

D/s Rules Worksheet

From "Discipline: Adding Rules & Discipline To Your BDSM Relationship." For more, see <http://theblackleatherbelt.com/discipline>.

Proposed New Rule:

Trial period for new rule (circle one):

During one scene One day A weekend A week One month

Feedback and discussion of the trial period of the rule will occur:

Date:

Monitoring and Reporting

If the D-type is not physically present when I am carrying out this order, I will notify the D-type as follows (circle one):

Daily Weekly Monthly In response to events

I will notify them in the following way:

Verbally, face to face, at _____ time

Via email

Via text

Via phone

Via an entry in my journal or logbook

Via _____

The D-type will consider this rule broken if the s-type does not report it and will discipline the s-type for not reporting it in the exact same way as if the rule was broken or order not carried out. (Circle one)

Yes No

Discipline

We will not use any formal discipline for this rule during the trial period Yes No

We do not wish to use any formal discipline for this rule at any time Yes No

If discipline for an infraction of this rule is required, discipline that is not meted out immediately will be meted out at this time:

Day of week _____

Time of day _____

The s-type is required to present themselves to the D-type for discipline at this day and time if discipline was not carried out immediately. (Circle one)

Yes No

The s-type will present themselves for discipline at the specified date and time by approaching the D-type, reminding the D-type of the specific infraction, and humbly asking the D-type for their discipline. (Circle one)

Yes No

Specific type of discipline:

(See the Discipline Cookbook and the Discipline Yes/No/Maybe checklist sections of "Discipline: Adding Rules & Discipline to Your BDSM Relationship" for options).

Suspension of the rule

If this rule is broken more than three times in a week, it is suspended until further notice.

Yes No

This rule is suspended if either the s-type or the D-type are ill enough to require medical attention.

Yes No

The s-type is required to report periods of distress so that the D-type has the opportunity to temporarily suspend a rule.

Yes No

This rule is practiced only in private.

Yes No

As the s-type, what emotional impact are you hoping for as a result of this new rule? How do you want to feel?

As the D-type, what specific desire of yours does this speak to? How does it give you something concrete, tangible, and practical that improves your life?

From "Discipline: Adding Rules & Discipline To Your BDSM Relationship," Lily Lloyd. Available on Amazon. See <http://theblackleatherbelt.com/discipline> for more information.