



Shibari Relationship Dynamics: for Rope Bottoms

You are not an inanimate object that gets tied. You are an active part of the process.

This worksheet can be shared with your rope top or used as a personal guide to refine your understanding of your needs and desires in rope. It is meant to get you thinking about yourself and improve communication, guide conversations, emotional awareness, and relationship dynamics.

1. How to Ask to Get Tied

- What words or phrases feel comfortable for you when asking to be tied?
- How do you prefer to express your desire (e.g., directly, subtly, through body language, negotiation)?
- How do you handle it if your request is declined?

2. Power Structure & Consent

- What power exchange dynamic are you interested in? (e.g., Top/bottom, Dom/sub, switch, no power exchange)
- Do you want a structured D/s dynamic in your rope play? If so, what are the agreed-upon roles and boundaries?
- What are your non-negotiables when it comes to power exchange and control?
- How will consent be given, checked in on, and revoked if necessary?

3. Time Limit & Session Boundaries

- How long do you ideally want to engage in a rope session?
- Are there any time constraints due to physical, emotional, or life commitments?
- What aftercare do you need post-rope session, and how long do you expect it?

4. Respecting Existing Partners & Relationships

- Are you in a monogamous, polyamorous, or open relationship?
- What are your current partners' boundaries regarding rope play with others?
- How do you communicate about new or ongoing rope dynamics with your partners?
- Are there any restrictions on the intimacy level of your rope interactions? (e.g., sexual vs. non-sexual)

5. Identifying Relationship Style (Circle all that apply)

- **Swinger** (Casual sexual experiences with others)
- **BDSM** (Power exchange, kink-based relationships)
- **Polyamorous** (Multiple committed relationships)
- **Vanilla** (Non-kinky, traditional relationships)
- **Other:** _____

6. Identifying Emotions (Before, During, and After Rope Play)

- What emotions do you currently associate with the idea of being tied?
 - (e.g., excitement, fear, vulnerability, empowerment, anxiety, joy)
- What emotions do you anticipate feeling **during** a session?
- How do you typically feel **after** a session?
- How will you communicate if unexpected emotions arise?

7. Reflection & Communication Plan

- How will you debrief after a session?
- How do you prefer to communicate feedback about the experience?
- Are there specific words or signals you want to use for check-ins?

NOTES:

