

## ▯ **BDSM Negotiation Checklist**

**Purpose:** This checklist is designed to guide open and thorough communication between partners before entering into a BDSM dynamic or engaging in a scene. It helps identify limits, desires, and boundaries to ensure a foundation of mutual consent and safety.

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### **1. Basic Information**

- ☐ Scene participants' names and roles (Dominant/Submissive/Switch/Other)
  - ☐ Type of relationship (one-time scene, ongoing dynamic, play partner, 24/7, etc.)
  - ☐ Pronouns and honorifics
  - ☐ Known mental health conditions or trauma history relevant to play
  - ☐ Medical concerns, allergies, or physical limitations
  - ☐ Emergency contact protocol or safe call system (if applicable)
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### **2. Hard Limits (Absolutely Off-Limits)**

Check all that apply or write in your own:

- ☐ Blood
  - ☐ Needles
  - ☐ Knife play
  - ☐ Breath play
  - ☐ Impact above neck
  - ☐ Age regression
  - ☐ CNC/non-consent play
  - ☐ Anal play
  - ☐ Verbal degradation
  - ☐ Spitting
  - ☐ Sexual contact
  - ☐ Substance use during play
  - ☐ Other: \_\_\_\_\_
  - ☐ Other: \_\_\_\_\_
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### **3. Soft Limits (Use With Caution)**

List any acts that require caution, mood, or special preparation:

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
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### **4. Interests and Desires**

What are you curious about or excited to explore?

- ☐ Bondage (rope, cuffs, spreader bars)
- ☐ Discipline & punishment
- ☐ Sensory play (ice, wax, blindfolds)
- ☐ Power exchange / protocol
- ☐ Pet play / primal play
- ☐ Roleplay scenarios
- ☐ Orgasm control
- ☐ DDLG or caregiver/little dynamics
- ☐ Humiliation / degradation
- ☐ Pain play (impact, clamps, etc.)
- ☐ Rituals / training
- ☐ Other: \_\_\_\_\_

Rate each from 1 (mild interest) to 5 (high interest) in discussion.

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#### 5. Communication and Safewords

- ☐ What safeword will be used? \_\_\_\_\_
  - ☐ Do you prefer the traffic light system? (Red, Yellow, Green)
  - ☐ Do you want hand signals for non-verbal safewords?
  - ☐ Preferred check-in phrases during play (e.g., "Color check?")
  - ☐ Aftercare needs discussion plan
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#### 6. Scene Structure and Roles

- ☐ Length of scene/time expectations
  - ☐ Setting/location
  - ☐ Is this private or public (dungeon, party)?
  - ☐ Are photos or videos allowed?
  - ☐ Roles and power dynamics agreed upon?
  - ☐ Use of titles/honorifics during play
  - ☐ Clothing rules (e.g., nude, lingerie, collar only)
  - ☐ Speech rules (e.g., no speaking without permission)
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#### 7. Physical and Emotional Aftercare

- ☐ Preferred aftercare items (blankets, snacks, etc.)
  - ☐ Words of affirmation or debrief?
  - ☐ Touch needs after scene (yes/no/circumstantial)?
  - ☐ Alone time needed after?
  - ☐ Typical signs of sub/drop or dom/drop for you?
  - ☐ Who will initiate follow-up conversation?
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#### 8. Consent Agreement

- ☐ We both understand this is a consensual exchange.
- ☐ We agree that consent can be withdrawn at any time.
- ☐ We will prioritize safety, honesty, and aftercare.
- ☐ We have reviewed hard/soft limits thoroughly.
- ☐ We agree to revisit this checklist if the dynamic evolves.

**Signed:** Dominant: \_\_\_\_\_ Submissive: \_\_\_\_\_ Date: \_\_\_\_\_  
\_\_\_\_\_