

Scene Planning Worksheet

Plan your scene with intention, clarity, and care

Purpose: This worksheet helps ensure scenes are negotiated, prepared, and executed safely and intentionally. Use it to outline physical tools, emotional readiness, timing, roles, and aftercare needs.

Section 1: Scene Overview

Scene Title or Type: _____ (e.g., Impact training, CNC fantasy, Ritual protocol)

Date/Time: _____ **Location:** _____ **Estimated Duration:** _____

Participants:

- Dominant: _____
- Submissive: _____

Scene Intention or Theme: (What energy or emotion do you want to create?)

Section 2: Consent & Negotiation

Have hard and soft limits been discussed? [] Yes [] No [] To be discussed

Safeword(s): _____ **Non-verbal signal (if gagged/silent):** _____

Scene Roleplay Dynamics (if any): [] CNC [] Age play [] Pet play [] Ritual control [] Humiliation [] Service [] Other: _____

Are any taboo themes present? [] Yes [] No If yes, list: _____

Mental/Emotional Check-In Complete? [] Yes [] No **Notes:** _____

Section 3: Tools and Setup

Furniture or Equipment Needed: [] Spreader bar [] St. Andrew's Cross [] Bed / Table [] Bondage points [] Blindfold / gag [] Other: _____

Impact / Sensation Tools: [] Flogger [] Cane [] Paddle [] Wartenberg wheel [] Wax play setup [] Rope / cuffs [] Other: _____

Prep Checklist:

- ☐ Area cleaned and prepped
- ☐ Tools inspected and within reach
- ☐ Temperature comfortable
- ☐ Music or ambient sound planned
- ☐ Lighting set appropriately

- ☐ First aid and aftercare items nearby
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Section 4: Scene Flow & Pacing

Scene Start Ritual: (e.g., Kneeling, permission, collaring)

Build-Up Elements: (e.g., teasing, sensory denial, slow ramp-up)

Main Intensity Phase: (List rough order of key activities)

Transition / Cool-Down Phase: (e.g., slower pacing, grounding touch, verbal praise)

Scene End Ritual: (e.g., uncollaring, affirmation, holding)

Section 5: Emotional & Physical Aftercare

For the submissive:

- ☐ Cuddling
- ☐ Blanket
- ☐ Verbal praise
- ☐ Snacks / water
- ☐ Alone time
- ☐ Quiet space
- ☐ Medical ointment or wound care
- ☐ Journaling or reflection
- Notes: _____

For the Dominant:

- ☐ Shower or decompression
- ☐ Journal reflection
- ☐ Sub check-in
- ☐ Time alone
- ☐ Conversation with peer
- Notes: _____

Signs of drop to monitor:

Check-in schedule:

- Immediate: []
 - Later that day: []
 - Next day: []
 - Notes: _____
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Section 6: Scene Debrief (Post-Scene)

What worked well?

What could be improved next time?

Emotional reflections (Dominant):

Emotional reflections (Submissive):

Do we want to repeat this scene? ☐ Yes ☐ No ☐ With changes (explain):

Reminder: This worksheet is a *starting point*, not a fixed script. Stay flexible, stay present, and most importantly – stay connected.