

# “STRICT” BDSM CONTRACT

I, [Dominant’s Name], and [submissive’s name], agree to the following, effective from [DATE] to [DATE], at which time this contract will end or be renegotiated. Any participant may also choose to end this contract before that time, for any reason.

## **1. Rules and Protocol**

Terms of address (during play)

Dominant:

- [E.g. “Mistress,” “Domina,” etc.]

submissive:

- [E.g. “boy,” “pet,” etc.]

Rituals and routines

List rituals or routines you will use (together or apart) to do the following:

**Initiate a scene:**

**Prepare for scene:**

**End a scene:**

- [E.g. Aftercare]
- [Other]

Reconnect after time apart:

- [A Bonding activity you both enjoy.]

Remind each other of your commitment:

- [A phrase or ritual designed to quickly check in with each other, and reaffirm devotion.]

Other Tasks and Rituals

## **2. Responsibilities**

Dominant’s responsibilities

The Dominant agrees to respect the submissive and act in a way that promotes their health, safety, and well-being. The Dominant will be responsible for guiding and training the submissive in the following areas:

submissive’s behavior and responsibilities

The submissive agrees to respect and serve the Dominant, and to abide by the following rules of conduct:

- Meals/mealtimes:

- Rising/Bed Times:
- Dress:
  - [Specify preferred, negotiated forms of dress.]
- Appearance and Grooming:
  - [Haircut, etc.]
- Bathroom Control
- Self-pleasure and masturbation:
  - [What is/isn't allowed.]
- Public Conduct:
  - [To what degree are protocols or play carried out in public.]
- Proper behavior in private
  -
- Financial Control (% of paycheck, sum per/month)
  -

Tasks/Duties:

- Health and Beauty care of the Dominant
  -
- Sexually pleasing the Dominant
  -
- Administrative tasks
  -
- Serving the Dominant's friends/guests/clients
  -
- Serving the Dominant on vacations
  -
- Household chores
  -
- Private Acts of Devotion
  -
- Public Acts of Devotion
  -

**3. Torment, Discipline and Punishments.**

The dominant may use some or all of the following methods to correct or torment the submissive (excepting **hard limits** and respecting **safe-word** [see section **4. Safety**]):

**Pain**

Impact/Heavy Impact

Bondage/Heavy Bondage/Predicament Bondage

Corporal Punishments (whipping, caning, spanking, paddling)

Breath Control/Breath-play/Choking/Suffocation/Smothering

Knife-play/cutting.

Fire-play/burning

Needle Play/piercing

## **Humiliation**

Degradation/Heavy Degradation  
Watersports/Scat Play/Full Toilet Training  
Forced Pet Play (collar/leash, eating from a bowl, etc.)  
Public Chastisement/Shaming  
Forced Feminization/Sissification  
Enema/cold enema/piss enema  
Spit  
Forced cum eating/CEI

## **Financial**

Large lump sum (apology)/Unban fee  
Debt Contract  
Shopping trip  
Confiscation of money/cards/paychecks

## **Sexual Torture/Denial**

Chastity Cage/Belt  
Forced Orgasm/Milking/Post Orgasm Torture  
Whoring/giving submissive out to others (spit roast, free-use, glory-holes, play parties, etc.)  
Forced Penetrative Sex

The submissive will be punished for the following: (3 strike system)

### **Failing to use proper Honorific:**

1. Punishment
2. Punishment +
3. Punishment ++

### **Showing disrespect to Dominant:**

1. Punishment
2. Punishment +
3. Punishment ++

### **Failing in submissive's responsibilities:**

1. Punishment
2. Punishment +
3. Punishment ++

### **Failing to complete Task/Duty:**

1. Punishment
2. Punishment +
3. Punishment ++

### **Completing a Task/Duty Late:**

1. Punishment
2. Punishment +
3. Punishment ++

#### **4. Safety**

##### Safe words and signals

The following words or signals will be used to stop/pause play immediately:

- [Safe-word]
- [Slow/pause-word]

##### **Physical and Mental Health and Safety Considerations:**

List any medical conditions or medications that could be of concern during play. For example, heart or bleeding conditions, mental health medications, etc.

List of emotional safety considerations and needs, including potential triggers, physical limitations. REFER TO QUESTIONS BELOW:

Although these questions are directed to the Dominant and submissive, they can also be used to help screen potential play partners (if outside partners are agreed upon).

Dominant:

- 

submissive:

- 

If seeing a medical doctor or mental health specialist. Indicate below and describe reasons (physical therapy, psychiatrist, if you have had any recent surgeries etc.)

Dominant:

- 

submissive:

- 

**List any confirmed or suspected allergies** - medications, substances (latex, etc.):

Dominant:

- 

submissive:

- 

##### **Any prior or current substance use?**

This is **important**, especially for any activities that may affect your heart rate, breathing, or ability to accurately judge levels of pain (e.g. vigorous exercise, breath-play, pain or blood-play, respectively).

