



Knotty Desires & Needs List

Embrace Your Erotic Self

Start your journey into sexual empowerment by exploring your Desires, Needs and Boundaries.

Take time to go over this list on your own. Next to each sentence, add: D - Desire, N - Need, E - Explore, B - Boundary. Once completed, exchange with your partner(s) and choose a combination of D, N, E, or focus on one to use during your rope scene.

What I would like to investigate:

- I seek an enjoyable play session.
- I desire a deep connection with you.
- I'm keen to experiment and explore new experiences.
- Trying something novel excites me, even if it's just for the thrill.
- I want to learn or refine a new skill.
- I'm seeking emotional release and catharsis.
- This scene will be fulfilling if...
- Ultimately, I want you to fulfill my desires.
- Your pleasure matters; I want you to act without concern for my preferences.
- I'm feeling apprehensive about...

Emotions:

- Fear
- Excitement
- Suspense
- Relaxed
- Safe
- Sexual aroused
- Teased & denied
- Humiliation
- A mixture of all

My desires for us:

- I seek a brief encounter; once we've played, we're finished.
- I'm interested in finding an occasional or ongoing play partner.
- I'm open to the possibility of developing a relationship.
- I'm discreetly evaluating you as a potential play partner or lover.

After we've finished:

- I'll see you later.
- Let's snuggle and chat.
- I want to spend the night.
- Pamper me.
- I want to express my gratitude by...
- Call / text / email me the next day.

How you handled me:

- I would like your affection, aggression, tenderness, fury, teasing, firmness, and assertiveness.
- I enjoy being called "slut" and "whore," but avoid using "bitch" or "cunt."
- I crave your admiration. Affirm my beauty, strength, and sex appeal.
- Challenge me to earn your praise and approval.
- I rely on your unwavering confidence and control.
- I yearn to witness your vulnerability and humanity.
- Treat me as your equal, respecting my autonomy and agency.
- Keep me intrigued and uncertain, never too comfortable.

My inner thoughts:

- I crave to feel alluring, raw, open, secure, capable, empowered, cherished, seductive, wanted, authoritative, fearful, overwhelmed...
- I yearn to remain grounded and assertive.
- I long for moments where I can relinquish control.
- During intense play, I may lose my ability to speak. In such moments, I require...
- I am occasionally triggered by... You'll notice it when... When it occurs, I need...
- I'm undecided about wanting foresight into what lies ahead.
- I aim to demonstrate my resilience.

Discomfort:

- Inflict pain upon me.
- Push me until tears, screams, or pleas for mercy emerge.
- You'll know I've reached my limit when...
- I seek pain that is foreseeable and controllable.
- I have specific preferences regarding the type of pain: ...
- I am undecided about experiencing pain during rope play.

Type of Intimacy:

- I desire an erotic connection in our play.
- I crave cuddling, kissing, and making out.
- I'm interested in getting to know you on a personal level.
- I want you to engage in intimate but non-sexual touching.
- I enjoy gestures like stroking my hair, kissing my forehead, and more.
- Let's ensure our play is enjoyable while maintaining some space between us.

Indulging in Some Sexual Knotty Playtime:

- I desire sexual energy in our play, but I'm not interested in intercourse.
- I'm interested in engaging in sexual intercourse.
- I may be open to sex in the future, but not at this moment.
- Achieving orgasm is important to me.
- Ensuring your orgasm is important to me.
- To reach orgasm, I require the use of a vibrator, to keep my legs straight, to focus deeply, etc.
- After I orgasm, I may desire more orgasms, a quiet cuddle, to serve you, intense sex, etc.
- I feel self-conscious about climaxing in your presence.
- Reaching orgasm can be challenging for me. I need your persistence until I climax.
- Reaching orgasm can be difficult for me. Please don't pressure me to climax.
- It's possible I won't reach orgasm, and that's perfectly okay.

D & s:

- I want your dominance over me.
- I willingly submit to you.
- Make me surrender to you forcefully.
- Command me verbally or through physical force.
- I enjoy being a brat, a good boy, or a slave.
- I seek your strict and demanding, loving, or supportive coaching.
- I prefer a defined beginning and end to our Dominant/submissive dynamic.
- I desire an ongoing 24/7 Dominant/submissive relationship with you.
- I am open to our Dominant/submissive dynamic extending beyond our playtime.
- Place a collar or leash on me, and then fuck me.

What I would like to share with you is:

- I love, value, and need you.
- I'm proud of you.
- I want to own, use, expose, and make you vulnerable
- I want to be your slut, toy, pet, and prized possession.

Discipline & Training:

- Discipline me for real-life infractions.
- Discipline me for imagined scenarios.
- I strive to earn your approval, understanding that it's contingent on my success.
- Teach me to be your sub of service, slave, toything...
- Your disapproval or disappointment would deeply affect me.
- Administer punishment, but done...
- Treat me with fairness and equity.

Rape Play:

- I don't find rape play arousing; please avoid it.
- Engage in "rape" scenarios with me.
- Employ real or simulated force.
- I want to resist you and stand a chance of prevailing.
- I want to resist you, but ultimately succumb.
- I want to experience physical dominance from you.

Mommy,/Daddy - Little:

- Absolutely not, it's not my cup of tea.
- I'm fascinated by the idea of you taking on the role of an affectionate, commanding, strict, delightfully wicked, indulgent and nurturing mommy/daddy.
- My little girl persona is... years of age.
- When I'm in little space, I need / want...

Humiliation, degradation, objectification, shame:

- Degrade me for craving it.
- I yearn to be ridiculed, teased, and provoked.
- Push me to my limits.
- Push me beyond my limits, then rebuild me anew.
- Humiliate me, but refrain from using terms like fat, ugly, worthless, or stupid.
- Compel me to plead and beg for my desires.

This list was inspired in "Not a Check List" by @amothtotheflame

