BDSM and kink partner understanding workbook

Preferences health boundaries and shared agreements

For adults aged 18 and over. This workbook supports conversation between partners of any role or relationship structure. It is not a therapy assessment, medical clearance, a legal waiver or permission to perform the activities listed.

Each participant completes their own personal sections and activity inventory, then shares only what they choose. Complete the shared encounter plan together. Duplicate the participant sections for every additional person; nobody completes another person's health disclosure or gives consent on their behalf.

Participant name or chosen identifier

_____

Date completed and planned review date

_____

Who may read or keep this copy

_____

How to use this workbook

Begin with what you want from the experience, then discuss health, communication and boundaries. Use the activity inventory selectively; blank entries mean not agreed.

Separate what interests you from what you agree to do now. Experience, arousal, a relationship label and a signature are not substitutes for consent.

Agree a workable stop signal and test it before relying on it. If communication or consent becomes uncertain, stop.

Keep this information private. Agree who stores it, how it is protected, whether copying is allowed and when it is deleted. Do not share it with a venue or therapist automatically.

Any role can pause or end an encounter without punishment, bargaining or having to justify the decision. Nobody owes participation because time, money, travel or preparation has already been invested.

Your intentions and boundaries

Roles or language you prefer and words you want avoided

_____

What would you like to feel or understand through this experience

_____

_____

What makes you feel respected comfortable or connected

_____

_____

Hard limits and things you do not want discussed repeatedly

_____

_____

Things that are not for now or require a separate conversation

_____

_____

Fantasy only interests that you do not want enacted

_____

_____

Partner setting privacy or relationship conditions that matter

_____

_____

A boundary is not a challenge. You may revise your own preference freely; repeated pressure to reconsider is not negotiation. A current partner has no automatic permission that a casual partner lacks.

Consent and the traffic light method

Consent must be freely chosen, specific, informed and ongoing. Agree while everyone can understand, decide and communicate. Do not proceed when intoxication, sleep, pressure, fear or other impairment prevents that. A diagnosis or disability alone does not decide someone's ability to consent.

Agree the activities, participants, roles, relevant intensity limits and setting before starting. Any material change needs a fresh agreement. Consent to one activity or one person does not extend to another. Silence, freezing, automatic compliance or not using a safeword must never be treated as permission.

Signal	Meaning in this workbook	Required response
GREEN	Comfortable with the activity and level currently agreed.	Continue checking in. Green does not authorise escalation or something new.
YELLOW or AMBER	Pause the activity and check in. Something needs attention.	Stop the current action safely, ask what needs to change, and agree before resuming. Do not guess that only a small reduction is wanted.
RED	Stop the encounter or activity now.	Stop safely, address immediate needs and check whether help is required. Do not restart automatically or ask for an explanation before stopping.

This is the meaning used here; do not assume another person uses the same definitions. Ordinary “no” and “stop” always count as stop signals in this workbook. Do not build a scene around overriding them. Either partner, including the person leading, can use any signal.

Safewords and non verbal signals

Choose a clear word distinct from ordinary scene language. Also agree an accessible non-verbal signal that can be detected in the actual setting. It may be a deliberate gesture, tapping pattern or released object only if the person can reliably use it and the partner can detect it. Test the signal and its backup; do not proceed if there is no reliable way to communicate.

Nobody has to remember a special word to be allowed to stop. Stop for uncertainty, unexpected distress, sudden silence, confusion or unresponsiveness even if no signal is given. A safeword cannot make a dangerous activity safe.

Our spoken pause and stop words

_____

Our non verbal stop signal and backup

_____

How we will check that every person can use and detect these signals

_____

Individual health disclosure

Each participant completes this section privately, whether giving, receiving, switching or observing with an active responsibility. Share the practical implications you want a partner to understand, not an entire medical history. “Prefer to discuss” is valid. An unresolved issue relevant to safety means postponing that activity, not pressuring someone to reveal a diagnosis.

For each area write: no relevant issue / relevant issue to discuss / unsure / prefer to discuss privately. These prompts are not a diagnostic checklist and do not establish that an activity is medically suitable.

Area to consider	Your response and practical limits or adjustments
Heart and circulation: heart condition, irregular rhythm, blood pressure, fainting or dizziness	
Breathing: asthma, lung condition, recent breathing problems	
Neurological: seizures, migraines, altered sensation, numbness or impaired pain awareness	
Bleeding and skin: easy bruising, clotting problems, fragile skin, wounds or healing difficulties	
Movement: injuries, joint instability or hypermobility, neck/back problems, mobility restrictions	
Energy and temperature: fatigue, chronic illness, difficulty managing exertion or temperature	
Metabolic needs: diabetes or other condition requiring timely food, medication or monitoring	
Recent surgery or procedures; pregnancy or postpartum considerations if relevant	

Body areas positions pressure or duration that must be avoided

_____

_____

Relevant professional advice or questions to resolve before an activity

_____

_____

Do not stop or change prescribed treatment for an encounter. If uncertain about a condition or activity, seek appropriate medical advice. This form does not replace that advice.

