



## Cuckold Relationship Expectations Checklist

I \_\_\_\_\_ enter into this agreement with my husband \_\_\_\_\_ on \_\_\_\_\_ as a non-binding agreement to set expectations of a new relationship dynamic.

### 1. Relationship Agreement

A. **Mutual Understanding:**

Both partners agree that this relationship dynamic is consensual, with the wife taking on a dominant role and the husband more formally adopting a submissive role.

B. **Sexual Freedom for the Wife:**

The wife has the freedom to have sexual partners outside the marriage. The husband fully accepts and supports this, understanding that it is part of their relationship dynamic.

C. **Sexual Restrictions for the Husband:**

The husband agrees that he is forbidden from having sexual relations with anyone, including his wife, unless explicitly permitted by her.

D. **Ejaculation Control:**

The husband acknowledges that all of his ejaculations must be approved by his wife. Any unauthorized release may result in additional consequences as defined by the wife.

E. **Optional Orgasm Control:**

At her sole discretion, the wife may choose to enforce orgasm control through a chastity cage. The husband agrees to wear the cage as directed, with all keys remaining in the wife's possession.

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### 2. Humiliation Expectations

A. **Verbal Humiliation:**

The husband agrees to accept verbal humiliation from the wife, including remarks about his physical attributes (e.g., small penis) or his role in the relationship. If any humiliating topics are off limits please list them here. \_\_\_\_\_

B. **Masturbation:**

The husband may be instructed to masturbate in another room or in front of his wife and her partners or friends often with added humiliating tasks (e.g., consuming his cum afterward).

C. **Humiliation Sessions**

The husband and wife will have periodic sessions where she reaffirms to him that she loves him and appreciates him. She may also choose to use this time to sexually humiliate his penis size, stamina or other features. This time and sexual energy is an expression of her love and unique bond with him.



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**D. Chastity and Denial:**

The husband agrees to periods of chastity and sexual denial, with the duration and rules set by the wife.

**E. Public Acknowledgment:**

The husband may be required to acknowledge his role in the relationship publicly, whether through subtle cues or explicit discussions within a private circle. The wife may display photos of humiliating situations both nude and clothed in such a private circle.

**F. Service Tasks:**

The husband agrees to perform specific service tasks (e.g., cleaning up after the wife and her partners) as a form of submissive humiliation.

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### 3. Types of Partners for the Wife

**A. Physical Preferences:**

The wife has the autonomy to choose partners based on her preferences. This may include physical attributes such as height, age, body type, and sexual prowess.

**B. Personality Traits:**

The wife may seek out partners who are confident, dominant, or provide something different from her husband's personality.

**C. Regular Partners:**

The wife has the option to establish ongoing relationships with certain partners if she desires. These regular partners may eventually include hotels, overnights, trips, and the husband acknowledges and accepts this.

**D. One-Time Encounters:**

The wife may also choose to have one-time encounters with new partners, with or without the husband's knowledge in advance. The wife agrees that the husband will be informed of all new encounters or experiences within 48 hours.

**E. Husband's Role During Encounters:**

The wife decides whether the husband can observe, participate in a submissive role, or be excluded entirely during her encounters with other partners. The wife and her partner may sleep in the master bedroom and the husband may be asked to stay in a different room during encounters.

**F. Partner Selection:**

If asked, the husband is responsible for actively seeking out and introducing potential sexual partners to the wife based on the physical and personality traits she specifies. This includes vetting candidates and presenting them to the wife for approval. Tasking the husband with this privilege is a demonstration of her trust and love.

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### 4. Relationship Strength & Physical Connection

**A. Maintaining a Strong Relationship:**

Both partners commit to keeping their relationship strong by maintaining open communication, supporting each other emotionally, and spending quality time together.

**B. Maintaining Physical Fitness**

The husband is expected to maintain a certain level of physical fitness. If asked by the wife, the husband may be asked to enter into a diet or maintain a weekly workout routine.

**C. Active Physical Relationship:**

The wife and husband agree to maintain an active physical relationship, including non-sexual intimacy like cuddling, kissing, and affectionate touch, even if sexual intercourse is limited or restricted. This ensures that the emotional and physical bond remains strong.

**D. Reclaiming After Encounters:**

After the wife has been with another partner, the husband will engage in a "reclaiming" ritual where he lovingly cleans and cares for her. This act of devotion is intended to reaffirm their connection and show that the husband cherishes her, regardless of her external relationships.

**E. Confidence Acknowledgment:**

The husband will acknowledge and reinforce the wife's confidence and sense of empowerment after her experiences with other partners. This can include words of affirmation, physical affection, and expressing pride in her ability to explore her desires.

**F. Comfort and Support:**

The husband is committed to providing comfort and emotional support to the wife, ensuring that she feels secure and confident in their relationship. This includes listening to her feelings, offering reassurance, and showing appreciation for her role as the dominant partner.

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### 5. Communication & Boundaries

**A. Check-Ins:**

Regular communication about feelings, boundaries, and the dynamic is essential. Both partners agree to open and honest discussions to ensure the relationship remains healthy and consensual.

**B. Safe Words:**

A safe word or phrase will be established for use if either partner feels uncomfortable or needs to pause or stop any activity.

**C. Respect for Boundaries:**

Both partners agree to respect the established boundaries, understanding that they can be



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renegotiated as needed. This is not a binding agreement; it is a statement of mutual expectations and is intended to allow both partners to discuss and agree to a unique relationship dynamic. Consent is key and any relationship terms may be renegotiated at any time.

**D. Privacy & Discretion:**

The wife may choose to keep certain details about her partners or encounters private. The husband agrees to respect her privacy and discretion.

**E. Emotional Support:**

Both partners agree to support each other emotionally, acknowledging that the dynamic can be intense and requires mutual care and understanding.

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### 6. Agreement & Commitment

**A. Final Consent:**

Both partners review and agree to the terms outlined in this checklist. Any changes must be discussed and agreed upon mutually.

**B. Commitment to the Dynamic:**

The husband commits to his role in the cuckold dynamic, and the wife commits to leading the relationship according to the agreed expectations.

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### Acknowledgements:

\_\_\_\_\_  
**Wife's Signature**

Date: \_\_\_\_\_

\_\_\_\_\_  
**Husband's Signature**

Date: \_\_\_\_\_