

**Raven's
Lair**

The Dominant's Handbook



BDSM Basics Training Program

An Intimate Guide to BDSM | Gigi Raven Wilbur

The Dominant's Handbook An Intimate Guide to BDSM

BDSM Basics Training Program Series

The BDSM Interest Evaluation Instruction Guide

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The BDSM Interest Evaluation Instruction Guide is part of the BDSM Basics Training Program Series. It is based on the writings from The Dominant's Handbook - An Intimate Guide to BDSM by Gigi Raven Wilbur.

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The Dominant's Handbook – An Intimate Guide to BDSM

The BDSM Interest Evaluation Instruction Guide

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Notice

Personal responsibility is a part of the BDSM lifestyle. It is a good idea to follow the concepts of safe, sane, and consensual in your adult play scenes. The information contained in this book contains risk of both physical and emotional injury. Any information or safety guidelines provided in this book are simply guidelines for you to make informed decisions about the scenes you play. By deciding to engage in any adult activity, including those mentioned or detailed in this book, you are taking on physical and emotional responsibility for your own actions, and agree to hold harmless all individuals associated with the creation, publication and sale of this book.

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Raven's Lair

Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit. Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.



<https://www.ravenslairleather.com/>



The Dominant's Handbook

An Intimate Guide to BDSM

BDSM Basics Training Program Series

Instruction Guide for the BDSM Interest Evaluation

The BDSM Interest Evaluation is a tool that you can use to explore a submissive's interest in specific BDSM activities as well as provide you with information about their boundaries, safer sex practices, and their medical limitations if any are present.

While you can have your submissive fill out the evaluation information on their own, I highly recommend that you interview your submissive and fill out the form for them. By doing so, you can observe the submissive's body language and other non verbal signs as they respond to the questions. It will give you a better understanding of what really turns them on and what they feel hesitant or nervous about as you ask the questions.



By utilizing The BDSM Interest Evaluation, you will gain specific information that will guide you through the negotiation process. I find that completing the evaluation with a submissive is fun and often opens the door to interesting discussions about BDSM.

Benefits of using the BDSM Interest Evaluation

There are many benefits of completing a BDSM interest evaluation with your submissive. The following are benefits I have obtained:

Building trust and rapport with your submissive.

Discovering their interests.

Learning about the psychosexual elements that are operating in the background of your submissive.

Learning about a submissive's specific boundaries.

Identifying medical conditions and limitations.



Gathering information about STI's if they are present.
Identifying the specific fears that a submissive may have.
Identifying specific sexual interests / activities your submissive enjoys. Even if you do not include sex as a part of your play, you can use this information as a form of talking dirty during a scene or use the information as a way to entice the submissive's imagination and tap into their sexual fantasies.
This gives a good indication of your submissive's level of experience in BDSM play. The evaluation provides a great roadmap for future scenes.





The Dominant's Handbook

An Intimate Guide To BDSM Play

BDSM Interest Evaluation

Name: _____ Scene Name: _____

Please circle all that apply to you: **Are you a:** Top Switch Bottom

Do you play: Light Moderate Heavy

Gender: Female Male Transsexual Intersex

Sexual Orientation: Gay Bisexual Heterosexual Asexual Pansexual
Questioning

Do you have any specific boundaries in BDSM, being touched, and/or in sex?

What are your specific safe sex practices?

On the following tables, indicate your preferences for each item. Feel free to add an item under “Other” if you don’t see an activity in the lists.

BDSM Activities

Types of Activities	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Bondage						
Body Worship						
Spanking						
Emotional Edge Play						
Humiliation Play						
Interrogation Play						
Sensory Deprivation						
Food Play/Human Serving Dish						
Body Modification						
Temporary Piercing						
Body Piercing						
Knife Edge Play						
Cold Play						
Hot Play						
Temporary Scarification						
Temporary Tattoos						
Permanent Tattoos						
Human Branding						
Exhibitionism						
Being Put on Display						
Voyeurism						
Foot Fetish						
Women’s Panties						
Women’s Undergarments						
Golden Showers						
Brown Showers						

Types of Activities	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Scat Play						
Cross Dressing						
Nipple Torture						
Hot Wax						
Fire Play						
Cupping						
Flash Cotton						
Electronic Play						
Tens Unit						
Violet Wand						
Strangulation						
Mummification						
Other:						

Role Play

Fantasy Role Play Scenes	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Police Scene						
Daddy-Child Scene						
Mommy-Child scene						
Rape Scene						
Medical Play Scene						
Business Office Scene						
Teacher / Head Master - Pupil Scene						
Nun / Priest Scene						
Pirate Scene						
Inquisition Scene						
Master / Slave Scene						
Doctor / Nurse – Patient Scene						
Human Pony / Horse						
Other:						

