

Submissive Intake Questionnaire

by Goddess Helene de Beer

I would love to receive your completed questionnaire at least 24 hours before our session begins
Please complete this form honestly
Your answers help me shape our dynamic with precision and elegance.

* Basic Information

Scene name / Alias:

Experience level:

Type of play desired:

* Intentions & Emotions

What feelings do you seek to experience in submission?

What does submission mean to you?

What kind of connection do you seek with a Dominant?

* Role Identity

- ☐ Curious submissive
- ☐ Obedient trainee
- ☐ Loyal servant
- ☐ Humiliated object
- ☐ Devoted pet
- ☐ Foot slave
- ☐ Toy for her pleasure
- ☐ Pain slut

- ☐ Masochist
- ☐ Sissy or maid
- ☐ Living furniture
- ☐ Personal assistant
- ☐ Piss slave
- ☐ Ashtray
- ☐ Body worshiper
- ☐ Property
- ☐ Public play object
- ☐ Don't know yet

*** Physical Preferences**

- ☐ Soft and sensual
- ☐ Medium-intense
- ☐ Rough, strict, unforgiving
- ☐ Emotionally humiliating
- ☐ Deeply painful
- ☐ Fear-inducing

*** Additional Physical**

Pain tolerance (scale 0–10):

Sensitive zones (positive or negative):

*** Turn-Ons & Interests**

- ☐ Restraint / Bondage
- ☐ Spanking, paddling
- ☐ Whipping / Caning
- ☐ CBT / Genital torment
- ☐ Spitting / Slapping
- ☐ Verbal humiliation
- ☐ Mental domination
- ☐ Pet play
- ☐ Trampling (barefoot / heels)
- ☐ Foot worship, Nylons
- ☐ Latex, leather, high boots
- ☐ Chastity
- ☐ Forced tasks

- ☐ Human furniture
- ☐ Public exposure (discreet)
- ☐ Degradation
- ☐ Enemas / Medical roleplay
- ☐ Anal training
- ☐ Fisting
- ☐ Electro play
- ☐ Sensory deprivation
- ☐ Edge play (e.g. breath control, needles)
- ☐ Prolonged torture
- ☐ Orgasm control or denial
- ☐ Feminization / Sissification
- ☐ Hypnosis
- ☐ Serving multiple Dominas
- ☐ Long-term control
- ☐ Being filmed / recorded
- ☐ Other

Other (please specify):

*** Clothing & Appearance**

- ☐ Leather
- ☐ Latex
- ☐ Lingerie / Stockings
- ☐ High heels / Boots
- ☐ Corsets
- ☐ Chastity device
- ☐ Collar & leash
- ☐ Maid outfit
- ☐ Mask or hood
- ☐ Total nudity
- ☐ Other

Other (please specify):

What do you find arousing about your Domina's appearance?

* Emotional Preferences

- ☐ Cold and distant
- ☐ Playfully cruel
- ☐ Strict and commanding
- ☐ Maternal and controlling
- ☐ Elegant and untouchable
- ☐ Physical closeness
- ☐ Physical distance
- ☐ Mix of care and discipline

* Limits & Boundaries

Hard limits (non-negotiable):

Soft limits (possible with trust and discussion):

Trigger words or situations to avoid:

* Logistics & Session Framework

Ideal session duration:

Preferred setting (e.g. hotel, studio, outdoors):

Do you require any aftercare?

Safeword:

* Communication Style

- ☐ Spoken language
- ☐ Non-verbal cues

☐ Specific protocols

Preferred names/titles for yourself (e.g. slave, object, pet, slut...):

Preferred titles for your Domina:

*** Personal Fantasies**

Describe a fantasy or situation that turns you on deeply.