

## What Do You Want to Do?



### Basics of Negotiating BDSM Play

From the work of Mistress Norische, used by permission.

Prepared for you by



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Negotiation – a discussion between two or more individuals, in which each individual presents a format of requirements, desires and limits; during this discussion each party will review the suggestions and presentations of each opposing individual and attempt to come to a mutually beneficial agreement.

Negotiations are the foundation of a functional BDSM relationship. From scene partners to life partners, good communication is the key, and negotiations are one way of communicating with your partner what your needs, fears and experiences are.

Scene Negotiations: This forms of negotiations is done prior to "scening" or participating in any form of BDSM activity with someone that you have never played with before, and to some degree with someone you are familiar with. The focus should be on what activities each individual has experience with, what each is interested in participating in at this very moment, it is also at this time that any fears, medical issues, and limits should be presented. When you have found an individual that you are interested in playing with, you need to communicate any fantasies, desires, and needs that you have, and at the same time ask probing questions so that you may better understand what lies within the mind of your partner. Scene negotiations is almost a form of foreplay to me, I want to hear all the naughty little details, what someone is afraid of, what they desperately want, want turns them on, and what they are willing to do to get what they want.

1. What is your name or nickname?
2. Are you "with" someone and if so do you have permission to play?
3. What are your preferred activities?
4. What are your limits?
5. Do you use safe words, and if so what are they?
6. Do you have any medical issues that may pose a safety issue during a scene, such as pregnancy, diabetes, low blood sugar, asthma, allergies, HIV/AIDS recent surgeries, do you wear contacts, etc.?
7. Have you taken any medication within the last 24-48 hours, if so what and what was it for?
8. Have you consumed any alcohol if so when and how much?
9. Do you have any injuries or no hit zones, if so where?
10. Do you have any reservations to marks or marking, if so what?
11. Do you like to have music during a scene, if so what kind?
12. Do you want aftercare, if so what do you prefer?
13. Do you wish to be nude, clothed or in costume?
14. Do you like communication during a scene?
15. How old are you?
16. Do you have any fears or phobias that might be a problem during a scene?
17. Do you have any fantasies, or desires that might make the scene more interesting?

*Norische has been a prolific essayist and educator in the BDSM community for many years. For more of her work, visit [http://groups.yahoo.com/group/Norisches\\_Quill/](http://groups.yahoo.com/group/Norisches_Quill/)*