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Dr. Harmony's Sample BDSM Contract

This contract sample is a medium to high protocol contract of a 24/7 D/s. . . The D-type shall be referred to as Owner of the s-type in this contract. . . The s-type shall be referred to the property in this contract.

Formal Power Exchange Contract

The purpose of this contract is for the documentation of negotiated expectations between the D-type, _____, and the s-type, _____, and who, by signing this contract, both parties are agreeing to the commitment to these expectations. **This is not a legally binding contract.** The s-type will be known as the D-type's property. With this are negotiated expectations that will be named below. The s-type's formal name shall be _____. (*This is often an alias adopted in the Kinky scene or one anointed to the s-type by the D-type*)

Either party, only in the event of breach of contract, may terminate this agreement at any time before the below named date. On the below named date this agreement will be reviewed, renegotiated and rewritten, or terminated.

I _____, hereinafter referred to as "the property," do of my own free will, and being of sound mind and body, do hereby offer myself in consensual submission to _____, hereinafter referred to as the "Owner", for the period beginning _____ and ending _____.



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Section 1: Contract Definitions

1.1. Requests

A request is for the property to do something just one time. It is not meant to be a repetitive duty, but a one-time chore.

1.2. Orders

An order is something that the Owner finds important enough that a sub will need to pay close attention. This may or may not be a continuous duty.

1.3. Instructions

Instructions are an important matter. They are to be treated as most important, and the property should take notes until they are acutely familiar with the concept.

1.4. Rules and Boundaries

A rule or boundary is a set of explicit or understood regulations or principles governing conduct within this contract.

1.5. Ritual

A ritual is a ceremony consisting of a series of actions performed according to a prescribed order.

1.6. Protocol

A protocol is a system of rules that explain the correct conduct and procedures to be followed in this formal contract.

Section 2: The Different Levels of Protocol

Protocols are very personal, what may be a protocol for one may not be for another s-type, however there are protocol norms that are relatively the same within the Leather Lifestyle. Prior to any event or party, the property will ask the owner which protocol form will be expected. The s-type may request a certain level of protocol but the final decision belongs to the owner.

2.1. No Protocol



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- The only expectation is that of good manners

2.2. *Low Protocol*

- The property is required to use a Owner's given name when addressing the Owner or responding to something the Owner has said to them.
- The property may free to speak and ask questions without hesitation.
- The property may walk next to their Owner only when holding hands; otherwise they are expected to be slightly to the rear and on one side or the other depending on the request of their Owner.
- In a group setting, the property is not expected to keep eye contact with their owner at all times, the property is free to roam and mingle with others without asking direct permission.
- The property has permission to hug as a form of greeting between certain s-types and D-types. This list of individuals will be discussed prior to any engagement.

2.3. *Medium Protocol*

- The property will not be out of the eyesight of their owner unless permission was requested and granted to do so. Should property wish to go elsewhere, they are expected to stand next to the owner, head bowed, eyes lowered and speak in a low tone when making their request.
- The property is restricted in conversation and when greeting others. When in Medium Protocol, the property will be attentive to their owner but may speak to those who the owner is conversing with. All others outside of the conversation will be informed that the property is in medium protocol and is not free to converse without permission from the owner.
- Greetings to all others shall come in the form of a bow of the head and hands behind the properties' back in an "at ease position" unless otherwise stated. In some cases, specific people may have an "open hug policy" to receive and give hugs at any time, to be confirmed by the Owner in advance. Once given, an open hug policy is permanent, unless removed by the Owner.



