BDSM Relationship Negotiation

Sheet & Contract



# Part 1 – Negotiation and Questions for the Contract

Brought to you by:

Alaska Club Kink

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## Prior to negotiating, it is important to understand the following:

* Both parties need to know each other before signing into a contract. The trust created in the contract is built on trust that comes from learning about one another prior to signing the contract.
* While creating the contract, both parties are of equal value. The power exchange should not be held while negotiating for the contract agreements, and no punishment should follow if a disagreement occurs while negotiating for the contract.
* Contracts are not for intimate relations only. Contracts vary and can be used for services subs, sexual only, and other types of contracts that meet the needs of your relationship.
* Both parties need to have discussions before the contract is created to identify the goals and boundaries of the contract for each side.
* Reviewing other tools like Yes, No, Maybe Lists and simple Negotiation sheets may help to get the conversation started to a more in depth level.
* While a main shared goal is not necessary, having a shared goal creates a unified sense of achievement. This can be as simple as having a goal to have more time together, to much more technical, such as improving Riger/rope bunny techniques.
* While most contracts have a length of time specified, it is important to remember that any contract can be broken at any time, without repercussions!
* A contract is not a guarantee for a successful relationship – like many other items in the BDSM/Kink world, it is simply a tool to help build and structure your relationship.

## Questions to consider:

Prior to filling out the contract negotiation sheet, have you answered these questions:

* Why do you want a contract?
* What is the main relationship goal of the contract?
* Is this an intimate contract? Service only? Sexual? A mix of multiple areas of contract?
* What do you hope to obtain from the contract?
* What do you want to leave out of the contract?
* Have you communicated with your partner regarding relationship goals of the contract?



Negotiation Questions:

If you’re ready to start the contract process, here are some negotiation questions to help you with filling out the contract for your relationship.

### Relationship information:

1. Contract Participants and their roles?
   1. What will the Dominant be called in private?
   2. What will the Dominant be called in Public?
   3. What will the submissive be called in private?
   4. What will the submissive be called in Public?
      1. *Why is this important? If you plan to attend “vanilla” events as a couple, but are in a power exchange, having public and private names allows you to participate in both kinky and vanilla worlds, while keeping your identities, and your lifestyles private to the extent that you wish to keep them.*
2. Does the contract have a specified length of them?
   1. If yes, what is the length of the contract:
3. What is/are the main shared goal(s) of the contract?
4. How often will the parties meet?
   1. Specify a schedule for the contract such as weekly, daily, monthly, weekends, etc.
5. What methods of communication will be used throughout the contract?
   * 1. *Why is this important? Due to the many methods of communication available to us, a message may be sent using one method and will not be received for many hours if the other party does not also use the same method. Having open communication lines, even when you are separated, is extremely important for the success of both the contract and the relationship.*
6. What will the exclusivity of the relationship be during the contract?
   * 1. *Why is this important? Deciding about the exclusivity of the relationship prior to signing the contract allows for the discussion of expectations prior to encountering unexpected invitations. Not being exclusive requires a lot of thought and communication into how that will work, such as will it stop at play parties, playing alone, sex with others, how often, and the extent of relationships with external parties that are involved with the relationship.*
7. What safe words will be used?
   * 1. *A note about safewords: Safewords are put in place for either party to stop play or any event that makes an individual feel that they have reached their limit. While “Red” and “Yellow” are the most common safewords, any safeword can be used. It is important to notate if your submissive has reached their limit physically, as sometimes individuals forget they have a safeword to use. Always use your best judgement if you feel the situation requires a stop on behalf of the other party, not just yourself. Pay attention to behavior and body language, tone and reactions.*
     2. *Nonverbal safewords are important to distinguish as well, if your sub is gagged or cannot speak (such as dropping a ball when they are done). While no safeword is perfect, having agreed upon actions and words can help communicate when a limit has been reached.*
8. Will a collar be worn or introduced during this contract?
9. How confidential is this contract? Relationship?
10. How will alterations to the contract be handled?
11. Will switching occur in the contract?
    1. If yes, how will the switch be introduced?
    2. Who may introduce the switch?
    3. How long will the switch last?
12. How will the scenes be planned?
    1. How will scenes be negotiated?
13. What type of aftercare is required?
14. Agreement for emotional health well being?
15. Agreement for sexual health and protection?
16. Agreement for physical health and well being?
    * 1. *Why is this important? Emotional, physical, and mental health play a large role in both parties ability to keep a safe and healthy relationship, but even more importantly, keep a power exchange healthy. While many sites state the submissive side of mental health, the Dominant side is just as critical to keep. Having outlets for different areas of health for both parties allow for growth, unwinding, and support to occur throughout the contract. If at anytime either party needs a break or time before hopping back into the power exchange, it is critical to communicate those needs.*
17. Will punishments be used?
    1. If so, what are the agreed upon punishments?
    2. Under which circumstances may they be used?
18. What protocols will be put in place?
19. Will brattyness be allowed?
20. Any other relationship information:

### Dominant information:

1. What are the Dominant’s goals?
2. What are the Dominant’s responsibilities?
3. What are the Dominant’s fetishes?
   1. Soft Limits?
   2. Hard Limits?
4. Is there anything else the Dom would like to disclose?

### submissive information:

1. What are the submissive’s goals?
2. How should the submissive act toward the Dominant and others?
   1. Etiquette:
   2. Protocols:
   3. Not allowed:
3. What are the submissive’s responsibilities?
4. What control is the sub willing to give the Dominant?
   1. Is it a total power exchange?
5. When can the submissive veto?
   * 1. *Why is the submissive’s control discussion and veto power so important? The submissive is trusting the Dominant in many areas of their life. However, to give total control is unrealistic in many circumstances (submissive lives by themselves, have families to support, works a job, or the Dominant may not seek total control). Identifying what areas of control the submissive is comfortable relinquishing and which ones they are not, allows for a more detailed expectation of the Dominant and the submissive in the contract.*
6. What are the sub’s fetishes?
   1. sub’s soft limits?
   2. sub’s hard limits?
7. Is there anything else the sub would like to disclose?

Dominant and submissive Contract

# This contract is

# held between

(Dominant Name and Title)

And

(submissive Name and Title)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Commencement Date

# The Participants

This contract is a *Sexual Contract, service contract, intimate contract, other contract*.

This contract is entered into voluntarily between *Dominant Name* and *submissive Name*. The contract will have a term that is *length of contract (example: 3 mos, 2 weeks, 1 year, etc.)* and will start on *Start date of contract* and end on *End date of contract*. Once this contract is signed, both parties acknowledge entering this contract voluntarily and under no circumstances that could be considered “forced.”

This agreement may be terminated by either party at any time. The parties agree to communicate why the contract was terminated if termination occurs prior to the contract end date.

The shared goal(s) for the contract is/are *Entered shared goal(s)*. This goal will be considered reached when goal completion acknowledgement.

The contract may be modified by who may modify this contract?. The contract can only be modified under List why the contract may be modified. Both parties must agree to the modification of this contract.

The parties agree to meet a minimum of How often do you plan to meet?, for *How long do you plan to meet?*. The parties agree to give each other at least *How far in advance do you agree to give cancellation notices* for non-emergency conflicts. If an emergency arises at the last minute and meetings cannot occur, both parties agree to communicate as soon as possible that they cannot meet. The submissive cannot get in trouble for cancelling under the following circumstances:

* *Reason 1 – Delete if unnecessary*
* *Reason 2 – Delete if unnecessary*
* *Reason 3 – Delete if unnecessary*
* *Reason 4 – Delete if unnecessary*
* *Reason 5 – Delete if unnecessary*

The parties agree to communicate through *Primary method of communication*. If that is unavailable, other agreed upon communication methods include *Secondary communication methods*. If the submissive fails to communicate with the agreed upon communication methods, punishment *may/may not* occur.

During play, the Dominant and submissive agree to use *Safewords* as safewords during play. The submissive cannot get in trouble for using safewords. If a safeword is used by either party, play stops and a check in is required.

