

Advanced BDSM Contract

_____ (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.



Medical considerations. List any medical conditions, disabilities, or medications that might be relevant during play.

Dominant: _____

submissive: _____

Additional Participants: _____

Other safety considerations. List emotional safety considerations and needs, including potential triggers.

Dominant: _____

submissive: _____

Additional Participants: _____

Terms of address. The following names or titles will be used by participants to refer to each other during play:

Dominant: _____

submissive: _____

Additional Participants: _____

Safe words and signals. The following words or signals will be used to stop play immediately:

The following words or signals will be used to mean "slow down" or "I'm approaching my limit" (optional):

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

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

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



Devices and equipment. List devices, toys, equipment, or accessories that may be used during play.

submissive's behavior and responsibilities. The submissive agrees to respect and serve the Dominant, and to abide by the following rules of conduct:

- Mealtimes: _____
- Dress: _____
- Appearance and grooming: _____
- Serving the Dominant: _____
- Self-pleasure and masturbation: _____
- Public conduct: _____
- Other: _____

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

- Serving the Dominant: _____
- Pleasing the Dominant sexually: _____
- Proper behavior in private and public: _____
- Other: _____

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

Rituals and routines. List any special activities that you'll engage in together to:

Initiate a scene: _____

End a scene: _____

Reconnect after time apart: _____

Remind each other of your commitment: _____

Other rituals:



3. **Punishments and discipline.** The submissive will be punished for the following:

- **Failing to use proper terms of address for Dominant**

- Punishment(s): _____

- **Showing disrespect to Dominant**

- Punishment(s): _____

- **Violating rules of conduct**

- Punishment(s): _____

- **Other**

- Punishment(s): _____

14. **Breach of contract.** This contract will be considered null and void if:

- Any party ignores or disregards safe words or hard limits.
- 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:

Signed

**Participant 1
(Dominant)**

Date

**Participant 2
(submissive)**

Date

Additional Participants

Date