Dominant:

- Alcohol
- Nicotine (including patches, gum, or e-cigarettes) - Yes/No
- Stimulant Narcotics (Cocaine, Methamphetamine) - Yes/No
- Pain Suppressing Narcotics (Heroin, Oxycontin, etc.) - Yes/No
- Other - Yes/No

submissive:

- Alcohol
- Nicotine (including patches, gum, or e-cigarettes) - Yes/No
- Stimulant Narcotics (Cocaine, Methamphetamine) - Yes/No
- Pain Suppressing Narcotics (Heroin, Oxycontin, etc.) - Yes/No
- Other - Yes/No

**Are you currently taking any medications?**

Dominant:

- Aspirin (acetylsalicylic acid) - Yes/No
- Tylenol (acetaminophen) - Yes/No
- Advil (ibuprofen) - Yes/No
- Any non-steroidal anti-inflammatory or painkiller - Yes/No
- Any steroidal medications (inhaler, etc.) - Yes/No
- Other - specify:

submissive:

- Aspirin (acetylsalicylic acid) - Yes/No
- Tylenol (acetaminophen) - Yes/No
- Advil (ibuprofen) - Yes/No
- Any non-steroidal anti-inflammatory or painkiller - Yes/No
- Any steroidal medications (inhaler, etc.) - Yes/No
- Other - specify:

**Are you on any hormone treatment or therapies?:**

Dominant:

- Yes/no

submissive:

- Yes/no

**Any confirmed or suspected STI's? Please indicate answer and list recent test dates:**

Dominant

- HIV - Yes/No [mm/dd/yyyy]
- Syphilis - Yes/No [mm/dd/yyyy]
- Herpes (Including cold-sores) - Yes/No [mm/dd/yyyy]
- Gonorrhea - Yes/No [mm/dd/yyyy]
- HPV - Yes/No [mm/dd/yyyy]
- Other (please explain):

submissive

- HIV - Yes/No [mm/dd/yyyy]
- Syphilis - Yes/No [mm/dd/yyyy]
- Herpes (Including cold-sores) - Yes/No [mm/dd/yyyy]
- Gonorrhea - Yes/No [mm/dd/yyyy]
- HPV - Yes/No [mm/dd/yyyy]
- Other (please explain):

**Any personal or family history of heart or lung conditions, blood pressure problems, blood diseases, or mental illness?:**

Dominant:

- History of heart problems - Yes/No
- Lungs or respiratory issues (asthma, pneumonia, etc.) - Yes/No
- History of bleeding disorders - Yes/No
- Blood Pressure Problems - Yes/No
- Blood-borne Diseases - Yes/No
- Mental Illness - Yes/No

submissive:

- History of heart problems - Yes/No
- Lungs or respiratory issues (asthma, pneumonia, etc.) - Yes/No
- History of bleeding disorders - Yes/No
- Blood Pressure Problems - Yes/No
- Blood-borne Diseases - Yes/No
- Mental Illness - Yes/No

**Soft limits**

List any acts, scenarios, language, or locations that may cause discomfort and require additional conversation/frequent check-ins:

Dominant:

- 

submissive:

- 

**Hard limits**

List any acts, scenarios, language, or locations that are off-limits and should be avoided during play.

Dominant:

- 

submissive:

- 

**Aftercare**

List any activities needed or desired after play has concluded to help participants transition back to everyday life.

Dominant:

- 

submissive:

-

### Playing with others

Indicate whether, and under what circumstances, participants may play with others.

[Outline expectations for communication and safe play/safe sex, make use of the health screening questions above as reference.]

### **5. Equipment and Toys used within the dynamic:** (chastity, anal training, restraint etc.)

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## **6. Breach of contract.**

This contract will be considered null and void if:

- Any party ignores or disregards safe words or hard limits, crosses boundaries or is dishonest about play partners/activities.
- Any party fails to discuss/check in before proceeding with an act listed under “soft limits.”
- Any party causes lasting harm (physical, psychological, or emotional).

### Confidentiality

All parties agree to hold in confidence the terms of this contract unless discussed and agreed upon in advance:

### Additional considerations/rules/requests

- Dominant will tell submissive (and vice versa) of obligations (family, work, social obligations or other) as to respect each other's time.

Signed:

[Dominant's Name]

Participant 1 (Dominant)

Date: [mm/dd/year]

[Submissive's Name]

Participant 2 (submissive)

Date: [mm/dd/year]

[Additional Parties]

Participant 1

Date: [mm/dd/year]

Participant 2

Date: [mm/dd/year]

Participant 3

Date: [mm/dd/year]