

# Erotic Humiliation Negotiation Form

It's common to want to jump into the "good stuff" when exploring kinky play, but negotiation done right is time well invested. These questions cover the *how* (protocols and health concerns), the *what* (activities to explore and avoid), and most importantly the *why* (what your "goal feeling" is for the scene). It may seem extensive, but having a clear understanding of who you're playing with will give you both a higher chance for successful scenes together, especially when you're playing with something as complex as erotic humiliation.

I recommend that you start with no more than 5-10 interests so you don't get overwhelmed with options (even better, pick your top 3.) Figuring out the goal feeling (aka your kernel kink) tends to have better results than focusing on the activity (unless there's a specific fetish for an action or item).

Remember that consent is a vital part of any kink play. Communicate with your partner and look for clear, enthusiastic consent before moving forward.

It can be helpful to actually print out this negotiation form and write your answers down, but you can also use it as a guide for a verbal discussion.



# 10 Basic Negotiation Questions

1. How are we negotiating? (circle one)

In-person/Online

Oral/Written

Casual/High Protocol

2. What is the goal feeling for each of us?

3. What are our soft and hard limits?

4. Is sexual contact acceptable? If yes, what kind?

5. What are the activities we'd like to explore?

6. Are there any health issues to be aware of?

Physical Health & Mobility Concerns	Mental Health
Medications	Is it okay to give or get marks?

7. What are our safewords? (verbal & nonverbal)

8. Are there any triggers we need to be aware of? (activities, feelings, words)

9. What is our Trigger Plan?

10. What are the Aftercare needs for each person?

## Bonus Questions!

- What's the last thing you thought about while masturbating?
- What is your most humiliating fantasy?
- What are three things you would like to explore that you've never tried before?
- Did you have an experience that sparked your interest in/desire for humiliation play?
- What activities do you find humiliating, and can you share *why* you find them humiliating?
- Do you have any fears or anxieties about playing with erotic humiliation?

Information is power, so you can use these questions to further your discussion with your play partner. Use another sheet if necessary!

# Erotic Humiliation Activity List

This is in no way meant to be a complete list, but it's pretty extensive and is focused on activities often associated with erotic humiliation play. I've listed many of the activities from throughout my book *Enough To Make You Blush: Exploring Erotic Humiliation*, so that they're in one handy place during negotiation.

Remember that the negotiation process is meant to be fluid and ongoing. Different activities will be appealing (or not) at a variety of levels as you progress through your explorations.

As always, consent is of the utmost importance. Consent given for one activity doesn't mean it's been given for all others. Communicate as clearly as possible and respect boundaries and limitations.

## There are (at least) two ways to use this Activity List.

### Option 1:

I recommend that you focus on picking your top 5 or 10 interests to start with rather than trying to figure out ALL THE THINGS that you want to do. Don't forget the Kink Buffet analogy; you'll have many more delicious experiences if you try bites at a time instead of trying to stuff yourself silly all at once! After picking your top activities, you can go through the negotiation questions specifically for each activity, including any previous experience you've had and any details about your interest and limits (for example; I really enjoy/desire piss play but have a hard limit on ingesting).

### Option 2:

The more traditional way of using a list like this is to go through the whole thing and rate each activity by interest and experience. Using a scale system, you can mark each option with the following (if you don't know what the activity is, just put a question mark "?"):

NO -- Zero interest/Hard Limit

1 – Not very interesting, don't want to try it

2 – Is up for discussion/Soft Limit

3 – I could be interested in this if you are!

4 – I'm very interested in doing this/Let's try it!

5 – Favorite Activity/Top Pick

Or you can invent your own scale, but make sure you are clear about what each thing means! You should also discuss the level of experience and any details or specifics about your interests.

Activity	Interest	Experience
Abandonment		
Age Play		
Anal Training		
Armpit Worship		
Ashtray Service (swallowing ash)		
Begging		
Being "all powerful"		
Being "caught" masturbating		
Being "loaned out" for service		
Being "loaned out" for sex		
Being "powerless"		
Being called "it" or "thing"		
Blackmail & "being outed"		
Bondage & physical restraint		
Body-image insults		
Body modifications		
Boot Worship		
Breath play		
Bruises		
Bukkake (cum on face)		
Butt Plugs		
Burping		
Cages		
Chastity		
Cleaning		
Clothed Female, Naked Male		
Corner Time		
Confessing fantasies		
Consensual non-consent		
Corporal Punishment		
Crawling		
Cross-Dressing		
Cuckolding/Cuckqueening		
Cum consumption		
Dehumanization		
Denial of speaking		
Diapers		

Dildos (sex toys)		
Dirty Foot Worship		
Domestic or household chores		
Edging (being kept on the brink of orgasm)		
Endurance testing		
Enemas		
Examinations & Inspections		
Exhibitionism		
Eye-contact restrictions		
Face Slapping		
Farting		
Financial Domination		
Fisting (vaginal or anal)		
"Forced" Bisexuality		
"Forced" Feminization		
"Forced" physical exercise		
"Forced" to suck a strap-on		
Forniphilia (human furniture)		
Gags		
Gender-based insults		
Genital Torture		
Genital Worship		
Group Sex		
Hair-pulling		
Hand-jobs (giving/receiving)		
Hoods (partial/full)		
Intelligence-based insults		
Kneeling		
Leash training		
Masturbation instruction		
Modeling for erotic photos		
Mouth-soaping		
Nudity		
Nipple play ("nipple torture")		
Obedience Training		
Orgasm Control		
Orgasm Denial		
Over-the-Knee Spanking		
Ownership (owning/being owned)		

Predicament situations		
Phone Sex		
Piss Play – ingesting		
Piss Play -- golden showers		
Protocol Training – submissive positions		
Protocol Training -- other		
Public Humiliation -- kink events		
Public Humiliation -- general world		
Puppy Play		
Quizzes & Tests		
Race Play		
Rough Physical Handling		
Ruined Orgasm		
Scolding (verbal lectures)		
Scat		
Serving as a Maid or Butler		
Sensory Deprivation		
Sexual Objectification		
Shaving Body Hair		
“Slutty” Clothing (private/public)		
“Slutty” Makeup (private/public)		
Small Penis Humiliation (sph)		
Smelly Foot Worship		
Spit		
Splashing (messy food play)		
Spreader Bars		
Tease & Denial		
Time-out Punishment		
Trampling		
Verbal Mantras		
Watching pornography		
Wearing leash & collar		
Wearing lingerie/panties		
Wearing signs		
Wrestling		
Writing on body		
Writing sentences		