DOMINANTGUIDE

Emotional Roadmap Template

Pre-Scene Preparation

Date: _____ Dominant's Name: _____ Submissive's Name: _____

1. Emotional Landscape

List 3-5 emotions you both want to explore during this scene:

1. _____
2. _____
3. _____
4. _____
5. _____

2. Emotion-Action Mapping

For each emotion, discuss and note down potential actions, words, or situations that might evoke it:

Emotion 1: _____

- Action/Words: _____
- Action/Words: _____

Emotion 2: _____

- Action/Words: _____
- Action/Words: _____

(Repeat for each emotion)

3. Emotional Arc Planning

Sketch out a loose plan for the emotional journey of your scene:

Opening emotion: _____ Mid-scene transition: _____ Peak emotional intensity: _____ Cool-down emotion: _____ Closing emotion: _____

4. Safety Considerations

Safeword: _____ Non-verbal safeword: _____

Potential triggers to avoid: _____

5. Aftercare Planning

Submissive's aftercare needs: _____

Dominant's aftercare needs: _____

Shared aftercare activity: _____

6. Post-Scene Reflection (to be filled out after the scene)

Most impactful moment: _____

Unexpected emotions that arose: _____

Ideas for future scenes: _____

Remember, this is a guide, not a script. Be prepared to adapt in the moment based on your partner's responses and needs. Always prioritize communication, consent, and safety throughout your scene.

Happy exploring!

The Dominant Guide Team