COLLAR & KEY

D/S CHECK-IN

These are the questions Collar & Key uses for D/s check-ins. The first fifteen are the app's core set; the rest are samples from its themed decks. Answer on your own first, then compare, starting with the places you differ. A check-in is out of role: honest answers never earn a consequence.

Rather check in on your phones? Scan to try Collar & Key, free. You each answer on your own, and neither of you sees the other's answers until you've both finished.

> Date: _____ Pick five questions for a weekly check-in, more for a monthly review. Then write down every decision: what changes, who owns it, and by when.

Core questions

The everyday set every check-in in the app draws from.

1. Sum up the time since your last check-in in one word or phrase.

PARTNER A PARTNER B

2. How close did you feel to your partner? 1 to 5, distant to very close

PARTNER A PARTNER B

3. How satisfied are you with the dynamic right now? 1 to 5, not at all to very

PARTNER A PARTNER B

4. How well did you communicate with each other? 1 to 5, poorly to very well

PARTNER A PARTNER B

5. How closely did protocol get followed? Not at all, loosely, mostly, fully

PARTNER A PARTNER B

6. What was the best moment of the dynamic recently?

PARTNER A PARTNER B

7. What is one thing you would like to improve?

PARTNER A PARTNER B

8. How well are your needs currently being met? 1 to 5, not met to fully met

PARTNER A PARTNER B

9. How much energy have you had for the dynamic? 1 to 5, very little to a lot

PARTNER A PARTNER B

10. For the Dominant: how confident do you feel leading right now? 1 to 5

PARTNER A PARTNER B

11. For the submissive: how much do you trust your Dom right now? 1 to 5

PARTNER A PARTNER B

12. Is there something new you would like to try together?

PARTNER A PARTNER B

13. How much has stress outside the dynamic affected you? 1 to 5, not at all to a great deal

PARTNER A PARTNER B

14. Is there anything you have been holding back from saying?

PARTNER A PARTNER B

15. What are you looking forward to before the next check-in?

PARTNER A PARTNER B

Power exchange health

A sample from the deck on balance, trust and burnout.

16. How balanced does your power exchange feel right now? 1 to 5

PARTNER A PARTNER B

17. How safe do you feel bringing up something that's bothering you? 1 to 5

PARTNER A PARTNER B

18. Any resentment building up that hasn't been said out loud?

PARTNER A

PARTNER B

Rules and protocol

A sample from the deck on what's working, what to change and what to drop.

19. A recent ritual: keep it, change it, or drop it?

PARTNER A

PARTNER B

20. How clear do you feel on what's expected of you? 1 to 5

PARTNER A

PARTNER B

21. How fair did any recent discipline feel? 1 to 5

PARTNER A

PARTNER B

Aftercare

A sample from the deck on needs and wind-down after play or a hard day.

22. Have you noticed a drop after play or a hard day recently?

PARTNER A

PARTNER B

23. One thing that actually helps you come down afterward.

PARTNER A

PARTNER B

24. Words or reassurance you'd like to hear more of afterward.

PARTNER A

PARTNER B

Play review

A sample from the deck on how recent scenes went.

25. How well did the intensity match what you wanted? 1 to 5

PARTNER A

PARTNER B

26. Was there anything you wanted to try but didn't bring up?

PARTNER A

PARTNER B

Desires and fantasies

A sample from the deck on wants, curiosities and pacing.

27. How is the pace of exploring new things together? 1 to 5

PARTNER A

PARTNER B

28. Do any of your current limits feel worth revisiting?

PARTNER A

PARTNER B

Service

A sample from the deck on acts of service and appreciation.

29. How appreciated do you feel for what you do? 1 to 5

PARTNER A

PARTNER B

30. How balanced does service feel between what you give and what you get back? 1 to 5

PARTNER A

PARTNER B

Decisions

Bring these back next time: done, still going, or let go on purpose.

WHAT CHANGES	WHO OWNS IT	BY WHEN
WHAT CHANGES	WHO OWNS IT	BY WHEN
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OR CHECK IN WITH COLLAR & KEY

Check-ins on your calendar, with the core questions rotated so they stay fresh. You each answer on your own, see your answers side by side starting with where you differ, and decisions come back next time with an owner and a date. Free to start on iPhone, Android and the web: collarandkey.app. Adults 18+ only.