

BDSM Relationship Worksheet

Step One: How Are We Doing?

I'm with my partner because _____

Our social life is _____

Our home life is _____

Our spiritual life is _____

Our political/social activism life is _____

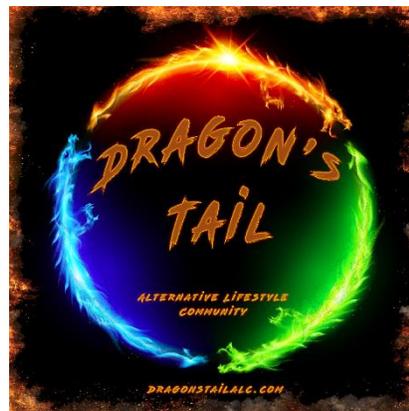
Our sex life is _____

The amount of time we spend together is _____

Our kinky activities are _____

Our careers/jobs are _____

Our school/CE life is _____



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Step Two: What Kind of Relationship Is This?

The things we do together are _____

The things we do separately are _____

Do we want to be monogamous, open, or poly? _____

What do we consider "cheating"? _____

How do we deal with jealousy? _____

How do we deal with disagreement between us? _____

Is one of us more assertive in relationship matters than the other? _____

Are we kinky full-time, part-time, occasionally, only in the bedroom, etc? _____

Is there domestic discipline used in our relationship? _____

Are there service aspects to our relationship, or rituals that can be used, to supplement our kinky life? _____

What are our relationships with each other's families? _____

What are our relationships with each other's children? _____

What are our relationships with our children's other parents? _____

What are our relationship priorities, greatest/first to least/last? (Children, each other, parents, job, friends, etc.)

Does that priority change regarding secondary/poly relationships?

Step Three: What Could Be Better?

Something my partner might not know they could do to make me happier is _____

Something we both could work on together is _____

I feel most loved/secure/happy when my partner does _____

Something my partner needs to know my feelings about is _____

An activity I would like us to do together is _____

How can we better integrate our kinky and vanilla lives? _____

Do we want to do more little things that are easier to fit in (small rituals), or make time for “big” things (play parties)? _____

Step Four: Where Are We Going?

What are our long-term life goals? _____

Are we progressing towards living together, marriage, and/or children? (Or do we not know yet?) _____

If we're going to have kids, even in the distant future, have we discussed how we want to raise them?

Are our long-term career goals compatible with the type of relationship we want to have? (Morals clause, need to keep non-vanilla activities/relationships secret, move for work...) _____

Step Five: Why You're Worth Going Through This Silly Worksheet With

I think this relationship is worth working on because _____

I like/love/admire my partner because _____



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