

Femdom Agreement

Mistress	[Mistress's name]
Submissive	[submissive's name]
Mistress's title	Mistress
Start date	[Date]
Initial term	6 months
Review	Monthly

This is a personal agreement between consenting adults. It records the structure of the dynamic they have chosen. Either person may withdraw consent or end the dynamic at any time.

1. Submission

The submissive gives the Mistress their obedience, attention, service, and body. She decides how they serve Her, how they present themselves, and when they may seek sexual pleasure. Her preferences shape the relationship, in ordinary life as well as in sex and play.

The Mistress shows the submissive what pleases Her. The submissive learns Her standards, remembers them, and makes Her comfort and pleasure a priority. Once She has taught them how She wants something done, She should not have to ask for the same care every time.

In accepting this submission, the Mistress takes responsibility for the person who has placed themselves in Her care. She gives direction, pays attention, corrects failures, and recognizes service done well. The submissive offers themselves freely, and both choose whether to continue the dynamic.

2. The Mistress's responsibilities

The Mistress agrees to:

1. **Teach Her preferences.** Show the submissive how She wants to be served. Tell them what matters to Her and what a finished task should look like.
2. **Lead actively.** Give orders, set standards, and make time for the rituals and service She expects. Obedience needs direction.
3. **Keep standards consistent.** Give the submissive a chance to learn a rule before holding them to it. Tell them when Her expectations change.
4. **Pay attention.** Notice the submissive's physical condition, emotional state, and ability to serve, particularly during a long period of denial.
5. **Inspect and respond.** Look at the work the submissive presents, read their reports, and tell them what pleased Her or needs to be done again.
6. **Correct fairly.** Find out what happened before assigning a punishment. Do not treat confusion, illness, or an impossible task as deliberate disobedience.

7. **Use discipline with purpose.** Choose from the agreed punishments and keep every correction within the limits of this agreement.
8. **Recognize devotion.** Notice skilled service, improvement, and difficult effort. Let the submissive know when they have pleased Her.
9. **Keep Her word.** Follow through on Her promises, appointments, rituals, and responsibilities.
10. **Review the dynamic.** Take part in the monthly review and change rules that no longer serve the relationship.

3. The submissive's responsibilities

The submissive agrees to:

1. **Obey the Mistress.** Follow Her instructions within the authority granted by this agreement.
2. **Keep Her rules.** Treat a standing rule as a continuing duty until She changes or removes it.
3. **Learn Her preferences.** Remember what She has taught them and apply it without needing the same instruction each time.
4. **Put Her first.** Give priority to the Mistress's comfort and pleasure within the parts of life this agreement covers.
5. **Serve to Her standard.** Complete tasks carefully and present finished work for inspection when She asks.
6. **Report failures.** Tell the Mistress when a rule has been broken, a task will be late, or an order cannot be completed. Do not hide a failure and wait to be caught.
7. **Ask when unclear.** Seek clarification rather than quietly deciding what the Mistress must have meant.
8. **Receive correction.** Listen, serve an agreed punishment when assigned, and make a sincere effort to improve.
9. **Protect their privacy.** Keep the Mistress's private information and the details of the dynamic private, subject to section 12.
10. **Speak plainly when it matters.** Raise a limit, health concern, or serious problem even when doing so feels difficult.

4. The Mistress's authority

The Mistress has authority over the submissive's conduct, service, presentation, body, and sexual pleasure. Within those areas, She may:

- set rules and decide which actions require Her permission
- assign tasks and set the standard for their completion
- establish rituals and forms of address

- direct the submissive's dress and grooming
- decide when and how the submissive may touch Her
- direct sex and play, including when the submissive may orgasm
- grant or remove privileges
- require reports and inspect service
- correct failures and assign a punishment listed in this agreement
- have the final say on shared household decisions and plans that affect their time together

This authority applies every day, not only during scenes or at set times. The submissive follows Her decisions in the areas they have given Her.

The submissive's job, medical care, personal money, and relationships outside the dynamic remain their own. The Mistress's final say over shared plans does not give Her control over those areas. The submissive may seek outside help at any time. Neither obedience nor silence gives the Mistress authority over a new area; both partners must agree to add one.

