A Dynamic That Fits Us

A CONVERSATION GUIDE

Make room for both people and everyday life.

Take turns sharing what a D/s or power-exchange dynamic means to you.

Use the prompts at your own pace. Notes and starting agreements are optional.

Roles do not remove anyone's right to say no, change their mind or leave.

01 What draws us to this?

- What feelings or connection are we hoping for?
- What does each of us find appealing about a dynamic?
- What feels uncertain or needs more discussion?

Different hopes are worth understanding; neither person needs to be persuaded.

02 Our roles, in our words

- What do our preferred roles mean to each of us?
- What would those roles look like in practice?
- Which expectations should we clarify rather than assume?

A role or label does not explain every preference or give automatic permission.

03 Where our dynamic applies

- Is this for play, agreed times, everyday life, or a combination?
- When are we outside those roles?
- What decisions and parts of life remain outside the dynamic?

Agree on the scope together, including where the dynamic does not apply.

Optional notes

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Choose a starting point. Keep talking together.

A dynamic should make room for both people’s needs and changing circumstances.

04 Rituals, expectations & care

- Are there rituals, tasks or protocols we would enjoy?
- What can each of us realistically offer?
- How will we adapt around work, health, family or changing energy?

Keep expectations practical and freely agreed, with room to adjust.

05 Limits & speaking up

- What is off the table for each of us?
- How can either person decline, question an expectation or pause?
- How will we make sure honest feedback feels welcome?

Saying no or raising a concern must not lead to pressure, punishment or retaliation.

06 Checking in & making changes

- What would tell us this is working well for both people?
- When will we review our agreements?
- How can we change or end the dynamic respectfully?

Earlier agreement does not replace ongoing consent or a fresh conversation.

What we’d like to try for now

Optional notes: a small starting agreement and its limits.

A date to talk again: