

CARING DOMINATION

This website is about love, caring, strong relationships, and happy endings. It is about strong knights with allegiance to a caring Lady. It's about the tricky business of understanding and dealing with a submissive man.



Being a Caring
Domme:

[Overview](#)

[Goals](#)

[A Trusting](#)

[Submission](#)

[Decreasing](#)

[Kinks](#)

[Humiliation &](#)

[Punishment](#)

[More](#)

[Information](#)

Understanding
Submissiveness:

[Development](#)

[The Good and
the Bad](#)

[The Submissive](#)

[Crush](#)

Starting Out:

[Encouraging](#)

[Submission](#)

[He Wants a](#)

[Scene](#)

[How to Start](#)

[Responsibilities/](#)

[Guilt](#)

Your mate perhaps wants to be enslaved, you want him to be enthralled. That's a happy ending for both of you. [Part 4](#) of TJ's Story is one man's report after 5 weeks of caring domination. He talks about the new and wonderful sex life he has with his wife, his love for her, his new sense of freedom and wholeness, his joy in life, and more attention to his appearance. [Part 3](#) of his

[For Submissives](#)

[Contact us](#)

[Message Board](#)

[Recommended](#)

[Resources](#)

story mentioned their improved communication.



All you have to do is, with no training or preparation, step into a role our culture has

taught you is wrong. You have to deal with his male fantasy. Even though he is the one who wants you to do this, you need to lead him to a place neither of your know exists.

When you do that, you will deserve to be called a caring Goddess.

You can do it, and you can enjoy it. This website is about our vision of domination, which we call *Caring Domination*. It is designed to work for you and work for him. ([more](#))

You have to admire a species where the men care for the women, the women care for the children, and the most powerful human being on the planet is a newborn baby.

This graphics set was kindly
provided by Exclusively Yours
Ashley Designs.

Becoming a Dominant

Your husband wants you to dominate him. What will be different?

Probably sex. Some submissive men are interested *only* in sexual scenes and have no interest in submissiveness outside the bedroom. That's fine, but not what this website preaches, so if your husband sent you to this website, he probably wants to be dominated outside the bedroom too. (But sex is still very important to him.)

And now you are in charge. The boss. The queen. But probably you were already in charge of home, children, or social relations. Now *he* is a part of your dominion. But you probably already tried to control him. Maybe he was a resource to care for home and family. He might have already followed your directions for social relationships. So this could be a big change in power, but it probably isn't.



The change is this. There is a primitive part of his personality that wants to be dominated. You are going to plug into that primitive part of his personality. You are going to dance the ancient dance of domination. You are going to be the goddess he is looking for. You are going to use his sexual desire to have control over him. When you tap into that primitive part of his personality, serving you is going to become erotic to him. He will be enslaved by his love for you, and that too will be erotic for him.

You already care for your husband, or you wouldn't be here. But you might think he can manage his own happiness by himself, without your attention. It will probably help your dominion if you sometimes exert your dominance to help care for him.

As queen, you need to **MAKE YOUR OWN DECISIONS AND DO**

WHAT YOU THINK IS RIGHT. That's part of being dominant. You can still ask him what he wants. You can still accept wise counsel. You can still grant him boons. That's part of being competent and caring. But you are the queen and you make the final decision.

So you are starting a process of slow growth. He is too. You and he are going to change how you relate, and you are going to change for the better. You are going to hit bumps in the road. You will have to communicate. It will not be easy. But it should be fun.

If you are going to control him, you need to understand him. There is no replacement for communication. But some of our webpages explain about submissiveness. Why is he submissive? What can you change and what can't you change?



You need to be dominant, caring, and competent. There is no replacement for exploring and seeing what you like and what works for you. But our webpages will explain how to be dominant and caring..

It also helps to know where you are going. We describe how to build a strong knight, clean submission, and a trusting submission. Most submissives sooner or later find the knight image appealing. But psychological destruction is very erotic. A major tension of caring domination is being erotic and yet trying to avoid things that make him smaller.

Goals of Caring Domination

You should now know this is a good opportunity for you. Hopefully you have the spirit of love and caring, but this should also improve your relationship.

You have three goals in dominating.

- Happiness. You want to be happy, and you want him to be happy.
- Knight. You have some real power. Encourage him to be a knight. To start, he might be more interested in being a slave, because he is starving for control. But sooner or later he will warm to the knight role.
- Be in charge. You cannot just do what he says. Sooner or later he will notice that he is in charge, and that won't fulfill his needs. Also, he might not have very good judgment about what he needs. Yes, find out what he wants, but be in charge.



A Trusting Submission

Your husband probably has never been dominated. He has only fantasized about it and read about it. The male fantasy, and the male literature, is mostly about the cruel dominatrix. Your husband has no experience with caring domination.

It's not in the typical male fantasy about the cruel dominatrix, but one of the good possibilities in caring domination is *trusting submission*. Suppose you had a serious disease. Would you want a doctor you could trust? Yes. You would want to know that your doctor was competent and cared for you. Then you could just accept and trust what your doctor advised.

In essence, that's the trusting submission you might want to elicit in your husband.

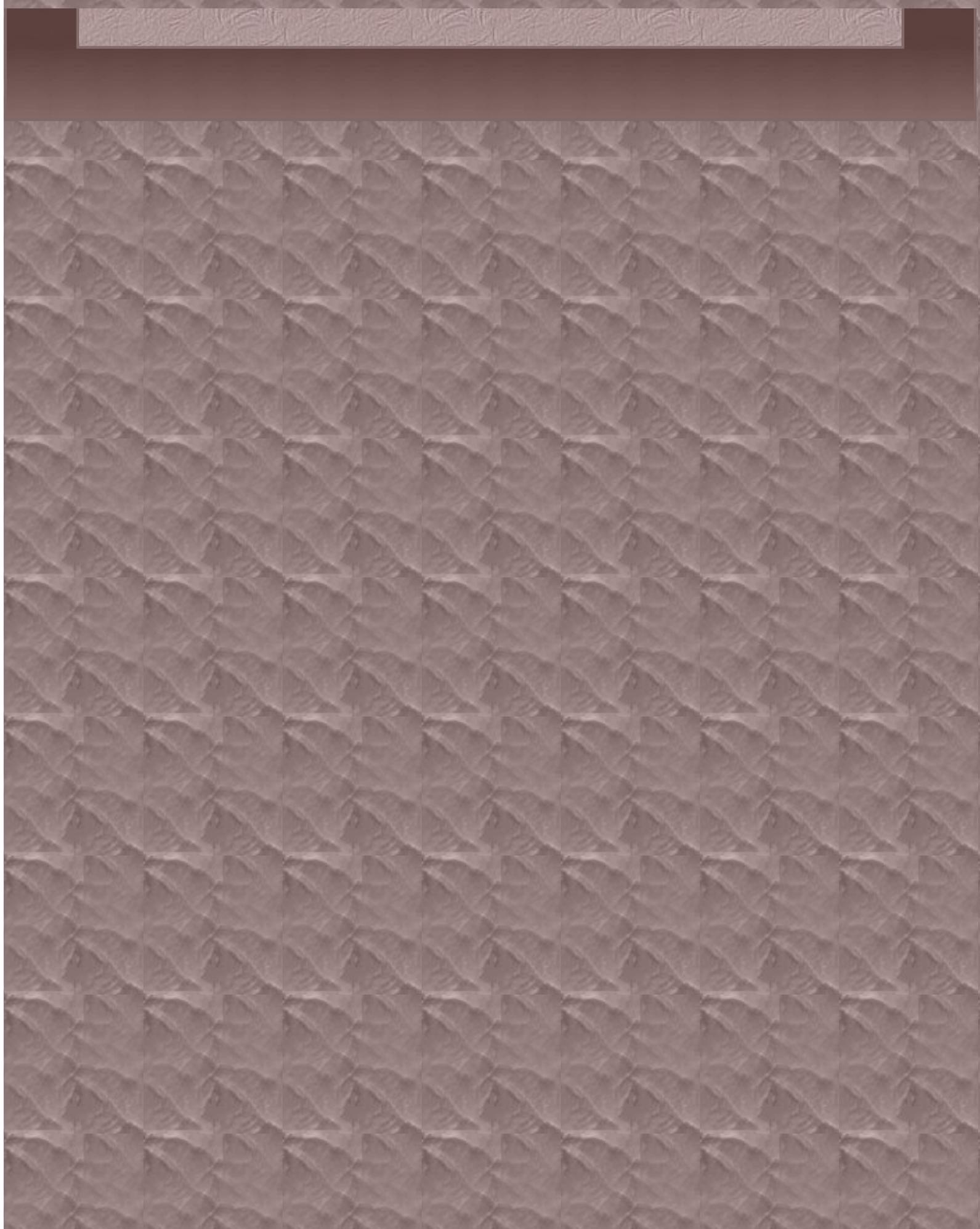


The idea is this. He doesn't trust you because you are always right. No one is always right. He doesn't trust you because your decisions are always better than his. They can't *always* be better. He trusts you because you care about him and you work hard to make good decisions. And because he wants to feel

submissive.

He will probably enjoy trusting submission, if he can find it. He spends his life protecting himself from people who don't care and aren't competent. This will be a treat for him. This is the relationship he wants with you. No protecting himself and being suspicious. Just trust and acceptance.

For him to experience this light submission, you must be competent and caring. Competent means that you take your power seriously, you collect information, and you try to make good decisions. Caring means you care about him, as any good ruler would care about her subjects.



Decreasing Kinks

His kinks probably are not going to disappear. As his queen, you presumably want him to be happy, and that means dealing with his existing kinks. Also, as any ruler would appreciate, his kinks are keys to dominating him.

So you need to decide, which kinks work for you? How can you change the fantasy so that others work for you? Which kinks can you accommodate and which ones will you ignore? Your husband needs to be dominated somehow, but he probably don't need all of his kinks.

And the kinks are a product of his imagination; he doesn't really know what will make him happy. (Email the webmanager at webmanager@cair4.com for some ways of dominating him.)

However, you can reduce his kinks.

Strengthen Him

One of the basic principles of caring domination is making him stronger. You are the lady, and he is the obedient knight. But he can be a *strong, clever*, obedient knight. In other words, you expect and demand strength from him as part of his service to you. Submissives apparently do not need to be weak, they just need to submit.

You can also remind him of his strengths and that he is a good person. This also increases his positive feelings for you.

Don't Weaken Him

Some fantasies, like being tied up, allow him to be controlled even though he is not weak. Those are "good" fantasies. Other fantasies allow him to be controlled *because* he is being weakened. Those are "bad" fantasies. The most common is humiliation. Humiliation weakens a man and makes him easier to control. So humiliation is erotic to most submissives. You should avoid humiliation, if you can. If you

have to accommodate humiliation, try to avoid actually weakening him. (See [Avoiding Humiliation.](#))

Guilt

Guilt is also weakening. Try to avoid erotic games involving guilt.

Most submissives feel more guilt than they should -- their desires are not socially acceptable. You can not let him feel guilty for his desires and fantasies, which of course he did not choose.

The Ultimate Control

The ultimate control over a man is not hypnosis, blackmail, tying him up, or any of the male submissive fantasies. The ultimate control is love. If he is in love with you and devoted to you, if he is caught in the submissive/romantic crush, you control him.

You do not automatically have this control, you have to establish it. We have tried to give you the tools you need. You have to be dominant, but you have to be a caring dominant. When you gain this control, make sure he knows it. When he knows it, he will probably realize that the kinks are pale imitations of this form of control. Again, the kinks might not completely disappear, but they won't be so important.

Humiliation

For most submissives, humiliation is erotic. Humiliation weakens him, and when he is weaker, he has less willpower and is easier to control.

But it isn't good for him to be weaker, and you don't want him to be weaker. So the issue for caring domination is satisfying a submission without humiliating him or making him weaker..



Punishment can also be erotic but weakening, perhaps when it points out his flaws or when he fears it. If you punish, be **PERFECTLY CLEAR** it is just a game. Do not punish him for his errors or faults, punish him for something obviously silly. If possible, choose a punishment that benefits him.

What about doing something embarrassing? The test is how he will feel about it in the future. If it is just a game, or something that actually makes him stronger, he will not feel bad or guilty about it. If in the future he feels humiliated, embarrassed, or guilty, it wasn't a good idea.

[Main Menu](#)

More Information

More Webpages

[Being/Acting
Dominant](#)

- [Vanilla
Domination](#)
- [Men](#)
- [Vanilla
Domination](#)

There is some information that we can mail the female dominant. It's just a few things that might be useful for her to know and useful for him not to know. Email the webmanager at webmanager@cair4.com.

Exploring and enjoying will take you where you want to go. The most important part of these webpages was a loving, caring approach to domination and submission. But if you would like to read more, the index on your left has more pages for you to read.



If you are really desperate for more information and are

willing to sort through the dross, this website was originally formulated as a textbook, with chapters on Reasons for Submission, Caring Domination, Humiliation & Punishment, Being Strong, and Other Issues.

Being Submissive

As far as we know, men are born submissive. The submissive man needs something like control or someone to submit to, at least some of the time. Submissive men rarely act submissive in real life.

Without any control, he starts to kink. His kinks are about losing control. The strong dominatrix. Being tied up. He cannot have a fantasy about intercourse with a beautiful woman, because he would do that voluntarily. So he fantasizes about scenes where he is forced to do things he doesn't want to do. These can be ugly. Being degraded is erotic, but that makes him weak and easier to control.



He does not choose to be submissive, and he does not choose his kinks. As far as we know, there is nothing he can do to stop them from forming. So he should not be blamed for his submissiveness or his kinks.

Does he act out his fantasies? They do not really hurt anyone, and he should try to be happy. Many submissives use all the willpower they have to fight their fantasies. Then when their willpower is gone the fantasies win. So, bottom line, he might feel very guilty but he probably shouldn't.

