



Exploring a New Kink

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Kinky is an umbrella term that covers everything from a playful erotic spanking to being whipped while strung up in bondage. What's kinky to one person is totally neutral to the next. Once in the scene, we are often encouraged to explore new activities, to push our limits, and to broaden our horizons.

When you are ready to explore kink, whether you are new to it or you want to add a new activity to your box of tricks, it's strongly encouraged that you know the

ins and outs of what you're getting into before you get started. This worksheet should help prepare you for what should be a great time.

Remember that some kinks won't require an in-depth exploration beforehand, but some more intense, or risky-play activities should have a longer preparation and education timeframe. Always use your best judgement on if you are ready to play or not.

Instructions: Once you have identified an activity that you are interested in exploring, you can use the worksheet provided to help organize your desires and intentions. Be sure to answer each question carefully, and to follow each step to the fullest extent that you can. This will ensure that you are the safest and most informed that you can be prior to getting involved in a new activity.

Activity You are Interested In: _____

Understanding Your Desire

The first step in exploring kink is to start fantasizing. Visualize yourself experiencing the kink that has piqued your interest, then try to answer the following questions.

1. How much do you know about the new activity?
2. What turns you on about this new activity?
3. What might a Dom need to know to participate?
4. What might a submissive need to know to participate?
5. Does it need tools/equipment? What equipment might be needed?
6. What risks and/or safety concerns might this activity have?

Research Phase

Once you've looked inward and figured out a few things about the new kink you want to try, it's time to read and learn from trusted resources. There's a wealth of information that you can use to help prepare you for a fun experience.

Let's look for information about this new activity and write down what you've learned. You may wish to use the back of this worksheet for the information you find.

Online

To start searching online, open your favorite search engine and type in the kink activity you wish to explore with the following terms, one by one:

[Your kink] 101 (example: waxplay 101)

How-to [your kink] (example: How-to waxplay)

Getting started with [your kink] (example: getting started with waxplay)



Books

You might not find an entire book dedicated to the activity you wish to explore, but there are a lot of BDSM 101 books out there that can, and do, cover a wide variety of play activities. If you don't find a book dedicated to the kink you wish to explore, one or more of these may hold information for you:

[*Screw the Roses, Send Me the Thorns*](#)

by Philip Miller and Molly Devon

[*SM101: A Realistic Introduction*](#)

by Jay Wiseman

[*How to Be Kinky*](#)

by Morpheous

[*How to Be Kinkier*](#)

by Morpheous

[*Consensual Sadomasochism*](#)

by William Henkin and Sybil Holiday

Forums & Community

Fetlife.com
FindaMunch.com

Before experimenting

How do you feel now that you've done some research and reflection? Be sure that you are still interested before you proceed. Or, be sure to address any outlying concerns you might have with your partner.

Review

Spend some time reflecting on the experience. Write a scene report or just decompress your thoughts, feelings and first impressions. (Writing a [scene report](#) by Mrs Darling)

How likely are you to do this activity again?
What would you rate this experience?