THE CONTRACT

Not every submissive/Dominant relationship needs to have a contract but establishing one helps both people commit to the dynamics of the relationship more. Fill in this standard contract outlining the roles of each person. You will find countless contract examples online that will help guide you. Visit my website for links and examples. This contract includes the roles outlined here as well as the other sections of this planner.

I, _____, being of sound mind, open heart and pure intention willingly request that _____ accept my submission to him/her/them. I offer my submission as outlined within this contract and within this planner. This contract has a life of _____ (set time frame).

THE DOMINANT'S ROLE

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THE SUBMISSIVE'S ROLE

SIGNATURES

We, the undersigned, fully understand and agree to this contract in its entirety, including the other sections of this planner.

submissive signature date

Dominant signature date

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SAFETY

It's best to establish safety guidelines before participating in any submissive/Dominant activities. Use this space to outline your safe words and safe gestures (if unable to speak) along with your hard limits (things you will not do).

SAFE WORDS

IT'S ALL GOOD:

SLOW DOWN/CHECK IN:

STOP!:

SAFE GESTURES

IT'S ALL GOOD:

SLOW DOWN/CHECK IN:

STOP!:

HARD LIMITS

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