BDSM Contract



Fill it out for yourself, and then share it with your partner(s) you want to sign the contract with!

This way, you will have each other's information and preferences to establish and formalize your relationship.

1. Names and roles

This contract is entered into by and between _____
your role (Dom/sub/etc.) and name (nickname)

and _____
role and name of your partner(s)

2. Preferences

symbol suggestions: **love it:** ♡ / **ok:** ○ / **maybe:** ? / **no:** ✕ / **N. A.:** –

Pain	reciev.	giving
spanking		
beating		
flogging		
caning		
biting		
pinching		
scratching		
hair pulling		
pressure points		
other: _____		
_____		

Bondage	reciev.	giving
collar & leash		
cuffs		
rope (light)		
rope (full-body)		
cages		
bondage furniture		
suspension		
gags		
_____		
_____		
_____		

Sensations	reciev.	giving
sens. deprivation		
tickling		
temperature play		
waxplay		
knifeplay		
electroplay		
massage		
_____		
_____		
_____		
_____		

Intimacy	reciev.	giving
cuddling		
kissing		
licking		
groping		
affection		
praise		
_____		
_____		
_____		
_____		
_____		

Power play	reciev.	giving
Dom/sub dynamic		
degradation		
humiliation		
dirty talk		
chastity		
service		
CNC		
bratting		
roleplay		
_____		
_____		

Sexual	reciev.	giving
genital sex		
oral sex		
anal sex		
fingering		
external stimulation		
edging/teasing		
sex toys		
orgasm control		
JOI		
_____		
_____		

SpankPls

3. Additional boundaries

Hard limits/triggers: _____

_____

_____

_____

_____

Marks (if yes, for how long/where): _____

_____

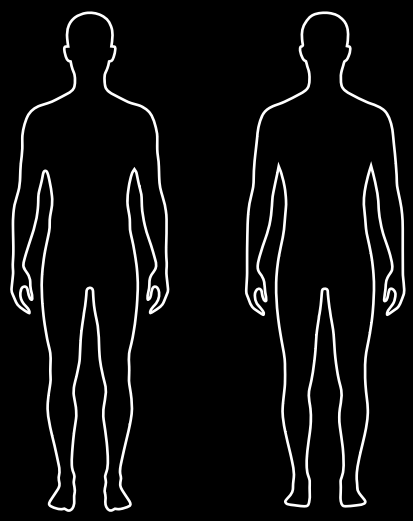
_____

_____

4. Body map

Mark areas not to touch: _____

_____



front back

5. Safety

Safewords/gestures: _____

Health information: _____

_____

_____

Aftercare preferences: _____

_____

Remember that information is subject to change, and you should communicate updates and make sure you know your partner's current state before engaging in play. This contract does not replace active consent and on-going communication, and should only be referred to as a guideline.

Date and signatures:

_____

your signature/name/nickname/symbol

_____

signature/name/nickname/symbol of your partner(s)

_____

current date

Appendix A. Rules

Appendix B. Punishments