The cleanest form of submission, without any kinks, is service (and worship). Imagine, if you had an infant, having a husband who is willing to do whatever you ask of him. Clean submission is an ideal; your husband almost certainly has kinks.

Submission is intimately connected with sex. Heterosexual men want to submit to women. And they want to be controlled during sex. Even normally, a story about good sex includes losing control.

The romantic crush is the strong feeling at the beginning of a

romantic relationship. Some aspects of the romantic crush are not that different from submission, and submission seems to trigger the exact same crush.

The Good and Bad of Submissiveness

Submissiveness receives no respect in our society, because it contradicts the image of a strong male. But submissive men are good people. They want to please others, and they submit to a higher moral code. That makes them caring, kind, considerate, polite, reliable, and responsible. Do you want a husband who thinks only of himself, or one that is moral and wants you to be happy?

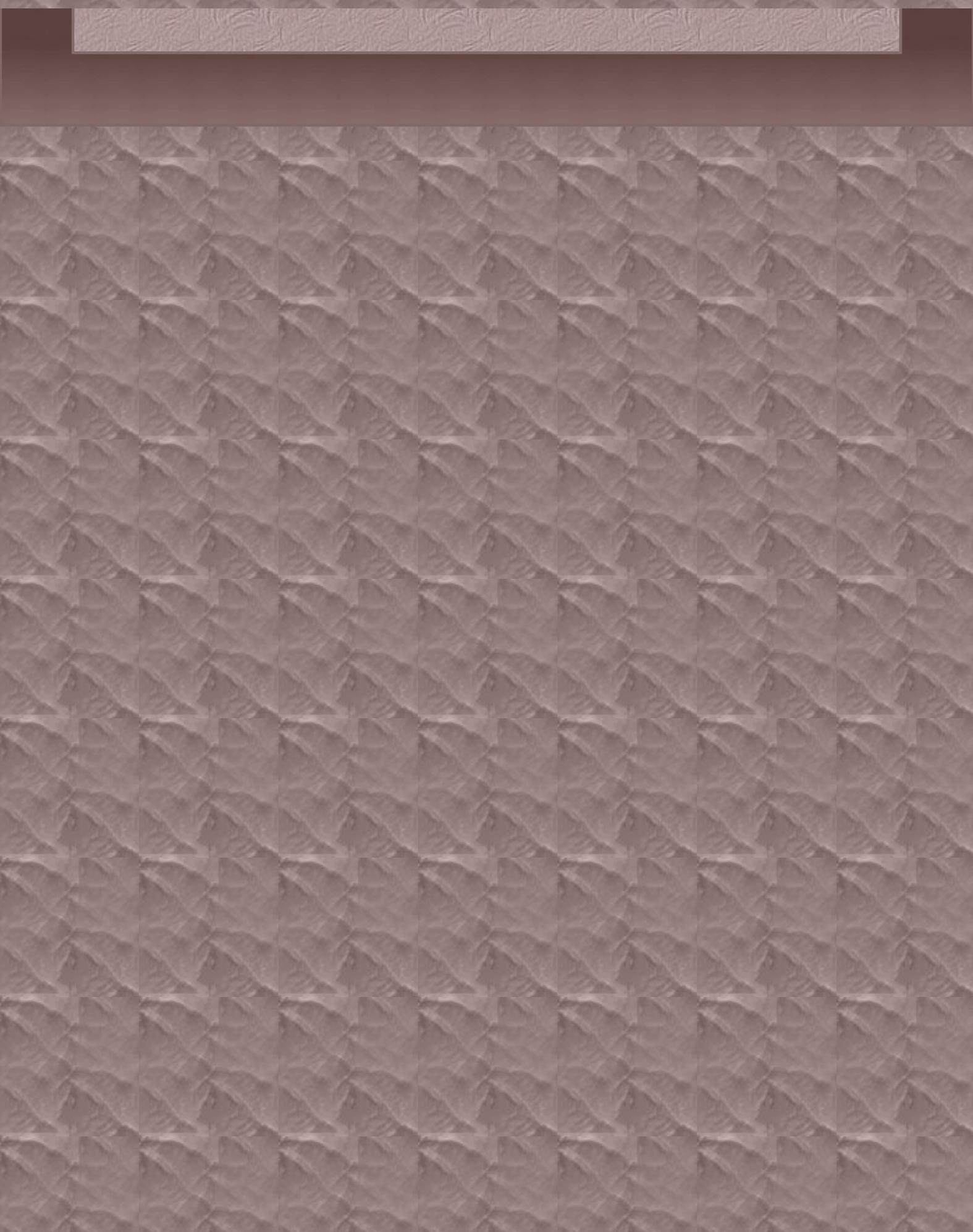
You also want a strong knight who can protect and provide for you and your children. It's in your genes. During courtship your mate had to show he was strong. But it might be nice if he accepted your direction, right? Especially when you know best, and especially to protect and provide for you and your children.



Actually living with a submissive is not always this pleasant. If you turn off his submission, that's a disaster, for you and him. You want his love and devotion. (See [Living with a Submissive](#).)

The second problem is submissive kinks. They might offend your desire to see him as strong. But his kinks are not his fault, he did not choose them. And it is likely that they will decrease if you provide some domination and control. See [Decreasing Kinks](#).

So you have a problem, but it is not a large problem. Your husband is not an abuser, alcoholic, drug addict, compulsive gambler, philanderer, or criminal. If your husband is a submissive with kinks, you have only a small problem. And we want this to be a positive problem for you. It can lead to the submissive crush, improved communication and caring, and a good relationship.



The Submissive Crush

The romantic crush is a sudden falling in love. You think about the person you love, you want to be with him, you look eagerly for any clue that he like or does not like you. It feels wonderful and it is full of anguish. You probably fantasize about pleasing him. Males can have fantasies of sacrificing themselves for their loved one. Note how much this is like submissiveness.

Anyway, submissiveness somehow triggers this same state. You should watch for this. When it occurs, his submissiveness isn't a game any more, it is for real. He will crave your attention, and he will be sensitive to disapproval.

The submissive is looking for the "tie that binds". Sometimes it is literally a rope, sometimes it is some other submissive fantasy. But the ultimate control, and the natural control, is his love for you.

Encouraging Clean Submission

Encouraging Submission?

Perhaps you do not want to encourage your husband to be submissive. But if he needs control and submission, he needs it. This website is about discouraging kinks and weakness; if there is a way to change his need for some control, we do not know it. And think twice before discouraging clean submission. If you make a competent and caring decision, you might want the power to enforce it.

His dance of submission turns on your dominance. This webpage is about your dance of dominance turning on his clean submission.



Remind Him

He promised to be submissive and then when you asked him to do something, he forgot. This is natural. He has not learned to be submissive and you have not turned on his submission.

The first thing you can do is simply remind him. Eroticism helps. Tell him he is not being a good slave. Remind him that a good slave is always obedient. He might need to be submissive yet not really know how to do it. Be patient with him and help him to learn submission and even to develop his own style.

DO NOT. If he ever directly fights your domination, stop dominating him immediately. In other words, if you tell him to do something, and he says no, you are morally obligated to stop dominating. Give him a hug and pronounce him cured. Or have certain times for domination. This page is about what to do when he still wants to be submissive, he just forgets or loses his self-control but is now apologetic.

Do not be Dissed

If you give a command, he should either obey or explain why he thinks he shouldn't obey. Then it is your decision. If he just ignores your command, he is not respecting you. You will not feel dominant, and he will have difficulty feeling submissive. Again, if he is directly disobedient, that is very different and you should stop dominating.

Get Real Power

Ideally, he will be submissive because he wants to, or because he wants to turn on your dominance. But real power might help trigger his submissiveness. When you tie him up and he cannot escape, you have real power. When you lock him in a chastity device, you have real power. When you control his spending money, you have real power.

Initiation?

When he first starts out, he might need some serious domination. You might even have to break him down a little, so that you are in charge and then can build him back up as a knight. We don't know. This is dangerous and hopefully you won't have to do it. If you do, think of it like an initiation.

Be Caring and Trustworthy



If you had a serious disease, you would want a doctor who was competent and cared for you. Then you could just accept and trust what he told you to do. You can call this trusting in authority, but it is also a light, pleasant style of submission. Everyone's different, but you probably want to teach your husband this style of

submission. Your husband has been protecting himself his whole life, but that's not the happiest way for him to relate to you.

He can experience this light submission if you are competent and caring. Competent means that you take your power seriously, you collect information and try to make good decisions. Caring means you care about HIM. Yes, you use him as a resource to care for your home and family. Yes, he should be caring for you. But he needs to be on the list too. You might think he can take care of his own happiness. This might not be true, because you make good judgments and he might appreciate your encouragement. Even if it was true, it

is not a good style of caring domination. He needs to feel your caring.

Getting His Help

If you tell him to do something he wants to do but is having a little trouble doing, he will want your domination and might open up that part of his personality. So tell him to enjoy himself. If he works to support you and your family, take responsibility. Encourage him to work, thank him for working, and give him an occasional boon. If he wants to exercise and needs a push, reward him for exercising.

He Wants a Scene

Doing a scene means acting out a fantasy. He might want you to spank him, tie him up, play the cruel school teacher, or whatever.

Except as a boon to him, you almost never do the scene exactly as he describes. First, it is not good style. If you are following his directions, it seems like he is in charge. If that doesn't bother either of you, fine. But many submissives will not like the feeling of being in control.



There are two very good reasons to change the scene. One is if it isn't good for him. You are in charge. If you decide the scene isn't good for his self-esteem, change it so that it is. Or don't do the scene.

The other reason for changing his scene is so that you can enjoy it too. Take parts of his scene that you like and add ideas that you like. If you can't change it to something you want to do, then don't do it. Most people are turned off by at least one scene. Most women do not like crossdressing or pain.

You can also introduce submissive games you might enjoy. He probably will enjoy them too. Tease and denial works well. Tying him up is also an easy game to play. Don't worry about teaching him something new. Our guess is that more fantasies are better than less, and the worst is if only one submissive fantasy is exciting for him.

Starting

If he has already offered to obey you, you could

- Ask him to describe himself or herself, as if you don't know him.
- Ask for a fantasy.
- Find some small area of his life to guide and control

Suppose he hasn't offered to obey you. If he sent you here, he is submissive and wants you to be dominant. Talk with him, or slowly ease your way into your role. For example, you could say something like "Do you want me to control your sex life?"

You probably should not start acting dominant without any warning to him or agreement with him. That might leave him confused. As important as the domination/submission might be to him, it is still something of a game and not the only way you two want to relate.

Elsewhere we describe a game of Double Domination, where you both start dominating each other.

Guilt?

The short story has two parts. First, you should never do anything as a dominant that makes you feel guilty. It's your soul. It's the same thing if you are becoming angry with him for what you are doing. Just don't.

The exception is when you are just starting. If you are receiving service or pampering, it might not seem fair to him, and that might trigger your guilt. Dominance and submission is strange that way, because he can enjoy giving your service and pampering you.



So. If you are starting, and you feel things are going great, and he is happy, but by your training you also worry that things aren't fair, this is probably something you need to push through. Follow your heart, not your training.

The Good Domme

But if you need reassurance, or a reminder, here is our Description of the perfect Domme

1. She cares about him. She probably cares about her children, herself, him, family, friends, and the world, in that order.
2. She does not make him smaller. She avoids any humiliation or degradation that might carry over into the real world and decrease his confidence or self-esteem.
3. She tries not to blind-side him with anger. Actually, there is little good reason to be angry with a submissive. But anger and punishment are fair when he is disobedient. That includes careless work and passive aggressive compliance. Unexpected anger is unfair. If he tries to obey her commands and please her, and she is still angry with him sometimes, whose fault is that?

4. She uses her power over him to encourage his happiness and growth.

So, when he tries to do something right, and she does not like the results, she is not angry or annoyed with him, and she does not punish him with her emotions. She is encouraging and appreciative.

If she can be these things, she deserves every bit of his love, worship, and obedience.



CARING DOMINATION

● [Four Step Program](#)

● [Wives' Guide to Caring Domination](#)

Understanding Submissiveness

- [Development](#)
- [The Good and the Bad](#)

● [Encouraging Domination](#)

● [Being Submissive](#)



This side of our website is for submissive males.

Your Wife

The other side of our website helps fledgling dominants learn to be caring dominants. Our *Caring Domination* is designed to appeal to her. (If you are ever going to approach your mate about her being dominant, *the male fantasy will not work.*)

You

If you feel guilty about being submissive, you need to read our information about being submissive.

Our four-step program lets you slowly introduce submission and dominance into a relationship.

Or you can just explore hidden submissiveness.

Help a Mistress

A fledgling mistress has asked for more information about casual dominance. All we have right now is: "As simple a thing as getting you a drink or opening the door for you can be erotic. You just have to make it clear that he is serving you." If you have any ideas or can add to this or explain it, please post your help to the messageboard and it will be forwarded to her.

Everything is a little disorganized right now. Sorry.

Our reciprocal links:

[Vanilla And Spice](#) (Chastity Message Board and [Chat](#))



dickie virgin Domination Guide

Dominatrix Directory, Interviews, Gallery, Message Board, and More!

[International Domme Directory](#)

You can post your experiences and questions on our Message Board. For comments about the website, email the webmanager at webmanager@cair4.com.