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2.5. High Protocol

- All Formal Protocols are in place.
- Language Protocols and Attending are vastly important. The property's sole purpose is to serve the Owner and to make the Owner's life easier.
- At this point the property is not allowed to leave the side of the owner, not allowed to converse with anyone unless given permission or indications that they may.
- The property is expected to be on alert at this point for anything that may disrupt the Owner. It is the duty of the property to attempt to resolve any issues that arise. If there is an issue that cannot be resolved then they are to inform the Owner at the next availability.
- The property may not sit until the Owner is seated unless otherwise directed.
- At meals, the property may not begin eating until after the Owner has started and granted permission for the property to eat.
- The property may be required to be quiet yet serve friends if told that they are on service for the evening. At that point they may only speak if directly spoken to or if they need to ask a question in regards to fulfilling service.

Section 3: Standard Positions and Commands for the property

3.1. Stand or Up: stand with legs 4" apart, head up, eyes down, arms at side or behind back

- Voice Command – Stand or Up
- Hand Command – open hand moved up

3.2. Kneel: on knees, back straight, arms behind back with hands together, head up, eyes down

- Voice Command – Kneel
- Hand Command – open hand moved down with fingers together

Note: This is the slave's standard position



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3.3. *Sit*: Indian style on the floor, knees bent, legs spread and crossed at the ankles, palms facing up on knees, back straight, head up, eyes slightly down.

- Voice Command – Sit
- Hand Command – hand moved down with index and middle finger extended and spread

Section 4: Guidance and Protection of the property

4.1. The Owner accepts full responsibility of the property. This includes but is not limited the property's survival, health, physical well-being, and mental well-being.

4.2. It is often a common courtesy for D-type's to care for each other's property when a D-type is forced away from his s-type. When these arrangements are made, it is often with the exchange of service from the s-type. Service will be strictly negotiated and will not be sexual or romantic in nature. Care will only include checking in on the s-type and escorting them to events as needed. Should other needs be requested, then the Owner will discuss and negotiate these needs to the comfort of his property. Should this be uncomfortable for the property, the Owner shall refer the requesting s-type to another D-type for care.

4.3. If the Owner is pulled away from his property, then he has the right to request an agreed upon D-type to be responsible for his property.

4.4. The Owner will only become involved with the finances of the property when explicitly asked; otherwise it is the responsibility of the property to manage their money appropriately.

4.5. If the property is ill, it is the responsibility of the Owner to care for the property.

4.6. The Owner will do everything within the Owner's power to train, educate, instruct, shape, and mold the property into best submissive possible.

4.7. The Owner shall read the property's journal on a regular basis and agrees to not punish the property for anything posted therein.



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4.8. The Owner agrees to work with the property on any new interests that the property discovers.

4.9. Whereas both parties will be working outside the home, the Owner and the property shall share in housework as enumerated by the Owner.

4.10. Whereas the Owner believes that family is important, the Owner will not keep the property from staying in touch with their family and will not unreasonably withhold trips for the property to visit their family.

4.11. Whereas the Owner believes that friends and a social support system is important, the Owner will not keep the property from staying in touch with their friends and family support system and will not unreasonably withhold trips or social time for the property to visit their friends and support system.

4.12. Whereas the Owner believes that community service important, the Owner will not keep the property from participating in community service.

Section 5: General Expectations of the property

5.1. Everything the property says and does is a reflection on the property and their Owner. In a larger scale, it also represents the community as a whole in non-Kinky settings. This means that the property must be mindful of their manners, behaviors, and dress at all times.

5.2. The property should use common sense and use good manners at all times.

5.3. The property accepts full responsibility for informing the Owner of any real or perceived dangers or safety concerns, but also agrees that the Owner's decision will be final regarding these issues.

5.4. In general, the property must learn and accept all s-type behaviors as being normal, and learn to behave in a way that is natural-looking and feeling. Additionally, the property will always act and respond as if the Owner is correct in the orders that the



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Owner gives. The property is forbidden to respond in any way that causes the appearance that the Owner has made an error.

5.5. The property is to learn to act naturally, with the same obedience, lack of negativity, and in coordination with actions of the Owner.