Switching *Can/cannot* occur in this contract. If switching does occur, *The Dominant/submissive/both parties* can initiate the switch. Switching may last up to *How long will switching last?*.

The *Dominant/submissive/both* are responsible for planning scenes. The *Dominant/submissive/both* are responsible for cleaning up after scenes. Aftercare for the Dominant includes *Dominant aftercare needs*. Aftercare needs for the submissive includes *submissive aftercare needs*.

The parties agree to keep sexual health by *Plan to keep sexual health (Example: birth control, sti testing, play partner questioning, etc.*.

* + 1. Example Paragraph 1: The parties agree to keep sexual health by completing regular STI Testing, communicating any abnormal sexual experiences, either by themselves or with other parties, and communicating about their shared sexual goals. The parties agree to communicate on items such as birth control, play partners, and shared toy usage.
    2. Example Paragraph 2: The parties agree to keep sexual health out of this contract, as this contract is service only.
    3. Example Paragraph 3: The parties agree to keep sexual health by having open communication about their sexual plans. While areas such a birth control and STI testing are ultimately up to the individual, it is agreed upon that any changes to their sexual protection is discussed.

The following punishments have been agreed upon by both parties. Punishments for the submissive include:

* *Punishment 1 – delete if unnecessary*
* *Punishment 2 – delete if unnecessary*
* *Punishment 3 – delete if unnecessary*
* *Punishment 4 – delete if unnecessary*
* *Punishment 5 – delete if unnecessary*

# Dominant Information

The Dominant will be referred to as *Dominant’s public name* in public and *Dominant’s private name* in private.

The Dominant’s goals for the contract are *Dominant’s goals*. Goals will be considered reached when goal completion acknowledgement.

The Dominant May or may not play with other people. The Dominant can play with other individuals under the following conditions:

* *Reason 1 – Delete if unnecessary*
* *Reason 2 – Delete if unnecessary*
* *Reason 3 – Delete if unnecessary*
* *Reason 4 – Delete if unnecessary*
* *Reason 5 – Delete if unnecessary*

The Dominant will take care of their mental health by List how the Dominant will take care of their mental health. The Dominant will communicate any mental health issues that could impact this contract to the submissive as soon as possible.

The Dominant will take care of their physical health by List how the Dominant will take care of their Physical health. The Dominant will communicate any mental health issues that could impact this contract to the submissive as soon as possible.

The Dominant’s responsibilities include:

* *Responsibility 1 – delete if unnecessary*
* *Responsibility 2 – delete if unnecessary*
* *Responsibility 3 – delete if unnecessary*
* *Responsibility 4 – delete if unnecessary*
* *Responsibility 5 – delete if unnecessary*

# submissive Information

The submissive will be referred to as *submissive’s public name* in public and *submissive’s public name* in private.

The submissive’s goals for the contract are *submissive’s goals*. Goals will be considered reached when goal completion acknowledgement.

The submissive May or may not play with other people. The submissive can play with other individuals under the following conditions:

* *Reason 1 – Delete if unnecessary*
* *Reason 2 – Delete if unnecessary*
* *Reason 3 – Delete if unnecessary*
* *Reason 4 – Delete if unnecessary*
* *Reason 5 – Delete if unnecessary*

The submissive *will/ will not* wear a collar. The collar will be worn *How often will the collar be worn? Example: 24/7, at parties, at home, when agreed upon, etc.)*.

The submissive will take care of their mental health by List how the submissive will take care of their mental health. The submissive will communicate any mental health issues that could impact this contract to the Dominant as soon as possible.

The submissive will take care of their physical health by List how the submissive will take care of their physical health. The submissive will communicate any physical health issues that could impact on this contract to the Dominant as soon as possible.

