

Submissive Lifestyle Contract

I, [**Submissive**], request of [**Dominant**] the acceptance of my submission. I grant ownership of my mind and body and accept your care and protection of free will and open heart. Through this agreement, we may strengthen our bond and increase intimacy.

I vow to provide my body to fulfill your every need. Use of my body will be at your discretion. Furthermore, I will strive to better serve your needs and accept your guidance along this journey.

To this end, I will adapt my physical, emotional and mental attitudes to the best of my ability.

I trust that you will provide guidance during scenes that help me grow as a submissive and during life to spur my growth as a person.

Whether together or separated, I surrender control of my sexual pleasure and physical and emotional comfort to you. Additionally, I agree that no secrets shall exist between us, all questions will be answered honestly and privacy must be granted to me by [**Dominant**]. It is therefore my responsibility to voice all fantasies, limits, feelings and needs without hesitance to you and to work to eliminate mental hurdles that may prevent such communication.

I accept any punishment that you see fit should I fail to uphold this contract and meet your expectations.

I grant ownership of my mind, body and soul with the understanding that my physical, emotional and mental safety will be cared for. Risk of life or livelihood allows for termination of this contract.

Should the need to revise the contract arise before expiration date, I agree to verbal negotiation.

The consent in this contract begins on [**Date**]. This contract will expire in [**# Days/Weeks/Months**], at which point, the contract may be renewed or a new contract may be created and agreed upon.

[**Submissive Signature**]