Medical Scene Activities

Medical Activities	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Saline Injections						
Needle Play						
Speculum						
Urethral Sounds						
Urethral Vibrators						
Enemas						
Catheter						

Medical Activities	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Neurowheel						
Hemostat						
Dental Play						
Pelvic Examination						
Straight Jacket						
Other:						

BDSM Toys

Type of Toy	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Collar						
Leash						
Paddle						
Flogger						
Leather Belt						
Riding Crop						
Quirt						
Bull Whip						
Cat-o-Nine Tails						
Clothes Pins						
Clothes Pins Zipper						
Clips						
Clamps						
Dildos						
Vibrating Dildos						
Strap-on Dildo						
Butt Plugs						
Vibrators						
Anal Beads						
Chastity Device						
Human Horse Gear						
Corset						
Cock Ring						
Ball Collar						
Neurowheel						
Tethers						

Type of Toy	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Ball Gag						
Blindfold						
Leather Head Hood						
Leather Wrist Restraints						
Leather Ankle Restraints						
Spreader Bar						
Hand Cuffs						
Leg Cuffs						
Bondage Rope						
Slapper						
Nipple Clamps						
Nipple Vibrators						
Ball Crusher						
Penis Vacuum Pumping						
Other:						

BDSM Sex Play

Types of Sexual Activities	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Intercourse						
Anal Intercourse						
Oral Sex						
Anal Sex						
Rimming						
Masturbation						
Cock and Ball Torture						
Vulva Torture						
Forced Oral Sex						
Forced Anal Sex						
Forced Bisexuality						
Forced Homoerotic Activities						
Rape Scene						
Anal Fisting						
Vaginal Fisting						
Gang Bangs						
Anonymous Sex						
Sex Slave						

Body Modification

Type of Body Modification	Intensely Like	Like	Unsure	Dislike	Intensely Dislike	Fear
Penis Enlargement (Vacuum Pump)						
Nipple Enlargement (Vacuum Pump)						
Clitoris Enlargement (Vacuum Pump)						
Foreskin Restoration						
Ball Stretcher						
Genital Piercing						
Urethral Enlargement (Sounds)						
Tattoos						
Branding						

What are your favorite fetishes? What fetishes really turn you on sexually and get you horny?

Have you ever contracted any sexually transmitted diseases, and if so, please list them?

What do you require for After Care? What food or drink do you find special (Childhood favorites).

Do you have any medical conditions?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Instructions

The form is fairly straight forward. The first section gathers demographic data specific to BDSM. It provides information about the type of player your submissive is and identifies their gender identity and sexual orientation.

Then their boundaries are explored along with specific safer sex practices.

The main part of the evaluation delves into specifics about various forms of BDSM. Each question is ranked with the following:

Intensely Like
Like
Unsure
Dislike
Intensely Dislike
Fear

Each of these categories will provide you with opportunities for future use. When “Intensely Like” is checked, I know this is an activity I can use to reward the submissive when they have earned a reward. Activities marked “Like” are activities I can use for regular play. Activities marked “Unsure” are areas that I can provide education to my submissive. The activities marked “Dislike” and “Intensely Dislike” are areas I generally avoid except in special circumstances.

Fear is a special category. These are areas that I can use to challenge my submissive to experience growth. Use these with caution, learn about Crisis Intervention, and learn how to safely incorporate Emotional Edge Play into your repertoire before playing scenes with these elements. I provide complete training in Emotional Edge Play in *The Dominant's Handbook – An Intimate Guide to BDSM* in the Psychosexual Components of BDSM Training Program (Separate from this training program).

This page covers BDSM Sex Play. While many people do not include sex play in their scenes, I like to obtain this information any way. It can be helpful for future scenes if you want to verbally entice the submissive with dirty talk or entice their imagination & fantasies. Some people are into incorporating sex into BDSM Scenes. By obtaining this information, you have good information for negotiating future scenes.

The Body Modification Page explores what types of body modifications the submissive is into, if any. I like to include this in the evaluation as a means to educate submissives. They may not be into any form of body modification today, but in time they may warm up to the idea.

This page covers STI's and Medical Conditions. When I ask about STD's and Medical Conditions, I let the submissive know that by answering honestly, this won't necessarily

mean we can't conduct an activity, but rather will give me information to place additional safeguards into the scene. It is important to ask about medical conditions before playing a scene, as some medical conditions are not visible at the surface. By obtaining information about medical conditions, you can adjust your scenes to accommodate the submissive and maintain safety in your scenes.