Medication allergies and emotional wellbeing

Participant identifier and date

_____

Area to consider	What my partner needs to know
Allergies or sensitivities: latex, adhesives, metals, products, foods or medication	
Medication effects relevant to alertness, balance, bleeding, sensation or exertion; no doses needed here	
Implants, prostheses or medical devices; relevant restrictions or access needs	
Panic, trauma responses, dissociation, freezing, shutdown or difficulty speaking under stress	
Sensory sensitivities, communication differences, processing time or support needs	
Current illness, pain, sleep loss, alcohol or other substances affecting today's decision	

Early signs that I may be struggling even if I do not say stop

_____

_____

What helps and what must not be done when I am distressed

_____

_____

Important medication or medical information emergency services may need

_____

_____

Do not assume that distress is part of a role. A person who becomes unresponsive needs immediate assessment and appropriate emergency help, not an attempt to continue the scene.

Sexual health privacy and emergency planning

Participant identifier and date

_____

Sexual contact considered or excluded and agreed barriers or protection

_____

_____

Relevant testing discussions symptoms or exposure concerns and next steps

_____

_____

Contraception or pregnancy considerations where relevant

_____

Discuss information relevant to the proposed contact without treating any single test result as a guarantee. Each person can decline contact or request different precautions. Uncertainty can be a reason to postpone and seek sexual-health advice.

Emergency contact name number and whether it is safe to contact them

_____

What that contact may be told and any privacy restrictions

_____

Venue address access instructions and available phone

_____

Who will call for help and meet responders if needed

_____

Private transport or exit plan if anyone wants to leave

_____

In the UK, call 999 for immediate danger or a medical emergency; use NHS 111 for urgent non-emergency advice. Outside the UK agree the local emergency number. Give responders an accurate account of what happened. Protecting privacy must not delay necessary emergency care.

Using the activity inventory

The inventory retains the breadth of the supplied checklist, with clearer labels and grouped topics. Listing an activity is not a recommendation, an agreement, evidence of safety or a statement about legality. You may skip whole sections. Add conditions on this page or the continuation sheet using the activity number.

Column	How to complete it
Experience	N = never; P = previously; C = currently; D = prefer to discuss.
Interest	0 = none; 1 = unsure; 2 = curious; 3 = interested; 4 = strong interest. This measures interest, not permission or frequency.
Boundary	H = hard limit; T = not currently; D = discuss first; O = open to considering. Blank is not agreed.
Role	G = giving; R = receiving; B = both; N = neither. Use your own words if those labels do not fit.
Conditions	F = fantasy only, or enter a note reference. Record partner, setting, body-area, privacy or other limits in words on the continuation sheet.

Higher risk topics

The final inventory section contains potentially serious-harm activities and invasive procedures. It is for recording boundaries or questions only, not planning execution. No rating, equipment choice or safeword makes them medically safe. Do not infer a safe method from their inclusion.

Pressure to the neck and breathing restriction can cause serious injury or death. The NHS states there is no safe way to strangle; injury may be hidden or delayed. Seek medical advice after neck pressure, and call 999 for an emergency. These entries are discussion-only in this workbook.

Adult roles and other people

Every participant and every role represented here is aged 18 or over. Other people must consent independently to participation, observation, recording and sharing. Do not involve unsuspecting members of the public. Role labels about service or ownership do not transfer a person's right to decide.

Additional interests or terms that need a shared definition

_____

_____

Power exchange and service

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
1 Bathroom use control					
2 Boot worship					
3 Chauffeuring					
4 Eye contact restrictions					
5 Following orders					
6 Foot worship					
7 Negotiated servitude					
8 Harems (serving w/other subs)					
9 Having food chosen for you					
10 Having clothing chosen for you					
11 High heel worship					
12 Housework (doing)					
13 Kneeling					
14 Lectures for misbehavior					
15 Rituals					
16 Restrictive rules on behavior					
17 Serving					
18 Serving as art					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Power exchange and service continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
19 Serving as furniture					
20 Serving as a maid:					
21 Serving as waitress/waiter					
22 Serving other agreed partners (supervised)					
23 Serving other agreed partners (unsupervised)					
24 Speech restrictions (when, what)					
25 Standing in corner					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Restraint and sensory experiences

