
Punishment Ideas Master List

Long distance:

1. Having to wear Ben Wa balls*
2. Writing 50-100 lines (“I will not...”)
3. Cold showers
4. Having to wear a butt plug
5. Write a letter to their Dom apologizing and how they’re going to make sure they never do it again
6. Made to get a Brazilian wax
7. Having to post about their transgression online

Pain free:

8. Not allowed to wear clothes
9. Not allowed to wear underwear outside the house*
10. Not allowed to wear makeup
11. Body writing with a permeant marker (“Whore, slut, Property of ...”)
12. Having to do chores/clean something that they don’t like doing
13. Not allowed to speak
14. Be given a harsh lecture
15. Made to eat from a pet bowl on the floor+
16. Denied to sit on furniture or sleep in their bed

DD/Ig:

17. Standing in the corner
18. No screen time (Phone/computer/TV)*
19. Early bedtime
20. No treats+
21. Giving the sub no attention at all for a set time
22. Taking away a favorite stuffie
23. Wash their mouth out with soap

Painful/sexual:

24. Spanking or using different implements: belt, ruler, riding crop, flogger, etc.*
25. Wearing a chastity device
26. Having to perform a sex act they particularly don’t enjoy, like oral or anal
27. Nipple clamps
28. Clothes pins attached to the body or genitals
29. Orgasm denial
30. Ice cubes rubbed against their body
31. Made to eat hot peppers+
32. Wearing a restrictive collar

*My Dom’s favorite to use on me.

+Be extra cautious about food related punishments if the sub has/had an eating disorder.