

# Play Negotiation Worksheet

## Step One: What Do I Want?

My kink role is \_\_\_\_\_ (Dominant, submissive, top, bottom, switch, slave, Master, pet, owner, girl/boy, Mommy/Daddy, vanilla...)

The name I will be called today during play is \_\_\_\_\_

My level of kink experience for this activity is \_\_\_\_\_

For me, kink is \_\_\_\_\_ (a fantasy, a hobby, a fetish, an orientation, a community, an experiment, a lifestyle...)

I want to play today with this activity because \_\_\_\_\_ (I'm curious, I'm horny, I want catharsis, I want new experiences, I want to please my partner, I just do...)

When I play, I want to feel \_\_\_\_\_ (turned on, scared, safe, powerful, humiliated, sensual, in control, out of control, pushed to my limits, cared for...)



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## Step Two: What Will We Do?

The one thing I would most like to experience today is \_\_\_\_\_

Do I want to engage in dominance/submission, physical play, sensual play, psychological play, emotional play, mental play, service, discipline, medical play, sensation play, or...?  
\_\_\_\_\_

Do I want to act out a certain role, roleplay, or scenario? \_\_\_\_\_

Do I want to feel/inflict pain? \_\_\_\_\_

Do I want to engage in bondage/restraint? \_\_\_\_\_

Do I want to use toys? \_\_\_\_\_ If yes, which ones? \_\_\_\_\_

Do I want to have sexual contact? \_\_\_\_\_ If yes, what kind? \_\_\_\_\_

Is it okay if I get/give marks? \_\_\_\_\_ If yes, where? \_\_\_\_\_

Is it okay to break skin/draw blood? \_\_\_\_\_ (DISCUSS HEALTH ISSUES)

Do I want to play in public, with selected people present, or in private? \_\_\_\_\_

### **Step Three: Safety and Communication**

We are applying SSC/RACK/PRICK standards.

My safeword is “RED” or \_\_\_\_\_ (If I cannot speak, my nonverbal safe signal is \_\_\_\_\_) If I use this word, it means play needs to stop RIGHT NOW. Whether I am a top or a bottom, I can use this word at any time for any reason. I will never debate or criticize my partner's use of this word.

My caution word is “YELLOW” or \_\_\_\_\_ If I use this word, it means I am getting close to my limit, or I am having a problem. Play needs to pause RIGHT NOW until we both understand and have addressed the problem.

My “everything’s good” word is “GREEN” or \_\_\_\_\_ (or non-verbal clue).

Are there risks to what we are doing? What are those risks?

Do we understand what the possible outcomes of those risks are that we are undertaking today?

What are we doing to prevent/mitigate problems with our scene/play?

Have we both completely, clearly, and freely given our consent to the play we are engaging in today?

Do we have a safety plan in place?

Do we have any required safety equipment and know how to use it?

### **Step Four: Health/Medical Issues**

My relevant health concerns are \_\_\_\_\_ (STI/STDs, mobility/flexibility limitations, seizure disorder, pregnancy, clotting disorder, prosthetics/implants...)

My medications I’m taking and the conditions they are for:

My OTC or herbal/homeopathic medications I’m taking are:

If I have PTSD/panic attack/phobia/other psychological triggers, they are \_\_\_\_\_ (certain words, being called certain names, being touched in a certain way, being unable to move...)

We will avoid STI transmission and/or pregnancy by \_\_\_\_\_

Anything else my partner should know about me, my needs, limits, or desires? \_\_\_\_\_

Do you have any implanted medical devices?

Are you able to have an MRI (if not, why not)?

Do you have any allergies to medications?

Do you have any allergies to food/beverages?

Do you have any other allergies?

Do you have an auto-injector pen for anaphylactic reactions?

**EMERGENCY CONTACT INFORMATION:**

We are playing at:

My full name and phone number:

My emergency contact's name and number and relation:

Play partner's information:

Vehicle information:

**EXAMPLE:**

You can spank me, bare-handed, over my panties. You can use (pointing to the implements) that, that, and that on me on my ass cheeks, the backs of my thighs, the sides of my thighs, and the fleshy upper part of my arms. I do not want marks or bruises that last, and you may not touch my breasts, or reach between my legs to touch me in any sexual or non-sexual way. Anything outside of those specified boundaries is an explicit NO. Anything questionable during the scene is an AUTOMATIC NO.



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