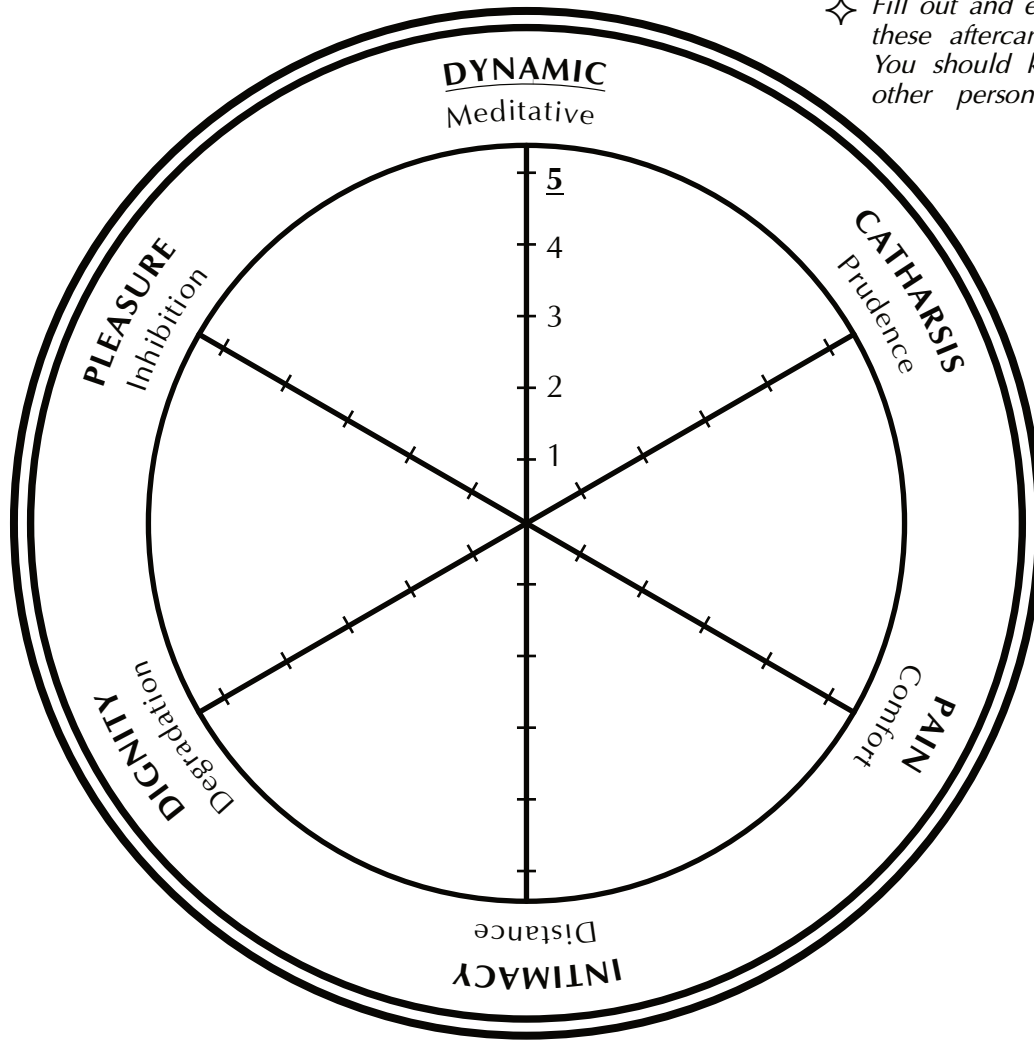


✧ Fill out and exchange these aftercare cards. You should keep the other person's card:



## Consent Wheel & Definitions

**Dynamic vs. Meditative:** The physical speed and movement of a scene.

**Catharsis vs. Prudence:** The intensity of emotional and somatic release.

**Pain vs. Comfort:** The intensity of sensation applied in the scene.

**Intimacy vs. Distance:** the proximity and touch of both parties.

**Dignity vs. Degradation:** social and verbal aspects such as praise, humiliation, etc.

**Pleasure vs. Inhibition:** the intensity of erotic and sensual aspects of the scene.

Name:

### During aftercare...

- ☐ I need to feel grounded.
- ☐ I need intimacy.
- ☐ other: \_\_\_\_\_

(Describe your ideal aftercare)

### During a check-in...

- ☐ ask how I feel today
- ☐ give feedback on the scene
- ☐ ask if there is anything you can do for me

### My warning signs...

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### If I am not feeling well...

- ☐ text me
- ☐ phone call
- ☐ other: \_\_\_\_\_

### A safe person I can talk to:

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### What I need to recover:

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Please seek professional support if you are experiencing a crisis.

Name:

### During aftercare...

- ☐ I need to feel grounded.
- ☐ I need intimacy.
- ☐ other: \_\_\_\_\_

(Describe your ideal aftercare)

### During a check-in...

- ☐ ask how I feel today
- ☐ give feedback on the scene
- ☐ ask if there is anything you can do for me

### My warning signs...

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### If I am not feeling well...

- ☐ text me
- ☐ phone call
- ☐ other: \_\_\_\_\_

### A safe person I can talk to:

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### What I need to recover:

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Please seek professional support if you are experiencing a crisis.