



# Dom/Sub Contract

DETAILED TEMPLATE PG. 1

[@thebimbowhisperer](#)

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## Initials

Dominant

Submissive

## I. Overview

### About This Document

*Dom/Sub Contract Template Guidelines*

This agreement defines, in precise terms, the relationship and interaction between two individuals, hereafter called **the 'submissive'** and **the 'Dominant.'** This particular contract applies to monogamous relationships only, and is entered into consensually, with both parties agreeing to the conditions herein.

This contract is intended to allow the submissive to explore their sensuality and their limits safely, with respect for their needs, limits, and well-being. As well as to help the Dominant to exert power, control, and creativity with a trusting, co-operative partner.

It ensures alignment in a consensual relationship that increases the health and happiness in both party's lives.

This contract may not be altered, except when both parties agree, and in such cases, a new contract shall be printed and signed, with the old contract being destroyed immediately after.

Should either party find their aims being underserved by this agreement, find this agreement too burdensome, *or for any other reason wish to exit, cancel, or terminate this agreement*, then either party may do so by verbal notification to the other, in keeping with the consensual nature of the agreement.

### Agreement Basics

*Date of the agreement, when it starts, when it ends, etc.*

Current Date \_\_\_\_\_ Contract Duration (From \_\_\_\_\_ To \_\_\_\_\_)

## II. Roles & Duties

### Dominant and submissive.

*Who the dominant is, who the submissive is, and what their roles are.*

Dominant's Name \_\_\_\_\_ submissive's Name \_\_\_\_\_

The role and duties of **The Dominant** are as follows:

- A. The Dominant agrees to discipline *only to better the submissive*, and never to punish out of anger.
- B. The Dominant also commits to treating the submissive well, to training and disciplining the submissive, punishing the submissive, loving the submissive, and using the submissive as they see fit.
- C. The Dominant will use their power to mold the submissive responsibly to grow in character & confidence, helping them become a better person.



# Dom/Sub Contract

DETAILED TEMPLATE PG. 2

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Initials

Dominant

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- D. The Dominant will not ever purposefully ignore the submissive.
- E. The Dominant will assuage any trauma that may arise from servitude, with help from the submissive.
- F. The Dominant will be honest with the submissive at all times, and remain open to the submissive's thoughts, concerns, stresses, encouraging them to always open up and express their feelings without fear of backlash.
- G. The Dominant won't engage a 'session' or 'scene' when not in a healthy frame of mind to administer it.
- H. The Dominant will encourage the submissive in their relationships with family, friends, and career, and won't isolate the submissive from other aspects of their life.

The role and duties of **the submissive** are as follows:

- A. The submissive agrees to serve, obey, & please the Dominant, in any way the Dominant sees fit (within reasonable bounds & limits outlined herein.)
- B. The submissive will trust the Dominant unless the Dominant betrays them.
- C. The submissive agrees to obey the dominant & follow direction.
- D. The submissive will grow beyond her comfort zone to fulfill the Dominant's wishes, within reason.
- E. The submissive will be honest, faithful, & loyal to the Dominant.
- F. The submissive will behave respectfully (with the understanding that the submissive won't have to necessarily alter their core personality.)
- G. The submissive will take proper care of their body in a manner that is pleasing to the Dominant & guided by The Dominant if necessary.
- H. If the Dominant feels justified, they may instruct the submissive to make other adjustments to their lifestyle.
- J. When not in the Dominant's presence, the submissive will maintain contact and inform them of the submissive's schedule and activities.
- K. The submissive won't keep the Dominant (or their relationship) isolated from other aspects of her daily life.
- L. The submissive will use *safewords* as necessary to ensure all interactions don't cross her boundaries.
- M. The submissive agrees to overcome feelings of guilt, shame, and any inhibitions that prevent serving the Dominant or limit the submissive's growth.
- N. The submissive will inform the Dominant of their wants and needs, letting The Dominant be the judge of whether (or how) these shall be satisfied.
- O. The submissive will drop negative parts of their ego and insecurities that interfere with the above.

## III. Limits & Boundaries

**See attached list of soft/hard limits for safewords.**

*Basically: No permanent harm, no illegal stuff, no scat.*

The Dominant and the submissive have discussed and provided each other a listing of personal limits.

It's been agreed that these limits include:

- no permanent marks or piercings
- no permanent bodily harm
- no illegal activities or any play involving children or animals
- no play involving blood, scat or directly applied fire.

(Please see attached limit-sheet for further details, or make one if missing.)



# Dom/Sub Contract

DETAILED TEMPLATE PG. 3

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## Initials

Dominant

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The submissive agrees to responsibly use a safeword when necessary, and agrees that that safeword is "\_\_\_\_\_". In case speech isn't appropriate the submissive's safe signal is "\_\_\_\_\_". The Dominant will pause and responsibly assess situations where the sub says the safeword and will make judgement on whether to modify the activity or stop it entirely, with the sub holding no ill will towards that decision. No punishment shall be meted out for responsible use of a safeword.

## IV. Punishments

### Loving discipline.

*Punishments are either necessary for growth, a fun dynamic, or both.*

The Dominant and the submissive both agree that appropriate punishments are necessary for the growth of the submissive. Type of punishment depends on the severity of the infraction. Punishments will be used to improve the behavior of submissive and remind them of this agreement.

The Dominant will clearly and calmly inform the submissive that they are being punished when punishment occurs. As well as explain the reason for punishment either before, during, or after punishment. The Dominant agrees to discipline only to better the submissive, and to never punish out of, or during, feelings of anger.

## V. Health & Well-Being

### Medical history, hygiene, self-care.

*A healthy relationship should elevate the health of all involved.*

Both parties have initialed regarding any health concerns, STIs, medical conditions (asthma, anxiety meds, allergies, etc.) They've also agreed as to what's involved in proper grooming, hygiene, & self-care as individuals.

The Dominant will nudge the submissive towards self-care if they ever slip, and the submissive will do the same for The Dominant, according to the attached medical sheet (make one if missing.)

## VI. Signatures

### Consensual agreement.

*Both parties take this agreement seriously and sign their name to it.*

I, the submissive, have read this whole document & consensually offer my submission to The Dominant. Signed \_\_\_\_\_ Date \_\_\_\_\_

I, The Dominant, have read this whole document & consensually accept the submissive's submission. Signed \_\_\_\_\_ Date \_\_\_\_\_