
9 KEYS TO AN AMAZING BDSM LIFESTYLE

1. DECIDE YOUR ROLES

- What kind of relationship do you want to have?
- Examples of different types are Daddy Dom/little girl, master/slave, boss/secretary, etc.

2. LIMITS

- Make a contract with the other person and yourself.
- Include hard and soft limits. Discuss what to expect, what you need, and what you want.

3. PART TIME OR 24/7?

- Determine if this is just to be done in the bedroom, on weekends, or fulltime.
- Long distance Dom/sub relationships can still be 24/7 through text or other means.

4. SAFEWORDS

- Pick safewords you both agree on.
- One word for when the submissive is at their limit, and a second for when all activity of the Dominant needs to stop immediately.

5. AFTERCARE

- Vital after a scene when a sub can “drop” emotionally and mentally.
- Combines caring for their needs and giving them reassurance.

6. RITUALS

- Create routines to keep both parties grounded in their roles.
- Should always be chosen by the Dom for his pleasure

7. BONDAGE

- Using ropes, ties, and other restraints to remind the sub who is ultimately in control of her body.
- It can also create anticipation and greatly increase arousal.

8. DISCIPLINE

- Punishments are vital to train the sub.
- Corporal punishments and other forms of physical discipline can help teach the sub a lesson.

9. JOURNAL

- A sub’s safe place to express their feelings without being judged.
- The Dom can read it to later “check-in” and help improve the relationship.