Caring Domination			
Subject	Replies	From	Last Post
Chivalry	0	Arjay	8/13/2005 11:35:56
New Submissive	1	Joe	8/10/2005 23:45:09
TJ's Story	0	substeve	5/01/2005 12:33:24
It's Good To Be The Goddess	5	Goddess B	3/29/2005 21:13:43
She doesn't feel worthwhile	1	Loving husband	3/16/2005 13:45:12
Advice on "Casual Dominance"	0	Robert	2/07/2005 15:06:41
D's dating scene	0	john	1/20/2005 14:45:47
Looking for advice and support	3	KT	1/16/2005 21:59:00
thanks Cynthia :-)	2	joeyjojo	11/28/2004 18:28:36
HELLO, hello	2	joeyjojo	11/26/2004 23:48:13
I have hope now :-)	2	joeyjojo	11/21/2004 09:20:32
Is this normal?	0	joeyjojo	11/19/2004 10:34:37
Around Her Finger	2	Robert J	11/18/2004 20:43:48
How can you hurt someone you love?	4	Cynthia	10/13/2003 11:58:43
Two Dishwashers	6	Cynthia	9/27/2003 07:02:17
INITIAL IMPRESSIONS	1	John Matthew Swatek	9/16/2003 09:55:49
TJ's story, part 11	0	TJ	8/01/2003 10:48:54
TJ's story, part 10	3	TJ	7/18/2003 09:41:49
TJ's story, part 9	0	TJ	7/16/2003 19:17:52
TJ's story, part 8	1	TJ	7/12/2003 14:13:14

Powered by Message Board V4 - © [CGI-Factory.com](#)

Pages: [1](#) [2](#)

Post a new message:

Name:

Email:

Store my name and email

Notify me when I get a reply to my message: Yes
 No

Subject:

Message:

Barbara Wright Abernathy wrote *Venus On Top: Women Who Are Born To Lead And The Men Who Love Them*. Her [website](#) contains useful information from her book. She believes that a dominant woman can have a good, normal relationship, and she seems to be exploring caring domination. See also her [contribution](#) to our message board. There's no whips or chains, or humiliation, just a dominant woman.

Akasha has excellent advice for starting domination and *enjoying* it, and developing your own style, not the male fantasy. Try [The Good Girl's Guide to Female Domination](#) or [Enjoying female dominance: A guide](#)

[Amity Talks to Women](#) is excellent tutorial for a learning how to be dominant and enjoy it, again building something that you enjoy, the not male fantasy.

[Being a Dominant](#) This is an excellent article by Midori on being a dominant.

[Cosmopolitan](#) tells how to incorporate light domination and submission into your sexual play. It avoids the male fantasy, but it does not address the needs of submissive men or tap into the real power of domination/submission.

[How to Worship Your Wife](#)

A serious reference for cross dressing is [tri-ess](#).

The website [Amore Migliori](#) ("Better Love"), by Cynthia Hayes, will appeal to your selfishness and in passing mentions submissive activities not "encouraged" on this website. However, the real-life examples of orgasm denial all take place within loving relationships, and Ms. Hayes excellently describes the power of orgasm denial in creating a better relationship for both you and your man.

A website with a selfish attitude towards domination but some good games is [Real Women Don't Do Housework](#)

There was someone named Dark Whisper writing very good

information. The link was [Darkwhisper](#). He/she also spoke very kindly of our website. But that link seems to be down. A reference for some of Dark Whisper's writing on humiliation is [Darkwhisper](#). Dark Whisper thinks humiliation can be safely done in a scene play, but it is *very important* for the sub to know his dominant is not really serious with her comments and criticisms.

School of Caring Domination [[return](#)]

From	Message
TJ Guest  6/07/2003 15:24:03	<p data-bbox="261 140 594 168"> Subject: TJ's story, part 4</p> <p data-bbox="261 174 370 201">IP: Logged</p> <p data-bbox="261 228 378 256">Message:</p> <p data-bbox="261 262 464 289">TJ's story, part 4.</p> <p data-bbox="261 317 1572 380">It has been over six weeks since I last posted an installment to my story. For that, I suppose I owe an apology to any who may have cared to read all of this. So, forgive me, if I've left anyone hanging.</p> <p data-bbox="261 407 1533 470">So much has happened it'll be impossible to tell in the same kind of detail as I put into parts 1-3, so let me be more thematic in my approach.</p> <p data-bbox="261 497 1593 842">In the first place, after a week of pent-up sexual energy, my wife woke me up by coming on to me, & we fell on each other like wolves. That was the beginning of a real turn-around in our sex life. Ha! More like an explosion. Before, we had been having sex maybe 2-3 times a month. Since then, we have had sex *at least* that many times a week. We've had sex five out of the last six days. On two occasions we've had sex twice in one day, & once she asked for more right after we finished & I was happy (& able, mind you) to oblige her. While I sometimes initiate sex outright – & occasionally beg for it with whimpering “need”–, more often than not, I simply remind my wife that I am there to please & she takes me up on the offer when it's convenient, or she doesn't. I've reminded her that I really, really do like being frustrated, & that since my cock belongs to her, she's not obligated to have sex to please me just because I'm horny, but she's been very generous in her attention. She seems genuinely more interested in sex these days & I think she's even cumming more often. We are not getting nearly as much reading done as we used to, but neither of us is missing our books.</p> <p data-bbox="261 869 1585 1121">Since I've given up masturbation – at least to the point of orgasm, though I still can't keep my hands off myself completely – I've asked a couple of times if she would mind jerking me off, since I do miss the feel of a hand-job. She didn't hesitate to jerk me off. The first time, I asked if she would tie me down to the bed spread-eagle when she did it, & she didn't have a problem with that either. I appreciated being tied down, not only because it fed my submissiveness, but also because the straps gave me something to pull on & strain against while she worked her magic. She can rub me in just such a way to where I can't breathe & every muscle goes tight with the intensity of the stimulation. Having straps to hold on to at those times made it a lot better, & I told her so. She later said that tying me down didn't do anything for her, but since I seemed to like it, she did it.</p> <p data-bbox="261 1148 1581 1274">She has taken to the title of “goddess,” quite on her own, I might add. I had said once or twice that if she kept going the way she was, she was going to graduate from Lady to Queen to Goddess. Maybe she thinks she has. I don't know. Nevertheless, she started referring to herself as “goddess,” & I've tried to treat her like one, even to the point of “worship.” She has no problem whatsoever with my “idolatry.”</p> <p data-bbox="261 1302 1568 1554">The best instance of “goddess worship” that we've engaged in came about this way. One night she was complaining about some sorry lotion she'd bought that wasn't doing a thing for her skin. Being the observant & attentive Knight that I am, I took note of this, & the next day I went down to Victoria's Secret & bought a bottle of Dream Angels lotion that I'd heard about. She was *very* pleased with me, & with the lotion. A few days later, I asked if I could serve her sexually & she agreed. The first thing she asked for was a whole body massage with the new lotion. I've rarely spent a better twenty minutes. We went on to Better Things in time, but the rest of the foreplay was very long & slow & sensuous. A very worshipful experience for both of us. I think we can both get into this. (By the way, what the scent of Dream Angels does to me now...)</p> <p data-bbox="261 1581 1593 1864">How this website has fit into the scheme of things. A lot of the things I have been telling my wife I've lifted directly from this website. At one point, we had another of those very difficult conversations where I just out & told her that I felt I was submissive & that I wanted her dominance. I didn't know – & I still don't know – just how submissive I really am; that's something I want to explore, & she was open to exploring it. That meant, of course, she would have to explore domination. I offered her a printout of this website to read as a gentle introduction to the whole business & as a good framework in which to understand things. She read it & liked what it said. Admittedly, what she read was what I had been telling her, so there wasn't too much in it that was new. Still, Caring Domination is the foundation for the way we want to explore this D/s business, & I'm grateful that I found the website. I don't know if anything else I've ever read has come closer to saying what she needed to hear.</p> <p data-bbox="261 1892 1565 1986">Also, the part about the Submissive Crush is absolutely on the money. I don't know how many times I've said to my wife, “I am so whipped...” & she still laughs about it. Nowhere else have I seen anything written about this crush, & it is a really helpful piece of information.</p>

The only other material that I've given her to read has been two pieces from Akasha's website: "Enjoying Female Dominance: A Guide," and "Good Girls Guide to Female Domination." I chose them because, while Lady Misato's site does have some very appealing stuff in it, it is (as Miss Cynthia says elsewhere on this website) a bit selfish in outlook. My wife would not buy the whole female supremacy attitude at all. I thought long & hard about printing out "Real Women Don't Do Housework," but finally decided against it when I found Akasha's stuff. My wife has made comments that lead me to believe she'll consider femdom so long as she doesn't have to do it all the time; Akasha's approach is scene-based, so this seems to be a fit. Also, I don't have any kinks – at least not any strong ones – I just want to please my wife, & this fits well with Akasha's way of introducing women to femdom, which is for a woman to dismiss all of the man's fantasies & desires & concentrate on pleasing herself.

One of the things Akasha strongly recommends is that the man abandon his own agenda for what D/s looks like & leave his woman alone while she comes to terms with the idea of femdom. That is to say, no pouting, whining or hinting about it. This makes for good, clean submission. I've tried to do that, but my wife has been putting very little effort into it. This has been very frustrating: now that I've come clean about being submissive, I'm eager to explore what that means, to *be* submissive, but I can only do so much on my own. Sure, I can get up at 5:30 to put on the coffee & fetch her newspaper, make the bed, keep the kitchen clean without infringing on the kids' chores, leave little notes in the car & do other thoughtful stuff, but I do that all on my own. To feel controlled, somebody's got to do the controlling, & so far that's what's been missing.

I don't know why she isn't investing more time/thought/energy into her dominance. (Maybe because it's my thing & not hers?) Still, we both agree that it makes for really good sex. The times she's been thoughtful enough to say things like, "you belong to me," "your cock is mine," or "I'm going to use you to pleasure myself," I've shuddered with an involuntary moan: something inside me just melts. Still, I sometimes prompt her to get her to say the things I want to hear, like "are you using me?," "do I belong to you?," "whose cock is this?," and things like that. Obviously, I'm topping from the bottom, but she's very good at taking a hint.

Right now she's out of town with the kids, & I'm having a hard time keeping my hands off her property. Once she gets back, I'm going to ask for a scene & maybe offer to help her put one together if she's not sure what she's doing. I really am ready to know what it's like to be dominated & controlled.

I guess part of the urgency on my part is because I've said the words so many times: "please let me serve you," "please let me pleasure you," "how can I make you feel good," "what do *you* want," & the really big one, "I'll do anything for you." I want to know that this hasn't been just a bunch of words. No, I *need* to know that it isn't just words. Am I *really* willing to do anything for her? Anything? Am I really submissive or not? What if her idea of domination & my idea of submission are light-years apart? She's pretty vanilla, but what if she got into spanking or something else painful? Would I be willing to take it? And how much could I take? Pain to the point of discomfort, to the point of tears, to the point of howling? Part of me really wants to find out how much I can take, while part of me is really scared, because it'll mean being pushed to my limits & probably beyond them.

Still, I want to trust her & serve her & be submissive to her even when it doesn't appeal to me or she asks something I don't want to do. If I'm not willing to be submissive in those cases, am I really being submissive at all?

I'd like to think that all of this makes some kind of sense to somebody besides me.

I need to offer another reflection on all of this. Something fundamental, elemental, archetypal happened to me since I "opened my heart" to my wife & began talking about my desire for more attention from her & my feelings of submission. It felt so good being open to her like that, so vulnerable, so trusting. The sex was fantastic, & as I said above, it has been a lot more frequent. But something else has happened, too.

One night, about 5 weeks ago, it was a Thursday, we were having sex & somehow it all went cosmic. It was one of the most mind-expanding experiences I've ever had, as if the world suddenly went from black & white into color. Suddenly we weren't just TJ & his wife, but Adam & Eve, Vishnu & Parvati, Antony & Cleopatra, Tristan & Isolde, Romeo & Juliet. I understood why Jacob worked 7 years for Rachel & it seemed like but a day, why Odysseus went through ten years of odyssey to get to Penelope, why Dante endured the nine circles of hell to get to Beatrice. I know why men built cathedrals to the Virgin during the middle ages. I understood the Song of Solomon, the Eucharist, the Marriage Feast of the Lamb. Even T. S. Eliot began to make sense. I was so amazed at what had happened to me, I started talking & must have babbled for a good half-hour. (I think I scared her a bit; she's not had the same kind of education I've had & certainly didn't share my cosmic experience.)

Since then, I have had the most remarkable sense of freedom, of wholeness. I suppose it could be described as a rush of "lover energy." This feeling has endured undiminished for five weeks. I have driven the car with tears streaming down my face because of a love song on the radio. There have been two opportunities to dance, & at both of them I danced ... a lot, & I haven't really danced in years. I've taken to reading poetry again (you really

ought to try Rumi & Kabir, as well as T. S. Eliot). I listen to music all the time now, & for a long time I didn't, because it was distracting. I have been giving more attention to my appearance: to my body (I work out really hard, &, at last!, it's finally beginning to show), to my clothes (I've lost 16 lbs & bought some jeans & shirts that actually fit, rather flatteringly, I might add); I've even asked for cologne for Father's Day, & I haven't worn a scent in at least 10 years. During sex, my release has been so thorough & satisfying that I often giggle or laugh uncontrollably afterwards.

I look at myself & am amazed at the transformation. Who'd've thunk it? I even went & talked to a couple of psychologists I know, just to be sure that I haven't gone crazy ... in a *bad* sense, because I feel like I've gone crazy somehow.

I've babbled enough. I'll write more later, maybe about our first scene, if I can get one. Thanks again to Miss Cynthia's website for being such a big part of making all of this happen.

TJ

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

This website assumes you are a woman, and your husband, mate, or boyfriend is submissive. You probably did not know that entering the relationship -- most men do not advertise their submissiveness. Now you are trying to deal with the situation.

This is, believe it or not, a wonderful opportunity. It is better to know than not to know. Now you can relate, instead of disconnecting.



The problem is, what are you going to do? There is a male fantasy, and he probably has it. You probably aren't going to like it. For various reasons, the dominatrix in the male fantasy has to be cruel and selfish. We hope you are not planning on being either cruel or selfish. You have to deal with his fantasy,

but one of the main messages of this website is that there is something better than the male fantasy, for you *and* for him. We want him to care for you, but we we want you to to be a caring dominant.

