

# 10 KEYS TO UNLOCK A BDSM LIFESTYLE

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## 01. *Define Your Roles*

Create a contract with your partner. Outline hard and soft limits, discussing what's expected, needed, and desired.

## 03. *Time Commitment*

Choose safewords together: one word for when the submissive reaches their limit (yellow), and another for when all activities must stop immediately (red).

## 05. *Prioritize Aftercare*

Establish daily or scene-based routines that reinforce both roles in the relationship. These chosen by the Dom, should reflect their desires and the dynamic.

## 07. *Utilize Bondage*

Punishments are important in training and reinforcing lessons for the submissive. Physical discipline or other methods can be used to guide behavior.

## 09. *Encourage Journaling*

Open communication is key to any BDSM dynamic. Regular check-ins ensure both partners' needs are met and the relationship stays strong.

Decide what kind of dynamic you want in your relationship (Daddy/little girl, master/slave, or boss/secretary, etc)

## 02. *Establish Limits*

Determine if this dynamic will be part-time (bedroom-only, weekends) or a full-time 24/7 arrangement. Long-distance Dom/sub relationships can operate 24/7 through text, calls

## 04. *Set Safewords*

Aftercare is essential after a scene to prevent emotional or mental "drop" in the submissive. It involves caring for their needs and providing reassurance

## 06. *Create Rituals*

Restraints like ropes or ties emphasize the Dominant's control over the submissive's body. They can also build anticipation and enhance arousal.

## 08. *Practice Discipline*

The submissive should keep a journal as a private space to express their feelings. The Dominant can review it later to check in and strengthen the relationship.

## 10. *Stay Communicative*