The submissive’s responsibility include:

* *Responsibility 1 – delete if unnecessary*
* *Responsibility 2 – delete if unnecessary*
* *Responsibility 3 – delete if unnecessary*
* *Responsibility 4 – delete if unnecessary*
* *Responsibility 5 – delete if unnecessary*

The submissive agrees to give up control over:

* *Control 1 – delete if unnecessary*
* *Control 2 – delete if unnecessary*
* *Control 3 – delete if unnecessary*
* *Control 4 – delete if unnecessary*
* *Control 5 – delete if unnecessary*

The submissive keeps control over:

* *Control 1 – delete if unnecessary*
* *Control 2 – delete if unnecessary*
* *Control 3 – delete if unnecessary*
* *Control 4 – delete if unnecessary*
* *Control 5 – delete if unnecessary*

The submissive agrees to have the following etiquettes for the Dominant:

* *Etiquette 1 – delete if unnecessary*
* *Etiquette 2 – delete if unnecessary*
* *Etiquette 3 – delete if unnecessary*
* *Etiquette 4 – delete if unnecessary*
* *Etiquette 5 – delete if unnecessary*

The submissive agrees to the following protocols:

* *Protocol 1 – delete if unnecessary*
* *Protocol 2 – delete if unnecessary*
* *Protocol 3 – delete if unnecessary*
* *Protocol 4 – delete if unnecessary*
* *Protocol 5 – delete if unnecessary*

The submissive can veto any requested action when *submissive veto power agreements.*.

# Execution

By signing this contract, the submissive offers their submission to their Dominant, executed by the submissive in the presence of:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of the submissive

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Witness (optional)

By signing this contract, the Dominant accepts the submissive into their care, executed by the Dominant in the presence of:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of the Dominant

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Witness (optional)

# Fetishes and Limits - Dominant

On the list of activities listed below, mark each fetish or service with a Y for Yes, S for soft Limit, H for Hard Limit, and I for Interested in.

For activities that are not mentioned or are not ticked, discussions are required prior to utilizing or trying them.

Dominant: *Dominant Name*

Y S H I Anal

Y S H I Anal Plugs

Y S H I Anal Sex

Y S H I Aromas

Y S H I Beads

Y S H I Being Serviced Sexually

Y S H I Ben‐Wa Balls

Y S H I Bottom Worship

Y S H I Breast Play

Y S H I Breast Worship

Y S H I Clit Pumps

Y S H I Clit Stimulators

Y S H I Chores

Y S H I Cock Worship

Y S H I Cock Rings

Y S H I Corsets

Y S H I Cunnilingus

Y S H I Dildos

Y S H I Double Penetration

Y S H I Enemas

Y S H I Erotic Massage

Y S H I Fellatio

Y S H I Fisting

Y S H I Forced Dancer

Y S H I Strip Tease

Y S H I Belly Dancing

Y S H I Genital Sex

Y S H I Golden Showers

Y S H I Hand Jobs

Y S H I Hot Oils

Y S H I Ice Cubes

Y S H I Kneeling

Y S H I Latex/ Rubber/PVC

Y S H I Clothing

Y S H I Licking

Y S H I Lingerie (Wearing)

Y S H I Massage

Y S H I Modeling

Y S H I Nipple Clamps

Y S H I Nipple Play

Y S H I Orgasm Control

Y S H I Orgasm Denial

Y S H I Phone Sex

Y S H I Play Parties (Play)

Y S H I Play Parties

Y S H I Voyeurism

Y S H I Pussy Worship

Y S H I Sensation Play

Y S H I Rimming

Y S H I Shaving

Y S H I Skinny Dipping

Y S H I Sex Swing

Y S H I Sex Toys in Public (Under Clothes)

Y S H I Sexual Deprivation

Y S H I Strap‐on Dildos

Y S H I Suction Cups

Y S H I Swallowing Semen

Y S H I Tampon Training

Y S H I Anal Teasing

Y S H I Tickling

Y S H I Vanilla Sex

Y S H I Vibrators

Y S H I Water Sports

Y S H I Whipped Cream

Y S H I Arm/leg sleeves

Y S H I Blindfolds

Y S H I Bondage (Light)

Y S H I Bondage (Heavy)

