

Dominant/submissive Contract

1. Parties

This agreement is entered into between _____ (the "Dominant") and _____ (the "submissive"), both adults, on _____.

2. Effective Dates

This agreement takes effect on _____ and continues until _____ at which point it will be reviewed and renewed, revised, or terminated by mutual agreement. Either party may also call a review at any time.

3. Roles and Honorifics

The Dominant will be addressed as _____ during agreed dynamic time.

The submissive will be addressed as _____ during agreed dynamic time.

Outside of agreed dynamic time, both parties revert to first names and equal standing.

4. Safe Words

The following safe words are in effect during all play:

- **Green** = "I'm good, continue."
- **Yellow** = "I need to slow down or check in."
- **Red** = "Stop everything now."
- **Non-verbal signal = double tapping**, used when speech is not available.

The Dominant is responsible for routinely checking in with the submissive during scenes, regardless of whether a safeword or non-verbal signal has been used.

Calling Yellow or Red is never grounds for discipline. It pauses or ends the scene immediately, no questions in the moment.

5. Hard and Soft Limits

Submissive's soft limits (conditional, requires explicit consent each time):

- Choking
- _____
- _____
- _____
- _____

Submissive's hard limits (never, under any circumstances):

- Any play involving blood
- _____
- _____
- _____
- _____

Dominant's soft limits (conditional, requires explicit consent each time):

- Play while intoxicated
- _____
- _____
- _____
- _____

Dominant's hard limits (never, under any circumstances):

- Diaper play
- _____
- _____
- _____
- _____

Both parties may add limits at any time. Removing a limit requires a written amendment to this agreement.

6. Rules and Protocols

While the dynamic is active, the submissive agrees to:

- Address the Dominant as _____ during active dynamic time.
- Greet the Dominant at the door when they arrive.
- Check in with the Dominant at least once daily when separated, but only when it can be done safely and reasonably.
- Wear the locking watch as a symbol of devotion to the Dominant in public and private, except when it isn't practical, such as during showering, swimming, or working out.
- _____
- _____
- _____
- _____

The Dominant agrees to:

- Acknowledge the submissive's check-ins when able.

- Respond or make a decision within a reasonable timeframe after the submissive makes a request.
- Inspect the setting, tools, and toys before each scene to ensure they are safe and appropriate for use.
- Guide and train the submissive in all ways.
- Take on agreed-upon decisions for the submissive within the scope of the dynamic.
- Have a responsibility to veto any request or consent from the submissive when, in the Dominant's judgment, proceeding may create an unreasonable risk of harm.

- _____
- _____
- _____
- _____

7. Discipline

When a rule is broken, the Dominant may apply a suitable discipline from the following agreed-upon options:

- Withholding sexual release

- _____
- _____
- _____

Discipline outside this list requires renegotiation. Discipline is never applied during an active scene without explicit re-consent. Discipline is never applied in anger.

The Dominant will clearly announce when a punishment or disciplinary measure has ended.

8. Rewards

The Dominant agrees to acknowledge the submissive's compliance and growth through:

- Praise

- _____
- _____
- _____

9. Aftercare

Submissive's aftercare needs:

- Immediately after a scene: treatment for any bruises or abrasions, sports drink, cuddles, and lights low/off.
- Within 24 hours: check-in.

- _____
- _____

- _____

Dominant's aftercare needs:

- Immediately after a scene: connection and conversation.
- Within 24 hours: partner check-in.
- _____
- _____
- _____

Both parties are responsible for receiving and providing aftercare. Aftercare is part of the scene, not an afterthought.

10. Check-In Schedule

The parties will hold a structured check-in on the **first Sunday of each month** to discuss:

- What is working in the dynamic.
- What is not working.
- Whether any rules, limits, or rituals need adjustment.
- _____

Check-ins are held outside of dynamic time, with both parties equal.

11. Termination, Revocation, and Renewal

Either party may pause the dynamic at any time by stating **"I'm pausing."** All rules and rituals suspend until both parties agree to resume.

Either party may terminate this agreement or the relationship at any time, in writing, with no obligation to justify the decision.

This agreement will be renewed, revised, or terminated at the end of the Effective Dates by mutual agreement.

Signatures

Dominant: _____ **Date:** _____

submissive: _____ **Date:** _____