Dominance, responsibility and connection

Reflection and understanding | 1 of 2

Explore what you want to offer and receive in a consensual dynamic.

Name or initials (optional): _____ Date: _____

1. What does dominance mean to me beyond a role or image? What need does it express?

2. How do I recognise a partner's enthusiasm, uncertainty or changing preference?

3. How do I respond when a partner says no or wants something different? What would I like to improve?

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Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What are my own limits, vulnerabilities and needs for care? How do I communicate them?

5. Which responsibilities have actually been agreed, and which am I assuming?

6. How will we review the experience so both people can speak honestly?

My next step / support I can ask for / date to review: