

## Negotiation Document

The purpose of this document is to allow BDSM practitioners to state their preferences for various activities that they may not initially feel comfortable about discussing personally. It is intended to provide a method by which people can suggest activities and types of play to their partner or caution them about what sort of activities would not be acceptable.

For each item, you need to provide two answers:

\* For experience, write YES or NO next to indicate if you have ever DONE that activity. Mark N/A if it does not apply to your gender.

\* For willingness, indicate for each item how you feel about DOING that activity by rating it on a scale of NO or 0 to 5.

“?” means you don't understand what the item is attempting to describe.

NO means you will NOT do that item under any circumstances (a hard limit).

0 (zero) indicates you have utterly no desire to do that activity and don't like doing it (or don't want to try it) (in fact, may loathe it) and would ordinarily object to doing it, but you would permit the Dominant to do it if it they really wanted it. (sometimes called a "soft limit").

1 means you don't want to do or like to do this activity, but wouldn't object if it was asked of you.

2 means you are willing to do this activity (or would like to try), but it has no special appeal for you.

3 means you usually like doing this activity (or would like to try it), at least on an irregular/ occasional basis.

4 means you like doing this activity (or would like to try), and would like to experience it on a regular basis.

5 means the activity is a wild turn-on for you, and you would like (or would like to try) it as often as possible.

\* Mark with an asterisk (\*) those items which you are willing to do only with your current sex partner(s), but not with casual play-partners.

\* Note any additional information or nuances which might be important for your Dom to know in the margin to the right. These may also include the following:

B - means “I want to do this but I want to be ‘made to beg’ for it”

D - means “I might like this, but I'd want to discuss it beforehand”

F - means “I want to do this, but I want to be ‘forced’ into it”

T - means “I might not actually want to do this, but I want to be ‘threatened’ with it if, for instance, I misbehave (or other stated criteria)”

Very Light, Light, Moderate, Heavy, Severe - means how intensely you would like an activity to be performed on you or by you.

There is intentionally some overlap between categories. Unless otherwise stated, the Sub is the recipient/target of the activity.

	Experience	Willingness	Notes & Nuances
	yes/no,	NO or 0-5	
Abrasion (sandpaper etc.)			
Age play (fantasy child/ baby)			
Anal sex			
Anal toys			
Anal toys (public, under clothes)			
Animal roles (dog/ pony play etc.)			
Arm & leg sleeves (armbinders)			
Ball stretching			
Beating (soft items - symbolic)			
Beating (soft items - for effect)			
Beating (thuddy - doesn't sting)			
Beating (stingy - canes etc.)			
Blindfolds (cloth)			
Blindfolds (leather/ rubber etc.)			
Being serviced (sexual - willing)			
Being serviced (sexual - unwilling)			
Being bitten			
Boot worship (giving)			
Bondage (light)			
Bondage (heavy)			
Bondage (multi-day)			
Bondage (public, under clothing)			
Breast/chest bondage			

Breast (Dom's) sucking/ worship			
Breast whipping			
Breath control			
Bruises			
Cages (locked inside of)			
Candle wax			
Caning			
Cells/Closets (locked inside of)			
Chains			
Chastity belts (short term)			
Chastity belts (multi-day)			
Chauffeur (driving)			
Chores (domestic service)			
Clothes pegs			
Cock rings/straps			
Cock worship			
Collaring Ceremony			
Collars (worn in private)			
Collars (worn in public)			
Corsets (wearing casually)			
Corsets (trained waist reduction)			
Cross-dressing			
Cuffs (leather)			
Cuffs (metal)			
Dildoes			
Dirty talk (crude/ obscenities)			
Double penetration			
Electricity			
Enemas			
Enforced chastity			
Erotic dance (for audience)			
Examinations (physical)			
Examinations (knowledge)			
Exercise (forced/required)			
Exhibitionism (friends)			
Eye contact restrictions			
Face slapping			
Fantasy abandonment			
Fantasy rape			
Fear (being scared)			
Fisting (anal)			
Fisting (vaginal)			
Flame play			
Following orders			
Food play (cucumbers, sorbet...)			
Foot worship (giving)			
Forced dressing			
Forced masturbation			
Forced nudity (private)			
Forced nudity (around others)			
Forced servitude			
Full head hoods (Leather)			
Full head hoods (Rubber)			
Gags (ball gag)			
Gags (cloth)			
Gags (inflatable)			
Gags (phallic)			
Gags (rubber bit)			
Gags (tape)			
Gas Masks			
Gates of Hell (male restrainer)			
Genital sex			
Golden showers			

