Submissive Rules

Template Pack

Structure Creates Freedom

- Fillable Rule Set Template
- Quick Reference Card (38 Rules)
- Notes & Review Page

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RULE SET AGREEMENT

Submissive: _____ Dominant: _____

Created: _____ Review Date: _____

DAILY PROTOCOLS

1. _____
2. _____
3. _____

COMMUNICATION

4. _____
5. _____
6. _____

BEHAVIOR

7. _____
8. _____
9. _____

SELF-CARE (Non-Negotiable)

10. _____
11. _____
12. _____

SAFETY, CONSEQUENCES & REWARDS

SAFEWORDS & SAFETY

Yellow means: _____

Red means: _____

'I need you' means: _____

CONSEQUENCES

Minor (first offense)

_____

_____

Moderate (repeated)

_____

_____

Serious (safety/dishonesty)

_____

_____

REWARDS

Daily: _____

Weekly: _____

Monthly: _____

NOTES & REVIEW

SPECIAL CIRCUMSTANCES & EXCEPTIONS

(travel, health, work schedules)

RULES TO ADD LATER

REVIEW NOTES

(What's working? What needs adjustment?)

REVIEW SCHEDULE

Next review date: _____ Frequency: _____

QUICK REFERENCE CARD

38 Rules

DAILY PROTOCOLS

- Morning text by [time]
- Daily self-care task
- Evening report/check-in
- Grooming standards
- Greeting protocol
- Daily journaling
- Task list completion
- Bedtime routine

COMMUNICATION

- Address as [title]
- Ask permission for plans
- Report health concerns
- Respectful disagreement
- Response time limits
- Specific phrases required
- Report rule violations
- Daily gratitude expression

BEHAVIOR

- Posture standards
- Phone silent in scenes
- Orgasm control rules
- Public protocols
- Task deadlines
- Location protocols
- Eye contact rules
- Waiting positions

SELF-CARE

- Minimum sleep hours
- Daily water intake
- Exercise frequency
- Medications on time
- Keep appointments
- Meals per day
- Request breaks when needed
- Mental health check-ins

SCENE RULES

- Use safewords freely
- Report pain/numbness
- Stay hydrated
- No alcohol before play
- Aftercare requirements
- Pre-scene checklist
- Equipment inspection

RELATIONSHIP

- Exclusivity terms
- Protected D/s time
- Privacy standards
- Social media rules
- Interaction boundaries
- Monthly check-ins
- Conflict resolution
- Growth goals

Dominant: _____ Date: _____

Submissive: _____ Date: _____