5.6. The property is to defer to Medium Protocol at all times unless otherwise negotiated.

5.7. The property shall keep a daily journal for reflection and process. The purpose of this journal is so that the property and the Owner can remain mindful of the power exchange and so that they are both able to grow and work through challenges together. The topics of the journaling may include but are not limited to - thoughts, concerns, what was learned, and possible new interests to explore.

5.8. The property shall bring and show honor and respect to the Owner at all times.

5.9. The property agrees to never remove ownership collar at any time.

5.10. The property shall make themselves available for use by the Owner in anyway the Owner desires at any time the Owner desires whenever feasible, within the terms of this contract.

5.11. The property shall not orgasm without permission from the Owner.

5.12. The property must continually work towards building trust and must show obedience, respect, and loyalty.

5.13. Service is defined as the act of servitude. The duty of service in this contract includes submitting to the Owner and the Owner's requests.

5.14. Dishonestly in any form is cause for immediate release of ownership.

5.15. In public, it is the properties responsibility to insure that unwanted attention is not brought to the Owner or the property thus, careful mindfulness of behavior and manners is absolutely first and foremost.



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Section 6: Communication

6.1. The Owner will be referred to as Sir/Ma'am at ALL TIMES.

6.2. The Owner shall not need permission to speak to their property.

6.3. When speaking with the Owner, every new thought begins with Sir/Ma'am. Thoughts are expressed clearly, succinctly, and without run-on.

6.4. When the property is already engaged in conversation with the Owner, they do not have to enter the Owner's consciousness by saying "Sir/Ma'am?"

6.5. Property is to say "Yes Sir or Ma'am" or "Thank you Sir/Ma'am" every time they:

- Are given any order;
- Is told any piece of information, even if it doesn't affect them, or;
- Have their speech or behavior corrected or explained
- Property may answer any "yes or no" questions by stating "yes/no, Sir/Ma'am" and will respond to an order to assume a position with only "yes, Sir or Ma'am" (example: the command - kneel - will be answered –"yes, Sir/Ma'am")

6.6. Yes and No questions, will be asked in this manner:

- "Sir/Ma'am, May I ask a question?"
- Wait for the Owner's response (no matter how long it takes for a response).
- Say "Thank you Sir/Ma'am!"

6.7. If the property feels the need to make a comment, they may ask:

- "May I make a comment Sir/Ma'am?"
- Await the Owner's response
- Respond "Thank you Sir/Ma'am!"
- Make the comment, if question answered in the affirmative.

6.8. When the property feels a need for the Owner's attention, the property may come into the Owner's presence by:

- Presenting themselves
- Immediately asking only one time "Sir/Ma'am?"



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- Await the Owner's acknowledgment
 - If asking a "yes" or "no" question saying, "Sir/Ma'am, do you wish your property to."
 - If asking to go to the bathroom, asking, "Sir/Ma'am, may I go to the WC/Loo/Ladies/ Restroom etc.?"
- 6.9.** "I beg your pardon Sir or Ma'am" is the only way that the property may express accidental activities.
- 6.10.** It is appropriate for the property to use "Beg your pardon Sir/Ma'am" in a crowd when they have bumped into someone.
- 6.11.** "I beg your pardon Sir/Ma'am" is also the appropriate response when the property has not heard or clearly understood an order.
- Then the property may ask their question if the Owner's response was affirmative
 - The property will say; "Thank You Sir/Ma'am!" only when they fully understand the explanation or order and when they feel the appreciation for having received it.
- 6.12.** The property is free to speak between other s-types, even in the presence of their Owner, so long as it is not distracting, does not compete with what the Owner wants to express, can be immediately and easily interrupted by the owner interjecting, and doesn't interfere with the position another s-type is currently holding.
- 6.13.** Gossip is a form of disrespect, thus neither the Owner nor the property will participate in gossip or interact with others who do.
- 6.14.** There will be NO public airing of conflicts. If the property is disgruntled with something, then it is their responsibility to discuss it with their Owner formally as negotiated. If necessary an agreed upon professional, such as a Kink Aware Therapist, will be named as a neutral.



