

## ***Dom Sub Living Long-Distance Relationship Worksheet***

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Instructions: Each partner should print out the worksheet and fill it out privately. Once they have completed it, they should compare and discuss their answers together.

1. What are some of the positives of your long-distance relationship?

2. What are some of your challenges of your long-distance relationship?

3. Describe your commitment to the relationship as a Dominant/submissive.

4. How often do you agree to check-in and communicate? What is your schedule?

5. What are your rules and limits?

6. When do you plan to see you partner next? How often will you meet in person?

7. What protocols, tasks, punishments, and rewards can you implement?

8. How do you plan to end the distance at some point? Do you have a date?

9. What do you envision your Dom/sub relationship becoming? What is your goal?