

Contracts are one of the most symbolic and personal tools within Femdom. They can be simple statements of intent or detailed agreements outlining rituals, rules, and responsibilities. Every Dominant and submissive has their own style, and no two contracts will ever look the same — nor should they.

We've left these examples **unlocked and editable** so that newcomers can copy, paste, and adapt them to suit their own dynamics. Think of them as templates or inspiration, not as fixed rules. Some people prefer short, poetic pledges that feel like vows. Others choose longer, structured agreements that map out boundaries, rituals, and review periods. Both approaches are valid — what matters is that it reflects **your relationship, your desires, and your consent**.

Remember: contract writing is as individual as the people who write them. Use these examples as a starting point, but don't be afraid to modify, mix, or rewrite entirely. The most powerful contract is the one that feels authentic to you and your dynamic.

*****Example Contract 1 – Online Sub Only*****

Parties: This agreement is between

[Domme Name] (the Dominant) and [Submissive Name] (the submissive).

Duration:

This contract is effective from [Start Date] until [End Date or Review Date].

Communication & Reporting:

- Daily reports via text or agreed messaging platform.*
- Weekly reflection journal sent every Sunday evening.*

Limits & Boundaries:

- Safewords/Signals: Yellow (pause), Red (stop).*
- Hard Limits: No sexual activity not explicitly discussed.*

Responsibilities & Rituals:

- Respond promptly to messages.*
- Reflection journal includes thoughts, feelings, and feedback.*

Review & Adjustments:

- Review every 4 weeks to discuss satisfaction and changes.*

Acknowledgement:

By signing below, both parties agree to respect the terms, prioritize consent, and communicate openly.

Signatures:

Dominant: _____

Submissive: _____

Date: _____

*****Example Contract 2 – Part-Time Lifestyle*****

Parties:

Agreement between [Domme Name] (Dominant) and [Submissive Name] (submissive).

Duration:

Effective from [Start Date] until [End Date or Review Date], reviewed monthly.

Sessions & Frequency:

- Two in-person sessions per week.

Daily Responsibilities:

- Daily obedience tasks: messages, reflections, chores.*
- Morning greeting: confirms day's intentions.*
- Evening check-in: summarizes tasks and feelings.*

Limits & Boundaries:

- Hard limits respected at all times.*
- Soft limits explored gradually with prior discussion.*

Review & Adjustments:

Monthly review to adjust intensity and responsibilities.

Acknowledgment:

Both parties commit to communication, respect, and prioritizing consent.

Signatures:

Dominant: _____

Submissive: _____

Date: _____

*****Example Contract 3 – Scene-Based Only*****

Parties:

Agreement between [Domme Name] (Dominant) and [Submissive Name] (submissive).

Duration:

Effective from [Start Date] until [End Date or Review Date], reviewed after each scene or monthly.

Sessions:

- 1–2 hours per session, once per week.*
- Scene plan agreed before starting.*

Limits & Boundaries:

- Hard Limits: Specific off-limits acts defined.*
- Soft Limits: Activities explored gradually with consent.*
- Safewords/Signals: Yellow (pause), Red (stop).*

Aftercare:

- Aftercare defined per scene, including emotional and physical support.*
- Post-session check-in via agreed communication method.*

Review & Adjustments:

- Debrief after each scene to discuss satisfaction, comfort, and changes.*

Acknowledgment:

Both parties commit to respecting boundaries, following safewords, and prioritizing safety and consent.

Signatures:

Dominant: _____

Submissive: _____

Date: _____