

Preparing to play

Some prompts for discussion



SHOULD WE PLAY TOGETHER?

A good place to start is by thinking about what YOU might like to explore - be that different dynamics, sensations, experiences, or activities.

EXERCISE: Create 3 columns on a piece of paper with the headings "Want", "Willing", and "Limit". Start by writing down your list of things you are interested in exploring in the "Want" column. Get together with a potential play partner or partners and take turns sharing your desires. As they share theirs, circle any that overlap with your own wants. If there's something different they desire that you're possibly interested in exploring, mark that in the "Willing" column. If there's anything you feel a no to exploring right now, add it to the "Limit" column. You can then use this as a starting point to determine whether there may be some overlapping interests. If there are, you can use some of the following questions to help you negotiate...

- **WHAT IS THE INTENTION OF US PLAYING TOGETHER?**
- **WHAT ARE YOUR BOUNDARIES FOR THIS SCENE (PHYSICAL AND VERBAL)?**
- **DO YOU HAVE ANY MOBILITY ISSUES, CURRENT INJURIES, OR MEDICAL CONDITIONS THAT I NEED TO KNOW ABOUT (E.G. DO YOU HAVE AN INHALER NEARBY)?**
- **IS THERE ANYTHING THAT MIGHT AFFECT YOUR ABILITY TO BE PRESENT E.G. STRESS, LACK OF SLEEP, ALCOHOL, OR DRUGS? WHAT MIGHT HELP YOU TO BE MORE PRESENT? AND WHAT WOULD BE MOST SUPPORTIVE TO YOU IF YOU FOUND YOURSELF OVERWHELMED OR DYSREGULATED?**
- **IF WE WERE TO INCORPORATE ANY GENITAL, ANAL, OR ORAL CONTACT AS PART OF OUR PLAY, WILL WE USE ANY FORM OF PROTECTION?**
- **HOW WILL WE COMMUNICATE DURING THE SCENE, FOR EXAMPLE, IF ONE OF US NEEDS A BREAK OR AN ADJUSTMENT?**
- **AFTERCARE - WHEN PLAY STOPS, WHAT WOULD YOU LIKE TO HAPPEN? WOULD YOU LIKE TO DISCUSS WHAT HAPPENED, BE IN SILENCE, BE HELD, HAVE A DRINK/SNACK, OR SOMETHING ELSE? WILL WE HAVE ANY FORM OF CHECK-IN AFTER TODAY?**
- **IS THERE ANYTHING ELSE YOU'D LIKE TO SHARE?**

After asking these questions, PAUSE, take a breath, and ask yourself:

“Am I fully willing to participate based on what we've discussed?”

If not, is there an adjustment you need to request? Do we need to renegotiate or are we simply not aligned?

Remember, your "No" would be a gift to both /all of you!



This resource was created by

pleasurerebels.com