

# Rope Bottom Self-Reflection & Communication


## Moment of MISALIGNMENT moving to RESOLUTION

This worksheet is designed for rope bottoms in Shibari and BDSM to explore emotional safety, accountability, and connection within D/s or rope dynamics. Work through each section thoughtfully.

### Personal Reflection (Outside Neutral Help)

Have you explored your own emotional responses or triggers in a therapeutic or self-growth setting?

☐ Yes ☐ No ☐ I want to ☐ Have a hard time seeking outside help (Think about why)


 List a few topics you'd like to work through individually (trauma, jealousy, communication):

### Events vs. Mental Narratives

Think of a time you spun a story in your head. Was it based on clear facts or assumptions?

Did you start spiraling into emotion?

What story were you telling yourself?

 Describe the event vs. the story you created:

**Event:** \_\_\_\_\_


**Narrative:** \_\_\_\_\_


Grounding Reminder:

"This is a moment, not a movie. I will ask for clarity before I assume."


### Is This a ME Issue or a Partnership Issue?

Use this moment to identify:

 One thing I need to own as my personal emotional work:

 One thing that truly needs to be addressed as a team:

 Is there partner alignment?

 Are we a good fit?

### No Shame: Authentic Kink & Feelings

What makes you feel ashamed in arguments?

☐ My kinks ☐ My intensity ☐ My trauma ☐ My upbringing

☐ My words when angry ☐ Fear of abandonment ☐ My personal story

 What do you want your partner to validate, even in conflict?

## Safe to Say: I Am Hurting

What helps you feel safe enough to express hurt?

- ☐ Calm tone    ☐ Non-sexual setting    ☐ Knowing I won't be judged  
☐ Seeing my partner listen    ☐ Having permission/rituals for check-ins


 When and where do you feel most emotionally safe in your dynamic?

## Check Yourself: Gossip or Growth?

What are you putting out there in your SOCIAL SITUATIONS or in PRIVATE?

Gut Check Questions:

- ☒ Did I bring up the issue in a reasonable time and environment?
- ☒ Did I bring the issue to my partner directly?
- ☒ Did I wait until I was regulated to talk about it?
- ☒ Am I seeking Alignment / Drama / Venting?
- ☒ Am I painting them fairly, or just venting to be heard?

 Someone I gossip to when hurt is: \_\_\_\_\_

How can I shift this habit into direct, respectful dialogue?

Recognize attention seeking behavior, or providing us the opportunity for resolution VS gossip and drama.

## Conflict Resolution = Us vs. The Problem

**Commitment Statement:**

"When we fight, we're not enemies. The problem is the enemy. We're in this together."

 Write a grounding ritual you and your partner could try before addressing difficult topics:

- ☐ Shared breathwork
- ☐ Holding hands
- ☐ Saying an affirmation
- ☐ Setting a timer
- ☐ Other: \_\_\_\_\_

## Hurt Is Not Always an Attack

When you're in pain, do you fear being seen as overreacting or dramatic?

Yes    ☐ No    ☐ Sometimes

What stops you from communicating?

**Reflection:**

What does pride mean to you in conflict?

How can you remind yourself or your partner that emotional pain isn't an accusation?


How do you hold space in partnership for each other?

 **Write a phrase that reminds you or your partner of this truth:** (Do you know when your partners' truth?)

## “You Don’t Get to Decide What Hurts Me”

Has someone ever dismissed your emotional or physical pain?

How did that impact your trust or vulnerability?

 Write about one time your feelings were dismissed (in kink or in life):

### Reflection:

What support or validation would have helped in that moment?

- ☐ Acknowledgement words   ☐ Empathy   ☐ A genuine apology   ☐ Space to process  
☐ Hear me / understand me   ☐ Make it right   ☐ Ask how they could support me  
☐ Other: \_\_\_\_\_

## “Walk With Me Through the Hurt”

How do you want a partner to respond when you're triggered or hurting?

- ☐ Sit in silence with me  
☐ Ask me what I need  
☐ Offer physical comfort (touch, blanket, water)  
☐ Help me identify the feeling  
☐ Let me speak without interruption  
☐ Questions to understand what the trigger was and how it could have been approached differently  
☐ How to avoid in the future  
☐ Ask how they could support me  
☐ Other: \_\_\_\_\_

 What does emotional safety feel like to you?

## Calling a Pause in Conflict

**Scenario Reflection:** When arguments escalate, what do you typically do?

- ☐ Freeze   ☐ Yell   ☐ Shut down   ☐ Withdraw   ☐ Try to fix it immediately

### Commitment Practice:

If I call for a break, I commit to returning to the conversation within:

- ☐ 30 minutes   ☐ 2 hours   ☐ 1 day   ☐ After a set ritual (walk, writing, etc.)

If I ask for the pause: Time to process or gather my emotions and hurtttssss.

I AM ACCOUNTABLE TO RECONNECT


 Phrase I will use to pause a conflict respectfully:


**You do not reach resolution by ignoring and hoping (pretending) that it goes / went away.**

## Closure Means Closed

What does closure feel like to you?

- ☐ We both agreed    ☐ I felt heard    ☐ There was a plan to move forward  
☐ We apologized and forgave    ☐ It was journaled or ritualized  
☐ We figured out how to avoid in the future

 A closed issue I sometimes revisit is:

 How can I remind myself to not reopen it unless new, relevant information surfaces?

## Final Reflection:

What's one emotional boundary or practice you want to commit to this month?



What's one way you'll support your partner's emotional safety this month?