Y S H I Breast Bondage

Y S H I Chastity Devices

Y S H I Chains

Y S H I Duct Tape

Y S H I Gags

Y S H I Gates of Hell

Y S H I Harness

Y S H I Handcuffs

Y S H I Hoods

Y S H I Immobilization

Y S H I Intricate Rope

Y S H I Bondage

Y S H I Leather Restraints

Y S H I Manacles

Y S H I Rope Restraint

Y S H I Saint Andrew’s Cross

Y S H I Silk Scarves

Y S H I Spreader Bars

Y S H I Straight Jacket

Y S H I Strappado

Y S H I Stretchers

Y S H I Suspension

Y S H I Suspension (Inverted)

Y S H I Table Play

Y S H I Thigh Cuffs

Y S H I Thumb Cuffs

Y S H I Locks

Y S H I Abrasion

Y S H I Ball Stretching

Y S H I Belts

Y S H I Biting

Y S H I Breast Whipping

Y S H I Caning

Y S H I Clothespins

Y S H I Cock & Ball Torture (CBT)

Y S H I Face Slapping

Y S H I Flogging

Y S H I Hairbrushes

Y S H I Hair Pulling

Y S H I Hot Wax

Y S H I Nipple Torment

Y S H I Paddles

Y S H I Pain

Y S H I Parachute

Y S H I Pussy Whipping

Y S H I Racks

Y S H I Riding Crops

Y S H I Scratching

Y S H I Spanking

Y S H I Spanking Over‐the‐Knee

Y S H I Strapping

Y S H I Weights (Genital)

Y S H I Whipping

Y S H I Role Play & Scenes

Y S H I Age Play

Y S H I Animal Roleplay

Y S H I Bathroom Use

Y S H I Bathroom Control

Y S H I Cross Dressing

Y S H I Cages

Y S H I Competitions

Y S H I Cuckold

Y S H I Daddy Play

Y S H I Diapers

Y S H I Education Scenes

Y S H I Exhibitionism

Y S H I Feminization

Y S H I Fantasy Rape

Y S H I Fantasy Gang Rape

Y S H I Homosexuality

Y S H I Masturbation

Y S H I Gas Mask

Y S H I Group Sex

Y S H I High Heel Worship

Y S H I House Work

Y S H I Human Ashtray

Y S H I Human Furniture

Y S H I Human Puppy

Y S H I Human Pony

Y S H I Including Others

Y S H I Infantilism

Y S H I Play Kidnapping

Y S H I Masks

Y S H I Mommy Play

Y S H I Mouth Bits

Y S H I Outdoor Scenes

Y S H I Prison Scenes

Y S H I Punishment Scenes

Y S H I Religious Scenes

Y S H I Swapping Partners

Y S H I Uniforms

Y S H I Videoed Scenes

Y S H I Serving as a Maid/Servant

Y S H I Threesome

Y S H I Triple Penetration

Y S H I Wrestling

Y S H I Asphyxiation/Breath Control

Y S H I Branding

Y S H I Catheterization

Y S H I Cattle Prod

Y S H I Cutting

Y S H I Electricity

Y S H I Examinations

Y S H I Fear Play

Y S H I Flame Play

Y S H I Knife Play

Y S H I Medical Scenes

Y S H I Mummification

Y S H I Needle Play

Y S H I Piercing (Temp/Perm)

Y S H I Sleep Sack

Y S H I Saran Wrap

Y S H I Speculums

Y S H I Slings

Y S H I TENS Unit

Y S H I Urethral Play

Y S H I Violet Wands

Y S H I Sounding

Y S H I Water Bondage

Y S H I Human Pig

Y S H I Begging/Pleading

Y S H I Boot Worship

Y S H I Chamber‐Pot Use

Y S H I Chosen Food For Discipline

Y S H I Exercise

Y S H I Foot Worship

Y S H I Forced Bed Wetting

Y S H I Forced Dressing

Y S H I Forced Nudity

Y S H I Forced Servitude

Y S H I Humiliation in Private

Y S H I Humiliation in Public

Y S H I Hypnosis

Y S H I Homage

Y S H I Homage with Tongue

Y S H I Interrogations

Y S H I Lecturing

Y S H I Mind Games

Please list any other hard, soft, or interested limits, as needed.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Fetishes and Limits - submissive

On the list of activities listed below, mark each fetish or service with a Y for Yes, S for soft Limit, H for Hard Limit, and I for Interested in.

