



Risk profile/Consent Negotiation-Model

How am I today?

- How did I sleep?
- How is my emotional state of mind?
- How much energy do I have?
- Did I eat and drink enough?
- Am I under the influence of alcohol, drugs or medicine?

What am I looking forward to in a tying session?

- Do I want to be challenged or do I want to relax?
 - Do I talk about my mind or my body in this context?
 - What does challenging/relaxing mean?
 - Do I want to cry?
 - Do I want to drift into subspace?
 - How does it look like?
 - How does my communication change?
 - How do I get there?
- What kind of mood am I interested in? Which ones not?
 - Suffering, sadism, objectification, cuddly, humiliating, romantic, artistic, dynamic, ...
- Where do I want to get touched and where not?
- Do I only want to get tied? Are other aspects of BDSM allowed as well? If yes, which ones and in what kind of way?
 - Spanking, breath play, hair pulling, candle play, getting blindfolded, overpowering, rough body play
 - With a rope
 - With a hand Hand
 - With a toy (which one)
- What do i want to wear/ do I want to be naked?
 - Is it allowed to undress me?
 - Which parts e.g. skirt, trouser, shirt, underwear, ...
 - Is it allowed to include my clothes into the tie?
 - Which parts: Skirt, trouser, shirt, underwear, ...
- Do I want to have sexual/erotic interaction in ropes?
 - Is it okay to penetrate me?
 - Way of penetration: Oral, anal, vaginal
 - What is allowed to penetrate me e.g. penis, finger, dildos, other toys, ...
 - Do I want to get touched at my erogenous zones?
 - What are my erogenous zones, e.g. boobs, vagina, penis, balls, earlobes, neck, feet, ...
 - What is allowed to touch my erogenous zones, e.g. ropes, hands, ...
 - With which intention do I feel comfortable, e.g. arousing, painful, humiliating, ...
 - Do I want to have a crotch rope?
 - With which intention do I feel comfortable, e.g. arousing, painful, humiliating, ...
- How much control over the session do I want to have as a model?
 - Do I want to know what will happen in advance?



- For how long do I want to get tied?
 - Is there something I would like to try, e.g. position, pattern, mindset, ...
- Do I want to have pictures of the session?
 - Should I be recognizable?
 - Do I want that these pictures to be published?
 - Where?
 - Do I want to sort out before?

Who am I as a model?

- Since when have I been getting tied?
 - How often/regularly in this time?
- What does not work with my body, e.g. patterns, positions, ...
- What I am good at, e.g. patterns, positions, ...
- Do I have experiences with suspensions?
 - How do I feel with positions head down?
 - How do I feel with spinning?
- What kind of relationships do I have? Are some of my partners right here?
- Signals, that show that I like something.
- Signals, that show that I don't like something.
- Do I have chronicle or present illnesses (physical or psychological)?
 - Which risks do these increase?
 - How should I be treated if symptoms getting visible? (e.g. how to use asthma spray, how to react to a panic attack, ...)
- What kind of aftercare do I need?
 - Is untying part of aftercare or the session?
 - When is the session inclusive aftercare „finished“?
 - Do I help the rigger to coil up ropes?
 - Do I want to be on my own afterwards or do I want to stay with the person to talk, have a drink, ...
- Did I have an accident in the past?
 - Which body part was hurt?
 - When did it happen?
 - How did it happen?
 - What were the consequences e.g. long term injuries, traumata, ...?
 - Did I fully recover?
- How do I deal with pain?
 - How is my pain tolerance?
 - Am I am a masochist?
- Am I ticklish?
 - Where?
 - Do I like it?
- Am I able to differentiate between a nerve injury and blood pressure symptoms?
 - Do I want to do hand checks?
 - Who does it: I by myself, my rigger
- Do I have experiences with passing out?
 - Positions, that increase risk of passing out
- Do I want to have a safeword?
 - Verbal e.g. by traffic light system or concrete word
 - Non-verbal e.g. turning head, tapping or crying



- Do I want to define a signal for my rigger that shows I'm feeling fine?
 - Verbal e.g. by traffic light system
 - Non-verbal e.g. thumbs up or nodding
- Do I want to be able to renegotiate boundaries which I have set up before during the session?
 - Limits e.g. no renegotiation about sex during a session
 - When am I allowed to renegotiate: After untying, after 2 hours, after 24 hours, before next session, ...
- Am I looking forward to an adrenaline or endorphins experience?
 - How do you activate my adrenaline?
 - How does that change my communication?
 - How to activate my endorphins?
 - How does that change my communication?
- Is there an archetype of model I would fit into?

Questions for my rigger

- Why do you want to tie me?
- How are you feeling today?
- Do we do a training or playing session?
- Are you looking for something challenging or relaxing?
- How is your mood right now/in which direction do you want to go?
- Do you want to involve BDSM aspect?
- Do you want to involve sex?
- Do you want to take pictures?
- When do you start tying?
- What are you good at?
- What are you not good at?
- Do you want to do a suspension?
- What kind of relationships do you have? Are some of your partners right here?
- Signals that you like something.
- Signals that you don't like something.
- Am I allowed to touch you and if yes, where?
- How does aftercare look like for you?
- Did you have an accident in the past?
- Do we want to set up a safeword? If yes, which one? How do we communicate in general during the session?
- Is there a rigger archetype you would fit into?

Worst Case

- Do you have a scissors or something similar with you? Does the rigger know how to use them? Please put them right next to you.
- Which risks do you see in the session you are aiming for?
 - E.g. nerve injuries because of TK, passing out because of challenging positions, falling down because of single line suspension, feeling of overwhelmed by strong play
 - Is the model aware of taking these risks?
 - Is the rigger aware of these risks?
- How do we deal with the worst case (risks we talked about)?
- How do we deal with something that happened but we haven't talked about? How do we deal with this risk?