Or you can disconnect. You can leave your husband to surf the internet, trying to fulfill his submissive desires. He will not find what he needs. Meanwhile, you can pamper yourself with shopping, clothes, a manicure, or whatever, desperately trying to find the energy you need to be a goddess. You will not find what you need either.

Being submissive is a primitive part of your husband's personality. What about you? Being dominant is, in a sense, nothing more than being responsible. You are not programmed to be responsible for children? You do not expect your husband to help provide for home and family? Our culture has a model for how husbands and wives should interact, and that model is not working for your husband. We are asking you to try a different model.

You have to hit the "back" arrow on your browser to return to the page you came from. Sorry about that. The back arrow

is near the left top of your computer screen.

Being (or Acting) Dominant.

Dominance/submission is a primitive part of the human psyche. To plug into this primitive role, you have to appear strong. So be as strong as you can. Then fake the rest.

If your mate is submissive, he needs your domination. That gives you real power.

Being Strong

A challenging aspect of being a dominant can be taking responsibility for another person's life. But this is what you must do for your children -- decide what is best for them. So it's in your genes. You don't have to do it a lot, but you do have to be responsible.

Strong people have wants but not needs. They make the best of a bad situation and don't complain. They can fairly balance their needs against the needs of another person, and they are able to sacrifice their needs for the needs of another person when appropriate. They are swayed by information, but not by pressure from others.



These are all good things, traits you should strive for in your domination. Imagine you have a baby. You do what is best for the baby, and you can sacrifice your needs for the needs of the baby, when appropriate. You also care for you needs. You might not enjoy waking up in the middle of the night, but you make the best of it and don't complain to the baby.

Behaving Strong

Never trick a submissive into giving you something you want. That's what weak people do. Just demand, ask, or suggest your pleasure, as appropriate.





Never expect your mate to guess what you want and complain if he doesn't guess right. If there is something you want, tell him. If you want him to do his best

without instruction, reward him for doing his best and do not punish him.

Acting Strong

If you are faking it, don't overdo it. Strong people do not continually show their strength (bluster). Instead, they establish their strength, then exert it only when needed.

Avoid being weak in your language. Don't say "I think this will be good for you", or "This will probably be good for you". Say "This will be good for you."

Living with a Submissive

If you married a submissive, the good news is that he wants to please you. You probably want to tap into that desire, not turn it off.

Show Pleasure

A submissive can be rewarded by seeing your pleasure. Explain why you will be pleased and show your pleasure.



Displeasure

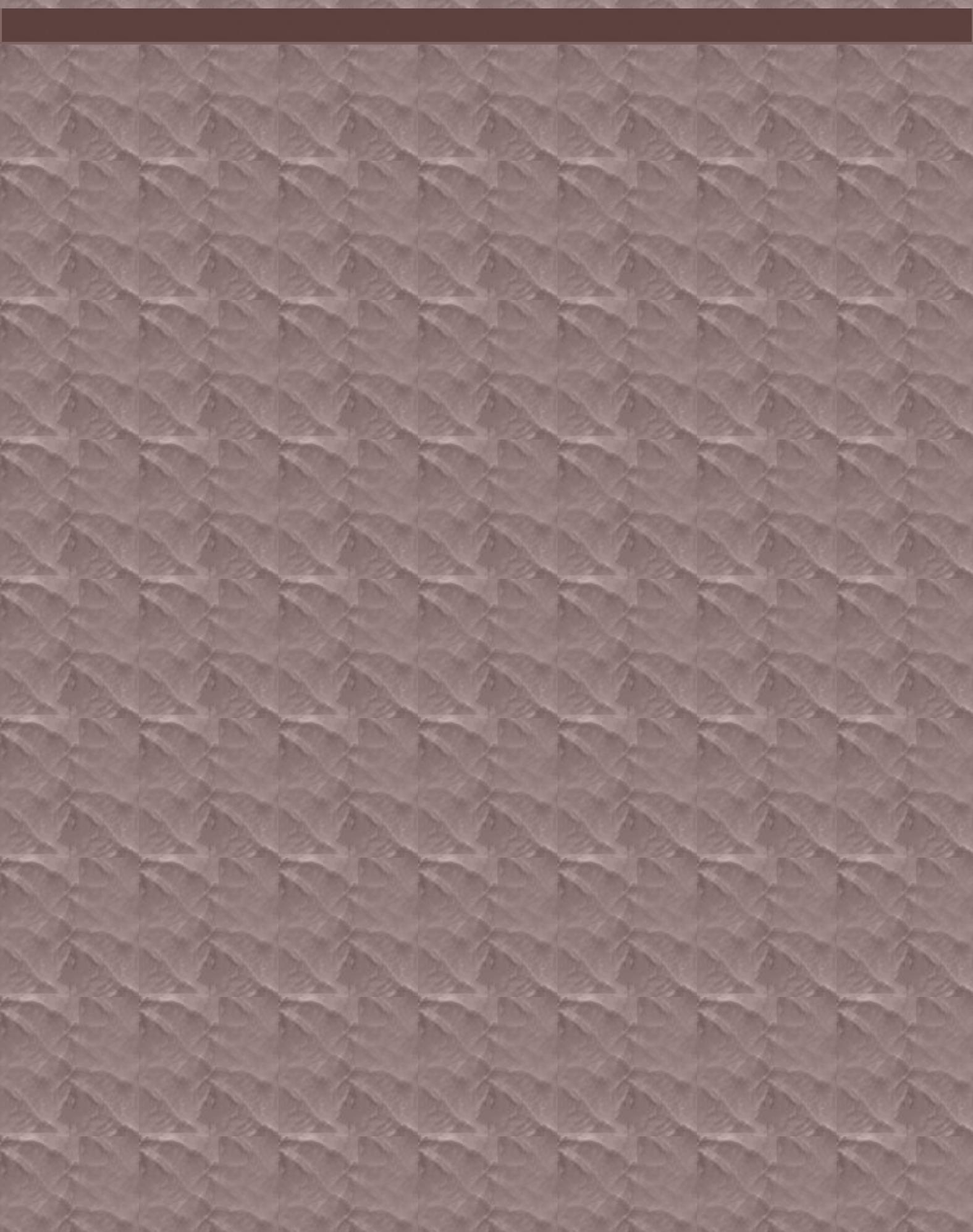
Displeasure punishes a submissive. So in the short-run it is a very effective method of control. However, if he cannot avoid your displeasure, he might withdraw. If he withdraws so much that he does not want to please you any more, then only

displeasure will control him, and you and he are caught in an endlessly destructive loop.

Also, if he is trying to please you, he does not deserve displeasure. If he is not trying to please you, it sounds like you have lost his submission, and the problem is to regain that submission.

Encourage Him to Enjoy Himself

You should use your control over your submissive to satisfy the needs of home and family, and also to satisfy your own needs. That is fair. Your submissive will be content to be fourth on your list, but make sure he knows he is on your list. A good way to encourage his submission is to use your domination to help him be happy.



Men and Women

If you are a heterosexual man, you do not need to know how to dominate a man. If your wife is going to dominate you, she does. It is best if she knows and you don't -- that increases her power over you.

Similarly, if you are a heterosexual woman, you do not need to know how to dominate a woman.

So be kind to yourself. Choose one.

I am a woman. I need information on dominating a man.

I am a man. I need information on dominating a woman.

Reasons for Submission

There are two different types of submission, lifestyle submission and erotic submission.

Lifestyle Submission

Sociobiology. The knight is brave, strong, and capable, but genetically programmed to submit. Your modern knight is chivalrous, which in modern terms means he submits to a higher moral code. He is fair and kind, and he feels guilty more than he should. Your submissive knight is also desperate to submit to a female. When a man falls in love, a very common fantasy is risking his life to protect or save the woman who is the object of his love.

So, men are programmed to submit, some more than others. Some men do not fall in love. Some men are very submissive.

Women can enjoy submission too, but they are genetically programmed to command. The stereotype of the female is weak and passive, but that's just at the start of the relationship. Sooner or later, women take control and manage the family resources to provide for home and family. The knight is one of these resources. By taking control, a Dominant accepts responsibility for another person's life. Women do this whenever they have a baby.

Also consider competence. Men are better hunters and do not need a woman's advice on how to hunt. In general women have better social skills, which would lead them to be leading in many interactions with her mate. Women are also a little more cautious and preparing. These are good traits for a leader making decisions for the whole family.

This is a sociobiological theory. The male is submissive because submissiveness is adaptive; the woman is dominant because of her dominance is adaptive. We are supposed to have a patriarchal society run by dominating men. Well, the knight should not submit to everyone, he is supposed to rule corporations. He submits only to his mistress. So he seems dominant and is dominant, except to his wife. Women are attracted to the strong knight, that's their programming. So at the start of the relationship, the man must appear as strong and dominant as possible. If he is later to submit to this woman, he might be programmed to select a caring woman. So in the start of a relationship, the woman's best strategy might be to appear caring. So men are dominant, except to their spouses.

The tendency to submit. You submissive tends to follow orders and wants to please others. That's his personality. Of course, everyone considers consequences, and the best action is often to follow an order or please someone. But the submissive tends to obey or please before any conscious thoughts. Submissives might be more attuned to others' feelings, and that they hate conflict, which is why they want to obey and please.

Your submissive might not be this way, but you can't know just by looking. The submissive learns to defend himself, so he does not submit or try to please every one. But this takes a toll on the submissive, and you should appreciate that problem.

The desire to please his Mistress is probably adaptive. Consider the ancient hunter. The single man could hunt because he was hungry. The man with a mate and family needs another motivation, like pleasing his mate. Perhaps, in the world of the male, nothing is more important than pleasing his mate.

Implications. Submissives have a strong need to submit. If he can't submit to you, he will be very unhappy or look elsewhere (and be unhappy). So you should think carefully before turning down a dominance gig for your knight. Your approval is also very important. If he does something useful for home and family, such as bring home a paycheck, show him your approval. Not just the word thanks, but at least a smile and a happy thank you.

The ideal job for a submissive would involve pleasing a boss, who would show approval. Avoidance of personal conflict is also probably important. He should not have to deal with people who do not care about him. He can defend himself against these people, but probably not perfectly, and not without suffering. Because of his high moral code, he should have a job that helps people, or second choice at least a job that does not hurt or take advantage of people.

Eroticism

The second type of submission is erotic submission, and it is very important to men.

Kinks and fetishes. The *loss of control* is erotic. The kinks and fetishes of submission are everything the submissives have found that causes loss of control. Bondage is an obvious loss of control. And submission is the loss of control. The offer to submit is an offer to give up control, the desire to submit is a desire for no control, and complete submission is a complete loss of control.

Perhaps the most common kink in submission is the desire to be humiliated. The School of Caring Domination believes that humiliating a man lowers his self-esteem and feelings of worth. With less self-esteem and worth, his willpower is decreased. This is exactly what the submissive wants, because less willpower means less self control and less ability to resist domination. In short, it can be erotic to the submissive. But the loss of self-esteem and worth is bad, so much of caring domination revolves around avoiding humiliation. There will be an entire lesson on this. Rejection and criticism also can be erotic, and again they lower the man's power.

Why? Why is a loss of control erotic? Lets start with erotic. Duh, something is erotic because it increases desire. But desire is a loss of self control. If you desire sex, you are losing your self control to work or avoid sex. You might not notice your loss of self-control, because you just want sex, but it's gone. So, in a funny way, being erotic means loss of control. Being taken over by the desire for sex, is

found throughout the sexual act. The ultimate in arousal is complete desire for sex. And it is impossible to tell a story about a good orgasm where the person does not lose control.

The male is programmed to find the female body erotic, and he is programmed to be aroused by physical sensations. The male might be programmed to find the loss of control erotic, but this is probably learned, by association and conditioning. Like how smiling helps make you happy, the loss of control is erotic to the submissive.

More kinks. Teasing is also erotic to the submissive. Teasing is the suggestion of sexual delights followed by their withdrawal. Teasing leaves the man in a state of frustrated arousal, which might sound unpleasant and is, but it is also a state of strong desire. Another submissive fetish, believe it or not, is enforced chastity. Everything can have different meanings, and chastity can be humiliating and signal submission and a loss of power. But it also increases desire. The stereotyped dominatrix wears provocative clothing, which of course increases desire.

Guilt. The stereotype is that the submissive feels guilty, so he wants to be punished. By pain, humiliation, spanking, whatever. In my experience, this is not true. The submissive is after submission and sex, not punishment. Anyway, if someone wanted to be punished, what does that have to do with sex?

Of course, the submissive does feel guilty. The submissive has a high moral code and is sensitive to others, so he always feels guiltier than he should. His kinks and fetishes just add to this guilt. Meanwhile, guilt is probably one more way of making a person weaker.

The cruel dominatrix. The submissive wants to submit, he wants arousal, he wants sex. He is supposed to submit to the caring woman. He knows that. But he doesn't have a caring Mistress, and he really wants the sex. So the cruel dominatrix will do just fine. His high moral code and his willpower stop him from obeying the cruel dominatrix. but he doesn't want that protection, so he craves the loss of willpower.

Both?

Some men want erotic submission and have no interest in lifestyle submission. In my experience, they like to be the one who is really in control. This is called topping from the bottom, which means controlling the situation even though pretending to be the sub. So you have to watch for this, at least if it is not enjoyable for you. Just to guess, you might really be able to do noncaring things to these men, since they are not really submitting. So you could probably withhold sex/scenes unless they do what you want.

But most submissives want both, which is probably fair. The knight is supposed to submit to his Mistress, and in return he has the pleasure of seeing her happy and approving of him, but he probably deserves good sex too.

