



Kink Negotiation Worksheet

This worksheet is a basic starter to how to negotiate around a scene with your play partner. It is not a catch all, and it is important to make sure you go further into your limits, boundaries etc.

Step One: What Do I Want?

My kink role is: _____

(Dominant, submissive, switch, slave, Master/Mistress, little/middle, Care Giver, etc... take the bdsm test if you are unsure)

My level of kink experience is *(circle which applies)*: None Beginner Intermediate Experienced

For me, kink is: _____

(a fantasy, a hobby, a fetish, an orientation, a community, an experiment, a lifestyle...)

I want to play because: _____

(I'm curious, I'm horny, I want release, I want new experiences, I want to please my partner, I just do...)

When I play, I want to feel: _____

(turned on, scared, safe, powerful, humiliated, sensual, in control, out of control, pushed to my limit, cared for...)

Step Two: What Will We Do?

The one thing I would *most* like to experience *today* is: _____

Do I want to engage in dominance/submission, physical play, or both? _____

Do I want to act out a certain role or scenario? _____

Do I want to feel/inflict pain? _____

Do I want to engage in bondage? _____

Do I want to use toys? Yes No

If yes, which ones? _____

Do I want to have sexual contact? Yes No

If yes, what kind? _____

Is it okay if I get/give marks? _____ If yes, where? _____

Do I want to play in public, with selected people present, or in private? _____

Step Three: What Will We Not Do?

My safewords is "RED" or _____

(If I cannot speak, my nonverbal safe signal is _____)

*If I use this word, it means play needs to stop **RIGHT NOW**. Whether I am a top or a bottom, I can use this word at any time for any reason. I will never use this word as a joke or threat. I will never debate or criticize my partner's use of this word.*

My caution word is "YELLOW" or _____

(If I cannot speak, my nonverbal safe signal is _____)

*If I use this word, it means I am getting close to my limit, or I am having a problem. Play needs to pause **RIGHT NOW** until we both understand and have addressed the problem. I will never debate or criticize my partner's use of this word.*

My relevant health concerns are: _____

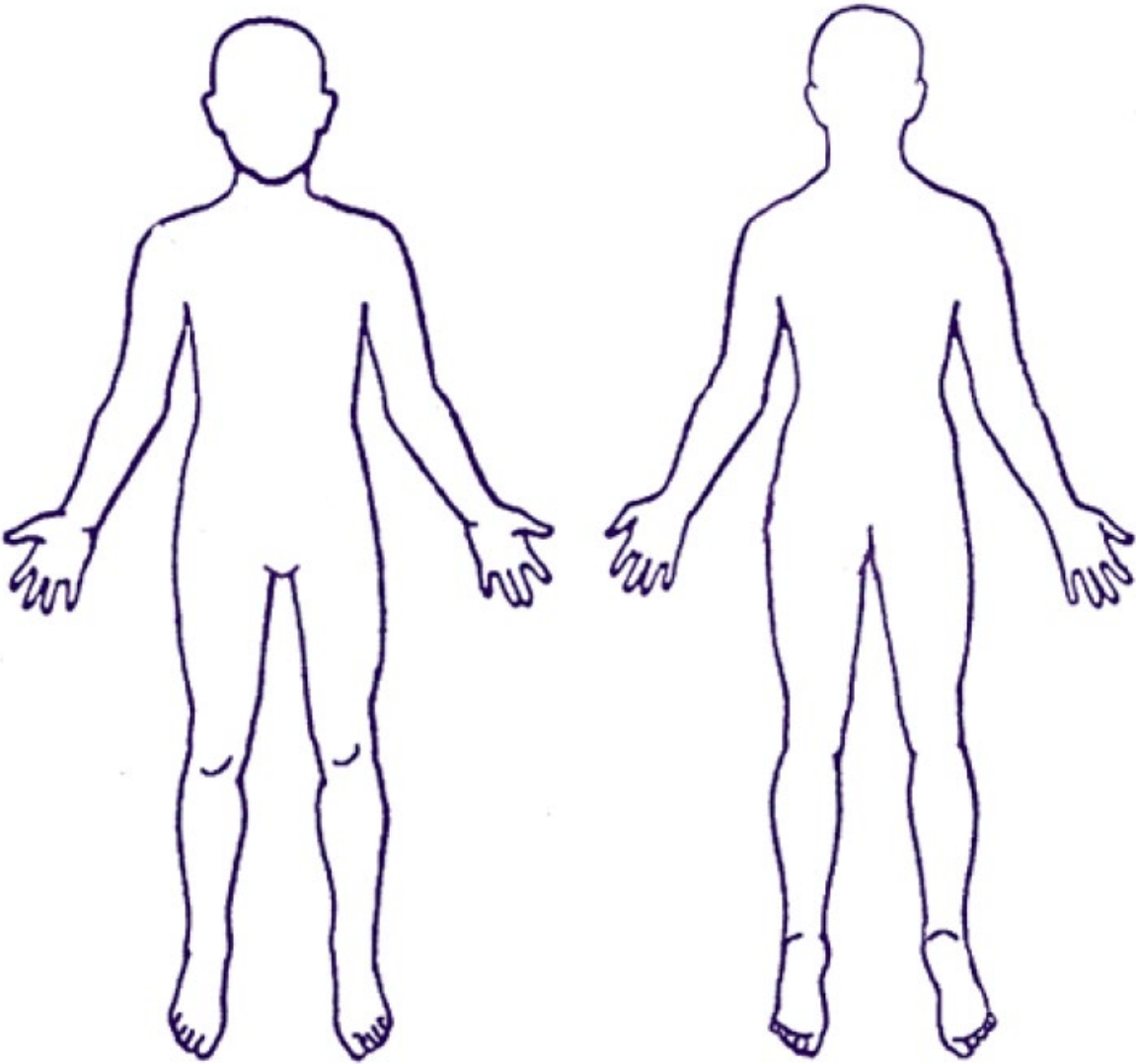
(STI/STDs, mobility/flexibility limitations, seizure disorder, pregnancy, clotting disorder, prosthetics/implants, anxiety...)

If I have PTSD/panic attack/phobia/other psychological triggers, they are: _____

(certain words, being called certain names, being touched in a certain way, being unable to move...)

Is there anything else my partner should know about me, my needs or my desires? _____

Touch and impact zones



Using coloured markers or pencils colour in the places on the drawing above to indicate safe zones for touch and impact play. Clearly circle any body part where a pre-existing condition exists ie. low back pain.

Green =safe zone **Yellow** = use caution **Red** = No go zone