

# Kink Negotiation Worksheet

## **Step One: What Do I Want?**

My kink role is \_\_\_\_\_

*(Dominant, submissive, top, bottom, switch, slave, Master, pet, owner, girl/boy, Mommy/Daddy, vanilla...)*

My level of kink experience is \_\_\_\_\_

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 catharsis, 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? \_\_\_\_\_ If yes, which ones? \_\_\_\_\_

Do I want to have sexual contact? \_\_\_\_\_ 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 safeword 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 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.

My relevant health concerns are \_\_\_\_\_

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

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...)*

If we have sexual contact, we will avoid STI transmission and/or pregnancy by \_\_\_\_\_

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