

# WHEEL OF CONSENT

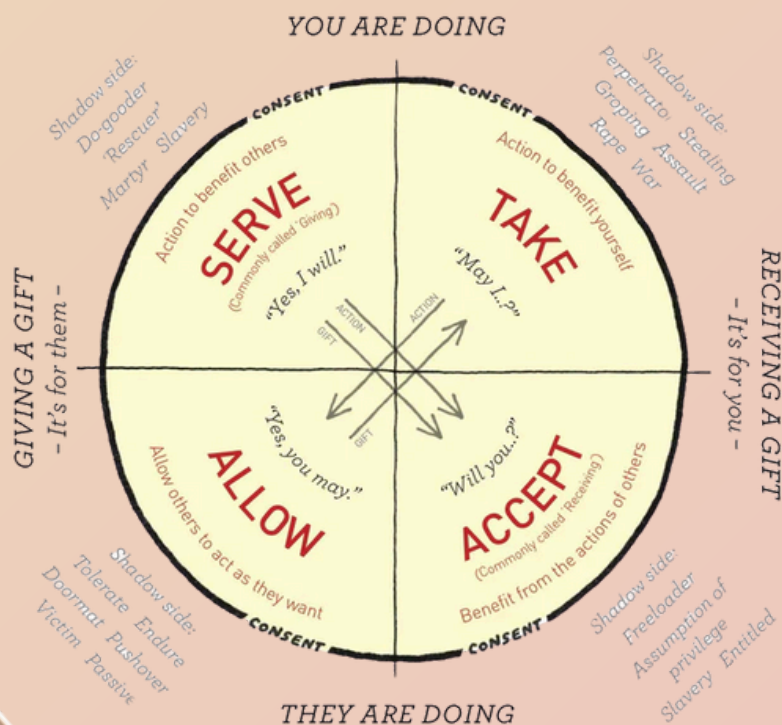
BY BETTY MARTIN

Let's explore what **true consent** looks like :  
not just in **bed**,  
But in **friendship**, in **family**,  
at **work**, and even when  
you're simply asking  
for a moment of quiet  
for yourself

## 🎯 What is the Wheel of Consent?

It's a model developed by Betty Martin that offers a new way to understand dynamics between two (or more) people, through two simple questions:  
**Who is doing the action?**  
**And who is it for?**

When we ask these two questions, **four quadrants emerge** — together forming the Wheel of Consent.



Sapphire Leela





# WHEEL OF CONSENT

What does each role mean?

## THE SERVANT

I'm doing something **for you**.

⚠ Not out of self-sacrifice, but because I chose to serve you from a place of generosity.

Examples:

- I'm giving you a massage the way you asked for it.
- I'm cooking for you because you're tired.

## THE ACCEPTER

You're doing something **for me**.

⚠ This is an active role – I need to know what feels good for me and be able to ask for it.

Examples:

- I ask for a hug, and you give it.
- I ask you to listen to me right now.

## THE TAKER

I'm doing something **for me**.

⚠ I initiate for my pleasure or need – this takes courage and ownership of my desires.

Examples:

- I initiate a kiss, and you agree.
- I share with you what I'm going through.

## THE ALLOWER

I allow you to do something **for you**, with me.

⚠ There's a kind of passivity here, but always with clear and conscious consent.

Examples:

- I agreed you would touch me in the way you asked for.
- I'm listening to you since you asked to share.

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# WHEEL OF CONSENT

## the 3 minutes game

Learning to recognize, experience,  
and communicate consent clearly and confidently  
This is a short and simple practice you can do with  
a friend, a partner, or even on your own  
through imagination and inner listening.

You can choose who starts as the question-asker.  
The other person is the one being asked.  
After 3 minutes, switch roles.

### 1 First Question:

**"How would you like me to touch you  
for 3 minutes?"**

The person being asked is in the **Receiving** role, since the  
action is done **for them**.

The person asking the question is in the **Serving** role, as they  
offer according to the request.

The focus here is on learning to clearly ask for what feels good  
to me – and to receive it fully.

The partner practices giving with choice and deep listening.

### 2 Second Question:

**"How would you like to touch me for 3 minutes?"**

This time, the person asking the question is in the **Allowing**  
role, because they're allowing the action.

The responder is in the **Taking** role,  
since they are doing the action for their pleasure.

The focus here is on learning to recognize  
what I enjoy doing and express it clearly,  
while also practicing allowing from  
a place of conscious, empowered choice

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# WHEEL OF CONSENT

the 3 minutes game

## REFLECTION QUESTIONS

After the practice:

(make sure both partners share)

- ✓ How did I feel in each of the roles?
- ✓ Which role felt more comfortable for me?  
Which one felt less so?
- ✓ Was it easy for me to ask for what I wanted?  
or did I feel some discomfort?



### **Important Note:**

This practice doesn't have to include intimate touch – it can be a hand on the shoulder, a gentle stroke, or anything that feels comfortable for both people.

- 🌀 The more you practice, the more you'll start to recognize these dynamics not just in touch, but in everyday life – learning to ask, allow, give, and receive from a place of conscious choice.

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REMEMBER...  
ONLY WHERE  
TWO BOUNDARIES MEET  
TRUE CONNECTION  
BEGINS



✨ If this practice sparked your curiosity,  
and you feel the call to explore more...  
know that **this is just a small taste**  
of the pleasure that awaits you

✉️ Ready to go deeper?

I invite you to continue the journey with me:

- ◆ **A free clarity & guidance call**
- ◆ **1:1 sessions** (online, from wherever you are)
- ◆ **Workshops on intimacy, boundaries & empowered sexuality**

🌱 This is a powerful, healing, and exciting path –  
a return to your body, your pleasure, your inner power.  
Come choose you.

With love,  
Sapphire Leela 💙

📌 All the ways to connect with me:  
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