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Section 7: Expressing Dissatisfaction and Conflict

7.1. When the property is displeased, they are to wait to discuss it until the negotiated proper time. If the property is visibly upset, the property may ask permission to excuse themselves to a private area to self soothe and calm down. If the property does not have access to this space, they are to immediately go into high protocol until this space is available.

7.2. Once the property and the Owner are in their private space, the property may ask permission to air a grievance. The Owner will then decide whether the time is appropriate or not. Should the time be inappropriate the Owner will take responsibility to make an appropriate time to discuss the matter within a 24-hour period. The property is permitted to vent in their personal journal or seek an appointment with the agreed upon neutral. Once the time has been established, it is the expectation that both the Owner and the property will discuss the issues in a calm and healthy dialog. Neither the Owner nor the property has permission to yell or insult each other.

7.3. The Owner will correct the property in public if needed but will not degrade or insult the property. Mutual respect is a significant part of this power exchange.

7.4. The Owner agrees that property will not be punished for respectfully stating any concerns. The Owner further agrees to listen to property's concerns with a clear and open mind. The Owner shall NEVER inflict physical harm upon the property, which might require the attention of someone outside the relationship.

7.5. The use of safe words, as expanded upon in 14.1, may be used by either party and WILL be respected. As emotional flooding can be dangerous when in conflict, these safe words are used for both play and conflict.



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Section 8: Greeting Rules, Rituals and Protocols

8.1. As your Owner, property will refer to their Owner as Sir/Mistress unless otherwise told.

8.2. Eye contact with the Owner is encouraged at all time but will not be made with anyone but your Owner without permission.

8.3. When the property or Owner enters the room, the property must always come up to the Owner, kneel and kiss the feet of the Owner.

8.4. Should the property desire to leave the side of their Owner, the Property must ask permission prior to doing so.

8.5. D-types require a proper greeting. If for some reason you are unsure of the proper address, then ask how the D-type prefers to be addressed. Failing to show courtesy for others is to show YOU do not have proper manners.

8.6. Never touch others without permission. This includes sexual, play, or hugging as a greeting. Exceptions will be negotiated prior to any changes made.

Section 9: Dress Code

9.1. The Owner has the right to dictate the attire of his property at any time. This request may include a particular garment, clothing style, or lack thereof.

9.2. It is considered appropriate for the property to wear a Collar that denotes their status. A Collar can be made of metal, leather, or other material and is most commonly seen on the neck, wrists, or ankle. The Owner is requesting that his property have at least one Collar denoting their as owned at all times without exception. The Owner will supply the property with a number of Collar choices but he is to be the one to remove or place such Collar on his property. If the owner requests a specific Collar, the property will honor that request.



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Section 10: Personal Hygiene and Care

10.1. The property is expected to maintain a high level of self-care. This includes regular medical and dental checkups. Prior to any major change in diet or exercise, the property must ask permission. The Owner does not condone radical programs and expects that the property will not partake in ANY behavior that may cause harm to said property.

10.2. The property is to ask permission prior to any decision involving the hairstyle or any permanent markings or piercings on the body of the property.

10.3. The property is to keep their appearance neat and clean at all times and outside of illness is expected to be dressed to impress the Owner.

Section 11: Home Coming Protocols and Rituals

11.1. This ritual is something to help set the ultimate mood in the household.

11.2. The property may have a job of great responsibility outside of the Owner's house, but in the end it is the Owner's collar that they wear. As such, to help the property go from being in charge to being property, the Owner expects them to completely undressed in the bedroom after they arrive home from work, kneel before the Owner, and kiss the Owner's feet. The property will then prepare for atonement of the Owner's choosing. This atonement may be anything from a spanking to a form of sexual worship. This ritual will also help bring the property's thought processes back to where they need to be, focused on the Owner and servitude.

11.3. Should the property find that they are having a hard time switching to s-mode, or cannot relax, It is expected that the property communicate this with the Owner so that the owner may help the property enter into the right mindset.

