



D/s Communication Agreement Template

A structured document partners can fill in together to establish clear expectations, avoid misunderstandings, and strengthen trust.

COMMUNICATION AGREEMENT

Between:

Dominant: _____

Submissive: _____

Date: _____

This agreement outlines expectations, preferences, and boundaries for communication within our D/s dynamic. It is a living document and may be reviewed or updated at any time by either partner.

SECTION 1 — Availability & Frequency

1.1 Daily Contact Expectations

- Preferred frequency of communication (circle):
Hourly / Every few hours / Morning + night / Daily check-ins / Other:
- _____
- Expected minimum contact during busy days:

1.2 Typical Availability Windows

Dominant availability: _____

Submissive availability: _____

1.3 Response Time Standards

- Ideal response time: _____
- Acceptable delay during busy periods: _____
- When delayed responses are expected (work, kids, events, etc.):

SECTION 2 — Communication Formats

2.1 Preferred Methods

Rank preferred formats (1 = favourite, 5 = least preferred):

- Text / messaging apps _____
- Phone calls _____
- Voice notes _____
- Video calls _____
- In-person _____

2.2 Restrictions or Special Notes

Examples: No calls after 10pm, no texting during work meetings, etc.

SECTION 3 — Tone, Language, and Protocol

3.1 Dominance Language Preferences

Words/tones that feel good or affirming:

Words/tones that are **not** allowed:

Honorifics to be used (if any):

Dominant's title(s):

Submissive's title(s):

3.2 Degradation / Humiliation

(Choose one)

- ☐ Enjoyed
- ☐ Limited
- ☐ Only in certain contexts
- ☐ Off limits

Details/allowed phrases:

Off-limits phrases:

SECTION 4 — Emotional Awareness & Conflict Handling

4.1 When One Partner is Upset

Signs Dominant is overwhelmed/stressed:

Signs Submissive is overwhelmed/stressed:

Preferred responses:

Domme: “When I am upset, please...”

Sub: “When I am upset, please...”

4.2 Pause / Timeout Rules

Our cooldown signal or phrase: _____

Expected duration of pause: _____

What happens when returning from a pause:

SECTION 5 — Protocols, Rituals, and Structure

5.1 Daily Rituals

(Choose all that apply)

- ☐ Morning message
- ☐ Night report
- ☐ Task updates
- ☐ Kneeling/position rituals
- ☐ Chastity check-ins
- ☐ Journal submissions
- ☐ Other: _____

5.2 Task and Instruction Protocol

Sub confirms tasks back to the Domme:

- ☐ Yes
- ☐ No
- ☐ Only for major tasks

Preferred format (bullet points, full sentences, voice note, etc.):

SECTION 6 — Boundaries & Consent Notes

6.1 Hard Limits

6.2 Soft Limits / Caution Areas

6.3 Emotional Triggers or Topics to Approach Carefully

6.4 Aftercare Requirements (Emotional or Physical)

Domme needs: _____

Sub needs: _____

SECTION 7 — Conflict Resolution & Repair

7.1 When Miscommunication Happens

Steps we agree to follow:

1. _____

2. _____

3. _____

7.2 Apology Style or Repair Preferences

Domme: “I feel repaired when...”

Sub: “I feel repaired when...”

SECTION 8 — Review Schedule

We agree to review this communication agreement:

- ☐ Weekly
- ☐ Monthly
- ☐ Every 3 months
- ☐ After major scenes
- ☐ When needed

Next review date: _____

SECTION 9 — Optional Add-ons

9.1 Rules About Being “Left on Read”

Dominant expectations: _____

Submissive expectations: _____

9.2 Bratting / Playful Rebellion

Allowed: ☐ Yes ☐ No

Context-specific: ☐ Yes ☐ No

Guidelines: _____

9.3 Pet Names / Objectifying Language

Appropriate styles: _____

Not allowed: _____

SIGNATURES

Dominant Signature: _____

Submissive Signature: _____

Date: _____