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
26 Arm & leg sleeves (arm binders)					
27 Blindfolds					
28 Breast/chest bondage					
29 Bondage					
30 Restraint - hands in front					
31 Restraint - hands behind					
32 Restraint - hands over head					
33 Restraint - ankles					
34 Restraint - knees					
35 Restraint - elbows					
36 Restraint - wrist-to-ankles					
37 Restraint - wrist-to-waist					
38 Spreader Bars					
39 Restraint - tied to a chair					
40 Restraint - tied to a bed					
41 Restraint - using rope					
42 Restraint - using tape					
43 Restraint - metal cuffs					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Restraint and sensory experiences continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
44 Restraint - leather cuffs					
45 Restraint - silk ties					
46 Bondage (multi-day)					
47 Bondage (public, under clothing)					
48 Cages (locked inside of)					
49 Cells/Closets (locked inside of)					
50 Full head hoods					
51 Gags (cloth)					
52 Gags (rubber)					
53 Gags (tape)					
54 Decorative or intricate rope bondage					
55 Leather restraints					
56 Manacles & Irons					
57 Mouth bits					
58 Mummification					
59 Rope body harness					
60 Plastic wrap restraint					
61 Sensory deprivation					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Restraint and sensory experiences continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
62 Sleep sacks					
63 Stocks					
64 Straight jackets					
65 Suspension (upright)					
66 Suspension (inverted)					
67 Suspension (horizontal)					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Impact and body sensation

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
68 Abrasion					
69 Lower intensity impact play					
70 Higher intensity impact play					
71 Being serviced (sexual)					
72 Being bitten					
73 Breast whipping					
74 Caning					
75 Clamps					
76 Clamps - nipples					
77 Clamps - genital					
78 Clamps - other					
79 Clothespins					
80 Face slapping					
81 Hairbrush spankings					
82 Hair pulling					
83 Hot waxing					
84 Ice cubes					
85 Marks					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Impact and body sensation continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
86 Marks - visible in street clothes					
87 Marks - visible in bathing suit					
88 Nipple weights					
89 Over-the-knee spanking					
90 Genital impact play					
91 Riding crops					
92 Scratching - getting					
93 Scratching - giving:					
94 Spanking					
95 Strap impact play					
96 Tickling					
97 Whipping					
98 Wooden paddles					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Intimacy and sexual contact

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
99 Anal Sex					
100 Anal plugs (small)					
101 Anal plugs (large)					
102 Anal plug (public, under clothes)					
103 Chastity belts					
104 Penis focused attention					
105 Cunnilingus					
106 Double penetration					
107 Negotiated chastity					
108 Fisting (anal)					
109 Fisting (vaginal)					
110 Negotiated masturbation					
111 Genital sexual contact					
112 Hand jobs (giving)					
113 Hand jobs (receiving)					
114 Oral sex with a penis - giving					
115 Oral sex with a penis - receiving					
116 Homage with tongue (non-sexual)					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Intimacy and sexual contact continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
117 Licking (non-sexual)					
118 Oral/anal play (rimming)					
119 Orgasm denial					
120 Orgasm control					
121 Outdoor sex:					
122 Phone sex (serving Dom)					
123 Phone sex (serving agreed other adults)					
124 Vulva focused attention					
125 Serving orally (sexual)					
126 Sexual deprivation (short term)					
127 Sexual deprivation (long term)					
128 Sexualised clothing in private					
129 Sexualised clothing in agreed settings					
130 Speculums (Anal)					
131 Speculums (vaginal)					
132 Strap-on-dildos (sucking on)					
133 Strap-on-dildos (penetrated by)					
134 Strap-on-dildos (wearing)					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Intimacy and sexual contact continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
135 Swallowing semen					
136 Triple penetration					
137 Vaginal dildo					
138 Vibrator on genitals					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Roles clothing privacy and other people

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
139 Adult age role play with all roles 18+					
140 Animal roles					
141 Auctioned for charity					
142 Brown showers (scat)					
143 Collars (worn in private)					
144 Collars (worn in public)					
145 Competitions (with other Subs)					
146 Corsets (wearing)					
147 Enemas					
148 Examinations (physical)					
149 Exercise (negotiated)					
150 Exhibitionism (friends)					
151 Exhibitionism (strangers)					
152 Fantasy abandonment					
153 Fantasy of non-consent - discussion only					
154 Fantasy gang-rape					
155 Negotiated dressing					
156 Negotiated partner-gender role play					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Roles clothing privacy and other people continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
157 Negotiated nudity (private)					
158 Negotiated nudity (around others)					
159 Gates of Hell (male)					
160 Temporary role play involving another agreed partner					
161 Ongoing dynamic involving another agreed partner					
162 Golden showers					
163 Harnessing (leather)					
164 Harnessing (rope)					
165 Adult animal role play					
166 Humiliation (private)					
167 Humiliation (public)					
168 Hypnotism					
169 Adult dependency or care role play with all roles 18+					
170 Initiation rites					
171 Interrogations					
172 Consensually negotiated abduction role play					
173 Leather clothing					
174 Manicures (giving)					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Roles clothing privacy and other people continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
175 Massage (giving)					
176 Massage (receiving)					
177 Medical scenes					
178 Modeling for erotic photos					
179 Outdoor scenes					
180 Prison scenes					
181 Adult pony role play					
182 Public exposure					
183 Religious scenes					
184 Rubber/latex clothing					
185 Body fluid or waste themed role play					
186 Shaving (body hair)					
187 Shaving (head hair)					
188 Spandex clothing					
189 Introducing potential partners without obligation					
190 Swallowing urine					
191 Swapping (with one other couple)					
192 Swinging (multiple couples)					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Roles clothing privacy and other people continued

