



The Dominant's Handbook

An Intimate Guide to BDSM Play

Identify Taboo Evaluation

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Listed below are several common taboos that one can come across in our mainstream culture. For each taboo listed below, write a short commentary about how you feel about the taboo. For some of these, you may not see these as taboo for yourself. Yet, there are many in our culture who look down on people who engage in these activities. Explore your feelings around each taboo and ask yourself where and how these feelings came about.

How do you feel about anal sex? When did you first start feeling these feelings? How did these feelings come about?

How do you feel about oral sex? When did you first start feeling these feelings? How did these feelings come about?

How do you feel about masturbation? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about performing sex acts in front of other people? When did you first
start feeling these feelings? How did these feelings come about?

How do you feel about BDSM activities? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about sex toys? When did you first start feeling these feelings? How
did these feelings come about?

How do you feel about casual sex? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about anonymous sex? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about recreational sex? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about homosexuality? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about transsexuality? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about bisexuality? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about heterosexuality? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about cross dressing? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about gender bending? When did you first start feeling these feelings?
How did these feelings come about?

How do you feel about ageism? When did you first start feeling these feelings? How
did these feelings come about?

How do you feel about voyeurism? When did you first start feeling these feelings? How did these feelings come about?

How do you feel about exhibitionism? When did you first start feeling these feelings? How did these feelings come about?

How do you feel about golden showers? When did you first start feeling these feelings? How did these feelings come about?

How do you feel about moon time (menstruation)? When did you first start feeling these feelings? How did these feelings come about?

How do you feel about other taboos (Please list them.)? When did you first start feeling these feelings? How did these feelings come about?
