

Pre-play checklist

- ✓ I recently ate
- ✓ I'm hydrated
- ✓ I don't need to go to the bathroom
- ✓ I feel good about what I negotiated.
- ✓ I'm in a good emotional and physical state to do what I negotiated.
- ✓ Top knows/remembers my limits
- ✓ Top knows/remembers my safe words
- ✓ Top knows/remembers my aftercare needs
- ✓ I'm sober and present enough to give consent
- ✓ I am comfortable with the atmosphere/play space
- ✓ I know who the DMs or monitors are
- ✓ I know the house safeword
- ✓ I remember my tops boundaries
- ✓ I have water nearby
- ✓ I remembered to take my medication
- ✓ I trust this hardpoint