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Activity	Exp	Interest	Boundary	Role	Conditions
193 Teasing					
194 Uniforms					
195 Including others					
196 Verbal humiliation					
197 Voyeurism (watching others)					
198 Voyeurism (your agreed partner w/others)					
199 Video (watching others)					
200 Video (recordings of you)					
201 Wearing symbolic jewelry					
202 Wrestling					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Higher risk discussion only

Participant _____ Date _____ Each row describes preferences only.
Exp: N/P/C/D | Interest: 0-4 | Boundary: H/T/D/O | Role: G/R/B/N | Conditions: F or note number

Boundary and discussion prompts only. No entry here is medical clearance or an instruction for carrying out an activity.

Activity	Exp	Interest	Boundary	Role	Conditions
203 Asphyxiation					
204 Breath control					
205 Branding					
206 Catheterization					
207 Choking					
208 Dilation					
209 Electricity					
210 Hot oils (on genitals)					
211 Injections					
212 Piercing (temporary, play-pierce)					
213 Piercing (permanent)					
214 Riding the "horse" (crotch torture)					
215 Ash or cigarette themed role play - discussion only					
216 Sleep deprivation					
217 Tattooing					
218 Water based distress scenarios - discussion only					

Use the continuation page for detail. A missing answer is not permission. Agreement for this encounter belongs on the shared plan.

Conditions and personal notes

Copy this page as needed. Use the activity number and describe what the term means to you, the relevant conditions, frequency preferences and anything that should remain fantasy only.

Activity number and conditions

_____

_____

Activity number and conditions

_____

_____

Activity number and conditions

_____

_____

Activity number and conditions

_____

_____

Activity number and conditions

_____

_____

What has changed since my last completion

_____

Shared plan for this encounter

Complete together after reading each person's chosen disclosures. This plan records a conversation, not binding future consent. Any participant can stop or change their mind.

Participants chosen identifiers roles date and setting

_____

What we specifically agree to do and the limits for this encounter

_____

_____

What is explicitly excluded including body areas marks and other people

_____

_____

Health or access adjustments agreed and unresolved issues that mean postponement

_____

_____

Pause word stop word non verbal signal and tested backup

_____

Check in arrangements and signs that mean stop without waiting for a signal

_____

Who may observe photograph record or receive information and specific permissions

_____

Emergency exit and privacy arrangements confirmed

_____

We have discussed the plan freely and understand that anyone may stop. Names/initials below acknowledge this discussion only; they are not a waiver or irrevocable consent.

Each participant initials and date

_____

Aftercare and later reflection

Each person's preferred support touch space food or practical help

_____

_____

What each person can realistically offer and support available elsewhere

_____

_____

Privacy and transport afterwards

_____

When and how we will check in later

_____

What felt good comfortable or connecting

_____

_____

What felt wrong uncertain or different from the agreement

_____

_____

What we want to change or exclude next time

_____

_____

An aftercare agreement does not create a duty to remain with someone who feels unsafe. Concerns can be raised later even if nobody used a safeword. Seek appropriate medical or other support when needed.

Reference notes

Prepared as an adult partner conversation workbook from the supplied checklist. Some legacy entries have been clarified, overlapping labels combined and potentially serious-harm topics separated. No ranking or diagnostic score is produced. This is not a safety certification or jurisdiction-specific legal advice.

Sources checked 9 October 2026. NCSF is a US organisation: its negotiation questions inform this workbook, but its legal statements are not presented as UK law.

NCSF Negotiation Guide

https://ncsfreedom.org/wp-content/uploads/2023/06/Negotiation-Guide.pdf

RAINN Consent 101

https://rainn.org/share-the-facts/consent-101-respect-boundaries-and-building-trust

Gloucestershire Hospitals NHS guidance on strangulation

https://www.gloshospitals.nhs.uk/about-us/news-media/press-releases-statements/non-fatal-strangulation-there-is-no-safe-way-to-strangle/

Privacy reminder

Health and sexual preferences are sensitive. Agree where each copy is kept, who can read it and when it will be deleted. A participant can choose not to disclose detail; partners can then choose not to proceed with an activity they cannot assess or agree comfortably.

Our storage sharing and deletion agreement

_____

_____