



feedists for fat liberation

Negotiation Example

Similar to consent, negotiation doesn't have to be awkward or clinical. You can talk about what you do and don't want to do in a conversational tone. You can share what you would like to get out of this experience, as well as any boundaries or limits you might have.

Things To Mention During Negotiation:

- Activities to be included
- Risk profile/assessment
- Hard limits or triggers
- Safe word
- Aftercare

Examples:

Activities to be included

- "I've always wanted to try force-feeding, is that something you'd be willing to try this time?"
- "I saw that you brought a funnel, but maybe we could try something less intense for now instead?"

Risk Profile/Assessment

- "I wouldn't want to go to that restaurant, it's too likely that I might run into someone."
- "I'm not trying to actively gain right now, but I would still love to be stuffed."

Hard limits or triggers

- "Degradation is a hard limit for me, but I don't mind a little light teasing."
- "Talking about stuff like diets or weight loss trigger me, I'd rather you just give me praise for where I'm at."

Safe Word

- "My safe word is [x], but if my mouth is full I'll tap three times on your thigh."
- "Let's do the red-yellow-green method. Green means go, yellow is slow down, and red means stop. We'll check in throughout the scene."

Aftercare

- "For after the scene, I'd love it if you could have some water for me to drink. And then maybe we could cuddle?"
- "After intense stuffings, I would like to be reassured of how good of a job I did."