

SCENE NEGOTIATION

WORKSHEET



Amanda Jepson, LPC, CST

« THIS IS JUST THE START »

This handout doesn't substitute for a conversation but will help you HAVE the conversation.

Things to remember:

- Be **honest** with yourself as you fill it out.
- Be cautious of trying new things with new partners. **Go slow.**
- Define terms: "What does ____ mean to you?"
- If it wasn't discussed, it is off the table. Do **NOT** renegotiate or up-negotiate during the scene.
- **You can revoke consent at any point.**

Check off things you know you want. Cross or black out things you know you don't want.

I want to be:

- ☐ Top
- ☐ Bottom
- ☐ Switch

SAFECOLORS:

- ☐ PLAIN LANGUAGE
- ☐ STOPLIGHT (DEFINE)
- ☐ NONVERBAL CUES:

- ☐ "SAFECOLOR":

- ☐ OTHER: _____

Medications

Are you taking any meds that may affect play, such as blood thinners, painkillers, beta-blockers?

- ☐ No
- ☐ Yes: _____

I want to feel:

- ☐ Beautiful
- ☐ Bratty
- ☐ Capable
- ☐ Catharsis
- ☐ Chastised
- ☐ Cherished
- ☐ Controlled
- ☐ Creative
- ☐ Degraded
- ☐ Energetic
- ☐ Erotic
- ☐ Fearful
- ☐ Helpless
- ☐ Humiliated
- ☐ Masochistic
- ☐ Overwhelmed
- ☐ Peaceful
- ☐ Platonic
- ☐ Playful
- ☐ Praised
- ☐ Respected
- ☐ Sadistic
- ☐ Serious
- ☐ Silly
- ☐ Strong
- ☐ Submissive
- ☐ Trusted
- ☐ Other: _____

POWER EXCHANGE:

- ☐ Dominant
- ☐ submissive
- ☐ TPE Total Power Exchange
- ☐ CNC Consensual Non Consent
- ☐ Rewards
- ☐ Punishments
- ☐ Other: _____

INJURIES / MED CONDITIONS:

Allergies? ☐ Yes ☐ No

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« I WANT TO **EXPERIENCE** THE FOLLOWING »

Bondage

- ☐ Collar/Lead
- ☐ Cuffs
- ☐ Gags
- ☐ Rope
 - ☐ Floor Bondage
 - ☐ Suspension
- ☐ Cross
- ☐ Bench
- ☐ Table
- ☐ Cages
- ☐ Hoods
- ☐ Decorative
- ☐ Restrictive
- ☐ Mental
- ☐ Other: _____

Sensation

- ☐ Biting
- ☐ Edge Play
- ☐ Electricity
- ☐ Hair pulling
- ☐ Knives
- ☐ Licking
- ☐ Mind Fucks
- ☐ Nipples
- ☐ Playing with Hair
 - ☐ Hair Pulling
- ☐ Pressure Points
- ☐ Scratching
- ☐ Sensory Deprivation
 - ☐ Blindfolds
 - ☐ Headphones
- ☐ Sharp
- ☐ Tickling
- ☐ Other: _____

Impact

- ☐ Spanking
- ☐ Punching
- ☐ Slapping
 - ☐ Face
 - ☐ Other: _____
- ☐ Paddles
- ☐ Canes
- ☐ Floggers
- ☐ Whips
- ☐ Intro
- ☐ Light
- ☐ Heavy
- ☐ Stingy
- ☐ Thuddy
- ☐ Other: _____

Role Play

- ☐ Boss / Employee
- ☐ Burglar / Victim
- ☐ Doctor / Patient
- ☐ Human Furniture
- ☐ Kidnapper / Captive
- ☐ Law Enforcer / Suspect
- ☐ Big / Little or Middle
- ☐ Owner / Pet
- ☐ Royalty / Servant
- ☐ Teacher / Student
- ☐ Wealthy / Commoner
- ☐ Other: _____

Penetration

- ☐ Fingers
- ☐ Oral
- ☐ Penis
- ☐ Vaginal
- ☐ Toys
- ☐ Anal
- ☐ Other: _____

Touching, Intimacy, Sex

- ☐ Cuddling
- ☐ Dirty Talk
- ☐ Groping
- ☐ Kissing
- ☐ Open Mouth Kissing
- ☐ Exhibitionism
- ☐ Hands On Genitals
- ☐ Orgasms
- ☐ Giving Oral Sex
- ☐ Receiving Oral Sex
- ☐ Condoms/Dental Dams
- ☐ Fluid Exchange
- ☐ STI Testing: _____
- ☐ Other: _____

Scene Type

- ☐ Basic / Instructional / Lab
- ☐ Sensual
- ☐ Rough
- ☐ Sadistic
- ☐ Playful
- ☐ Soft
- ☐ Other: _____

Marks

- ☐ None
- ☐ For today
- ☐ For the week
- ☐ Longer
- ☐ In hidden areas (under clothing)
- ☐ Other: _____

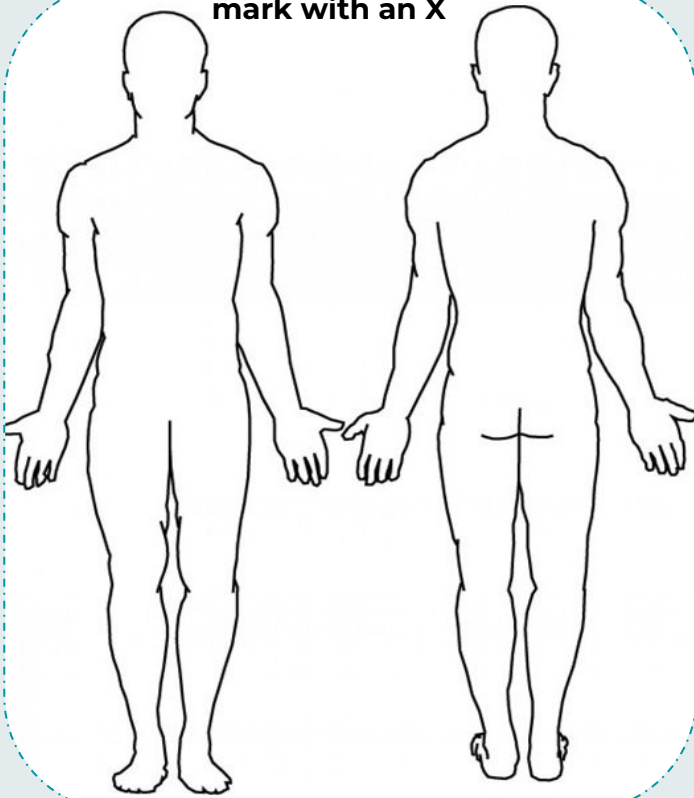
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« OFF LIMITS INFO & TRAUMA RESPONSES »

OFF LIMITS AREAS

mark with an X



OFF LIMITS WORDS

TRAUMA & TRIGGERS QUESTIONS

- Is there past trauma you need to mention?
 - Is any part of this scene related to trauma?

- What are your emotional triggers?

- What are your physical triggers?

- What are your verbal triggers?

- When triggered, what does that look/sound like?

- How should your scene partner respond if so?

Other Hard Limits

What level of dress, undress, or nudity are you comfortable with?

TELL YOUR PARTNER(S) ABOUT
YOUR WARNING SIGNS AND WHAT
TO LOOK OUT FOR.

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« WHAT ELSE IS THERE TO REMEMBER? »

Aftercare Needs

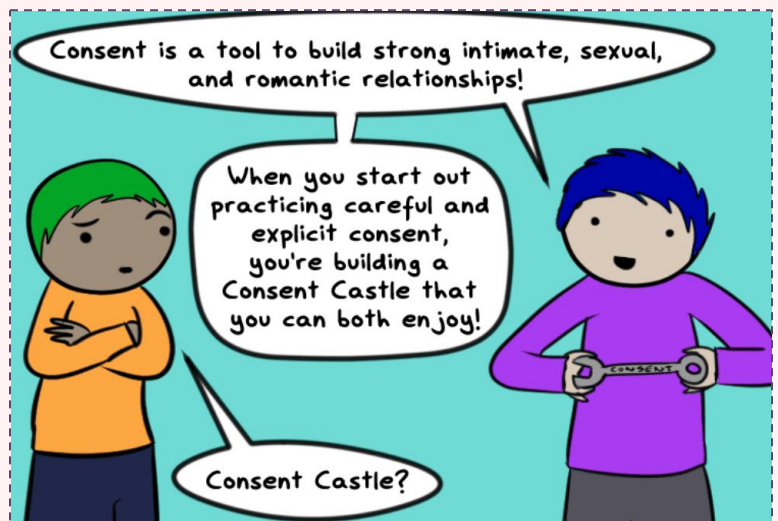
- ☐ I will need ~ ____ - ____ mins
- ☐ Water
- ☐ Electrolytes
- ☐ Salt
- ☐ Sugar
- ☐ Snack: _____
- ☐ Let me be
- ☐ Blanket
- ☐ Hugs/Physical Pressure
- ☐ Cuddling
- ☐ Comfort Item: _____
- ☐ Conversation
- ☐ Service
- ☐ Help clean up
- ☐ Snuggly Clothes
- ☐ Socialize
- ☐ Laughter
- ☐ Aftercare provided by someone else
- ☐ Check in Tomorrow

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

 Planned Parenthood®



<https://www.robot-hugs.com/comic/consent-castle/>

SELF-AWARENESS

How are you doing physically right now?

How are you doing emotionally right now?

What does it look and/or sound like when you're having a good time in a scene?

Setting the Scene

WOULD YOU LIKE TO DO ANYTHING RIGHT BEFORE THE SCENE TO OFFICIALLY BEGIN OR SET THE SPACE?