



## Kink negotiation worksheet

### What do I want?

In this scene my role is: (e.g. Dominant/Submissive, Top/Bottom, Switch, pet/owner, girl/boy, Mummy/Daddy) -----

My pronouns are: -----

Do they change when I play? -----

My level of experience is: -----

For me Kink is: (e.g. a fantasy, a hobby, a fetish, an orientation, a community, a new experiment, a 24/7 lifestyle): -----

I want to play because: (e.g. I am curious, horny, I want catharsis, I want to try something new, I want to please my partner, looks like fun): -----

When I plan I want to feel: (turned on, scared, safe, powerful, humiliated, sensual, in control, out of control, cared for): -----

### What will we do?

The one thing I would like to most experience in this scene is: -----

Do I want to act out a certain scenario? -----

Do I want to engage in physical play, psychological play, or both? -----

Do I want to feel/inflict pain? -----

Do I want to engage in bondage? ----- where? -----

Do I want to use toys? -----

Do I want to have sexual contact? ----- if yes, what kind? -----

Is it ok if I give/get marks? ----- if yes, where? -----

Do I want to play with selected people present or in private? -----

### What will we **not** do?

My safe word is (e.g. RED) ----- if I cannot speak my non-verbal cue is -----

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If I use this word/gesture as signal this means the play needs to stop RIGHT NOW. Whether I am a top or a bottom I can use this word/gesture at any time. I will never use this word as a joke or threat. I will never debate or criticise my partner's use of this word.

My caution word is (e.g. YELLOW) ----- if I cannot speak my non-verbal cue is -----

If I use this word/gesture it means I am getting close to my limit or I am having an issue. Play needs to pause RIGHT NOW until we understand or address the issue.

My relevant health concerns are: (e.g. STIs, mobility/flexibility limitations, seizure disorder, pregnancy, clotting disorder) -----

If I have PTSD/panic attacks/phobia/psychological disorders, my triggers are: (e.g certain words, certain touches, being called certain names, being unable to move)-----

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Is there anything else my partner should know about me/my desires? -----

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