Most of the time, the man's immediate reason for seeking domination is that he wants erotic domination. You are probably more interested in lifestyle domination. Erotic domination is measured by how excited the man is to obey and be controlled. Lifestyle domination is measured by how much he wants to please his Mistress and make her happy. Those are two different things. But if your knight is submissive, and if you can erotically dominate him while being caring, the lifestyle domination will follow.

Unfortunately, many of the tricks for erotic domination work against the lifestyle domination. A recurring issue is how to erotically dominate your knight without undermining your lifestyle domination.

[NEXT](#)

[HOME](#)

Caring Domination

When a man offers to obey me, I order him to submit to all good Mistresses, but not to bad Mistresses. Are you one of the good Mistresses he is told to obey? Or one of the bad mistresses he shouldn't submit to?

This is an old web page that looks like a textbook. Click [here](#) for our website on caring domination. Click [here](#) for our entry page for men, which includes our plan for helping your wife become a dominatrix.

The Bad Dominatrix

Ruling by destruction. If your sub is weak, and if you act strong, he will obey your commands. This is ruling by power. How do you make a man weak? That's easy. Humiliate him. Criticize him. Do not compliment him or tell him anything good. Make him feel guilty. Destroy him.

This is evil domination. When you are done, you will not respect or enjoy what was left of your man. He will need you more; you will want him less. This is not caring domination. And, the weaker a man is, the more he kinks.

Any destruction of a man is evil. You would never do this. There are professional dommes that will though, and your mate might seek them out. You want a man that is strong, a man that you can respect. Why not make your man as strong as you can? You can be the opposite of the evil dominatrix, by complimenting him, supporting him, trying not to criticize him or make him feel guilty.

Ruling by fear. Some women rule by fear. A man will obey you, or try to please you, because he fears the consequences. But his natural (lifestyle) submission turns off. The knight knows that his mistress is supposed to care about him. If you are not a caring mistress, you will turn off your knight's natural submission.

If you rule by fear, you have a slave, not a devoted servant. He will slack off, make excuses, be the normal bad employee. And where's your fun? You want a man who wants to please you.

Ruling incompetently. Not let me talk about you. You are concerned about your mate. But you are more concerned with marshalling the family resources to provide for home and children. You deserve and need his help. That's fair, that's right, that's your genetic programming. So you try to control your knight, any way you can. And you think that's fair, because he should do his share of the work.

That would be a happy story if you were a competent domme. But you are not, because no one taught you. And you make one more mistake. You assume he can take of his own needs. So all of your control

is to take care of your needs and the needs of home and family. That is a fatal mistake. From his perspective, you are an uncaring dominatrix. That turns off his natural submission. And then everything unravels. He doesn't want to contribute, so you have to push him more. He doesn't want to please you, so you have to rule by fear and nagging.

And what happens when you turn off your man's submission? He still needs to submit. He once submitted to you, but you turned that off. So he goes elsewhere. Maybe to a professional dominatrix. The professional dominatrix probably will humiliate him. That makes him weaker. But he wants to be weaker, because that makes it easier for him to submit to a bad Mistress. (Remember, he doesn't have any good Mistresses to submit to.) And he kinks, because of his strong desire to lose control and submit. The kinks make him feel guilty, because of that high moral code. And the guilt weakens him.

And so this is what I see. Well-meaning women, appropriately trying to use family resources to care for themselves, home, and family. That means controlling their their mate. But they are incompetent, and they turn off their mate's submission. Then, they aren't happy, they don't get good help, the mate is unhappy, and kinking occurs.

Caring Domination

Now let's talk about caring domination. Your mate is programmed to obey a good Mistress. All you have to do is tap into that program. He will be happy. He will want to please you, so he will want to do a good job and you can effectively direct family resources. Will you be happy? With a man who worships and loves you? You decide. So caring domination is effective domination. It is being a good wife, and a good partner.

There are four things you have to do to be an effective, caring Mistress.

Care. You really have to care for him. That means liking him for who he is, not something you want him to be. If he wants to change, that's his decision.

Help him be happy. You have to use your control to help him be happy. Or if he is already good at being happy, you have to support him. You don't have to tell him which channel to watch, but if you know he wants to watch TV and needs encouragement, encourage him to watch TV. Louts don't need encouragement to do what they want; submissives do.

Does that mean your control revolves around making him happy? Absolutely not. You are charged with marshalling the family resources to provide for yourself, home, and family. That doesn't change. Think queen bee. This is why he was programmed to submit. You also have every right to care for yourself. Just don't make the mistake of thinking that he will enjoy himself without your control. Make sure he is happy, and use your control to help him if he is not.

And when your knight is in your thrall, he will be happy to help you. Until he is in your thrall, helping

him be happy is a hook. It puts him in your thrall and keeps him in your thrall.

Show him your pleasure. The stereotype of a dominating Mistress is giving orders that are obeyed. When men come to me in foaming submission, they want commands. And commands can be fun in games or scenes. But in real life caring domination, orders are usually not an effective method of control. Instead, you use your devotee's desire to please. You tell him what would please you, and he does the rest. Men come to my site and offer to obey me. It is a game. I give them orders and they follow them. They are excited, but it is a game. But if they stay long enough, and I treat them nicely and care about them, they come to want to please me. That is true submission.

Commands are in your arsenal, and can be useful for very important issues that are for his own good. And as a game.

His reward is seeing your happiness and having your approval. This is what he lives for, this is what he works for, and you should be pleased whenever he tries to please you. Now, show it. Yes, tell him, but give his emotional brain the same message. Smile, look happy, sound happy. A touch or kiss if appropriate. Don't fake it, just remember to show it. No, he won't assume you are happy.

Make him strong. Again, you want a strong mate. You want him to slay dragons, rule kingdoms. You do not want him submitting to bad mistresses. And your programming is being excited by a strong mate.

So you need to support support support him. Compliments, praise. Overlooking errors and mistakes. Do not rule by guilt. I'm not saying to fake it, though a little exaggeration is always appreciated. But I don't think you need to fake it. Your mate probably is a good, caring, responsible man.

And this too is a hook. If you are a support to his self-esteem, he needs you.

Good sex. You were promised four things and this is #5. But it is part of the others. Help him be happy. Accept him for who he is. Don't make him feel guilty for his kinks. It's part of your contract and a very good hook for enslaving him.

Kinks

Now let's talk dirty. Your mate probably has kinks. And they probably disgust you. You are programmed to want a strong man, so they turn you off. That's natural. But it means you think your man is disgusting. He will feel disgusting, and he will feel guilty.

And that isn't very good for him, is it? So let's think about this. Your mate didn't choose those kinks. No one chooses to have kinks. So he shouldn't feel guilty for having them. It is extraordinarily important that you tell him that. Sincerely, again and again until he believes you.

The rule is, he is not responsible for his fantasies, but he is responsible for his behavior. And perhaps your knight has always behaved nobly. But that is a hard horse to stay on, and he might have fallen off. When it doesn't hurt anyone, submissive sometimes do inappropriate things to satisfy their kinks. As one most gallant, kind, and gentle man said, if you want to sniff a woman's shoes, you can't exactly ask her.

It's up to you whether you forgive. But really forgiving him will make him stronger, and it will enthrall him. And, given his submissive nature, he has already punished himself with guilt. The lout won't feel guilty, but your submissive knight will.

Okay, let's run through this page again. Your mate has kinky desires. He didn't choose them, he wouldn't choose them. You should show absolute unconditional forgiveness and acceptance. Your mate perhaps also has acted out those desires in socially inappropriate ways. It is not easy to act out those desires in socially acceptable ways, except in the privacy of your home, and you weren't there to help. Maybe he should have just ignored those desires, but that's not an easy or happy life. And your socially virtuous sex life was because you didn't have strong kinky desires. And yes, you probably do have more willpower than your mate, but that's in your genes, not something to blame him for.

It is very important to approve of who he is, and a little less important to approve of everything he does. So you probably should not approve your mate's indiscretions. Just don't be disapproving. State the facts, that he shouldn't be doing it. Since he is not a lout and really has good intentions and is caring, you should forgive him for his past behaviors. And for his future indiscretions. You fight kinky behavior by making him stronger, and giving him outlets and satisfaction in the privacy of your home. Not with disapproval and guilt, which make him weaker and make things worse.

Unfortunately, kinks usually make your man look weak. Can you look through them? Kinks signal submission, and submission is good. You can be honored that he wants to submit to you. And if he rules kingdoms, or just brings home the paycheck and helps with home and family, maybe you should realize he is a strong man. If he still has a kink, maybe its time to love him as he is.

[NEXT](#)

[HOME](#)

Humiliation & Punishment

This lesson is about humiliation and punishment, which works well for erotic domination but is so dangerous for lifestyle domination.

This is an old web page that looks like a textbook. Click [here](#) for our website on caring domination. Click [here](#) for our entry page for men, which includes our plan for helping your wife become a dominatrix.

Humiliation

Many submissives find humiliation erotic. Why? Probably, humiliation weakens self-esteem, and this loss of self-esteem leads to less self-control. So it is erotic to the submissive. In addition to straight humiliation, many common submissive fetishes involve humiliation. These include anything disgusting such as golden showers, being an animal such as a dog or pony, foot worship, wearing a diaper and infantilization, and wearing women's clothes. Even loss of control could be considered humiliating. Just being dominated by a woman can be humiliating if the man thinks he, as a man, should be dominating.

The problem is, you do not want to weaken your man. Not if you care about him, not if you want a strong man, not if you mind him submitting to other Mistresses instead of standing up to them. And not if you want to experience the joy of a strong, positive, submission.

One more problem with humiliation. Submissives sometimes snap, which means that they suddenly become angry and maybe even violent. You might think this isn't fair, because he asked to be dominated and humiliated. But, if you don't treat your sub with respect, you have no good reason to complain if he snaps. Men will put up with a lot in a state of foaming submission, but you have to be prepared for when they lose that foaming submission. And that means treating your sub with respect.

So, humiliation is not good, and you should never do it, and it has no place in lifestyle domination. Respect your man at all times, if you want him to respect himself. Never ever do anything to weaken the submissive. You want to strengthen him.

Reality. But the world isn't quite that simple or accommodating. Your sub probably wants erotic domination, and if that includes humiliation, what can you do? There are several tricks for trying to have your cake and eat it too. But all are dangerous. The only safe path is not to offer humiliation, but seem to. These tricks are used only because that you need to make your knight happy and are willing to take the risk. And these just reduce the risk.

Not real humiliation. Some things seem humiliating but really aren't, while other things really are humiliating. The test is this. When he later thinks about what he did, will he be humiliated? If he will,

than the humiliation weakens him, in the long run. If he wouldn't, then the humiliation and loss of self-control is probably only temporary.

Replace. The second trick is just to use other things that produce a loss of self-control, such as teasing, flirting, denial, and direct domination. Your sub probably can't tell the difference.

Play. If you are going to do any humiliation at all, it is very important that your sub know that it is for play. You don't really *want* to humiliate him, he does not really *deserve* humiliation, and it is not humiliation of the *real him*. It is just a game.

Typically, the sub is assigned a name by his Mistress. Or the sub chooses a name. There is a lot of meaning in names. One is that there can be a real person with a real name and then a pretend name for playing games. Anyway, if you might be humiliating your knight, even a little, you do not want to be calling him by his real name. Calling him his pretend name helps remind him that it is just a game, that you are not really humiliating him.

Split. In the Split technique, the man is given two names and treated as if he was two different people. One name is the sub's real first name, only it is not capitalized, to signal that he is still submitting. This first personality still submits, but this name is used for serious conversations and lifestyle domination. This first personality is strengthened, not weakened. He receives compliments, respect, forgiveness, anything that makes him stronger. Imagine that this is the real person.

The second personality is the pretend name. It receives erotic domination. If you want to flirt with humiliation, it is done to the second name. Actually, the traditional male names for subs are pretty humiliating.

This helps make clear that anything humiliating is a game. Hopefully, the second personality takes the hit of any humiliation. You still want to minimize humiliation, and you want to strengthen this second personality too. You can still forgive the second personality, reassure him that he deserves to be happy, and things like that, and the real person will probably get the message. For example, suppose the second personality writes "I am not worthy of your kindness." You might reply, "All who serve women are worthy of my kindness."

Redirect. Another trick is trying to change the man's fantasy so that hopefully it still appeals to him but does not have as much humiliation. Suppose your knight dreams of letting a cruel dominatrix pee on him. This can have many different meanings, so you might want to learn what it means to him, but it probably involves humiliation. If a man really did let that happen, he would probably feel guilty and humiliated later when he thought about it. You can tell a fantasy about a man who is so enslaved by his Mistress, that he will do anything for her, even let her pee on him if that was what she wanted. The Mistress in this fantasy doesn't really want to pee on him, of course, but she does admire his devotion and worship. Another harmless fantasy is that he is wrestling with a woman and she accidentally pees on him. He then has no reason to be ashamed.

Punishment

Punishment can also be erotic. In our society, parents punish children, and owners punish dogs, but adults do not punish each other. So punishment signals a difference in power. And for an adult to meekly accept the punishment and even self-enforce it, that shows tremendous submission.

Lifestyle Submission. Never really punish a submissive. First, they usually feel more guilty than they should anyway. Guilt is a punishment. Usually, you have to encourage a submissive not to feel so guilty.

Second, punishment signals low status, so it lowers self-esteem and self-worth. I mean, if you are being punished like a child or dog, and meekly accept it, how strong can you feel? If there is something that the submissive done that is bad, you may withhold approval, but it is not your place to punish another adult.

Finally, punishment is not kind. If you can rule with a smile, or with a request, why rule with punishment? So punishment just makes you look cruel. The bottom line is, punishment has no place in lifestyle domination.

Erotic Domination. Which still leaves it as an interesting game for erotic domination. Again, the important thing is to be very clear that the punishment is just a game, you are not punishing the real person, you don't want to punish anyone except as a game, and he does not deserve punishment. Your submissive isn't feeling a need for punishment because of guilt, he wants eroticism. And if does feel guilty, punishment is the worst thing for him. Forgive and support.