For activities that are not mentioned or are not ticked, discussions are required prior to utilizing or trying them.

submissive: *submissive Name*

Y S H I Anal

Y S H I Anal Plugs

Y S H I Anal Sex

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Y S H I Beads

Y S H I Being Serviced Sexually

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Y S H I Breast Play

Y S H I Breast Worship

Y S H I Clit Pumps

Y S H I Clit Stimulators

Y S H I Chores

Y S H I Cock Worship

Y S H I Cock Rings

Y S H I Corsets

Y S H I Cunnilingus

Y S H I Dildos

Y S H I Double Penetration

Y S H I Enemas

Y S H I Erotic Massage

Y S H I Fellatio

Y S H I Fisting

Y S H I Forced Dancer

Y S H I Strip Tease

Y S H I Belly Dancing

Y S H I Genital Sex

Y S H I Golden Showers

Y S H I Hand Jobs

Y S H I Hot Oils

Y S H I Ice Cubes

Y S H I Kneeling

Y S H I Latex/ Rubber/PVC

Y S H I Clothing

Y S H I Licking

Y S H I Lingerie (Wearing)

Y S H I Massage

Y S H I Modeling

Y S H I Nipple Clamps

Y S H I Nipple Play

Y S H I Orgasm Control

Y S H I Orgasm Denial

Y S H I Phone Sex

Y S H I Play Parties (Play)

Y S H I Play Parties

Y S H I Voyeurism

Y S H I Pussy Worship

Y S H I Sensation Play

Y S H I Rimming

Y S H I Shaving

Y S H I Skinny Dipping

Y S H I Sex Swing

Y S H I Sex Toys in Public (Under Clothes)

Y S H I Sexual Deprivation

Y S H I Strap‐on Dildos

Y S H I Suction Cups

Y S H I Swallowing Semen

Y S H I Tampon Training

Y S H I Anal Teasing

Y S H I Tickling

Y S H I Vanilla Sex

Y S H I Vibrators

Y S H I Water Sports

Y S H I Whipped Cream

Y S H I Arm/leg sleeves

Y S H I Blindfolds

Y S H I Bondage (Light)

Y S H I Bondage (Heavy)

Y S H I Breast Bondage

Y S H I Chastity Devices

Y S H I Chains

Y S H I Duct Tape

Y S H I Gags

Y S H I Gates of Hell

Y S H I Harness

Y S H I Handcuffs

Y S H I Hoods

Y S H I Immobilization

Y S H I Intricate Rope

Y S H I Bondage

Y S H I Leather Restraints

Y S H I Manacles

Y S H I Rope Restraint

Y S H I Saint Andrew’s Cross

Y S H I Silk Scarves

Y S H I Spreader Bars

Y S H I Straight Jacket

Y S H I Strappado

Y S H I Stretchers

Y S H I Suspension

Y S H I Suspension (Inverted)

Y S H I Table Play

Y S H I Thigh Cuffs

Y S H I Thumb Cuffs

Y S H I Locks

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Y S H I Parachute

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Y S H I Racks

Y S H I Riding Crops

Y S H I Scratching

Y S H I Spanking

Y S H I Spanking Over‐the‐Knee

Y S H I Strapping

Y S H I Weights (Genital)

Y S H I Whipping

Y S H I Role Play & Scenes

Y S H I Age Play

Y S H I Animal Roleplay

Y S H I Bathroom Use

Y S H I Bathroom Control

Y S H I Cross Dressing

Y S H I Cages

Y S H I Competitions

Y S H I Cuckold

Y S H I Daddy Play

Y S H I Diapers

Y S H I Education Scenes

Y S H I Exhibitionism

Y S H I Feminization

Y S H I Fantasy Rape

Y S H I Fantasy Gang Rape

Y S H I Homosexuality

Y S H I Masturbation

Y S H I Gas Mask

Y S H I Group Sex

Y S H I High Heel Worship

Y S H I House Work

Y S H I Human Ashtray

Y S H I Human Furniture

Y S H I Human Puppy

Y S H I Human Pony

Y S H I Including Others

Y S H I Infantilism

Y S H I Play Kidnapping

Y S H I Masks

Y S H I Mommy Play

Y S H I Mouth Bits

Y S H I Outdoor Scenes

Y S H I Prison Scenes

Y S H I Punishment Scenes

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Y S H I Cutting

Y S H I Electricity

Y S H I Examinations

Y S H I Fear Play

Y S H I Flame Play

Y S H I Knife Play

Y S H I Medical Scenes

Y S H I Mummification

Y S H I Needle Play

Y S H I Piercing (Temp/Perm)

