

THE PARTIES AGREE AS FOLLOWS

1 The following are the terms of a binding contract between the Dominant and the Submissive.

BASIC TERMS

2. The core purpose of this contract is to allow the submissive to explore herself, her sensuality and her limits safely, with proper respect and regard for her needs, her limits, and her well-being.

3. The Dominant and the submissive agree and acknowledge that all that occurs under the terms of this contract will be consensual, confidential, and subject to the agreed limits and safety procedures set out in this contract.

4. The Dominant and the submissive each warrant that they have disclosed any illnesses, diseases, disorders, or chronic conditions, including STIs, allergies, or mental disorders. If during the term of the contract either party should become diagnosed with or become aware of any such illness, he or she undertakes to inform the other immediately prior to any form of physical contact between the partners.

5. Adherence to the above agreements are fundamental to this contract. Any breach shall render it void with immediate effect and each party agrees to be fully responsible to the other for the consequence of any breach.

6. Everything in this contract must be read and interpreted in the light of the core purpose and the basic terms.

ROLES

7. The Dominant shall take responsibility for the well-being and the proper direction of the submissive. He shall decide the nature of such guidance, and the time and place of its administration, subject to the agreed terms, limitations, and safety procedures.

8. If at any time the Dominant should fail to keep to the agreed terms, limitations, and safety procedures set out in this contract or agreed additionally, the submissive may terminate the contract and leave the service of the Dominant without notice.

9. The submissive is to serve and to obey the Dominant in all things. Subject to the agreed terms, limitations, and safety procedures set out in this contract or agreed additionally, she shall without hesitation offer the Dominant such pleasure as he may require and she shall accept without query or hesitation his direction in whatever form it may take.

COMMENCEMENT AND TERM

10. The Dominant and the Submissive enter into this contract on the Commencement Date fully aware of its nature and undertake to abide by its conditions without exception.

11. This contract shall be effective for a period of one calendar month from the Commencement Date ("The Term").

On the expiry of the Term the parties shall discuss whether this contract and the arrangements they have made under this contract are satisfactory and whether the needs of each party have been met. Either party may propose the extension of this contract subject to adjustments of its terms or to the arrangements they have made under it. In the absence of agreement to such extension this contract shall terminate and both parties shall be free to resume their lives as before or separately.

AVAILABILITY & LOCATION

12. The Submissive will make herself available to the Dominant on _____ each week and on _____ during the weekend at times to be specified by the Dominant ("the Allotted Times"). Further allocated time can be mutually agreed on an ad hoc basis.

13. The Dominant reserves the right to dismiss the submissive from his service at any time and for any reason. The submissive may request her release at any time, such request to be granted at the discretion of the Dominant.

14. The submissive will make herself available during the Allotted Times and agreed additional times at locations to be determined by the Dominant.

SERVICE PROVISIONS

15. The following service provisions have been discussed, agreed upon and will be adhered to by both parties during the Allotted Times. Both parties accept that certain matters may arise that are not covered by the terms of this contract or the service provisions, or that certain matters may be renegotiated. In such circumstances, further clauses may be proposed by way of amendment. Any further clauses or amendments must be agreed, documented, and signed by both parties and shall be subject to the fundamental terms.

DOMINANT

15.1 The Dominant shall make the submissive's health and safety a priority at all times. The Dominant shall not at any time require, request, allow or demand the submissive to

participate at the hands of the Dominant in the activities detailed in Appendix 2 (Hard Limits) or in any act that either party deems to be unsafe. The Dominant will not undertake or permit to be undertaken any action which could cause serious injury or any risk to the submissive's life. The remaining sub-clauses of this clause 15 are to be read subject to this proviso and to the fundamental terms.

15.2 The Dominant accepts the Submissive as his own, to possess, control, dominate, worship, cherish, and guide during the Allotted Times. The Dominant may use the submissive's body at any time during the Allotted Times or any agreed additional times in any manner he deems fit, sexually or otherwise.

15.3 The Dominant shall provide the submissive with all necessary guidance in how to properly serve the Dominant.

15.4 The Dominant shall maintain a stable and safe environment in which the submissive may explore her sensuality and perform her duties in service of the Dominant.

15.5 The Dominant may guide the submissive as necessary using agreed to discipline techniques to ensure the submissive fully appreciates her role of subservience to the Dominant.

15.6 The Dominant shall ensure that no permanent marks are made upon the Submissive's body nor any injuries incurred that may require medical attention.

15.7 The Dominant shall ensure that the instruments used for the purposes of play are safe, shall not be used in a way as to cause serious harm, and shall not in any way exceed the limits defined and detailed in this contract.

15.8 In case of illness or injury the Dominant shall care for the submissive, seeing to her health and safety, encouraging and when necessary, ordering medical attention, when it is judged necessary by the Dominant.

15.9 The Dominant shall maintain his own good health and seek medical attention when necessary in order to maintain a risk free environment.

15.10 The Dominant shall not loan his submissive to another Dominant.

15.11 The Dominant will ensure that all equipment used for the purposes of play shall be maintained in a clean, hygienic, and safe state at all times.

SUBMISSIVE

15.12 The Submissive accepts the Dominant as her Master with the understanding that she is now property of the Dominant, to be dealt with by the Dominant as he pleases during the Allotted Times, and any additional agreed allotted times.

15.13 The Submissive shall obey the rules (the “Rules”) set out in Appendix 1 to this agreement

15.14 The submissive shall serve the Dominant in any way the Dominant sees fit and shall endeavour to please the Dominant to the best of her ability.

