REFLECT
EXPLORE
GROW

PEOPLE
PRACTICE
PRESENCE
POSSIBILITY

Who am I becoming *in rope?*

A JOURNALING WORKBOOK

CURIOSITY
PRACTICE
CONNECTION
INTENTION

A
DEEPER
RELATIONSHIP
WITH SELF
AND OTHERS



SAME CURIOSITY.
DEEPER CHOICES.
BRIGHTER TOMORROWS.

Prepared by Dani Tut Bar
Created for the Embodied Rope Journey
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1. ARRIVE

CHECK IN WITH YOURSELF

Right here.
As you are.

Take a few breaths. Notice how you're arriving today —
in your body, mind, and heart. There is no right or wrong.
This is just a moment to be with what is here.

Right now I feel...

Calm	Excited	Tired	Curious	Overwhelmed
Grounded	Open	Anxious	Hopeful	Numb
Inspired	Lonely	Connected	Restless	Content
Playful	Sad	Determined	Confused	Grateful

You can also add your own: _____

Where do I feel this in my body?

Shade or color the areas where you notice sensation.



What do I notice?

_____

_____

_____

_____

_____

_____

A more present me,
creates a brighter tomorrow.

_____

2. MY ROPE MAP

WHERE I'VE BEEN, WHERE I AM NOW

Map your journey. Notice your growth.

Take a look at your rope journey. Use the timeline to mark important moments — big or small. First ties, breakthroughs, challenges, teachers, communities, shifts, etc.

NOW

What's a recent moment that matters?

What have I learned along the way?

What am I proud of?

What has been challenging?

THEN

You can add drawings, symbols or words — whatever feels right.

Same curiosity. Deeper choices. Brighter tomorrows.

3. PLAY

Desire is a compass.
Let it be curious.

WHAT DO I WANT TO EXPERIENCE?

What kinds of experiences draw you in? Circle the ones that resonate, add your own, or create a collage of images, words or symbols in the space below.

Intensity	Stillness	Beauty	Struggle	Tenderness
Eroticism	Playfulness	Power	Surrender	Control
Connection	Solitude	Exploration	Ritual	Sensation
Slowness	Messiness	Precision	Learning	Teaching
Pain	Pleasure	Nature	Queerness	Community

Other: _____

Draw, collage or write what lights you up in rope:



More play.
More presence.
More you.

4. RELATING

"The way we play is the way we relate."

HOW DO I WANT TO BE WITH ANOTHER PERSON?

What qualities do I want to bring into my rope relationships?
What do I appreciate in others? What patterns do I notice in myself?

I WANT TO BRING MORE OF:

- _____
- _____
- _____
- _____
- _____

I WANT TO LET GO OF:

- _____
- _____
- _____
- _____
- _____

QUALITIES I VALUE IN A ROPE PARTNER:

Honesty	Care	Communication	Creativity	Patience
Presence	Playfulness	Clear boundaries	Emotional intelligence	
Curiosity	Aftercare	Reliability	Vulnerability	Respect

Other: _____

Deeper connection.
Kinder patterns.
Brighter tomorrows.

_____

5. MY EDGES

WHERE DO I FEEL PULL?



Edges can be doors.

Edges can be exciting, tender, intimidating or unclear.
Write or draw the edges you feel curious about — and what makes them meaningful for you.

EDGES I'M CURIOUS TO EXPLORE

THE SPACE IN BETWEEN

EDGES THAT FEEL CHALLENGING RIGHT NOW

What support do I need to explore these edges in a safe and sustainable way?

More awareness. More possibility.

6. MY ROPE PRACTICE

WHAT SUSTAINS ME?

A sustainable practice is about more than technique.

A sustainable practice is about more than technique.
What helps you stay resourced, regulated and connected?

WHAT GIVES ME ENERGY IN ROPE?

- _____
- _____
- _____
- _____
- _____

WHAT DRAINS MY ENERGY IN ROPE?

- _____
- _____
- _____
- _____
- _____

WHAT HELPS ME FEEL SAFE?