The choice of punishment is important. Of course, do not choose something humiliating. But also don't waste his time on some stupid activity that benefits no one. The best punishment is forcing him to do something he wants to do, and should do, but doesn't quite have the willpower to do. Another good choice is anything that seems like punishment but is really erotic but not humiliating. That's a tough list of requirements, but chastity probably works. Chores that serve you can also be useful, but only if it is still a game and you are not punishing him to get chores done.

In fantasy, the submissive is usually punished for something that is not bad or not really his fault. Maybe he failed to do something he didn't even know he should do, he failed at a task that no one could perform, he is held responsible for an accident that was not his fault, or he has not been properly submissive. You should probably follow this script. If you punish for real failures or defects, that undermines his confidence and will feel like real punishment. Only play punish for things that he obviously should not be punished for.

Safe Games

If you can't play games with humiliation, what can you do? Bondage is probably safe. A short mild

discomfort is probably safe. If you use mild discomfort, like a scratch, pinch, or squeeze, make sure that pain is not your goal. Remember, pain is erotic only because it is a symbol of your dominance. Look him in the eye when you cause mild discomfort and assert your dominance. And be smart and pay attention to what turns him on.

Chastity might also work very well. It probably is embarrassing but not humiliating, because he is supposed to be chaste anyway. He is more likely to feel guilt for not being chaste. Chastity is a traditional symbol of power, and in this case, power over something very important to the man. Finally, abstinence makes his desire stronger, which makes his will weaker. So that plugs into his submissive eroticism.

If your mate submits to you, you probably don't need a chastity device, and if he doesn't submit to you, it probably won't work. But it can be a nice game. Modern plastic chastity devices can be worn for extended times, are not too visible, are not uncomfortable, and come with a key.

Freedom from Disapproval

In lifestyle domination, you never punish your sub. They don't need punishment, because they always feel more guilty than they should anyway. For the same reasons, you might never be disapproving. Subs can be very sensitive by personality, and they are especially sensitive when they are in the grips of the initial romantic crush.

If you do show disapproval, it should only be disapproval the submissive could expect. The pledger can expect disapproval for not following commands (although the best response is withdrawing domination). When the Mistress mentions that something would displease her, the submissive can expect disapproval if he does it anyway. If the Mistress mentions something that would please her, the submissive hopefully wants to please her, but he knows he is taking a chance of disapproval if he doesn't do it.

The point is, no one deserves to be blind-sided by unexpected disapproval, especially submissives. If your orders are ambiguous, your submissive should be free to show good judgment without fear of disapproval. Your submissive should be able to say what he wants without fear of disapproval. Certainly he should be polite and respectful, but he shouldn't have to worry about hidden meanings and unexpected implications. He should try to please and protect his Mistress, again without worry of disapproval. He should try to avoid doing things she doesn't like, but again there should be no disapproval if he fails.

This rule applies to all submissives. If you are a caring Mistress, you should not unexpectedly disapprove of any submissive.

[NEXT](#)

[HOME](#)

This is an old web page. Click [here](#) for our website on caring domination. Click [here](#) for our entry page for men, which includes our plan for helping your wife become a dominatrix.

Being Strong

In every fantasy, the Mistress is strong. For as different as erotic domination and lifestyle domination can be, they share that the Mistress is strong. If have to be strong, and you have to appear strong. That plugs into your submissive's programming. And maybe that is smart programming. If you were going to give control of your life to another person, wouldn't you want that person to be strong?

You might not want to spend your whole life being strong. But it is a good life skill.

Taking Responsibility

As you go through your day, you are sometimes self-centered, sometimes pleasing, and sometimes you take responsibility. The lout is always *self-centered*, always thinking only of himself and what he wants. Our submissive, when alone, can also be self-centered. When with others, the submissive is naturally *pleasing*, trying to do what the other person wants. This is what makes them caring, responsible, and likable.

But a good parent is neither self-centered nor pleasing. A good mother will learn what her child wants, but she will not give her child everything he wants. She decides what is best for her child. She *takes responsibility*.

As a dominant, you cannot be selfish. You will probably turn off the submissive's submission, or worse you might be abusive. You also cannot be pleasing. If you are, you will not plug into your submissive's programming. Your submissive is programmed to submit to a strong person. So to turn on his submission, you have to act strong and you must take responsibility.

That solves that problem. Your next problem is that you cannot take responsibility for another adult. Your sub is intelligent and knows himself and his life much more than you could ever hope. So you cannot take control of much of his life. Not to mention that it would be a terrible bother to try to control everything, and probably would weaken him. To strengthen a person, you encourage him to make decisions for himself and to explore.

Fortunately, there is no contradiction. You must take responsibility for him. But you might decide the best thing is for him to make all of his own decisions. You might want to check that he actually makes good decisions, but you don't have to control his life, you just have to take responsibility.

That solves that problem, and leaves only the problem that he does want to be controlled, and that you not only have to be strong, you have to appear strong.

Learn what he thinks is best. Try to learn what he he thinks is best, then control him to do it. This is perfect unless you are caught, so try to be a little subtle. Or, more honestly and practically, learn what he thinks is best, then take responsibility.

Controlling weaknesses. Most adults have little weaknesses, little gaps between what they should do and what they actually do. You can try to take over one of these weaknesses. Perhaps you can get him to exercise. This is great when it works, but don't think you can push your submissive very far without inciting resignation. You can probably get him to exercise only when he is close himself -- he wants to exercise, and knows it is good for him, but cannot get himself to exercise.

Choosing an area. Choose part of his life to control. Your control will probably not be as effective as his, unless this is an area of weakness. But he will be motivated to communicate.

Safe commands. The next lesson discusses commands that are always safe, such as commanding him to be happy or responsible. You don't need to find out what he wants to give these commands. And some of them, such as not submitting to bad mistresses, he probably has not thought about. These are things that you should take responsibility and can safely take responsibility.

Do it. Ultimately, you must always, always take responsibility. If you know something is the right thing to do, do it. Do not let his desires or yours stop you.

Erotic domination. Again, the rules are turned around for erotic domination. In every fantasy, the Mistress is cruel, which means self-centered. This isn't subtle. She is mean to the point of silly exaggeration. And every submissive imagines that she is doing it because she likes it. If she was just trying to please the submissive, the fantasy would be spoiled. So there is a time for acting self-centered, but make sure it is very obvious it is a game.

Don't bluster

If you are just a normal person pretending to be a strong dominant, you might give commands and be bossy every chance you get. That's blustering. It's a stupid thing to do, because commands are usually not the best method of control, and because you really should collect information before exerting control.

And on top of all of that, blustering doesn't even look strong. A strong person exerts dominance at first, and as needed. But she doesn't need to show it all the time. Why command if you can control with a question? A truly strong person is so confident, she can act weak, admit errors, and accept advice. Yes, that looks weak, but the strong person knows she can be strong and dominate whenever she wants, so she has no need to continue showing it. Put in practical terms, what that means is act strong at first, and then as needed.

It can be erotic to show your strength, but again don't bluster. Don't say "I insist you choose a humiliating name." Say, "You may choose any humiliating name you wish."

Being Strong

So be strong, or second choice, fake it. Here are some tricks for doing both.

1. The dominant has no needs. Somethings make you happy and some do not, but you need nothing. This is an idealization, of course, but it is also worth trying to live up to.
2. Information is power. You do not share information on demand, and usually not on request. On the other hand, you are free to toss off tidbits of information in passing. You may explain to the sub the reasons for your actions, if that serves your purposes, but you do not need to. Don't start telling the sub about your day -- that implies a need to be heard, to complain, etc. Ideally, if your knight really is under your control, he will want to know about you.
3. You are supposed to be perfect, so don't volunteer that you made an error if it isn't obvious, and try not to make too many errors. But you are not perfect, so you will make errors, lots of them. If you pretend like you didn't make an error, you look weak. So be factual, you made a mistake, and go on. I am beyond perplexed about apologizing. I tend to apologize about everything. But I told my subs not to feel so guilty, and I thought I should take my own advice. Things happen, and if my intentions were good, I try not to apologize. Except of course to appear as nice as I really am.
4. Do not make any promises or agreements. This is a rule meant to be broken, and you should and could. But let me explain. People get anxious when they don't know what is going to happen, so they fight this anxiety by trying to learn what is going to happen to them. The problem is, that is not true submission. The perfect state of submission is perfect acceptance of whatever happens. Your sub should trust you, your sub should trust that you are caring and careful in your domination, and so he should delight in letting you control his future. He also knows not to do anything stupid, and he has a safety cop that will wake up and take charge if you are not caring or danger occurs. With that in place, he can enter the future blind. Like a child following their parent, not knowing what comes next and not worrying.

Of course, promises and agreements that limit you make you less powerful. And because you are strong, or faking it, you don't have to try to control the future either, you can walk into it strong and confident that you can enjoy it and slay any problems you meet. Your sub can also try make promises and agreements, but they are irrelevant to you -- the sub obeys you, so you don't need promises or agreements, and for that matter, you don't need the sub.

You will need to break this rule, for many reasons including that your sub is too anxious and cannot find happiness in perfect acceptance and submission. Just remember the principle.

5. In the same vein, you can and will have plans, but you usually don't publicize them, and you do not

have to follow them if you change plans.

6. You are not being the real you, you are being a dominant, which means acting strong. But when the persona doesn't fit, break out of it show the real you, with your real emotions. The most powerful submission is from a man in love, and to be in love with you, he needs to know you. So showing your emotions can be very powerful. Again, only a weak person needs to hide her emotions.

7. As queen bee, you have the right to his services, to serve you and provide for home and family. Do not be sneaky or manipulative. Be very clear about what you want, and get what you want by his desire to please you.

Pledgers and Commands

If a submissive offers to obey you, he is a *pledger*. The pledger tries to lose control with his pledge of obedience. You should hold him to this pledge. If you let him disobey, you appear weak, and everything is ruined for him too, because he wants to be controlled.

When the pledger disobeys. But your pledger will almost surely disobey, and usually fairly quickly. Men want to be excited, and if a command isn't exciting, they usually ignore it. What should you do?

Suppose for a moment that your pledger has really changed his mind and does not want you to be his Mistress. Should you chase after him, or try to convince him to change his mind? Of course not. Whatever you might be feeling, you need to act strong. Do not chase him. If you do, he is in control. Let him go. You can still have a normal relationship with him, people do it all the time. You can still set out your hooks. But if he doesn't want to follow, don't try to lead. And anyway, being a caring dominant is a lot of work.

Having said that, when a pledger disobeys, you tell the pledger that either he obeys every command, or you are not his Mistress. That's just reasonable, but it is also a threat, and it is the only real threat you have. There aren't many ways to punish a man who wants to be humiliated and punished. The only real punishment, and a fair punishment for disobedience, is to withdraw your dominance. The man might fold and become obedient. It should become a point of pride with your pledger that he has never disobeyed and is very obedient. Or he might walk, but there was no way to stop that and good riddance anyway.

Not ignoring a command. Your submissive should not blindly follow commands. You don't know everything about him, you don't know the situation, you maybe made a mistake, maybe he didn't understand you correctly, whatever. So he must use judgment, not blindly follow commands. This is very important, but you probably don't have to tell him. In my experience, subs are very good at not following commands.

So your pledger doesn't have to follow all commands. The point is, he cannot ignore a command. When

he does not follow a command, he must explain to you why he did not follow the command (his excuse). If he is being properly submissive, he will offer to follow the command if you still want him to. But that goes without saying. You judge whether the command should be followed, and you tell him your judgment.

One of the common reasons for giving a command is that it is good for him but he does not want to do it. Maybe he is shy. Your pledger will often come back with an excuse, which will be that he was too shy or something like that. Which means he didn't want to do it. Be kind but firm, and tell him the rules -- that not wanting to do something is not an acceptable excuse.

Hopers. People who want to submit but don't offer to obey are hoppers. It's like the difference between jumping in the water and putting your toe in and hoping the water sucks you up. You cannot take as much control of a hoper as you can a pledger. But the two are not that different, because a pledger is not really enthralled either. With both hoppers and pledgers, you practice caring domination, you put out your hooks, and you don't lead so far that you aren't followed.

[NEXT](#)

[HOME](#)

Other Issues

Amateur Psychology

If a submissive trusts you, you are in a position of power and influence. That means you are an amateur psychologist, whether you want to be or not. These are some tricks that are fairly safe, which is to say, they might help or fail, but they shouldn't hurt anyone.

Do not try to change a person's personality. Do try to encourage them to be themselves. Suppose someone is too shy, a common problem in submissive men. It is your judgment that they are too shy, and you might very well be right that they will be happier if they are not as shy. But you can't just tell them not to be shy, because they didn't choose to be shy and can't stop. Anyway, if they try to be someone they are not, that is not good. They grow by being themselves and learning, not by trying to be someone else. Accept them as shy, and wait for them to make the small pushes out of it.

If you have an opinion, do not state it as fact. Make it a question. First, you might be wrong. And the person doesn't need someone to argue with. The person can decide. And if you think the person decided wrong, well it would have been worse if you argued. Second, when you have a good insight, the person is more likely to think about it if you ask a question.

How to know what you are feeling. Suppose you are about to say that you feel hurt. You can really check if this feels right. Just compare your feeling to the word hurt. You can tell when there is a good match or there isn't. When there isn't, try to find other descriptions of your feeling, until you find one that fits. The best description of your feeling probably won't be a single word. This trick can also be used trying to understand other people's feelings.

If someone is caught up in what they *should* do, ask what they *want* to do. People should always know what they want to do. Then their wants can be considered against their other responsibilities. This is another way of getting the person to be themselves.

A very simple trick is to just repeat back what the person said, in your own words. This is a check that you do understand, and it can help them clarify their thoughts. I mean, you may say the same thing they said, but maybe what they said wasn't exactly right.

