

Domestic Discipline Contract: Example 1

About This Contract Template

This is an example of a generic domestic discipline contract/agreement. This type of contract/agreement is best suited for those who are not looking for a detailed contract, but rather a flexible alternative to the standard domestic discipline agreements.

Contract Example: Head of Household (HoH)

I, (name), agree to consensually implement domestic discipline as a tool within my relationship/marriage. I agree to hold (submissive partner's name) accountable for their actions using consequences that (submissive partner's name) and I have mutually agreed upon.

I agree to draft rules with (submissive partner's name) that are in the best interest of our relationship and (submissive partner's name) overall well-being. I agree to consistently uphold those rules and refrain from creating new rules within our relationship without informing (submissive partner's name) first and obtaining their consent to do so.

Furthermore, I understand that, at any time, either (submissive partner's name) or myself reserve the right to withdrawal consent and immediately terminate the domestic discipline aspect of our relationship at any point.

(Signature of Head of Household) _____ (Date)

(Signature of submissive partner) _____ (Date)

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Contract Example: Submissive Partner

I, (name), agree to consensually implement domestic discipline as a tool within my relationship/marriage. I understand that I will face consequences from (HoH's name) if I fail to follow the rules that (HoH's name) has set forth.

I agree to and understand that (HoH's name) is the head of our household and that the final say in all decisions is ultimately made by (HoH's name). I understand that I reserve the right to respectfully express my opinion at any point, but agree to the final decisions always being made by (HoH's name).

Furthermore, I understand that, at any time, either (HoH's name) or myself reserve the right to withdrawal consent and immediately terminate the domestic discipline aspect of our relationship at any point.

(Signature of submissive partner) (Date)

(Signature of Head of Household) (Date)

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