I like to end the evaluation by having the submissive either write their fantasy or tell me their fantasy. The fantasy often provides me information about how the submissive likes to experience things in a specific order. It gives deeper insight into how the submissive thinks about BDSM and can sometimes provide information about what helps trigger a submissive in different areas. It also can tell me what a submissive considers a really hot scene. Some elements from their fantasy can be a special reward when the submissive has gone out of their way to please me well.

I may or may not play out their fantasy. I may use some elements from their fantasy in a future scene. What is important is that I gain a little bit more insight into how the submissive's mind works and I definitely use elements from their fantasy in creating our scenes.

As a Switch, I have completed the BDSM Interest Evaluation as a Dominant and as a submissive. While many of my interests remain the same for both roles, there are some interests I enjoy as a Dom and some I enjoy as a sub.

I do recommend that Dominants fill out the Evaluation for themselves. It can be a good way to tell early on if you and your sub are a good fit as play partners. By comparing your interests with a new submissive, you will know how your interests match up and how there are differences.

I have found that the BDSM Interest Evaluation is a great tool. As a Dominant, I am not creating scenes in the dark. I can even prepare scenes with surprise elements because I know my submissive's boundaries and their interests. It also provides me with information about potential challenges that I can provide my submissive. The fear category is a great source for challenging a submissive to face some of their fears, and thus discover growth and make significant change in their life.

At one point I feared genital torture. By facing my fears in BDSM Role Play, I not only overcame my fear, but discovered a new passion in my play. I even designed a few CBT toys including my CBT Torture Device.

This photo depicts Gigi's CBT Device.

This Cock & Ball Torture Device first stretches the balls, then it crushes the balls while it is held in place by nipple clamps.



Raven's Lair

At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

If you gain benefit from these training materials and are able to transform your sex life, we ask that you consider making a donation. We believe that making an arbitrary decision about setting a monetary price for these materials does not account for the value each individual obtains from these materials.

So, if you obtain value from accurate adult sexual educational materials, now or in the weeks or months ahead, please make a donation to Raven's Lair. Visit our Patreon Page and make a donation based on the value you obtained from this training.



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About the Author

Ladyboy Gigi has been active in the BDSM community for over 30 years. Gigi started out as a boy toy sex slave and played as a submissive for many years. For the past 12 years Gigi identified as a switch, often playing the role of a Domme.

Gigi has been following an eclectic pagan sacred sex path since pre-adolescence. S/he has studied art, philosophy, ancient religions, ancient civilizations, photography, human sexuality, and sculpture. Gigi has a Bachelor's of Arts degree in Philosophy and a Master's degree in Social Work.

Gigi published *The Dominant's Handbook – An Intimate Guide to BDSM*. This book provides training information about physical, psychological, and psychosexual aspects of BDSM for individuals who want to learn Dominant Role Play.

Go to: <http://www.ravenslairleather.com>.



In 1999, Gigi was awarded the AIB Globe Award for outstanding service to the bisexual world community. Gigi, along with Michael Page and Wendy Curry, started Celebrate Bisexuality Day. For more information about CBD, go to: [Celebrate Bisexuality Day - Wikipedia, the free encyclopedia](#). Gigi served on BiNet USA's Board of Directors for two years.

Gigi was born intersex (hermaphrodite). Shortly after birth, doctors performed sexual reassignment surgery. Gigi has been active in the Transgender community, the bisexual community, the BDSM community, and other diverse alternative artistic communities. S/he has studied human sexuality in both undergraduate and graduate studies programs. Gigi is a hermaphrodite and identifies as being pansexual. Gigi has presented many diverse workshops for bisexual conferences, pagan festivals, BDSM events, and for other alternative communities. S/he has presented information in college courses as an invited speaker.

Gigi was a co-producer of AfterHours, Queer Radio With Attitude, KPFT 90.1 FM, a radio program that provided information about human sexuality and alternative lifestyle choices. Gigi had been on the air for over 25 years and has covered many diverse topics centered on human sexuality, BDSM, and sacred sex. The radio show provided sex-positive information about human sexuality and alternative lifestyle choices.

Ladyboy Gigi produced a podcast on iTunes called Adult Bedtime Stories. Adult Bedtime Stories is a show dedicated to bringing sacredness back to our sexuality and to learn about everything sexual. Allow the beautiful sexy creature within you to emerge. Each week the focus of the show was on different sexual topics designed to enlighten you so you develop more fully as a sexual being. This is the sex education that you didn't receive in high school, but should have.

Currently, Ladyboy Gigi through Raven's Lair is providing free sex positive educational videos on YouTube and [Raven's Lair's Website](#). The videos include free transcripts & workbooks designed to help people live a sex positive lifestyle.