Gender Differences

As you may have noticed, males and females are not the same. The question is, how should a male submissive be treated differently from a female submissive. This is probably the issue that the School of Caring Domination knows the least about. Some guesses.

Obedience vs. Service. As a rough rule, the male will find *obedience* erotic. He will probably be a pledger, and he will find it erotic to be held to his pledge and to be given commands. Commands also fit into the typical male work hierarchy. Females, and this is more of a guess, probably do not find commands as erotic. Instead, they are more likely to enjoy *service*. They are less likely to be pledgers. Instead, given a dominant who cares for them, they will be glad to serve.

One more try at this. For many males, the ideal fantasy is to be completely controlled by his Mistress. Hypnosis is erotic. Training to obey without thinking is erotic. Men, for the most part, probably need enforced obedience. They cannot pick and choose what to obey. For most females, control is not erotic. Women might benefit from picking and choosing.

Father/little girl. One very thoughtful website suggests that most if not all male dominants play the father to the little girl. This is a powerful image, and any male dominant should probably be careful before playing this role too heavily. While males certainly want a strong dominant, it seems unlikely that many of them want a mother or father, or that they really want to be considered the little boy.

Respect. One thoughtful female submissive reports that she is required to play a silly card game with her Master. It seems very unlikely that a male submissive would tell his Mistress that her card game was "silly". Why this difference?

First, if a male thought a card game was silly, he would try to avoid playing it. The female submissive is more likely to be cooperative, because it meets her needs for service. Calling the card game "silly" emphasizes, in an indirect way to both her and her Master, that she is serving.

I think men are more respectful of the female dominant's emotions, while the female submissive perhaps expects the male dominant to be immune to emotional attack.

Dominion. It was suggested that the dominant take over one area of the submissive's life. It is almost for certain that the female dominant should take control of her male submissive's sex life. This is erotic for the male, and it signals the ultimate in control. It is also strategically important. If the female dominant wants to play a serious game of tease and denial, for example, she wants to play when he is horny, not right after he has masturbated. So she needs to know, and the easiest way to know is to control.

Just as a guess, there seems to be little reason to take over the female submissive's sex life. Something like diet might be a good choice.

[HOME](#)

Hidden Submission and Eliciting Dominance

Because you are submissive, you probably fight to seem nonsubmissive. But there are ways of being submissive without it being too obvious. Call this hidden submission. Call it finding peace with yourself.

In the male fantasy, the cruel dominatrix dominates no matter how much you fight her. This has to do with your submission to higher moral principles, one of which is that you don't let people dominate you. That's not real life. In real life, you have to dance the dance of submission, if you want your mate to dance the dance of dominance.

Our four-step program assumes your goal is to eventually tell your mate and see if she will dominate you. But take it as far as you want. You will probably enjoy just a little hidden submission.

Step 1: Understanding

You need to understand proper submission. The male fantasy doesn't count. When you understand how she should dominate, you can help shape her. Before telling your wife, you should not feel guilty about your submission, and you must know that caring domination is good for you **and your wife**.

You can complete this step today and start Step 2.

Step 2: Hidden Submission

Your hidden submission could be service, worship, chastity, or sexual service.

This lets you experience and practice submission, while warming your wife to her role as dominant.

You might also shape your wife into caring domination.

Step 3: Open role-playing, or One Foot out of the Closet

The third step is bringing your submissive behavior out in the open. Do NOT call it submissiveness. Examples include losing a bet, asking for her control to help you with something, or being more open about your

hidden submission.

Step 4: Openness

To have a close and intimate relationship, you have to tell her you need control. You probably want to include the bedroom in your submissiveness, if that hasn't happened. You can invite her to visit our website, where we explain how to be a good caring dominant.

Basic Principles:

- You can teach her about caring domination without topping from the bottom.
- Your clean submission brings out the dominant in her.
- Clean submission is being obedient, wanting to please her, service, and worship/pampering.
- Think strong but obedient knight.

[Step 1. Understanding](#)

[Step 2. Hidden Submission](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)

Encouraging Domination: The Dance of Submission

Your wife is not automatically a strong dominant. You have to help build her dominance. When you submit to her, that feeds her dominance. When you do not submit to her, that stops her dominance. You too are not automatically submissive. Her dominance feeds your submission. It's an ancient dance, built into your personalities.

So, if you want to make this work, you must be submissive and obedient. When you are submissive and obedient, that **TURNS ON HER DOMINANCE**. When you are not, that **TURNS OFF** her dominance. That isn't her fault, it's yours.



Suppose you have the heart-to-heart and she agrees to try dominating you. The next day she asks you to do something. If you don't do it, that turns off her dominance. You should do it happily, enthusiastically, and as well as you can. That will electrify her dominance. Suppose she criticizes something you did. She shouldn't, but swallow that pride, enjoy the submissive fantasy, and make it clear that you appreciate her criticism and you will try to change and do better.

Suppose you two are in bed and she asks you to get her a glass of water, because she is too tired. If that's erotic for you, great. But true submission is getting the water even when you are tired too and it isn't erotic. Get the water without complaining and be glad to serve her. That turns on her dominance. If you aren't going to get her water when she asks, then do not pretend to be a 24/7 submissive.

Sometimes you will forget. That's natural. Sometimes she will have to remind you. That's her training you to be submissive. But someone has to start the dance, and that someone is you.

Suppose she is empty. She has used up her energy being a competent caring domme. It is your job to fill her up, and that means pampering her. If you are truly submissive to

her, you will want to pamper her with all of your heart. If you are not truly submissive to her, then you might not feel like it.

That's natural. Just as it is your job to bring out her dominance, it is her job to bring out your submissiveness. Maybe that hasn't happened yet. But again, you are the one who has to get things started. Pamper her. Imagine a submissive fantasy. You can be a slave serving the Egyptian queen. You are her prisoner and forced to serve her. Or you under her complete control, and you desperately want her to be in a good mood and able to make good decisions.

Being Submissive

Being the submissive is easy. All you have to do is follow orders, comply with requests, and satisfy any stated desires of your dominant. You should also be polite and respectful. Your dominant can tell you how to act. You just go along for the ride and enjoy.

Do not look for danger, but if your safety cop wakes up and warns of danger, pay attention. Use common sense. If a command does not seem right, ask your dominant.



The submissive attitude is not as easy. If your dominant is trying to make good decisions for you, just trust him or her. Be relaxed and accepting; don't evaluate.

Another strength of the submissive is being open and honest. If someone is controlling you, you want them to know about you. A good dominant will seek information; a good submissive will provide it.

Psychological Abuse

Humiliation, guilt, and punishment are standard activities in BDSM. They can be VERY erotic. They can also reduce willpower and self-esteem.

You DO NOT want to have a submissive crush on someone who is making you smaller. It is very difficult to leave anyone during the submissive crush, and it becomes even more and more difficult as you become smaller and smaller.

So, DO NOT ever let a dominant make you smaller. Point out the problem so that it stops, or leave while you are strong.

If you cannot leave a psychologically abusive relationship, try to temporarily leave it. Talk to someone and listen to their

advice. You can always come to our web site, and there are other resources.



Rights

Your primary right is leaving the relationship.

If you don't properly respond to your dominant's requests, disapproval is fair. But in caring domination, unexpected disapproval or punishment is inappropriate. You do not have to guess what your dominant wants.

In caring domination, you should offer wise counsel, if you judge that you know something your dominant would like to know.

Caring Domination [[return](#)]

From	Message
Arjay Guest 	 Subject: Chivalry IP: Logged
8/13/2005 11:35:56	<p>Message:</p> <p>Much is made in some quarters about the Queen-Knight analogy as it relates to a power exchange between man and woman. Without much understanding of the background I think. I offer this as clarification.</p> <p>Women would need to wait a few centuries for social equality, but chivalry was the beginning of sexual liberation for the female. In medieval chivalry (from the 12th century forward) we find the seeds for ideas like male chastity play, even polyamory. As well, the practice of Victorian karezza was modeled after the courtly relationship called domnei. And later (In the works of Cretain of Troys) the female led household becomes a possibility to be explored in theory.</p> <p>With the advent of the game called courtly love, woman could indeed become a sex goddess and have it her way – including a role reversal – if so desired. A pledge of obedience – which acknowledged the human need for psychological boundaries – was offered by a knight to his lady. This was a power exchange – a negotiated one – based on mezura which had both the meaning of moderation (not requiring timid behavior – the man at least had to make the first move in beginning the relationship) and also implied chastity (orgasm denial-rationing – there were tests in this regard to prove his determination). This “service of women” as it was also called, did not equate with enslavement as in D/S terminology. Submission retained it’s older connotation of “acknowledgement of error.” The error being that of patriarchy – that man should dominate the woman. Neither however would the woman become dominator.</p> <p>The idea of the courtly domina (feminine of lord) was modeled after the relationship of the knight and his earthly lord. The knight would affectionately call his lady mi’dons (my lord). A knight owed the earthly lord his loyalty and obedience based on the giving and exchanging of ones word. An abuse which would compromise ones honor (considered more precious than property) or violate ones word could would be just cause for defiance (defi) and conflict. This too was the ideal behind the knight swearing obedience to his lady. The knight then considered himself a part of the “priesthood of love.” He owed allegiance first to his supernal Lord – God, with a feminine face – called the “lady of thought” (a term with Christian-Gnostic roots) His earthly allegiance though was to his lady, to whom his service was a sacramental worship. She too was bound in obedience to “love” – the god Eros. So in courtly love we find a religion of love which mirrors the ancient Tantras. Indeed the courtly hero Tristan reveals his secret name as Tantris.</p> <p>Courtly love arose as a tongue in cheek game played by nobles within the culture of Chivalry and the Roman church (which persecuted heretics for similar practices – and thus required secrecy, avoiding the rumor mongers), and grew from the ground of a population with Celtic roots and history in which women still held much power. The Celts according to some scholars had a connection with the Goddess of the Tantric tradition. It is a shame that the experiment of courtly love did not survive the following dark ages. It did survive in our western model of courtship however, extolling gentlemanly courtesies (courtesy I remind you applied to the woman as to the man) and giving women the right of veto in dispensing the gifts of her body to a man of her choice. Once married however she gave up her power again to patriarchy.</p> <p>Through all this we see a spiritual base for the idea of the woman being the head of the relationship. It is grounded in the Rule of the ancient Goddess. Such rule however does not equate to matriarchy. Matriarchy was never proven viable among our ancestors though matrilineal inheritance was. Among cultures where women did hold the final authority, men still exercised administrative power and women retained the power of veto. It can be argued that women share power rather than hoard it. There are lessons here to be learned.</p> <p>"Arjay"</p>

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
Joe Guest  8/01/2005 11:43:40	 Subject: New Submissive IP: Logged Message: Is anyone out there? My wife and I have been doing this great lifestyle for 1 month and I'm loving it. She's usually quite conservative but has been accepting the change quite well. Also the sex has been great. I'm 53 and she's 50. Thanks Joe
Robert Guest 8/10/2005 23:45:09	 RE: New Submissive IP: Logged Message: This website is visited, but not many people post to the messageboard. What exactly is your great lifestyle?

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
substeve Guest  5/01/2005 12:33:24	 Subject: TJ's Story IP: Logged Message: TJ, what is going on with the rest of your story? i am VERY interested and thank you for posting it.

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
Goddess B Guest  12/12/2004 16:08:30	<p data-bbox="261 144 748 170"> Subject: It's Good To Be The Goddess</p> <p data-bbox="261 176 370 201">IP: Logged</p> <p data-bbox="261 228 378 254">Message:</p> <p data-bbox="261 260 870 384">I'm so happy living the Goddess lifestyle with my husband. I think more women would enjoy being the Goddess or the Queen at home if we didn't have so much negative programming to overcome.</p> <p data-bbox="261 411 911 567">Women Baby-boomers like me were raised during a time of transition in society when women were joining the workforce in droves and we thought we had to try to beat men at their own game in the workplace. We were never schooled in the ways of real feminine power.</p> <p data-bbox="261 594 915 785">But today more and more women are discovering their feminine power and realizing that men need our moral guidance and influence. American society is changing, slowly but surely. I'm doing my part to wake women up to the fact that, for some of us, a woman-led marriage is the only way we'll truly be happy.</p> <p data-bbox="261 812 911 968">That's hard for some women to accept because we're still hoping for Prince Charming to show up on his white charger and solve all our problems for us. Well, you CAN have a Prince Charming for a husband, except he's traded his sword for a dustcloth!</p> <p data-bbox="261 995 911 1215">I run two businesses and now make more money than ever before with very little stress. That's because I have a husband who is "the wind beneath my wings." He willingly takes care of all the domestic chores so my mind is free to focus on making money, which I love to do! He is my Prince who enjoys serving his Queen/Goddess.</p> <p data-bbox="261 1243 920 1398">This life is so good I had to share it with the world so I've written a book about it, Venus On Top: Women Who Are Born To Lead And The Men Who Love Them. Although the book is written for women, many copies are bought by men to give to their wives and girlfriends.</p> <p data-bbox="261 1425 911 1617">I wrote the book before I knew about this great website, but we are both on the same page about this lifestyle. I really hope that more women will open their minds and hearts and realize that being in charge of a man who WANTS you to be in charge makes for a very happy, harmonious and romantic married life.</p> <p data-bbox="261 1644 911 1799">I'd like to know from women what thoughts and beliefs are holding you back from embracing this lifestyle? Maybe I can lift some of your doubts and fears so you can go forward and create a wonderful relationship with your husband who wants to worship and serve you.</p> <p data-bbox="261 1827 467 1852">Let's talk about it!</p> <p data-bbox="261 1879 911 2007">Goddess B Modern Goddess, businesswoman, workshop leader, speaker and author of Venus On Top: Women Who Are Born To Lead And The Men Who Love Them. http://</p>

venusontop.com

Anonymous
Guest

 [RE: It's Good To Be The Goddess](#)

IP: Logged

Message:

thanks for the post Goddess B.

