

TPS Report v1.2

Trust, Pleasure, Safety

Date: _____	Time (Start): _____
	Time (Estimated End): _____

1) Emotional and Physical Check-In

Emotional State	Matt	Mina
Calm or relaxed	<input type="checkbox"/>	<input type="checkbox"/>
Anxious or nervous	<input type="checkbox"/>	<input type="checkbox"/>
Curious or open	<input type="checkbox"/>	<input type="checkbox"/>
Not into this	<input type="checkbox"/>	<input type="checkbox"/>
Other (explain below)	<input type="checkbox"/>	<input type="checkbox"/>

Physical Conditions	Matt	Mina
I'm good	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input type="checkbox"/>	<input type="checkbox"/>
Hormonal changes	<input type="checkbox"/>	<input type="checkbox"/>
Sensitivities (explain below)	<input type="checkbox"/>	<input type="checkbox"/>

Matt's Notes: _____

Mina's Notes: _____

2) Setting and Atmosphere

Location	Sound
<input type="checkbox"/> Master bedroom	<input type="checkbox"/> No music, quiet
<input type="checkbox"/> Basement	<input type="checkbox"/> Soft background music
<input type="checkbox"/> Other: _____	<input type="checkbox"/> White noise / ambient

Alterations	Kids
<input type="checkbox"/> Drinks	<input type="checkbox"/> Asleep
<input type="checkbox"/> Sober (no weed)	<input type="checkbox"/> Watching a movie
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____

3) Levels of Physical Contact

Check the box next to activities you feel like doing. Cross out checked suggestions you are uncomfortable with, if any.

Affection	Light Intimacy	Moderate Intimacy	Intense Intimacy	Intercourse
<input type="checkbox"/> Netflix and Chill™ <input type="checkbox"/> show: _____				
<input type="checkbox"/> Hold hands for a little bit				
<input type="checkbox"/> Squeeze hug				
<input type="checkbox"/> Brush hair				

By initialing below, we agree that this reflects our understanding and comfort levels for the upcoming intimate encounter. We acknowledge that consent can be withdrawn at any time, and that this form is a starting point for discussion, not a binding contract. We acknowledge that only the items checked will be attempted. The purpose of this form is to ensure mutual respect, safety, and pleasure, and is actually serious and not a joke.

Matt: _____

Mina: _____