

# Interest Based BDSM Scene Negotiation Worksheet©

By Mx Bliss

(FetLife: MxBliss ♥ email: [MxBlissMx@gmail.com](mailto:MxBlissMx@gmail.com) ♥ web: [mxBliss.home.blog](http://mxBliss.home.blog) ♥ insta: mx\_bliss)

Participants: \_\_\_\_\_

When/Where/How Long: \_\_\_\_\_

Safe-words and Safe-Signals: \_\_\_\_\_

**Interest:** How do you want to feel during and after our scene?

Top	Bottom	Notes

**Best:** Tell me about your best scene ever? What made it so great?

Top	Bottom	Notes

**Avoids:** Tell me what can ruin a scene for you? What are some turn offs?

Top	Bottom	

**Activities:** What sorts of activities or play would you like to do with me? What about verbal and physical domination? Dirty/sexy talk?

Top	Bottom	ZOPA

**Injuries:** Do you have physical injuries or emotional trauma relevant to our scope of play?

Top	Bottom	ZOPA

**Acceptable Touch:** Where can I touch you? How can I touch you? What areas are off limits?

Top	Bottom	ZOPA

The goal of negotiation is **INFORMED CONSENT** grounded in **INQUIRY**  
leading to **HOTTER SCENES**

**Sexy-Time:** Is sexy/sensual engagement in scope for our play? Is sex (oral, anal, manual, penetrative, with vibrator) ok? Consider STARS\* questions, too.

Top	Bottom	ZOPA

**Limits & Marks:** Tell me about your physical limits and acceptable kinds of marks (bruises, teeth marks, amputation, etc.). Are certain areas of the body off limits to touch?

Top	Bottom	ZOPA

**Reading your responses:** Tell me what your body does when you're having a great time (moaning, freezing up, writhing, blushing, sweating) and what it does when you are having a terrible time (moaning, freezing up, writhing, blushing, sweating).

Top	Bottom	ZOPA

**Aftercare:** What is your desired aftercare?

Top	Bottom	ZOPA

**Open Ended Query:** What else should I know before we play?

Top	Bottom	ZOPA

#### **Negotiation Best Practices:**

- Be sober and undistracted during negotiation. Do not uplevel play (esp. sexy play) midscene.
- Subs/slaves/bottoms own negotiation too—don't play with someone who isn't having a two way collaborative negotiation with you
- Lead with all the reasons why not to play with you
- Agree on whether you can share stories/names/photos/social media posts, etc.
- Keep them wanting more → if it's great, you'll have more scenes. Leave things for next time
- STARS discussion before sexual activity (STI status, turn on's, avoids, relationship intentions, and sexual health practices). <https://www.sexpositiveportland.org/stars>

The goal of negotiation is **INFORMED CONSENT** grounded in **INQUIRY**  
leading to **HOTTER SCENES**