

Domestic Discipline Contract:

Example 2

About This Contract Template

This is an example of a more structured domestic discipline contract/agreement and/or rules contract/agreement. This domestic discipline contract/agreement is best used by couples who are just beginning domestic discipline, and/or couples that are looking for a more formal rules/consequence write-up.

Contract Example

On this day, (insert date), (HoH's name) and (submissive partner's name) agree that we have both thoroughly researched the topic of domestic discipline and are ready to begin incorporating domestic discipline as an element of our relationship.

Section 1: The Rules

Both (HoH's name) and (submissive partner's name) agree to the below rules to be in force within our domestic discipline relationship. Both (HoH's name) and (submissive partner's name) agree that the below rules are subject to change at any time with both parties full knowledge beforehand.

1. No back-talking, bad attitude, or other forms of disrespect.
2. No cursing or using other language deemed as inappropriate by the HoH.
3. No disobeying anything that (HoH's name) requests.
4. Absolutely no dangerous behaviors including, but not necessarily limited to, dangerous driving (text messaging while driving, excessive speeding, failure to stop at stop signs or lights, etc.), no leaving appliances on (such as the stove) when not in use, no leaving the car or house doors unlocked, etc.
5. Obey the curfew time that the HoH sets forth.
6. No lying or any form of dishonest communication or behavior.
7. Always follow the budget that the HoH has set forth.
8. Dress modestly, or in attire that the HoH finds acceptable and appropriate.
9. Maintain healthy habits such as eating properly, exercising regularly, etc.
10. Do not withhold any information (personal, professional, financial, etc.) from your HoH.
11. Absolutely no illegal behavior.
12. All major decisions must be made together, with the HoH having the final say.
13. No procrastination.
14. Communicate effectively, and respectfully. Never go to bed angry.
15. Check in while out of the house so that the HoH knows that you are safe.

I, (submissive partner's name) understand that failure to follow the above rules may result in the consequence of (HoH's name) choosing. I, (submissive partner's name) also understand that these rules have been set forth by (HoH's name) because they are in the best interest of myself, and our relationship. (HoH's name) agrees to refrain from making any modifications and/or additions to these rules without the prior knowledge of (submissive partner's name).

Section II: Consequences

I, (HoH's name) understand that I must hold (submissive partner's name) accountable if the above rules are broken. I, (HoH's name) agree to always maintain a calm and controlled environment and demeanor prior to imposing any of the below consequences, and I agree to never make (submissive partner's name) feel degraded or humiliated. I, (HoH's name) further agree to only impose the following consequences fairly and responsibly.

I, (submissive partner's name) agree that I am subject to the following consequences should any of the above rules be broken. I, (submissive partner's name), agree to act responsible and appropriately throughout the course of any consequence set forth by (HoH's name). I, (submissive partner's name), understand that I am able to respectfully express my opinion to (HoH's name) at any time, but that the final say in the consequence will always remain at the discretion of (HoH's name).

The consequences that both (submissive partner's name) and (HoH's name) have agreed upon are as follows:

1. Corporal punishment (spanking): Spankings may be carried out in either the over-the-knee position or the over the bed position using the implement that (HoH's name) has chosen. (HoH's name) agrees that the severity of the spanking will always fit the offense committed. (Submissive partner's name) understands that the length, and severity, of the spanking will remain solely up to the HoH.
2. Corner time: Corner time may be carried out in any room that (HoH's name) deems necessary or appropriate. (HoH's name) agrees that the length of the corner time will fit the offense committed. (Submissive partner's name) understands that the length and style in which corner time is carried out is solely up to the HoH and that any misbehavior during corner time could result in an extra consequence of (HoH's name) choosing.
3. Bedroom time: (HoH's name) agrees that the length of bedroom time, as well as the specific instructions given during bedroom time, will fit the severity of the offense. (HoH's name) agrees to never lock (submissive partner's name) in the bedroom. (Submissive partner's name) understands that the specifics, and length, of bedroom time are solely up to (HoH's name) and failure to follow instructions given by (HoH's name) could result in an additional consequence of (HoH's name) choosing.
4. Grounding/removal of privileges: (HoH's name) agrees to only remove (submissive partner's name) privileges if a misbehavior has occurred that (HoH's name) feels warrants this consequence. (HoH's name) agrees to impose the length of the grounding fairly based on the severity of the consequence, and vows never to ground (submissive partner's name) from anything that would prohibit (submissive partner's name) from completing necessary responsibilities to work or children. (Submissive partner's name) understands that the terms and length of the grounding is solely up to (HoH's name) and failure to comply with the instructions of (HoH's name) could result in additional consequences.

Both (HoH's name) and (submissive partner's name) agree to uphold the rules, and consequences, named above as part of the domestic discipline dynamic. Furthermore, both parties fully acknowledge that they have both consented to this agreement, and lifestyle, and can withdrawal that consent at any time either formally or informally.

Signed:

(Head of Household's Signature)

Date

(Submissive partner's signature)

Date



www.learningdd.com