Hairbrush spankings			
Hair pulling			
Hair (plucking out)			
Harems (serving w/other subs)			
Harnessing (leather)			
Harnessing (rope)			
Having food chosen for you			
Having clothing chosen for you			
High heel wearing (regular heels)			
High heel wearing (extreme heels)			
High heel worship			
Homage with tongue (non-sexual)			
Homage with tongue (sexual)			
Hoods (not full head)			
Hot oils (on genitals)			
Housework (doing)			
Humiliation (private)			
Humiliation (public)			
Ice cubes			
Immobilisation			
Infantilism (treated as baby)			
Intricate (Japanese) rope bondage			
Interrogations			
Kidnapping (fantasy)			
Kneeling (at feet)			
Kneeling (on pencils/ rice etc.)			
Leather clothing			
Leather restraints			
Lectures for misbehaviour			
Licking (non-sexual)			
Licking (sexual)			
Lingerie (wearing)			
Manacles & Irons			
Manicures (giving)			
Masturbation (giving)			
Masturbation (receiving)			
Massage (giving)			
Massage (receiving)			
Medical scenes			
Modelling for erotic photos			
Mouth bits			
Mummification			
Name change (for scene)			
Nappies			
Nettles			
Nipple clamps			
Nipple clamps (under clothes)			
Nipple rings (piercings)			
Nipple play/"torture"			
Nipple weights			
Oral play (giving)			
Oral play (receiving)			
Over-the-knee spanking			
Orgasm denial			
Orgasm control			
Outdoor scenes			
Outdoor sex			
Pain (mild)			
Pain (medium)			
Pain (severe)			
Persona training (in scene)			
Phone sex (in private)			
Phone sex (at work/ in public)			

Piercing (temporary, play-pierce)			
Piercing (permanent)			
Prison scenes			
Prostitution (public pretence)			
Pony slave			
Punishment Scene			
Pussy/cock whipping			
Pussy worship			
Riding crops			
Riding the "horse" (crotch torture)			
Rituals			
Religious scenes			
Restrictive rules on behaviour			
Rubber/latex clothing			
Rope body harness			
Saran wrapping (clingfilm)			
Scarification			
Scratching - getting			
Scratching - giving			
Sensory deprivation			
Serving			
Serving as art			
Serving as ashtray			
Serving as furniture			
Serving as a maid			
Serving as waitress/waiter			
Serving orally (sexual)			
Sexual deprivation (short term)			
Sexual deprivation (long term)			
Shaving (body hair)			
Shaving (genital hair)			
Skinny-dipping			
Sleepsacks			
Slutty clothing (private)			
Slutty clothing (public)			
Spanking			
Speech restrictions (when, what)			
Speculums (Anal)			
Speculums (vaginal)			
Spiked Rollers			
Spitting			
Spreader bars			
Standing in corner			
Stocks			
Straight jackets			
Strap-on-dildos (sucking on)			
Strap-on-dildos (penetrated by)			
Strap-on-dildos (wearing)			
Strapping (full body beating)			
Striptease (performing)			
Suspension (upright)			
Suspension (inverted)			
Suspension (horizontal)			
Swallowing semen			
Swallowing urine			
Swapping (with one other couple)			
Swinging (multiple couples)			
Teasing			
TENS Unit (electrical toy)			
Thumbcuffs (metal)			
Tickling			
Trampling			
Triple penetration			

Uniforms			
Vaginal dildo			
Verbal humiliation			
Vibrator on genitals			
Vibrator on nipples			
Vibrator (penetration)			
Vibrator (anal penetration)			
Violet Wand (electrical toy)			
Voyeurism (watching others)			
Voyeurism (your Dom w/others)			
Video (watching others)			
Video (recordings of you)			
Water torture			
Waxing (hair removal)			
Wearing symbolic jewellery			
Weight loss			
Whipping			
Wooden paddles			
Wrestling (submissively)			
Wrestling (trying to win)			

Willingness quick-key:

? Don't understand this item.

\* I will do with current sex partner only.

NO I WILL NOT DO that item under ANY circumstances (a hard limit).

0 No desire, don't like, will permit if special to Dom (a soft limit).

1 Don't want to do, but will.

2 Willing to do (or try), but has no special appeal.

3 Usually LIKE doing (or would like to try), on an irregular/ occasional basis.

4 LIKE doing (or would like to try), would like it on a regular basis.

5 WILD TURN-ON, would like (or would like to try) it as often as possible.

Notes and nuances quick key:

B - means "I want to do this but I want to be 'made to beg' for it

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**Targets**

The purpose of this is to allow the submissive to indicate any areas of their body which they would like the Dominant to concentrate on or avoid, either for medical reasons or personal preference.

	Willingness	Notes & Nuances
Hair		
Face		
Eyes		
Nose		
Mouth		
Ears		
Neck		
Shoulders		
Armpits		
Upper Arms		
Elbows		
Lower Arms		
Wrists		
Hands		
Fingers		
Palms of Hands		
Chest/ Breasts		
Nipples		
Abdomen		
Upper Back		
Lower Back		
Hips		
Penis (shaft)		
Glans/ Clitoris		
Foreskin/ Clit Hood		
Scrotum/ Labia		
Testicles/ Vagina		
Upper Buttocks		
Lower Buttocks		
Between Buttocks		
Anus		
Perineum		
Thighs (front)		
Thighs (rear)		
Thighs (inner)		
Knees		
Shins		
Calves		
Ankles		
Feet		
Toes		
Soles of Feet		