

Negotiation - Health Checklist

Use this list of questions as talking points during your negotiation with a play partner. If you are bottoming, be sure to give the Top answers to these questions even if they do not ask.

- 1) Do you have any health problems or disabilities?
 - a. If yes, what?
 - b. How are you feeling today?
- 2) Do you have physical limitations that restrict your BDSM play?
 - a. Any recent injuries or surgeries?
- 3) Are you taking medications?
 - a. If yes, what?
 - b. Do you have those medications with you in case of an emergency?
- 4) Are you allergic to anything?
(Examples: medical tape, latex, perfume, cats, etc.)
 - a. If yes, what?
- 5) Do you have any phobias or things that make you anxious?
 - a. If yes, what?
- 6) Who should I contact in case of emergency?
- 7) Any other important medical information I need to know?

Use The Space Below For Answers To The Above Questions

1)
2)
3)
4)
5)
6)
7)