

Don't know where to start?

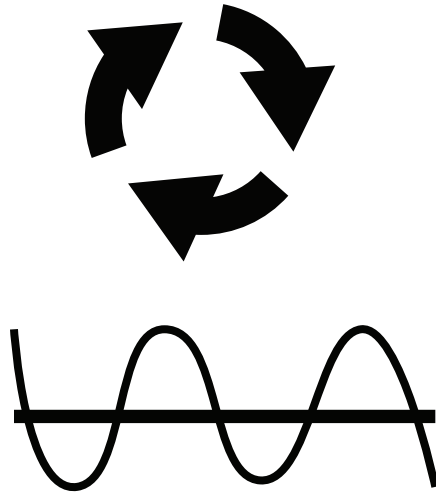
Explore different ways of approaching play by combining feelings and tools that seem interesting to you. Remember that there are hundreds of exciting and unique ways to explore each of the words on this list, **so build your own adventure!**

Chaste		Powerful	FEELINGS			Accomplished	Powerless	Caring
	Controlled							
		Unleashed				Stoic	Primal	
Vulnerable	Displayed		Degraded	Challenged	Pleasing		Useful	Slutty
						Cruel		Afraid
Stubborn	Apologetic	Bratty		Obedient				Useless
			Chastened			Secure	Violated	
	Violent							
		Handsome			Honoured			
Transformed	In control			Released			Desired	Wanton
Unteathered					Distanced			Inhuman
						Exposed		
	Comforted	Owned		Embarrassed				Dirty
							Pretty	
	Controlling	Pretty						
			Worshipped			Defiant		Tough

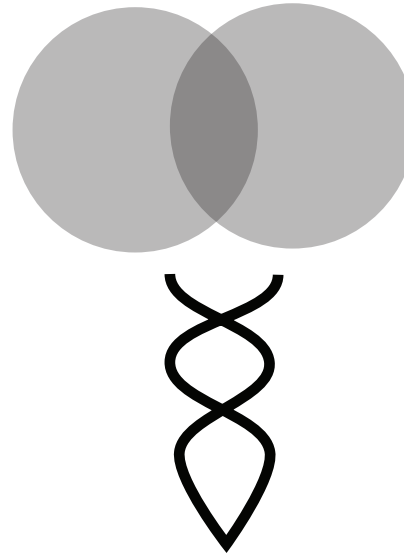


			TOOLS					
Collar/Indicator		Servitude						
		Violation	Cruelty		Impact	Gags	Sensory Deprivation	
Unpredictability					Torture	Reward		
		Service	Force	Ritual	Pleasure	Sex play	Penetration	
Humiliation								
		Restraints	Pain	Ordeal	Rules	Ignoring	Marks	
Silence	Honourifics		Caretaking	Brutality	Dirt		Grappling	
Roleplay - voluntary or forced								
Struggle	Sensation	Chaos		Noise	Dress Up	Structure	Punishments	
	Interrogation			Role Play				
							Consensual Non-consent/forced Play	

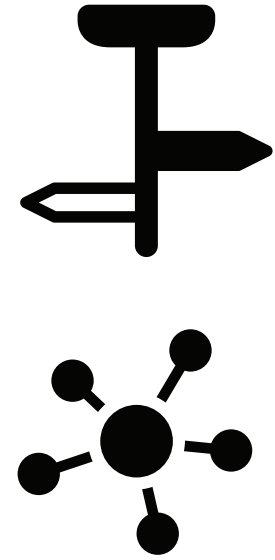
Do I stay locked into bottoming for a while, or do I feel more fluid?
 Are there certain moods, environments, or headspaces that make me feel more bottomy?
 Do I feel like bottoming is a separate and distinct role, activity, or persona for me?



Are your roles... Fluid?



Are your roles... Overlapping?



Are your roles... Distinct?

When I'm bottoming, I like to feel....
 Some activities I enjoy when I'm bottoming are...
 When I'm bottoming, my goal is to...

BOTTOMING

SWITCHING

Does topping and bottoming feel very distinct to me?
 Is it important to me that my play partners know that I switch?
 Am I different people when I top vs. bottom, or do I feel similar in those roles?
 Do different roles come more naturally to me for certain environments/activities/people?
 Do I occupy different roles simultaneously? Do I switch scene to scene, or day to day?

TOPPING

When I'm topping, I like to feel....
 Some activities I enjoy when I'm topping are...
 When I'm topping, my goal is to...
 Do I feel like topping is a separate and distinct role, activity, or persona for me?
 Are there certain moods, environments, or headspaces that make me feel more topy?
 Do I stay locked into topping for a while, or do I feel more fluid?

REMEMBER!

There's no 'right way' to occupy any of these roles, and anyone who says there is is being a dick.

You get to define what topping, bottoming, and switching look like for you.

Make sure to communicate with partners if you may move between different headspaces within a single scene, and negotiate how to manage shifts in power, agency, or roles.

Download this and other resources at www.robot-hugs.com/negotiation

SWITCHING

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Some things to think about

Robot Hugs
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