3. Do you want to be punished only when you make an error, or do you want your partner to find or manufacture reasons to punish you? [Write your answer out.]



Q4. For each item below, answer Questions 1 and 2 as described in the “How to Use This Checklist” section.

Topic	Q1. Done it?	Q2. Comfort?	Comment
Anal penetration (third party)			
Anal penetration (dildo)			
Anal penetration (strap-on)			
Bound wrists or ankles			
Butt plug			
Chastity belt / cock cage			
Chores			
Cuckoldry			
Exercise			
Exhibition			
Hot wax			
Hung by wrists			
Isolation			
Kneel against wall			
Orgasm denial (long-term)			
Orgasm denial (short-term)			
Public humiliation			
Silent treatment			
Soap in mouth			
Spanking			
Verbal abuse			
Whipping			
Other			

Other Activities

Q1. Are there other activities you want to explore in your intimate play? **Circle:** YES or NO

Q2. For each item below, answer Questions 1 and 2 as described in the “How to Use This Checklist” section.

Topic	Q1. Done it?	Q2. Comfort?	Comment
Age play			
Blindfolding			
Costumes			
Erotic board games			
Group sex			
Hypnosis			
Listening to erotic audiobooks			
Making pornography			
Reading erotic fiction (out loud)			
Parties (feminization/crossdressing)			



Parties (general erotic)			
Pregnancy play			
Videogame acting			
Virtual reality play			
Watching pornography			
Other			

Other Questions

Q1. What safe words will be used, and what are their specific meanings?

Q2. What types of bodies are you attracted to?

Circle: MASCULINE FEMININE BOTH ANDROGYNOUS

Q3. How would you describe your sexual orientation?

Circle: STRAIGHT BISEXUAL BICURIOUS GAY ASEXUAL

Q4. What is your preferred structure for relationships?

Circle: MONOGAMOUS MONOGAMISH POLYAMOROUS

Q5. What disease screenings have you most recently had, when did you have them, and what were the results?

Q6. What was your best experience with sex and why was it the best?

Q7. What was your worst experience with sex and why was it the worst?

Q8. What is your biggest fantasy with respect to your Femdom/Feminization play?

Q9. What is your biggest fear with respect to your Femdom/Feminization play?

