

Chastity Contract

Between _____, Keyholder, and _____, submissive

This is a private agreement between two adults. The submissive gives the Keyholder control over their orgasms and the key to their cage. Either person may end the agreement at any time.

1. The arrangement

The Keyholder decides when, how, and whether the submissive comes. Once the cage is locked, that decision belongs to the Keyholder. The submissive feels the cage throughout the day, and each reminder of it turns their attention back to the person holding the key.

The wait is part of the pleasure. The submissive gives the frustration that builds to the Keyholder as attention, honesty, obedience, and desire. The Keyholder may tease them, deny them, and enjoy knowing how badly they want release.

Holding the key also means paying attention. The Keyholder looks after the submissive during the wait, notices when denial has become too much, and keeps the cage from becoming a source of injury. The submissive gives up control of their release, not the ability to say when something is wrong.

2. Responsibilities

The Keyholder agrees to:

1. Keep the primary key and know where the spare is.
2. Decide when a lock period begins and when release is planned. Tell the submissive when that plan changes.
3. Tease the submissive, pay attention to them, and make use of the desire the wait creates.
4. Arrange cleaning and checks without treating time out of the cage as a failure.
5. Remove the cage immediately when the submissive asks for it or reports pain, numbness, unusual coldness, swelling, or another physical problem. The conversation can happen afterward.
6. Never use the cage to win an ordinary argument.

The submissive agrees to:

1. Wear the cage as agreed and leave the lock alone, except when removal is needed under this agreement.
2. Tell the Keyholder the truth about desire, frustration, temptations to cheat, and anything wrong with their body.
3. Follow the daily protocol without waiting for reminders.
4. Let the Keyholder see how much they want release rather than pretending the wait has no effect.
5. Accept a no without sulking or trying to turn the answer into another negotiation.

3. Term and review

This agreement begins on [Date] and runs for [length], unless either person ends it sooner. Once a month, the Keyholder and submissive review it over dinner, dressed and out of role. They talk about the length of each lock, how the teasing and denial have felt, whether the cage is working for the submissive's body, and what each of them wants to change.

4. Limits

Hard limits

Soft limits

Device and lock they have chosen

Anything about the submissive's body the Keyholder should know before the first lock

Either person may communicate a new limit at any time. It takes effect when said.

5. Safewords and removal

Yellow means slow down or pause and check in. **Red** stops the teasing or play immediately. If the submissive cannot speak, two squeezes of the Keyholder's hand mean red.

If the submissive asks for the cage to come off, it comes off. They do not need to say red first or persuade the Keyholder that their reason is good enough. If the Keyholder is away, the submissive may use the spare key. Removal for a physical problem, hygiene, or a request to stop is never punished.

6. Daily protocol

1. **Wear the cage.** The submissive wears it day and night except for an agreed release, cleaning, or removal under section 5. They do not try to get around the lock.
2. **Give the day count.** Each morning, first thing, the submissive tells the Keyholder the count: "Day twelve." A cleaning break does not restart it. After a release, the next lock begins at day one.

3. **Wash and check.** The submissive showers each day, washes through the cage, dries it carefully, and checks the skin. If there is pain, raw skin, swelling, numbness, or unusual coldness, they tell the Keyholder and remove the cage immediately. If it cannot be removed or the problem does not settle after removal, they seek medical care.
4. **Do not use the cage for pleasure.** The submissive does not press, rub, or tug it for stimulation.
5. **Write each night.** The submissive writes a paragraph about what they wanted that day and when they wanted it most. The Keyholder may read it aloud to them.
6. **Count the teasing.** The submissive records each tease in the journal. Before granting an orgasm, the Keyholder reads out the total.
7. **Leave initiation to the Keyholder.** The submissive may show that they want sex or play, but does not initiate it. They may ask to come once a week, in the manner described in section 8.

7. The key and the lock

The primary key. It hangs on the Keyholder's everyday keyring. The submissive hears it when the Keyholder leaves or comes home and does not touch it without permission.

