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This Contract is for consenting adults only. Participation in any activity must be consensual at all times (not just at the time of signing). Please honor each other's wishes, safewords and limits. Kink should never be about coercion or abuse. It should also not involve you doing anything to anybody that hasn't been negotiated beforehand. If you have fantasies which involve coercion or activities that are too dangerous, you should see a qualified therapist or counselor. Please remember that this Contract is not legally binding, not even after you sign it. It is intended for entertainment purposes only. Ensure you stay within the law and that you are meticulous about safety (including practicing safe sex and using birth control measures). Be sure to research and undertake necessary training before performing any new act. Keep it safe, sane and consensual.

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This Contract is NOT a substitution for a relationship property agreement, will, advance healthcare directive, durable power of attorney or any other legal document. Before entering into a relationship or if you require legal, psychological, counseling or other professional advice or service, you are strongly advised to seek the advices of a competent professional in a consulting capacity. Use of this Contract and engaging in any activity is entirely at your own risk. You are fully responsible for the safety of your person and property. Some activities in this Contract may be unlawful in your jurisdiction. It is your responsibility to ensure you are always in compliance with the law, to refrain from engaging in unlawful activities and to omit same from your Contract.

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- (iii) make no guarantees whatsoever that you will achieve any particular result;
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Introduction

Are you curious about power exchange, kink and BDSM? Have you ever wanted to dominate or serve your lover? This practical guide gives you a useful tool to explore your deepest fantasies. Engaging in a power exchange can involve a wide range of activities where one person assumes a dominant role and the other is submissive. This can involve sexual or non-sexual dominance and submission or aspects of both. Sharing this lifestyle with another can be an incredibly rewarding intimate experience.

This Contract is designed to help you define your BDSM relationship and to negotiate on every aspect of submission. It does not provide sexual how-to instructions. These should be researched, negotiated and planned ahead of each session. The key to your success is to make your arrangement suitable to you. If you are just testing the waters, start off slow with light activities that are comfortable to you. No one expects you to perform intricate rope bondage or even to take a spanking if that's not your thing. You don't have to try it all and especially not all at once. Try introducing one new activity at a time. You can always make changes to your arrangement.

The list of kinks may seem overwhelming but it's only there to show you what's on offer. No single person could possibly enjoy all the activities listed. Some kinks are heavy and extreme. Most BDSM couples don't engage in extreme (edge) play as these activities require extreme trust, advanced safety training and acquired skill to be practiced safely. Many kinky couples prefer to stick with only one or two activities; their specialty.

Every relationship is different. It's about exploring and finding those activities you enjoy together. Some power exchange relationships aren't even sexual (the s-type simply enjoys serving the D-type and they thrive on the connection they share). How you go about yours is completely up to you.

Remember to keep it safe, sane and consensual. If you don't know much about an activity, research it together. There are plenty of books, websites and even training seminars to attend. Your local kink community can be a great source for finding information, workshops, events and contacts. At whatever level you're ready to get involved, keep your communication open and give each other feedback. Use the Scene Negotiation Sheet at the end of the Contract to create and experiment with different roles, scenes, dynamics and kinks.

Tips for Using the Contract

1. **Make a copy of the original file** - This way you can work on the copy and save the original if you ever need to completely start over again or to see what the original terms were. Most of the Contract is editable and we wouldn't want you to lose any valuable content.
2. **Take your time** - don't be overwhelmed by the length of the Contract. The negotiation process is an important way to open up communication, which is essential in any relationship. You don't have to complete it in one session. Give yourself up to one month to go through all the options and to negotiate the terms.
3. **Term** - at least two weeks is recommended to adjust to the arrangement and lifestyle changes. If you are only starting out, an initial period of not more than 3 months to one year is recommended. The Contract allows for renewal and changes along the way.
4. **Additional details/rules** - in some sections you may wish to add more information and your own explanations and personalized rules. The more detail you provide the safer, spicier and more fun your arrangement will be. If you get stuck on where to place a new clause, use Schedule 5 (Additional Rules).
5. **Making changes after signing** - it's recommended that you review your Contract regularly. You should take it as a living document which will evolve with your bond. If you wish to make changes to your already printed and signed document, use Schedule 6 (Alteration of Contract). Alternatively, you may cross out any redundant wording and initial your amendments. Another option is to go back to your saved digital file, edit the relevant text, reprint and resign the document.
6. **Editing the digital file (Microsoft Word Version)**
 - **Alterations** – feel free to alter, add to or delete any of the text to suit your personalized rules.
 - **Text fields** - (Click here to enter text.): these are areas that you can click on and start typing. The field will disappear, leaving only your text.
 - **Text in red font** - these are tips only. You may delete these from your Contract.
 - **Check boxes** () - click on the box to add a tick
7. **Editing the digital file (PDF Version)**
 - **Flexibility** - The PDF is more rigid to work with than the Word document. However, some still prefer the PDF version. It's a matter of personal preference. If you don't have a Word processor, you can still create a beautiful Contract using the PDF template.
 - **Highlight Existing Fields** – only the existing form fields are editable in the PDF. At the top of the PDF, you can click the button "Highlight Existing Fields" to see which sections are editable. All check boxes are clickable.
 - **Need more room** – use the blank Additional Page template and number it the preceding page number followed by a letter (e.g. page 8A). Alternatively, use Schedule 5 (Additional Rules).

Most important of all, have fun in creating your very own power exchange! Happy kinking!