

30 DAYS OF: KINK

30 Days Kink is the first in our series of download-able personal challenges each with a flavour of discipline, bondage, submission, kink, fetishness, dominance or chastity.

Use this download pdf for your personal reference or take part and share your answers with others in the [Tickleberry Forum](#)



A thirty day personal challenge

30 DAYS OF KINK

The Full Set of Questions

You may have seen “30 Days of Submission” or “30 days of Dominance” on many personal blogs and perhaps you’ve seen this series of BDSM personal challenge questions too. We didn’t invent these, but we thought you’d might like a downloadable document to refer to when you’re off-line.

The 30 Days of Kink is a set of questions, one to be answered each day. If you’re new the BDSM these may help you to focus your mind on your desires, needs, and wants. Helping you to distinguish what remains fantasy and what is achievable or has been achieved.

There’s no set rules for answering the questions.

Do them when you feel comfortable, when you need to give your mind a break from every-day life. Do them in order or answer them as and when you please.

If you’d like to share your replies or thoughts with others pop along to our forum. We have a section dedicated to the 30 Days of Kink questions.

Main Tickleberry Forum: [Welcome](#)

30 Days of Kink Forum: [Kinky Days](#)

If you’d like to get in touch with us email hi@tickleberry.co.uk

Thirty Days of Kink ... Questions

◆ DAY 1: YOU...

Dominant, submissive or switch? List the parts of BDSM that get your juices flowing, what interests you the most? Basically define your kinky nature.

◆ DAY 2 : YOUR KINKS...

List your Kinks. Describes what it is about being Dominant or submissive that excites and arouses you the most.

◆ DAY 3 : DISCOVERIES...

How did you discover that you were kinky?

◆ DAY 4 : CLUES...

Write about any early experiences that, in retrospect, hinted at your kinks.

◆ DAY 5 : YOUR FIRST TIME...

What was your first kinky sexual experience? If you haven't yet had that first time write about what you hope to have happen.

◆ DAY 6 : FANTASIES...

Describe your weirdest/most interesting sexual fantasy.

◆ DAY 7 : YOUR TOYBOX...

What's your favourite toy or item of equipment?

◆ DAY 8 : LOOK!

Post a kinky image you find erotic. Briefly describe what arouses you most in the image.

◆ DAY 9 : LISTEN...

Post a kink related song or music video you enjoy. Describe why it works for you.

◆ DAY 10: HOW FAR...

What are your hard limits?

◆ Day 11: WHAT DO YOU THINK ABOUT...

What are your views on the ethics of kink?

◆ Day 12: "I THOUGHT YOU HAD THE KEYS..."

Tell us about a humorous BDSM/kink experience you've had. If you haven't had one, talk about aspects of kink/BDSM you find funny.

◆ Day 13: KINK APPEAL...

Explain as best you can what the appeal of kink/BDSM is to you? Why are you drawn to what you're drawn to?

◆ Day 14: REAL-LIFE BDSM...

How would you say real life BDSM/kink varies from fantasy BDSM/kink? If you haven't experienced real life BDSM/kink how do you think it might differ?

◆ DAY 15: "I WOULD LIKE TO..."

Write about a BDSM/kink activity you're curious about and would like to try.

Thirty Days of Kink ... Questions

♦ DAY 16: DIFFICULTIES...

What are the most difficult aspects of having a sexuality that involves kink or BDSM for you personally?

♦ DAY 17: "IT'S NOT LIKE THAT ..."

What misconception about kinky people would you most like to clear up?

♦ DAY 18: PET HATES...

Any kinky/BDSM pet peeves? Any thing you particularly dislike or that annoys you? If so, what are they?

♦ DAY 19: LIFE CHANGING...

Any unexpected ways kink has improved your life? If so, what are they?

♦ DAY 20: KINK CURIOUS...

Talk about something within kink/BDSM that you're curious about or don't understand.

♦ Day 21: KINK BOOKS...

List your Favourite BDSM related book/s (fiction or non-fiction).

♦ DAY 22: RELATIONSHIPS...

What do you think is important in keeping a BDSM relationship healthy? How does it differ from a vanilla relationship?

♦ DAY 23: PERSPECTIVES...

Since you first developed an interest in kink, have your interests/perspectives changed? If so, how?

♦ DAY 24: PARTNERS...

What qualities do you look for in a partner?

♦ DAY 25: "ACTUALLY, I'M IN TO..."

How open are you about your kinks?

♦ DAY 26: SPANKING THE MOUSE...

What's your opinion on online BDSM play? Or online D/s Relationships?

♦ DAY 27: "LICK MY STAMPS! YOU WORM!..."

Do your non-kink interests ever find their way into your kinky activities? If so, how?

♦ DAY 28: "CORSET DOES..."

How do you dress for kink/BDSM play? What significance does your attire have to you?

♦ DAY 29: "MY NAME IS..."

Do you have a BDSM title (e.g. mistress, master, slut, pig, whore, princess, goddess, ma'am, sir)? What is your opinion of the use of titles in general?

♦ DAY 30: FREE TIME...

Write or create a list of whatever BDSM/kink related thing you want to.