

♥ BDSM Consent Checklist Negotiation Tool ♥

Name & Pronouns: _____ Date: _____

How do you identify? (top, bottom, switch, femme, submissive, etc):

Communication, Safety, Consent	Yes	No	Notes
Use of safewords or signals			
Verbal or non-verbal check-ins during play			
Negotiation prior to the scene			
Scene boundaries clearly defined			
Informed consent from all parties			
Aftercare needs discussed before scene			

Physical Play	Yes	No	Notes
Spanking (hand)			
Flogging			
Paddling			
Caning			
Whipping			
Punching (no face)			
Slapping (face/body)			
Hair pulling			
Nipple play (pinching, clamps)			

Clothespins on body			
Bondage (rope, cuffs, tape)			
Suspension bondage			
Blindfolds			
Gags (ball, bit, etc.)			
Hot wax			
Ice play			
Knife/sensation play			
Electric play (TENS, violet wand)			
Choking / breath play			
Needle play / piercing			
Scratching / biting			
Facesitting / smothering			
Enemas / anal play			
Orgasm control / denial			
Sexual touch or penetration			
Body worship (feet, hands, etc.)			
Watersports (urine play)			

Psychological Play Preferences	Yes	No	Notes
Verbal humiliation (name-calling, degradation)			
Praise and affirmation (positive reinforcement)			
Role-playing (fantasy scenarios, characters)			
Mind games (psychological manipulation)			
Power exchange (dom/sub in mental state)			
Emotional vulnerability (open up feelings or fears)			

Aftercare Preferences	Yes	No	Notes
Cuddling or physical comfort			
Verbal reassurance			
Space or quiet time			
Water/snack provided			
Follow-up check-ins			

Hard Limits (Absolutely Not):

Soft Limits (Maybe with Conditions):

Medical/Emotional Considerations (triggers, injuries, allergies (latex, etc.):

Safewords Full Stop: _____ Slow Down: _____

Emergency Contact Name: _____ Phone: _____

Additional Notes:

Signature (Optional): _____ Date: _____