



CNC Negotiation Checklist

Scene Overview

- ☐ One-time scene / ☐ Ongoing dynamic
 - ☐ Roleplay type: _____
 - ☐ Location: _____
 - ☐ Planned duration: _____
 - ☐ Who is aware of the scene? (if applicable) _____
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Physical Activities (Check what's OK)

(✓ Yes / X No / ? Maybe)

- ☐ Hair pulling
 - ☐ Slapping (face/body)
 - ☐ Spanking
 - ☐ Punching/body blows
 - ☐ Choking / breath play
 - ☐ Forced orgasms
 - ☐ Restraints (cuffs, rope, etc.)
 - ☐ Gagging
 - ☐ Penetration (specify types)
 - ☐ Forced oral
 - ☐ Anal play
 - ☐ Toys / objects (list): _____
 - ☐ Forced restraint or immobilization
 - ☐ Pain play (specify): _____
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Verbal Elements

- ☐ Screaming / yelling
 - ☐ Use of insults / humiliation
 - ☐ Name-calling (e.g., slut, whore, etc.)
 - ☐ Begging/pleading roleplay
 - ☐ Threat language (e.g., "I'll hurt you if...")
 - ☐ Roleplaying as someone known (taboo roleplay)
 - Limits on words/phrases: _____
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Emotional & Psychological Play

- ☐ Degradation / humiliation
 - ☐ Fear play
 - ☐ Resistance / struggle
 - ☐ Coercion (pretend only)
 - ☐ Crying / emotional release okay?
 - Known triggers to avoid: _____
 - Trauma history to be aware of: _____
 - Aftercare needs: _____
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Hard Limits

List anything that is strictly off-limits (physical, emotional, or otherwise):



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Safewords and Signals

Hard safeword: _____
Pause word (if using): _____
Non-verbal safeword (if gagged/voiceless): _____
Pre-arranged "check-in" cue or phrase: _____

Medical / Practical Concerns

- ☐ Medical conditions / meds to consider: _____
 - ☐ Safe objects for gagging (non-choking)
 - ☐ Water/food nearby
 - ☐ Phone accessible in case of emergency
 - ☐ Nearby exit / private recovery space
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Aftercare

- ☐ Immediate physical care (blanket, water, cuddles)
 - ☐ Verbal reassurance
 - ☐ Time alone or quiet time
 - ☐ Specific needs: _____
 - ☐ Next-day check-in method: _____
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Optional Notes

- Other context, story, scene ideas: _____
- What this scene will help you explore or process: _____