Y S H I Sleep Sack

Y S H I Saran Wrap

Y S H I Speculums

Y S H I Slings

Y S H I TENS Unit

Y S H I Urethral Play

Y S H I Violet Wands

Y S H I Sounding

Y S H I Water Bondage

Y S H I Human Pig

Y S H I Begging/Pleading

Y S H I Boot Worship

Y S H I Chamber‐Pot Use

Y S H I Chosen Food For Discipline

Y S H I Exercise

Y S H I Foot Worship

Y S H I Forced Bed Wetting

Y S H I Forced Dressing

Y S H I Forced Nudity

Y S H I Forced Servitude

Y S H I Humiliation in Private

Y S H I Humiliation in Public

Y S H I Hypnosis

Y S H I Homage

Y S H I Homage with Tongue

Y S H I Interrogations

Y S H I Lecturing

Y S H I Mind Games

Please list any other hard, soft, or interested limits, as needed.

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# Punishment Examples

Below is a list of possible punishments. After discussions, please mark the agreed upon punishments. If appropriate, make note of when those punishments will be used, such as forgetting to check in with the Dominant, or failing to do chores.

Additional Chores

Being Deprived of Privileges

Bondage/Restraint

Caning

Cages

Cells/closets

Corner time

Crops

Feminization/Petticoating

Fantasy Abandonment

Figging

Genital Clamps

Going to Bed Early

Grounding

Hairbrush Spanking

Hair Pulling

Handcuffs

Hot Wax

Housework

Ice

Kneeling

Leg chains

Orgasm Denial

Paddling

Panty or Ball Gags

Pinching

Silent Treatment

Spanking

Stocks

Time‐outs

Water Torture

Weights

Whipping/Flogging

Writings

Other

Other Agreed Upon Punishments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Areas of Control Examples

Areas of control vary by party. While the below list is just examples, areas of control can be creative and fun for both parties. Both parties should feel comfortable and accepting of the areas of control.

1. Sexual
   1. How often the submissive may have sex?
   2. How often the submissive may masturbate?
      1. How the submissive may masturbate?
      2. When the submissive can masturbate?
   3. How often the submissive may orgasm?
2. Hygiene
   1. Bathroom control
   2. Showering
   3. Baths
   4. Changing clothes
   5. Brushing teeth
   6. Deodorant
3. Parties
   1. May the submissive interact with their Dominant?
      1. With others?
   2. May the submissive speak?
      1. To others?
   3. Can the submissive relax?
   4. Can/should the submissive serve others?
   5. Can the submissive play?
      1. With Others?
4. Daily Schedule
   1. Will the submissive sleep 8 hours? 4 hours?
   2. When will the submissive eat?
   3. When will chores be done?
   4. When will the submissive get dressed?
5. Clothing
   1. Who will choose the submissive’s clothes to be worn the next day?
   2. How will clothes be picked?
6. Financial
   1. Will the submissive have access to their bank account?
   2. Will the submissive have a spending limit?
      1. *Financial should not be taken lightly! Only enter financial control if you know and trust the other party extremely well and have a long standing relationship with them.*

Appendix

[Part 1 – Negotiation and Questions for the Contract 1](#_Toc145779483)

[Prior to negotiating, it is important to understand the following: 2](#_Toc145779484)

[Questions to consider: 2](#_Toc145779485)

[Relationship information: 3](#_Toc145779486)

[Dominant information: 4](#_Toc145779487)

[submissive information: 4](#_Toc145779488)

[This contract is 6](#_Toc145779489)

[held between 6](#_Toc145779490)

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