11.4. Should there be a case where the Owner is not at the home to be greeted, the property is to go to the bedroom, get undressed and meditate on the property's knees for 5 minutes. The Owner expects that the property will be "on" and ready to serve on the Owner's rival home.



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Section 12: Meal Protocols and Rituals

12.1. The property will prepare and serve the Owner's meal first, and then ask permission to eat before beginning theirs.

12.2. The property will eat their meals at the Owner's feet unless permitted otherwise.

12.3. When in a public, non-Kink environment the Owner will order the properties meal and the property will wait to begin until the Owner grants permission.

12.4. The property will act accordingly, understanding that they will function in a non-Kinky manner, yet always remember their place within the Owner's Household. The property will speak to others with respect and continue to call the Owner Sir/Ma'am. They will ask permissions privately if possible.

Section 13 Bed Time Protocols and Rituals

13.1. At home and unless otherwise instructed, the property is to remain by the side of the owner or at the Owner's feet at all times. Should the property find that they are in need of an earlier bedtime than the Owner, the property may ask permission to go to bed early.

13.2. The property is not permitted to wear clothing to bed.

13.3. The owner will tuck the property in each night with a kiss on both wrists and our mantra of:

O: Who do you belong to?

p: You, Sir.

O: Where is your home?

p: Sanctuary, Sir.

O: Where is Sanctuary?

p: By your side, Sir.

13.4. If the property is away from their Owner, the property is expected to kiss her wrists, and text exchange the mantra with the Owner.



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13.5. If there has been some disagreement that has been only partially resolved, the property may not sleep elsewhere within the house. Disagreements are never permission to abandon the Owner or the property.

Section 14: Safe Words

14.1. The color code system of Green, Yellow and Red will be respected even during consent of non-consent play. In addition, the safe word for the immediate stop of all activity is _____. Both parties may use and WILL respect this boundary. As emotional flooding can be dangerous when in conflict, these safe words are used for both play and conflict.

Section 15: Banned Activities

15.1. Under no circumstance is the property allowed to engage in any form of play with anyone else without the Owner's express permission.

15.2. The property is not allowed to engage in sexual play (intercourse or any other kind) without previous consent from the Owner. The property is allowed to masturbate as much as they wish, but the standing rule is they are NOT allowed to cum without permission from the Owner.

15.3. Owner shall not leave permanent marks on property

Section 16: Punishment

16.1. With all things, there can be punishment for failure to do something correctly. Punishments will vary on a case-by-case basis; repeated failure will receive an increasingly stronger punishment.

16.2. Negotiated Punishments may include:

- Spanking
- Silence
- Writing of sentences



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- Ordered periods of High Protocol
- Restriction of Pleasurable activities such as orgasm or play dates
- Restriction from sweets

This list is a soft list and may be altered based upon negotiation.

16.3. The Owner shall inform the property of the reason for any punishment. Periodically during the punishment, the Owner will remind the property the reason for the punishment although that can come from the property in the form of "Why are you being punished?" with an appropriate response from the property.

16.4. The property shall count each stroke when being punished by flogging, caning, etc. and also must thank the Owner following each stroke.

Section 17: Repair

17.1. At times, the Owner may also make mistakes, which will require repair with the property. The need for repair will be a mutual decision between the property and the Owner.

17.2. The following items are forms of repair:

- Taking the property on a shopping trip
- Taking the property on a trip with The Owner
- The Owner may take the property on a special date

This list is a soft list and may be altered based upon negotiation.

Section 18: Illness and Injury

18.1. It is of the utmost importance that the property takes care of themselves. Thus if the property is sick, the properties only responsibility is to rest, take their medication, and follow their health provider.



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18.2. Should the property have a permanent injury or illness, then appropriate accommodations will be made between the Owner and the property which still support the dynamic.

Section 19: Signatures

Owner _____

Property _____



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