

BOTTOM-LED REFLECTION SHEET

PREPARED BY ROPE RITUALS

A quiet space for clarity, intention, and deeper understanding.

Rope is a dialogue between body, breath, and trust. For the one being tied, the experience is shaped by shifting sensations, emotions, and personal intention. These reflection checklists offer a simple, grounded way to pause and listen inward before, during, and after your scenes.

Each checklist guides you through gentle prompts that support communication, boundaries, emotional awareness, and personal ritual. They help you articulate what you're seeking, what you're feeling, and what you need for safety and connection.

Use them to set intention, to check in with yourself, or to integrate your experience afterward. Over time, they become a record of your growth and a tool for clearer conversations with your partners.

Let these pages support you in noticing more, feeling more, and entering rope with intention.

1. PRE-SCENE INTENTION CHECKLIST

A moment to pause before entering rope.

Your State Today

- How is your body feeling right now? _____
- How is your emotional state? _____
- Anything currently affecting your energy, confidence, or focus? _____

Your Intentions for This Session

- What draws you to rope today? _____
- Are you seeking calm, connection, challenge, sensation, expression, surrender, or something else? _____
- What would make tonight's experience feel fulfilling? _____

Boundaries & Conditions

- Hard limits: _____
- Soft limits: _____
- Physical considerations (injuries, stiffness, circulation issues): _____
- Emotional considerations: _____

Communication Preferences

- What helps you feel safe during rope? _____
- What helps you feel seen and supported? _____

Aftercare Preferences

- What do you anticipate needing after the scene? _____
- Anything that has changed since your last session? _____

2. DURING-SCENE AWARENESS CHECKLIST

A quiet internal check-in to deepen presence and self-listening.

Embodiment & Sensation

- Which sensations feel welcoming today? _____
- Are any sensations edging into discomfort or risk? _____

Breath & Regulation

- How is your breathing? _____
- Are you still grounded? _____

Connection

- Do you feel connected to your top? _____
- Are you able to communicate clearly and without hesitation? _____

Safety Cues

- Are you aware of your body's signals (numbness, tingling, temperature change, emotional overwhelm)? _____
- Have any new sensations appeared that you should communicate? _____

3. POST-SCENE REFLECTION CHECKLIST

To integrate the experience and honor the afterglow or the afterdrop.

Immediate State

- How does your body feel now? _____
- What emotions are present? _____

The Experience

- What moments stood out to you the most? _____
- Did the scene meet your intentions? _____
- What felt nourishing, meaningful, or powerful? _____

Communication & Connection

- Did you feel supported and understood during the scene? _____
- Is there anything you wished you had voiced but didn't? _____

Aftercare & Recovery

- What aftercare did you receive? _____
- Is there anything you still need in the hours or days after? _____

Looking Forward

- What would you like to explore further next time? _____
- What practices helped you stay grounded? _____

4. DROP AWARENESS & SELF-GROUNDING CHECKLIST

To prepare for and navigate emotional or energetic drops.

Pre-Existing Factors

- Have you been stressed, tired, or emotionally sensitive before the session? _____
- Are there external pressures (work, relationships, life changes) amplifying vulnerability? _____

Signs of Drop

- Physical (fatigue, chills, restlessness): _____
- Emotional (sadness, emptiness, irritability): _____
- Cognitive (overthinking, doubt, sensitivity): _____

Self-Grounding Techniques You Can Use

- Breathwork practices: _____
- Sensory grounding (touch, temperature, movement): _____
- Comfort rituals (tea, blankets, journaling): _____
- Connection rituals (messaging your top, supportive friend, community check-in): _____

Support Requests

- How would you like to be supported if drop happens? _____
- What helps you return to center? _____