

MS. PHLATTERED

M - MARKS
S.- SAFETY
P - PAIN
H - HEALTH
L - LANGUAGE
A - AFTERCARE
T - TOUCH
T - TIME
E - EROTICISM
R - REPAIR
E - EMOTIONAL STATE/WANT
D - DOMINANCE/SUBMISSION



Use each letter as a starting point to discuss limits, desires, and interests

- Communicate openly and clearly
- Check in and adjust during the scene
- Ensure ongoing, dynamic consent
- No additions during the scene

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- **Marks** - no/yes, where, how intense
- **Safety** - safe words, check ins, ability to use safe word during scene, verbal/non-verbal options
- **Pain** - stingy or thuddy, how hard, calibrate together 1-10, pressure points
- **Health** - if relevant to scene: injuries, conditions, trauma triggers, allergies
- **Language** - pronouns, verbal trauma triggers, degradation, praise, name for bits
- **Aftercare** - what, how, how long, follow up and check in, aftercare for the top
- **Touch** - where, how, soft, firm, caressing, ticklish, grabbing, choking, body/genital contact, lips, biting, kissing
- **Time** - length of scene and aftercare
- **Eroticism** - how sexual or nonsexual, orgasms, fantasies
- **Repair** - procedure expected/desired for repair if needed. when, how, apology, restitution, needed space
- **Emotional State/Want** - current state, how to feel during the scene, what does it look/sound like when you are and are not having a good time, what to do if crying, praise, degradation
- **Dominance/Submission** dom/sub, top/bottom, brat, bondage, role play, collar, resistance, titles

