



Worksheet: Negotiation, Consent & Boundaries Support for Femdom for Beginners Series: “Negotiation, Consent & Boundaries”

Step 1: Your Own Limits

Hard Limits (*absolutely off-limits activities/behaviors*):

Soft Limits (*activities you may try cautiously*):

Emotional Boundaries (*triggers, sensitive topics, vulnerabilities*):

Step 2: Topics to Clarify With Submissive

- Physical play: *do the styles match my own*

- **Psychological/emotional play:**

- **Rituals and obedience:**

- **Communication preference:**

- **Duration or schedule of dynamic:**

Step 3: Open-Ended Questions for Submissive

Step 4: Safe words and Signal System – *E G Red (stop)*:

Step 5: Trial Period Plan - *Length of trial*:

_____ - Review points/check-ins

_____ - Criteria for success or adjustment

[illegible]

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Step 6: Notes & Observations During Negotiation
