Before We Play

A CONVERSATION GUIDE

Start with curiosity. Make room for both voices.

Take turns asking and listening. You do not need matching wishes.

Use this before play, with time to think and without pressure to agree.

A wish is not permission. Leave anything unresolved out of the session.

01 Desires & wishes

- What would each of us enjoy experiencing?
- What kind of mood, connection or dynamic are we hoping for?
- Is there something that would make this feel special?

Listen for what appeals to each person; agreement comes later.

02 Curiosity & uncertainty

- What are we curious about, but not yet ready to agree to?
- What would we need to know or discuss before deciding?
- Would either of us prefer to leave this for another time?

“Maybe” and “not sure” are reasons to keep talking, not permission to begin.

03 Limits & conditions

- What is firmly off the table for each of us?
- What needs asking first, or is only welcome under certain conditions?
- Are there limits around marks, language, photos or who may be present?

Respect a limit without requiring a reason or trying to negotiate it away.

Optional notes

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Turn the conversation into a plan for this time.

Agree on what feels right now. Keep checking in as things unfold.

04 Needs & practical care

- What helps each of us feel comfortable and able to speak up?
- What relevant safety needs, preparation or time limits should we discuss?

Share what is relevant and comfortable; agree on privacy and preparations.

05 Check-ins, pausing & stopping

- Which words or signals mean slow down, pause or stop?
- If speaking is difficult, what clear signal will we use?
- How will we check in, and what will we do if a signal is unclear?

Stop if consent is unclear. Silence or lack of resistance is not agreement.

06 Afterward & follow-up

- What care would each of us welcome, and what would we rather avoid?
- Would we like a later check-in? How and when?

Needs may change afterward. Ask again rather than assuming.

Our plan for this session

Optional shared notes: what we both agree to, with any conditions.

Explore / limits: _____

Pause / stop signals: _____

Aftercare / follow-up: _____