

BDSM CONTRACT TEMPLATE

Disclaimer: This is a fictional example intended for consensual, negotiated BDSM relationships. Adapt all content to personal boundaries, local laws, and mutual safety.

1. PREAMBLE This contract is entered into freely and with full consent by the Dominant [] and the Submissive []. It serves to structure their consensual BDSM relationship by outlining roles, boundaries, rituals, and expectations with integrity, clarity, and trust.

2. DEFINITIONS

- **Dominant:** The individual who assumes consensual control.
 - **Submissive:** The individual who offers consensual obedience and service.
 - **Scene:** A negotiated experience involving agreed-upon BDSM activities.
 - **Safe Word:** “Red” indicates immediate stop. “Yellow” signals the need to pause or check in.
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3. DURATION This contract shall begin on [] and remain in effect until [], unless revised or terminated by mutual agreement.

4. LIMITS

- **Hard Limits (non-negotiable):** _____
 - **Soft Limits (with negotiation):** _____
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5. DUTIES OF THE DOMINANT

- Ensure the physical, emotional, and psychological safety of the submissive
 - Establish structure, correction, and guidance
 - Practice aftercare as needed
 - Lead with consistency, clarity, and care
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6. DUTIES OF THE SUBMISSIVE

- Obey lawful, negotiated orders from the Dominant
- Communicate honestly and promptly about limits or discomfort
- Present oneself respectfully and with attention to personal hygiene
- Honor daily tasks, rituals, and scheduled scenes with sincerity

7. DAILY & WEEKLY RITUALS

- Morning ritual: Kneel in silence for [] *minutes at* [] daily
 - Journal/report submission by [Time]: _____
 - Weekly review/check-in: Scheduled for [Day/Time] _____
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8. PUNISHMENTS & REWARDS

- **Punishments may include:** Verbal correction, writing lines, spanking, orgasm denial, public apology, or other negotiated methods.
 - **Rewards may include:** Physical affection, earned privileges, verbal praise, release, or tokens of approval.
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9. AMENDMENTS & TERMINATION This agreement may be revised upon mutual consent at any time. Either party may withdraw from this contract at will, with appropriate discussion.

10. SIGNATURES Signed on this day: [_____]

Dominant Signature: _____

Submissive Signature: _____

This document is a structure, not a substitute for trust. Obedience is not forged in ink, but in action.

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