5. Worship and devotion

Worship gives the submissive a way to show the Mistress what She means to them. They give Her their full attention when kneeling, touching, or speaking to Her, rather than treating a ritual as a task to finish quickly.

The submissive follows these rituals until the Mistress changes them:

1. **Kneel to greet Her.** When the Mistress comes home, the submissive stops what they are doing, kneels, and kisses Her hand or feet, as She prefers.
2. **Kneel when called.** When the Mistress orders the submissive to kneel, they take their place at Her feet and remain there until She dismisses them.
3. **Worship Her feet.** When the Mistress offers Her feet, the submissive kisses and caresses them slowly for as long as She wants.
4. **Thank Her each evening.** The submissive tells the Mistress one thing about Her they were grateful for that day.
5. **Write to Her each week.** Once a week, the submissive writes a short letter about something the Mistress did or something they admire in Her.

6. Rules and permissions

The submissive keeps these rules until the Mistress changes or removes them. When permission is required, the submissive asks before acting rather than explaining afterward.

1. **Use Her title.** At home and in private, address the Mistress as **Mistress**.
2. **Acknowledge an order.** Answer a direct order with "Yes, Mistress," so She knows it was heard and understood.

3. **Check in each morning.** Tell the Mistress how the submissive is feeling, name their main responsibilities for the day, and ask whether She has instructions. When apart, send the check-in by message.
4. **Report each evening.** Before bed, tell the Mistress what was completed, what was left undone, which rules were broken, and what needs Her attention.
5. **Dress and groom to Her standard.** Follow the Mistress's instructions for hair, body hair, nails, clothing at home, and any other aspect of presentation She has set. Ask when unsure.
6. **Keep protocol discreet around others.** At work, in public, and around family or friends outside the dynamic, do not use Her title or perform visible rituals unless She has said otherwise.
7. **Complete assigned tasks.** Meet the deadline the Mistress sets. Report an obstacle as soon as it may prevent completion.
8. **Attend a weekly review.** Come prepared to discuss service, obedience, difficulties, progress, and anything the Mistress needs to know.
9. **Ask before orgasm.** The submissive asks the Mistress's permission before every orgasm, whether they are together or the submissive is alone.
10. **Ask before touching themselves.** The submissive does not touch themselves for sexual pleasure without the Mistress's permission, even if they do not intend to orgasm.
11. **Ask before touching Her.** The submissive asks before touching the Mistress intimately unless She has invited it.
12. **Ask before making shared plans.** The submissive asks the Mistress before making plans that affect their time together or interfere with their duties.

7. Service

Service should make the Mistress's life better in ways She actually wants. The submissive learns Her preferences, notices what needs doing, and takes pride in a result that pleases Her. Effort matters, but it does not replace listening to what She asked for.

1. **Serve as directed.** The Mistress decides what service includes and how a task should be done. The submissive follows Her instructions and remembers the standard She has set.
2. **Care for Her each day.** On days they are together, the submissive does something for the Mistress's comfort, such as preparing Her drink, running Her bath, or laying out Her clothes, according to what She wants.
3. **Take initiative.** Notice opportunities to be useful without waiting for an order. The submissive may refill Her drink, prepare something She will need, or offer the kind of attention they know She enjoys.
4. **Serve Her sexually.** The submissive's body belongs to the Mistress within the limits of this agreement. When She wants sexual service, including oral sex, the submissive makes themselves available. She decides when, where, and how. The submissive learns what pleases Her and offers it willingly.

8. Limits and safewords

Both the Mistress and the submissive have limits. A hard limit is something that will not happen. A soft limit is approached only after discussion and with particular care. A new limit takes effect as soon as it is communicated.

Mistress's hard limits

[Add limits]

Mistress's soft limits

[Add limits]

Submissive's hard limits

[Add limits]

Submissive's soft limits

[Add limits]

Relevant health, access, or care information

[Add anything the other partner should know]

The safewords are:

Yellow: Slow down, pause, or check in before continuing.

Red: Stop immediately.

If speaking is difficult or impossible, **dropping an object held in the hand** is the nonverbal stop signal.

A clear statement such as “stop,” “I can’t continue,” or “I withdraw consent” also counts. Nobody has to remember the perfect word in order to stop.

9. Discipline and correction

When the submissive breaks a rule, the Mistress tells them what they did and hears them out before deciding on a punishment. She does not punish in anger. Once the punishment is served, the matter is closed.