- _____
- _____
- _____
- _____
- _____

WHAT HELPS ME FEEL INSPIRED?

- _____
- _____
- _____
- _____
- _____

WHAT SUPPORT DO I NEED TO EXPLORE THIS IN A SUSTAINABLE WAY?

_____

_____

_____

_____

Care for your energy.
It supports your practice.
It supports you.

7. MY ROPE ENVIRONMENT

PEOPLE • PLACES • CONTEXTS

Context shapes experience.

Consider the environments you want to be part of — and the ones you want to avoid or be more intentional about.

I FEEL MOST ALIVE IN:

- _____
- _____
- _____
- _____

I FEEL LESS ALIVE IN:

- _____
- _____
- _____
- _____

PEOPLE I WANT MORE OF:

- _____
- _____
- _____
- _____

PEOPLE / DYNAMICS I WANT LESS OF:

- _____
- _____
- _____
- _____

WHAT WOULD MY IDEAL ROPE COMMUNITY OR SCENE LOOK LIKE?

- _____
- _____
- _____
- _____

Right people.
Right spaces.
Deeper exploration.

8. INTEGRATION

WHAT DO I NOTICE?



Notice.
Integrate.
Carry forward.

Take a moment to reflect on what's consistent across your responses. What patterns, themes or surprises do you notice?

WHAT IS CALLING FOR MORE OF MY ATTENTION RIGHT NOW?

- _____
- _____
- _____
- _____
- _____

WHAT WANTS TO BE CELEBRATED?

- _____
- _____
- _____
- _____
- _____

WHAT AM I READY TO LET GO OF, SOFTEN, OR DO DIFFERENTLY?

- _____
- _____
- _____
- _____
- _____

WHAT FEELS MOST TRUE FOR ME RIGHT NOW?

- _____
- _____
- _____
- _____
- _____

Same curiosity.
Deeper choices.
Brighter tomorrows.

9. MY INTENTIONS

A NEXT STEP

Small steps create big shifts.

Based on everything you've explored, what is one intention you want to take with you into the next part of your rope journey?

MY INTENTION IS...

WHAT WOULD MAKE THIS INTENTION VISIBLE IN MY ACTUAL ROPE PRACTICE?

I CAN SUPPORT THIS BY:

- ☐ Practicing more
- ☐ Having specific conversations
- ☐ Seeking out new experiences
- ☐ Setting boundaries
- ☐ Finding community
- ☐ Getting support / mentorship
- ☐ Making time and space
- ☐ Other: _____

Intentions give direction to growth.



10. A LETTER TO MY FUTURE ROPE SELF

SAME CURIOSITY. DEEPER CHOICES.

Write with care. Meet yourself later.

Write a short letter to your future self.
You can open it in a few months, a year, or whenever it feels right.

Dear future me,

With care,

Different today. Still me. More to come.

11. MY NEXT STEPS

SMALL STEPS, MEANINGFUL CHANGE

Progress doesn't have to be perfect to be real.

Choose a few areas that feel meaningful right now and write down small, realistic steps you can take. Sustainable change happens through consistent, compassionate action.

FOR MYSELF

CARE • GROWTH • WELLBEING

1. _____
2. _____
3. _____

WITH OTHERS

CONNECTION • COMMUNITY • SUPPORT

1. _____
2. _____
3. _____

IN MY PRACTICE

EXPLORATION • LEARNING • CREATION

1. _____
2. _____
3. _____

IN MY ENVIRONMENT

SPACES • HABITS • SYSTEMS

1. _____
2. _____
3. _____

WHAT IS ONE SMALL STEP I CAN TAKE THIS WEEK?

_____

_____

_____

Small steps still take you somewhere.

CLOSING

SAME CURIOSITY. DEEPER CHOICES.

Thank you for being here.

Thank yourself for taking this time.
Reflection is a form of practice.
It shapes the kind of rope practitioner — and person —
you are becoming.

WHAT IS ONE THING YOU'RE PROUD OF FROM THIS JOURNEY?

WHAT DO YOU WANT TO CARRY FORWARD?

Same curiosity.



Deeper choices. Brighter tomorrows.

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