

# Sample BDSM Contract & D/s Relationship Agreement

## Intention Statement

This agreement is entered voluntarily between:

Dominant: \_\_\_\_\_

Submissive: \_\_\_\_\_

We enter into this agreement with mutual respect, trust, and the intention to grow together. We commit to honoring each other's boundaries, fostering intimacy, and exploring our D/s dynamic in a safe and consensual way.

## Roles & Responsibilities

Dominant's Responsibilities:

1. Provide guidance, structure, and discipline.
2. Maintain a safe environment.
3. Respect all limits.
4. Support personal growth and self-care.

Submissive's Responsibilities:

1. Follow agreed rules, rituals, and protocols.
2. Communicate openly about desires and limits.
3. Notify Dominant of any issues.
4. Maintain personal health and readiness.

## **Titles**

Dominant will be addressed as: \_\_\_\_\_

Submissive will be addressed as: \_\_\_\_\_

## **Limits**

Hard Limits (never allowed):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Soft Limits (conditional):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Conditionals (to be discussed):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Rules & Rituals

### Daily Rituals:

- Morning check-in text.
- Kneeling ritual before bedtime.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Weekly Rituals:

- Weekly reflection or journal entry.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Rewards:

- Verbal praise.
- Special privileges or playtime.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Check-Ins & Amendments

This agreement will be reviewed every \_\_\_\_ months.  
Amendments may be made with mutual consent.

## **Conflict Resolution**

In case of conflict, the parties agree to: pause discussion, take a cooling-off period, and use mediation or coaching if necessary.

## **Self-Care Clause**

Both partners agree to maintain reasonable self-care practices including rest, nutrition, and emotional well-being.

Either partner may request a pause in the dynamic for self-care without ending the relationship.

## **Breach of Agreement**

If a clause is broken, both parties agree to discuss openly, apply fair consequences if needed, and focus on repair and realignment rather than punishment.

## **Safe Words**

Stop word: \_\_\_\_\_

Slow down/check-in word: \_\_\_\_\_

## **Signatures**

---

*Dominant's signature and date*

---

*Submissive's signature and date*