15.15 The submissive shall take all measures necessary to maintain her good health and request or seek medical attention whenever it is needed, keeping the Dominant informed at all times of any health issues that may arise.

15.16 The submissive will ensure that she procures contraception and ensure that she takes it as and when prescribed to prevent any pregnancy.

15.17 The submissive shall not touch or pleasure herself sexually without permission from the Dominant.

15.18 The submissive shall submit to any sexual activity demanded by the Dominant and shall do so without hesitation or complaint.

15.19 The submissive shall always conduct herself in a respectful manner to the Dominant, and shall address him only as Sir, Mr, Master, or such other titles as the Dominant may direct.

15.20 The Submissive will not touch the Dominant without his express permission to do so.

ACTIVITIES

16 The submissive shall not participate in activities or any sexual acts that either party deems to be unsafe or any activities detailed in Appendix 2 (“Hard Limits”).

17. The Dominant and the submissive have discussed the activities set out in Appendix 3 (“Soft Limits”) and recorded in writing on Appendix 3 their agreement in respect of them.

SAFEWORDS

18. The Dominant and the submissive recognise that the Dominant may make demands of the submissive that cannot be met without incurring physical, mental, emotional, spiritual,

or other harm at the time the demands are made to the submissive. In such circumstances, the submissive may make use of a safeword. Two Safewords will be invoked depending on the severity of the demands.

19. The Safeword “Yellow” will be used to bring to the attention of the Dominant that the Submissive is close to her limit.

20. The Safeword “Red” will be used to bring to the attention of the Dominant that the Submissive cannot tolerate any further demands. When this word is said, the Dominant’s action will cease completely with immediate effect.

CONCLUSION

21. We the undersigned have read and understood fully the provisions of this contract. We freely accept the terms of this contract and have acknowledged this by our signatures below.

The Dominant:

Date:

The submissive:

Date:

APPENDIX ONE: RULES

Obedience & Service

During the Allotted Times, the submissive will obey any instructions given by the Dominant immediately and without hesitation or reservation and in an expedient manner. The Submissive will agree to any sexual activity deemed fit and pleasurable by the Dominant excepting those activities that are outlined in "Hard Limits" (Appendix 2). She will do so eagerly and without hesitation.

Honesty

The submissive shall endeavour, to the best of her ability, to be honest and upfront with the Dominant about her thoughts and feelings. She must recognise that the Dominant places faith in her candour and sincerity and uses the information when making decisions and plans for play.

Personal Qualities

The submissive shall not enter into any sexual relations with anyone other than the Dominant. The submissive will conduct herself in a graceful and respectful manner during the Allotted Times, taking pride in who and what she is. She must recognise that her behaviour is a direct reflection on the Dominant.

Health & Personal Safety

The submissive will sleep, eat and exercise regularly to maintain her health. The submissive will not drink or take recreational drugs before the Allotted Times, or put herself in any unnecessary danger in general. She must recognise that as the property of the Dominant, she is also his responsibility and any harm that comes to her falls onto his shoulders.

Clothes

During the Allotted Times the submissive will wear clothing and jewellery only approved by the Dominant.

Personal Hygiene/Beauty

The submissive will keep herself clean and shaven and/or waxed at all times.

Failure to comply with any of the above will result in immediate punishment, the nature of which shall be determined by the Dominant.

Appendix Two: Hard Limits

Is there anything the submissive will not do?

- No play involving children or animals.
- No edge play.
- No humiliation.
- No acts involving urination or defecation.
- No acts that will leave permanent marks on the skin.
- No acts involving needles, knives, cutting, piercing, or blood.
- No acts involving breath control.

Appendix Three: Soft Limits

Where does the submissive enjoy being touched?



Head	
Face	
Shoulders	
Hair	
Arms	
Ears	
Back	
Neck	
Bottom	
Chest	
Thighs	
Breasts	
Knees	
Stomach	
Back of knees	
Vulva	
Calves	
Feet	



1 Does the submissive consent to:

<i>Kissing</i>	
<i>Masturbation</i>	
<i>Fellatio</i>	
<i>Vaginal sex</i>	
<i>G-spot Massage</i>	

<i>Anal play</i>	
<i>Massage</i>	
<i>Bathing</i>	
<i>Cuddling</i>	
<i>Cunnilingus</i>	

2 Does the submissive consent to the following forms of play?

<i>Cyberplay (erotic e-mails)</i>	
<i>Role play (being a food platter)</i>	

<i>Role play (nude cook)</i>	
<i>Sensation play (sight deprivation)</i>	

3 Does the submissive consent to the use of:

<i>Feathers/ feaux fur/velvet</i>	
<i>Other sensual toys</i>	
<i>Blindfold</i>	

<i>Vibrators</i>	
<i>Butt plugs</i>	
<i>Dildos</i>	

4 Does the submissive consent to the following forms of bondage:

<i>Bondage with rope</i>	
<i>Bondage with leather cuffs</i>	
<i>Bondage with silk/ribbons</i>	
<i>Bound hands</i>	

<i>Bondage with handcuffs</i>	
<i>Bondage with tape</i>	
<i>Binding to furniture and/or fixed items</i>	
<i>Ankles bound</i>	



5 How much pain is the submissive willing to experience?

Where 1 is likes intensely and 5 is dislikes intensely

1	2	3	4	5
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6 Does the submissive consent to the use of the following?

Ice	
Biting	
Hot wax	
Spanking	
Orgasm denial	
Nipple clamps	

Riding crop	
Physical exercise	
Psychological endurance/tasks	
Scratching	
Hair pulling	
Flogging	

By Mistress Psykhe

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