The spare. A spare key stays in a combination lockbox the submissive can reach without the Keyholder. The combination is kept in a sealed envelope signed across the flap. The submissive may open it when they need the cage off and cannot get the primary key. They tell the Keyholder as soon as they can and are not punished for using it when needed.

The locking ritual. At the start of a new lock period, the submissive kneels naked and holds up the cage. The Keyholder locks it. The submissive kisses the lock, and the count begins at one.

The weekly clean. At least once a week, and more often when needed, the Keyholder unlocks the cage for a full wash of the device and the skin beneath it. The Keyholder either washes the submissive or watches them wash. The submissive touches themselves only as needed to clean. The cage goes back on when cleaning is finished and the skin is ready for it. The day count continues.

8. Orgasms

The submissive does not come without the Keyholder's permission. The Keyholder sets the length of each lock period and decides whether release happens at its end. A planned date is not a promise of an orgasm.

Once a week, on a day they choose, the submissive may ask to come. They ask on their knees, in one sentence, looking at the Keyholder. The Keyholder's answer is final for that week.

If the Keyholder grants release, they decide how it happens, including whether the orgasm is ruined. If the submissive comes in their sleep, they tell the Keyholder. It is not a broken rule and is not punished.

9. Punishments and correction

Before assigning a punishment, the Keyholder names the rule that was broken and hears what happened. Once a punishment is served, the matter is closed.

1. **Extended lock or delayed release.** The Keyholder adds up to three days for a broken rule. All punishment extensions combined are limited to seven days in one lock period. Cleaning, removal for a physical problem, and use of a safeword never extend the count.
2. **Teasing without release.** The Keyholder teases or edges the submissive and then denies release.
3. **Writing lines.** The submissive copies a correction phrase chosen by the Keyholder between 50 and 200 times.
4. **Reflection essay.** The submissive writes approximately 500 words about what happened, why the rule matters, and what will change.
5. **Extra service or chore.** The submissive completes one additional task chosen by the Keyholder.
6. **Corner time.** The submissive stands quietly in a designated place for 15 to 30 minutes.
7. **Punishment spanking.** The submissive receives a spanking within the physical limits both have agreed.

Safewording, withdrawing consent, seeking medical care, raising a boundary, or ending the dynamic is never punished.

10. Rewards

The Keyholder notices honesty, patience, attention, and good conduct during denial. A reward may give the submissive release, closeness, or a say in something they do together.

1. **Early release.** The Keyholder brings the next release forward.
2. **Full release.** The Keyholder grants a full, unhurried orgasm instead of a ruined one.
3. **Release by the Keyholder.** The Keyholder gives the submissive an orgasm rather than allowing them to pleasure themselves.
4. **Unlocked time together.** The cage comes off for an evening or a day together. Orgasm rules remain in force unless the Keyholder changes them.
5. **Teasing as a treat.** The Keyholder gives the submissive focused attention and arousal without a promise of release, as intimacy rather than correction.
6. **Specific praise.** The Keyholder tells the submissive exactly what they did well.
7. **A choice.** The submissive chooses a meal, outing, or shared activity.
8. **A shorter next period.** The Keyholder sets the next lock period shorter than planned.

11. Aftercare

After an orgasm, the cage stays off for the night. The submissive and Keyholder lie together and talk about the wait: what was hard, what felt good, and what they would do again. If both still want another lock period, it begins the next morning.

After a long or difficult tease, the Keyholder stays with the submissive until they have settled and tells them what was pleasing about their patience. The submissive can say when a stretch of denial was too much. They use that conversation when setting the next period.

12. Privacy

Neither person tells anyone about the cage or the agreement without the other's permission, including friends in the scene. They take photos only when both want them. No photo shows a face, tattoo, or another identifying feature. The photos are deleted when the agreement ends.

Either person may still speak privately with a doctor, therapist, lawyer, or trusted friend when they need help.

13. Ending the agreement

Either person may end the agreement by clearly saying so. The cage comes off immediately. The Keyholder gives the submissive the primary key and the lockbox with the spare. The rules about wearing the cage, asking for release, and keeping the journal end with the agreement.

Their private information remains private. Neither person needs to finish a lock period or earn release before ending it.

Signatures

Keyholder

submissive

Date

Date