DG

DOMINANT GUIDE

SCENE SAFETY BUNDLE

Your Complete Guide to Confident, Consensual Dominance

Every boundary. Every check-in. Every signal to watch for.
Because a scene without ongoing consent isn't dominance—
it's just you doing things to someone.

HOW TO USE THIS BUNDLE

Before the scene:

Work through the Pre-Scene Negotiation Checklist together. Don't rush it.

During the scene:

Reference the Mid-Scene Check-In Protocol whenever introducing new elements.

After the scene:

Use the Post-Scene Debrief Questions within 24 hours.

Always:

Watch for the Red Flags listed in the Recognition Guide.

PRE-SCENE NEGOTIATION CHECKLIST

BASICS (Complete Every Time)

- ☐ **Physical health status today**
  Injuries, pain, medications, energy levels
- ☐ **Mental/emotional state right now**
  Stress, triggers active today, headspace
- ☐ **Safewords confirmed**
  Red = full stop | Yellow = slow down/check in | Green = all good

Nonverbal signals (if gagged/restrained)

- ☐ **Scene duration and timeline**
  Start time, expected length, hard stop time
- ☐ **Aftercare needs discussed**
  What you each need after

PHYSICAL BOUNDARIES

Body Parts

- [ ] Throat/neck
- [ ] Face/head
- [ ] Breasts/chest
- [ ] Genitals
- [ ] Ass
- [ ] Feet
- [ ] Hair pulling
- [ ] **Which areas are completely off-limits today?**

Impact Play

- [ ] Hands (spanking/slapping)
- [ ] Paddles
- [ ] Floggers
- [ ] Crops/canes
- [ ] Belts
- [ ] **Intensity level (1-10 scale)**
- [ ] **Which body areas for impact?**

- [ ] **Any marks acceptable?**
  (bruises, redness)

Restraints

- [ ] Rope
- [ ] Cuffs (leather, metal, velcro)
- [ ] Tape
- [ ] Furniture restraints
- [ ] **How long in restraints?**
- [ ] **Circulation checks agreed upon?**

Sensation Play

- [ ] Temperature (ice, wax)
- [ ] Wax type and temperature tested?
- [ ] Sharp objects (pinwheels, knives)

- [ ] Clothespins/clamps
- [ ] **Intensity preferences**

PSYCHOLOGICAL BOUNDARIES

- [ ] **Humiliation/degradation**

Specific words okay? (slut, whore, etc.)

Specific words absolutely not?

Body shaming off limits?

- [ ] **Praise/encouragement**
  Do they want verbal affirmation during?
- [ ] **Commands/orders**
  Tone preferences (harsh, firm, gentle)
- [ ] **Eye contact requirements**
  Required, optional, or no preference?
- [ ] **Honorifics**
  Sir, Daddy, Master, Miss, Mistress, or none?
- [ ] **Roleplay scenarios**

Any specific scenarios today?

Scenarios that are off-limits?

ACTIVITIES

- [ ] Oral sex (giving/receiving)
- [ ] Penetration (vaginal/anal)
- [ ] Toys and which specific ones
- [ ] Orgasm control (denial, forced, ruined)
- [ ] **Breath play (HIGH RISK - extra discussion needed)**
- [ ] **Choking (HIGH RISK - extra discussion needed)**
- [ ] Edge play of any kind
- [ ] Anal play (fingers, toys, penetration)
- [ ] Exhibitionism/being watched
- [ ] **Photos/video**

Who has access, storage, deletion plan

TRIGGERS & TRAUMA

- [ ] **Known triggers discussed**
  Specific words, actions, or scenarios to avoid
- [ ] **Past trauma acknowledged**
  Don't need details, just awareness
- [ ] **Signs of triggering**

What does it look like when they're triggered?

How do they want you to respond?

- [ ] **Grounding techniques**
  What brings them back if they dissociate?

LOGISTICS

- [ ] Location confirmed private
- [ ] Interruption plan (doorbell, phone, emergency)
- [ ] First aid kit accessible
- [ ] Safety shears for rope (if using restraints)
- [ ] Water nearby
- [ ] Bathroom breaks - ask anytime or scheduled?
- [ ] Lube/condoms/barriers prepped if needed

Negotiation isn't a barrier to intimacy.
It's the foundation that makes real intimacy possible.

MID-SCENE CHECK-IN PROTOCOL

WHEN TO CHECK IN

- Before introducing ANY new element not explicitly discussed
- When changing positions
- When picking up a new toy
- When shifting intensity levels
- When you notice body language changes
- Every 10-15 minutes during intense scenes
- Immediately if something feels off

HOW TO CHECK IN

Verbal Check-Ins

Direct:

- "How are you feeling right now?"
- "Want to try [specific thing]?"
- "More, less, or just right?"
- "Color check?" (green/yellow/red)

Embedded in dominance:

- "Tell me how this feels." (command, not question)
- "I want to [specific thing]. Nod if you want that."
- "Look at me. Are you still with me?"

Non-Verbal Check-Ins

Watch for:

- **Breathing changes** (shallow, rapid, held)
- **Muscle tension** (locked up vs. relaxed into it)
- **Eye contact shifts** (glazed, unfocused, avoiding)
- **Skin changes** (pale, flushed, cold)
- **Sounds** (genuine vs. performative)

If gagged/unable to speak:

- Establish hand signals (thumbs up/down, finger counting)
- Hold an object they can drop as safeword
- "squeeze my hand once for good, twice for slow down, three for stop"

RED FLAGS TO STOP IMMEDIATELY

- **They go silent when usually vocal**
- **They're crying in a way that feels wrong (not cathartic release)**
- **They're not responding to questions**
- **They seem "gone" - dissociated or spaced out**
- **Their body is rigid/frozen**
- **Breathing is extremely shallow or gasping**
- **They're trying to please you instead of enjoying it**
- **YOU feel uncomfortable about something**

When you see these:
Stop the action. Don't end the scene immediately, but pause. Make eye contact. Check in verbally. Get clear consent before continuing.

Your instincts are valid.
If something feels off, it probably is.
Trust yourself enough to stop and check.

POST-SCENE DEBRIEF QUESTIONS

Do this within 24 hours.

Sit down together. Not during sex. Not during aftercare. A separate conversation.

WHAT WENT WELL

1. What did you love about this scene?
2. What surprised you in a good way?
3. When did you feel most connected to me?
4. What do you want more of next time?

WHAT TO ADJUST

5. Was there any moment you felt uncomfortable?
6. Were there any boundaries I got close to that we should discuss?
7. Did I check in too much, too little, or just right?
8. Were there things you wanted but didn't ask for?

SAFEWORD CHECK

9. **Did you ever consider using your safeword but didn't?**

■ If yes: Why not? (This is IMPORTANT)

10. **If you used your safeword:** How did I respond? How did that feel?

AFTERCARE EVALUATION

11. What aftercare did you need that you got?
12. What aftercare did you need that you didn't get?
13. How long did it take you to feel "back to normal"?
14. Do you have any lingering physical soreness or marks?

■ Are you okay with these?

LOOKING FORWARD

15. What should we add to our negotiation checklist for next time?
16. Is there anything new you want to explore?
17. Is there anything we did today that you want off the table?

FOR THE DOMINANT TO ASK THEMSELVES

- Did I stay present and attentive throughout?
- Did I check in enough?
- Were there moments I prioritized my arousal over their safety?
- Did I handle their boundaries with respect?
- Am I carrying any guilt or concern? (Talk about it.)

Critical Reflection Point
If you're feeling defensive about any of these questions, that's the exact moment to lean in and examine why. Your discomfort is information.

RED FLAG RECOGNITION GUIDE

DURING NEGOTIATION

■ **"Whatever you want" without specifics**
Why it's a problem: Not actually consent, it's compliance
What to do: "I need you to tell me what YOU want, not what you think I want"

■ **They can't name any boundaries**
Why it's a problem: Everyone has boundaries; they may not feel safe stating them
What to do: Ask specific questions. Give examples. Create safety to say no.

■ **Rushing through negotiation**
Why it's a problem: Missing crucial information
What to do: "This is important. Let's take our time."

DURING THE SCENE

■ **"I can take it" when clearly struggling**
Why it's a problem: Pushing through for your approval, not their desire
What to do: Stop. "I'm not asking if you *can*. I'm asking if you *want to*."

■ **Apologizing for using safeword**
Why it's a problem: They think safewording is failure
What to do: "Thank you for using it. That's exactly what it's for."

■ **Fawning behavior (excessive eagerness to please)**
Why it's a problem: May be trauma response, not genuine submission
What to do: Slow down. Check in. Create space for authenticity.

■ **Going nonverbal unexpectedly**
Why it's a problem: May be dissociating
What to do: Stop action. Make eye contact. Simple grounding questions.

AFTER THE SCENE

■ **Avoiding the debrief conversation**
Why it's a problem: May be processing something difficult
What to do: Don't force it, but follow up within 48 hours

■ **"Everything was fine" with flat affect**
Why it's a problem: Not actually fine
What to do: "I notice you seem [distant/quiet/off]. Want to talk about it?"

■ **Drop hitting harder than expected (sub drop)**
Why it's a problem: Needs more aftercare/support
What to do: Check in daily. Provide reassurance. Physical presence.

■ **YOU feel guilty or uncertain**
Why it's a problem: Your instincts are telling you something
What to do: Talk about it. Don't ignore your discomfort.

SIGNS YOU'RE DOING IT RIGHT

✓ They use their safeword without hesitation when needed

✓ They tell you what they want, not just what you want to hear

✓ They joke, laugh, or show personality during scenes

✓ They ask questions during negotiation

✓ You both feel closer after scenes, not distant

✓ Debrief conversations happen naturally

✓ They bring up new boundaries without fear

✓ You feel confident, not anxious, during scenes

✓ They're relaxed in aftercare, not performing

✓ The trust keeps deepening over time

REMEMBER THIS

Consent is not a checkbox.
It's a conversation that never ends.

Every scene is different.

Every day their boundaries might shift.

Every moment requires presence.

The goal isn't perfect dominance.

The goal is safe, consensual connection.

You'll make mistakes.

You'll cross lines you didn't know existed.

What matters is what you do next.

Stop when they say stop.

Listen when they speak.

Adjust when you learn.

That's dominance.

■ CRITICAL SAFETY NOTE

This bundle covers emotional and consent safety. For activities involving physical risk (breath play, impact play, bondage), research proper techniques separately. Some activities can cause permanent injury or death if done incorrectly. Your partner's safety is non-negotiable.

For more resources, guides, and scene ideas:

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