The Mistress may assign one of these punishments:

1. **Over-the-knee spanking.** The submissive lies across the Mistress’s knee for a spanking with Her hand or a hairbrush. She sets the number of strokes. The submissive counts each one aloud and thanks Her at the end.
2. **Edge and deny.** The Mistress brings the submissive close to orgasm between three and ten times, then stops. The submissive does not orgasm that day.

3. **Extended orgasm denial.** The Mistress extends a planned period of denial by up to seven days.
4. **Watch without touching.** The submissive sits at the foot of the bed and watches the Mistress pleasure Herself, without touching Her or themselves.
5. **Loss of worship.** For up to three days, the submissive may not kiss or touch Her feet and greets Her standing instead of kneeling.
6. **Sleep on the floor.** The submissive sleeps on the floor beside the Mistress's bed for one to three nights.
7. **Wear what She chooses.** For one day, the submissive wears underwear the Mistress chooses beneath their ordinary clothes as a reminder of the broken rule.
8. **Writing lines.** The submissive copies a sentence the Mistress chooses, such as "My pleasure belongs to my Mistress," between 50 and 200 times.

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

10. Rewards and privileges

The Mistress tells the submissive what pleased Her when She grants a reward. Some rewards give the submissive pleasure; others grant them more of Her attention. They are privileges She chooses to give.

1. **Specific praise.** The Mistress names what the submissive did well, whether it was a task completed to Her standard or the way they served Her that evening.
2. **Permission to orgasm.** The Mistress allows an orgasm at a time and in a manner She chooses.
3. **An orgasm from Her.** The Mistress gives the submissive an orgasm Herself rather than allowing one alone.
4. **Rest against Her.** The submissive rests their head in the Mistress's lap while She strokes their hair.
5. **Time to worship Her.** The Mistress invites the submissive to worship Her feet or body for as long as She chooses.
6. **A bath with Her.** The submissive joins the Mistress in the bath and washes Her hair and back.
7. **A relaxed evening.** The Mistress lifts selected rules, such as kneeling to greet Her or giving the evening report, for one evening.
8. **Denial shortened.** The Mistress ends a period of denial early or cancels part of a punishment She assigned.

11. Aftercare

After an intense scene or punishment, the Mistress and submissive take time to return to ordinary life and attend to what each needs. They also check in after a long period of denial.

The submissive has water, food, warmth, and care for any marks. They tell the Mistress whether they want closeness or quiet. After a punishment, She tells them plainly that it is over. The Mistress may need food, time alone, or the submissive close by, and says so.

Within 24 hours, they discuss how the scene, punishment, or end of a long denial felt physically and emotionally. If something needs to change, they say it rather than waiting for the next monthly review.

12. Privacy

The Femdom relationship is private. Neither partner tells anyone about it, or about the other's kinks, without the other's permission. Photos, videos, and screenshots of intimate moments are taken only when both partners agree, and are never shared. Either partner may still talk privately to a doctor, therapist, lawyer, or trusted friend when they need help.

13. Review and changes

Reviewing the agreement. This agreement is reviewed monthly during its first 6 months. At each review, the Mistress and submissive talk about whether the agreement still fits and change what needs changing.

Making changes. Between reviews, the Mistress may change rules, tasks, and other details within Her authority at any time. New areas of authority are added only if both of them agree. The submissive may also request changes to this agreement at any time.

The end of the term. At the end of the 6 months, the Mistress and submissive renew the agreement, rewrite it, or let it end.

14. Ending the agreement

Either person may end the Femdom dynamic at any time by clearly communicating that decision.

When the agreement ends, the Mistress's authority ends. Rules, permissions, and service obligations end, and any period of denial ends with them. Unfinished punishments are cancelled, and no punishment is assigned for ending the relationship. Use of the Mistress's title may stop immediately. Keys, gifts, and belongings are handled according to who actually owns them. Private information remains private.

A closing ritual may be used if both people want one. The agreement does not depend on a ritual in order to end.

Any romantic, sexual, or personal relationship that continues afterward is a separate decision.

Signatures

By signing below, both partners confirm that they have read this agreement and choose to enter the dynamic described here.

Mistress

Submissive

Date

Date