



# Dom/Sub Contract

SIMPLE TEMPLATE

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Initials

Dominant

Submissive

## I. This Document

### About This Agreement

*Simple, One-Page, Dom/Sub Guidelines*

This contract lets the submissive explore their sensuality and their limits safely, with respect for their needs & well-being. It also helps the Dominant to exert power, control, and creativity with a trusting, co-operative partner. It may not be altered, except when both parties agree. Should either party find their aims being underserved by this agreement, find it 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.

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

## II. Roles

### 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 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, but only in a healthy state of mind, never out of anger, revenge, or other negative emotions.
- B. 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.
- C. 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 obey, trust, & serve the Dominant any way the Dominant sees fit (within reason, see attached limit sheet.)
- B. The submissive will care for their body & life in ways pleasing to the Dominant.
- C. The submissive will use *safewords* to ensure nothing crosses her boundaries.
- D. The submissive will drop insecurities that interfere with the above.

## III. Limits

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

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

The Dominant and the submissive have provided each other a list of limits. The submissive agrees to the safeword " \_\_\_\_\_ " responsibly. In case speech isn't appropriate the safe signal is " \_\_\_\_\_ ". The Dominant will responsibly assess situations where safeword is said, and will judge whether to modify or stop the activity. The sub will hold no ill will towards that decision, and no punishment shall be meted out for responsible use of a safeword.

## 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 \_\_\_\_\_