



When you think of reports, there's a drudgery of work that often comes to mind. But when it comes to scene reports this work can be fun and who doesn't want to relive our hottest memories? So, let's get down to it, shall we?

A scene report is a written account of the play time with a focus on how you felt, what the experience was like and what didn't work for you. A well-written scene report can sort out all of the emotions you experienced during your play session, what you thought of new or interesting activities and how you processed pain, pleasure and your headspace. These things can be useful to you for future scenes, so analyzing a scene as soon as you can after the fact is a gold mine of information you can apply to the future.

If you walk through these steps you will have a basic scene report you can use.

1

Dump out all of the emotions and feelings you currently have about the scene. It doesn't have to be pretty or organized. Just make a list or a mess of words; whatever works for you. Don't work to have it make sense just yet. Organizing your thoughts will be a future step.

2

Set the scene. Start your report by listing the date and time, place of scene, who your partner was, what type of scene it was, if you were trying something specific during the scene and anything else that is important to note before you begin. Treat this section like the top of any form you have to fill out. Keep it to short, fill in the blank style logging.

3

Write up a description of what happened in whatever order you remember it. Be as detailed as possible as far as your feelings, emotions, pain responses and any new activities you participated in. Try to remember what tools were used, what words were said and your reactions. This is the meat of the report so length is up to you.

4

Analyze your write up for anything you feel will need follow-up on. Create a section for triggers, aftercare needs, suggested further research on play items. Share these items with your play partner (if in a relationship) or make note for future casual play what things need to be brought up in negotiations.

5

Store your report somewhere you'll be able to reference it. Submissive file, blog, journal, private folder on your computer, etc. Refer to it before you play with the same person, with the same style of play, or similar instruments.

Just like any other part of journaling, make your scene reports simply a reflection of you: they don't have to be perfectly written or fancy, just honest and real and written.