

# Power Exchange Relationship Contract Template

A customizable D/s agreement template for structure, safety, and clarity

*Note: This contract is not legally binding. It is a consensual agreement between adults to formalize their power exchange relationship. All elements should be reviewed, modified, and mutually agreed upon by both parties.*

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## Section 1: Participant Information

Dominant's Name: \_\_\_\_\_ Submissive's Name: \_\_\_\_\_  
Date of Agreement: \_\_\_\_\_ Review Date  
(recommended): \_\_\_\_\_

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## Section 2: Purpose of This Agreement

This agreement outlines the mutual roles, responsibilities, expectations, and boundaries in the power exchange relationship between the Dominant and the submissive. It is intended to foster clear communication, provide emotional and physical safety, and promote growth, intimacy, and intentional connection.

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## Section 3: Definitions

**Power Exchange:** The consensual transfer of authority from the submissive to the Dominant within defined limits.

**Dominant:** The partner who holds responsibility, direction, and authority within the relationship.

**Submissive:** The partner who offers their obedience, service, or surrender within agreed-upon limits.

**Scene:** A defined period in which power exchange and/or kink activities are practiced.

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## Section 4: Core Agreements

- ☐ We agree to prioritize **consent, communication, and safety** at all times.
  - ☐ We understand either party may **renegotiate** or **terminate** this contract at any time.
  - ☐ We agree to conduct regular **check-ins** and maintain emotional care and accountability.
  - ☐ We acknowledge that this dynamic is a **part of our lives**, not our entire identity.
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## Section 5: Roles and Responsibilities

**Dominant Will:**

- Guide, protect, and lead with intention and care.
- Establish structure and rituals aligned with our shared goals.
- Practice restraint and self-awareness in authority.
- Provide aftercare and emotional support as needed.

**Submissive Will:**

- Obey agreed-upon rules and protocols to the best of their ability.
  - Communicate openly about limits, needs, and emotional states.
  - Offer service or surrender in a way that is freely given and never coerced.
  - Respect the Dominant's guidance and structure.
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## Section 6: Limits and Safewords

**Hard Limits (Never Allowed):**

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**Soft Limits (With Caution):**

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**Safeword System:** We will use the following safewords:

- **RED** = Full stop
  - **YELLOW** = Slow down / check-in
  - **GREEN** = Everything is okay
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## Section 7: Rituals, Protocols, and Rules

**Daily Rituals:** (e.g., Morning text, kneeling, journaling)

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**Protocol Levels:** (e.g., High protocol in public? Domestic protocol at home?)

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**Behavioral Rules:** (e.g., Curfews, clothing, greetings, honorifics)

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**Consequences:** (e.g., Loss of privileges, reflection tasks, assigned writing)

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## Section 8: Sexual and Intimate Agreements

**Sexual Access and Consent:**

- ☐ All sexual acts require current, active, and enthusiastic consent.
- ☐ Limits will be discussed before engaging in any new activity.

**Exclusive or Non-Exclusive Agreement:**

- ☐ Monogamous
- ☐ Open with conditions: \_\_\_\_\_

**Birth Control / STI Status Discussion Complete?**

- ☐ Yes
  - ☐ No
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## Section 9: Emotional and Relational Health

**Signs of Drop or Emotional Distress to Watch For:**

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**Planned Support and Debrief Process:**

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**Conflict Repair Method:** (e.g., 24-hour cool-off, mediator, written check-ins)

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**Safe Call or Emergency Contact:**

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### **Section 10: Contract Term and Renewal**

This contract is valid for: ☐ 1 month ☐ 3 months ☐ 6 months ☐ 12 months ☐ Indefinitely, with review every: \_\_\_\_\_

**Renewal/Exit Discussion Date:** \_\_\_\_\_

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### **Section 11: Signatures**

By signing this agreement, both parties affirm that they enter this dynamic willingly, without coercion, and with full understanding of their roles, limits, and shared expectations.

**Dominant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Submissive Signature:** \_\_\_\_\_  
\_\_\_\_\_ **Date:** \_\_\_\_\_