I'll ckeck it out.

12/14/2004
07:24:39

Robert
Guest

 [RE: It's Good To Be The Goddess](#)

IP: Logged

Message:

Dear Goddess B

Thank you. I agree with much of what you say and I appreciate your attitude. But did you mean literally that the submissive man should turn in his sword for a dustcloth? Certainly going to work and earning money can be a service. Many men work in dangerous jobs, boring jobs, or stressful jobs, just to bring money home to their family.

Robert

12/15/2004
23:32:58

Jon
Guest

 [RE: It's Good To Be The Goddess](#)

IP: Logged

Message:

You are som right when you say that many men are buying the book to give to wives and girlfriends. Some of us are already in good, women led relationships because women are beginning to gain the courage to lead and we need to support them. The life of service to women can be extremely rewarding. the life of an uxorious slaveboy can be filled with lots of excitement. Long live the Women of power and I grovel to kiss your hem. Youa re great and mighty!

3/24/2005
23:45:49

Goddess B.
Guest

 [RE: It's Good To Be The Goddess](#)

IP: Logged

Message:

I was only half-serious when I made the comment about turning in the sword for a dustcloth. Having my man do the housework is great for me because I'm a gung-ho career woman who loves her work (and we have no kids).

It's certainly possible for a man to be the main breadwinner and the woman a full-time Mom if that fits their personalities and desires better.

The great thing about a woman-led marriage is that there are no hard and fast rules about which sex should do what. It is a relationship where a woman's feminine power, intuition and wisdom are respected and admired and given their rightful place as the guiding influence of the household.

Exactly how that power and influence are expressed is up to the couple. Now me, I enjoy a bit of groveling now and then. Some women prefer less obvious displays of submissiveness. Lucky for my husband I like the obvious kind!

If only I had some magic formula that would help other women understand what a great life they can have being worshipped and adored by boys like you!

Goddess B.

3/29/2005
18:02:32

JB

Guest



3/29/2005

21:13:43

 RE: It's Good To Be The Goddess

IP: Logged

Message:

Goddess B.

I have recently ordered your book but haven't yet recieved it. I suspect, and am hopeful, that it may be exactly what I have been looking for as a way for my wife and I to communicate about the relationship that I believe can be beneficial to us. It is very difficult to explain ones deep desire to serve the woman of his dreams.

Having no model to do so I, like many other guys, tried to explain my fantasies and what they meant to me. Unfortunately, to someone whose fantasies are quite different, mine seemed way out and scary. Though I wanted to explain past the surface, she never could quite see past the "whips and chains".

I am fortunate to have a wife who is willing to try and we have reached a degree of success. As you know however, until you truly submit and she truly takes the lead you are left unfulfilled. I believe your book will help her to see how she should take the lead in our relationship and what that means

Your website prompted a very good discussion for us the other day and my wife has agreed that it is good for us to have her take the lead in our marriage. I added that I believe it to be good as well for our infant daughter to grow up in a household where she sees that her mother is the loved, respected, admired, obeyed and served leader of our household. I want my daughter to grow up to be strong, educated, independant, and capable. When she is older I want her to have the expectation that she can and should find the company of a man who will be her helpmate for life and that she should settle for nothing less.

Thank you for the work you are doing. It is VERY necessary and will certainly have a positive impact on many lives.

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
Loving husband Guest  3/09/2005 14:24:30	<p> Subject: She doesn't feel worthwhile IP: Logged</p> <p>Message: I really desire to be submissive to my wife, I love her deeply and we have been married for 24 years. I do special things for her like make the bed insist on opening the car door and I buy her femanine clothes to wear. When she asks I do it with out question. But she tells me she dosesn't feel worth while because of her childhood. I feel selfish because I want her to own me and me my loving mistress. What can I say or do to make a difference. I feel that if she was on top and I was dominated in pure love by her that our relationship would be strengthened. She has told me she loves all the attention I give her and she knows how I feel. I want her to be dominate because she really desires it, not because I wante her to desire it even though that is the truth. She finds the idea of keeping me chaste uncomfortable, even though she knows I desire it because I ruin our love because of my selfish thoughts and actions , and I don't mean I have slept with another because I haven't.</p>
joey Guest 3/16/2005 13:45:12	<p> RE: She doesn't feel worthwhile IP: Logged</p> <p>Message: When I first began to be a submissive to my wife, she felt a bit uncomfortable with it. But I never told her that I wanted her to dominate and that I wanted to be her sub hubby. I told her I was doing this because I love her, I enjoy doing the cooking and cleaning, and that I wanted to be more helpful to her. Over time she began to get used to me cooking, doing the dishes, washing and ironing the clothes, vaccuming, cleaning the bathroom, the kitchen, and bedrooms, mopping, etc...</p> <p>Now that is has been over 4 months she really LOVES that I do these things. She loves not doing any housework, and I love doing it. She likes that I serve her sexually almost every night but that my sexual release is limited to once or twice a month. I have been open and honest with her. I told her that I did masturbate and how often, but that I was stopping doing that because I love her and that she could help me make this change by limiting my orgasms. She was very happy to help me, we started with one orgasm for me a week, then in time every 2 weeks, now we are at once a month. But I take things slowly and don't hit her with too many changes at once.</p> <p>The first thing I implemented was service. I waited until I saw that she had gotten comfortable with that before I moved on to the next thing. Once she was happy to tell me "iron this for me" and "cook that for me" then I knew she had become comfortable with that arrangement and I gradually moved on to the next thing, chastity. As I wrote above, I gave her an explanation of why I need to be chaste (to help me stop masturbating) and then I took that course slowly, starting with once a week rather than jumping straight to once every 2 months.</p> <p>So I guess my point here is to start with service and take it at her pace. I think in the long run she will love all the nice things you will be doing for her.</p> <p>This is my thought, I don't know if it will help you or not.</p>

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
Robert Guest	 Subject: Advice on "Casual Dominance" IP: Logged Message: Someone has requested more information about what we term "casual dominance". We presently have: "As simple a thing as getting you a drink or opening the door for you can be erotic. You just have to make it clear that he is serving you." Perhaps the idea is to use some activity that males natural do for females and then somehow make it part of domination/submission? Does anyone have any ideas or suggestions? If you respond on this messageboard, I will pass the answers to her. Robert
2/07/2005 15:06:41	

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
john Guest  1/20/2005 14:45:47	 <u>Subject: D\s dating scene</u> IP: Logged Message: Hello. First time to your site. My Q is do you have to be married to become a member of your site? It is one that nurtures the beneficial aspects of D\s, unlike other sites that dwell on BDSM'ers physical abuse; extremes of perversity; etc. For a while I liaised with an understanding Domme by the name of Nite Mist but lost contact. I am interested in having a relationship of a D\s nature and so make this approach to your site. How does one 'get involved'? What is the D\s dating scene? Where does one find D meeting s? My Q has become Q's. A scratch on the surface reveals the layers. respectfully yours, JT

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
KT Guest  1/04/2005 00:03:25	 Subject: Looking for advice and support IP: Logged Message: Dear Cynthia, Thank you for your website. I have discovered through contact with a thoroughly kinked sub that I may be truly Domme at heart. Certainly I care for the men I love in the way you recommend, however I have picked men who are too terrified of true connection and I allowed my fears of rejection and loss keep me in relationships past the point of happiness, into misery. As I recover from my marriage and explore my sexual self and power I am very afraid of D/s being a form of unhealthy addiction to sex or sexualizing too much of a regular day to overcome other feelings of fear and anxiety, loss, lack of power. However that being said imagining a D/s relationship with this man is the most intoxicatingly heady relaxing uplifting notion I have ever had. I literally feel it down my arms as I am typing. I am worried about his kinks. They are pretty imbedded and although in written words I am comfortable playing I am worried about the source of the kinks and that they should not be reinforced by the woman that loves him since I believe the origination of them came for people who SHOULD have loved him and didn't. They betrayed that loving trust and now it's one giant cluster fuck inside of him aching for repetition rather than release and healing. However submission is confusing to me. I can see my dominance is in part personality but also in part environmental in nature. My childhood made me as I am. Much of it is permanent and unchanging. I am still trying to understand all of this and not have it be a "bad secret" but a powerful connection. I have been in therapy for years and I am pretty sure this would not be an approved type of relationship. Therefore i can not share it with my therapist. What do I do, where do i go with everything in my head and heart. I feel like a recovering alcoholic looking for another alcoholic to talk to. I am Domme but am scared. I am interested in knowing more. TJ's long list of posts listed some other sites I will go to but I will greatly appreciate any help I can get. Thanks, KT
J Guest  1/06/2005 03:36:06	 RE: Looking for advice and support IP: Logged Message: KT I was really fascintated with your post. You are describing the emotional and physical feelings as a Domme that I feel as a submissive. For about two years I was in a relationship with a wonderful woman. She was the only person I have ever told about my submissiveness. I always wondered if I was being submissive for the wrong reason, like it was some perverse thing. But when I was with her, I realised that being submissive made me fly. She figured out how to control me and use that to both of our advantages. Sometimes we would debate our differences, but she would have the final say. I learned to trust her. She rewarded me mentally, emotionally, and physically. We eventually parted because of academic endeavors. I am not sure why I am submissive. I am just that way. It's a scary feeling at first, until you can find someone you can trust.

KT
Guest

1/06/2005
08:57:56

 RE: Looking for advice and support
IP: Logged

Message:
J:
Thank you for responding. I am still concerned about the source of it all and the health of it all. I understand it made you feel better to have a dominant woman in your life having the final say so. I don't mean that D/s is perverse or shaming in terms of "its just not right" like pedophilia or something. I mean, if the source of our comfort with being either Domme or sub is from a child hood wounding in conjunction with out inherent personality, then is the D/s relationship sort of allowing the wound to maintain, not heal. Women who use their sexuality for power usually were made to feel TOTALLY powerless in their early years. That feeling is so awful, heinous, confusing, depressing, overwhelming, it is sublimated and never truly experienced in conjunction with their memories of a moment in time. Instead they learn that they CAN be powerful in the sexual arena and in turn feel safe and better. Remove their power as a sexual being and feeling powerful is hard, almost impossible. However, learning to acknowledge how powerless they feel without the sexual power and then addressing that (through change in behavior and making better choices in other arena's of life) MAY heal it all. But the sexaul power trip is so much fun and heady that the original wounding is ignored. If by being Domme I feel powerful because someone else is giving me the power because I am using his sexual proclivities to win him, remove my sexual power and am I truly powerful? Wanted? Cared for, for myself? When I answer that I think well, no I not powerful in the rest of my life as much as I might like, but yes I am wanted, it was my mind doing the Dominating, and yes I am cared about for who I am. But there is no harm being done. Then I ask but is this truly healthy and what inside of me am I not taking care of because of it all. Am I anxious it is wrong because it is basically a secretive sort of lifestyle and secrets are unhealthy and shaming. Or am I anxious it is wrong because it feels so intoxicating? Am I anxious because it's source is the initial wounding and the wounding makes me feel ashamed but this solution may help me cope with it and yet I am still ashamed of the damage done long ago? Am I anxious it is wrong because a subs kinks seem so obviously from abuse of some sort and I do not believe in abusing anyone? The list goes on. I am looking for more feed back from those of us with these feelings since if you don't have them you can't relate.
Thanks,
KT

Barbara
Guest

1/16/2005
21:59:00

 RE: Looking for advice and support
IP: Logged

Message:
Oh, my dear sister. I understand what you are going through. When I first discovered my husband's (then boyfriend's) submissive fantasies, I wondered if one or both of us was mentally sick and/or hopelessly perverted. We have been happily married for five years now and I can tell you that the theory and principles laid out on this website are truthful and effective. If you are truly a dominant woman as you certainly seem to be, then you will never be happy in a traditional kind of marriage where the man is supposed to be the leader. You WILL be happy in a marriage where you can be your dominant true self and your man can nurture, support and serve you as his Queen or Goddess. What they teach here is true: a man's desire for extreme forms of dominance do indeed melt away when he is allowed to express his deep desire to worship and serve his woman. That's exactly what happened to my husband. He is happy to be out of the grip of his former obsession with kinks and fetishes. He still has them, of course, but now that we can talk and joke about them, his need to express them in an extreme way is all but gone. The fact that I love and totally accept him just the way he is has healed him. To help another person heal at a deep soul level like that is what real love is all about. And he has healed me as well. I no longer have to wonder if I'm some kind of freak because I like to be in control. That's just who I am. And now I live every day with a man who loves ME and accepts ME totally as I am. I can be my best self: a kind, compassionate and benevolent Goddess who has his best interests at heart. It's good to be the Goddess! You don't need to drag yourself into anything you don't want to do. And you don't have to cater to his darkest fantasies either.

It's been pretty well researched that submissive desires do not necessarily stem from childhood abuse, but most people continue to believe that they do. Your anxiety about this is perfectly understandable.

There are many good resources on the links page of this site (including my book, Venus On Top). Also there are directories of "kink-friendly" therapists on several sites.

You may or may not need therapy. Don't forget that you live in a society that still condemns anything that falls outside of the average and the mediocre, especially anything sexual. There's nothing wrong with you. You just need to uncover and accept your true self--a strong and powerful women who enjoys "being on top."

You wrote:

I feel powerful because someone else is giving me the power because I am using his sexual proclivities to win him, remove my sexual power and am I truly powerful?

Another one of those interesting paradoxes of power. You cannot really dominate anyone who doesn't consent to it in the first place. It's not unlike ballroom dancing: if she won't willingly follow, he CAN'T lead.

It's a game and a fantasy that is sexually exciting for both the Domme and the sub. You can play this sexual game and enjoy it immensely. Just don't mistake it for real life.

Take a look at my website www.venusontop.com -- I believe it will help you.

Blessings from a sister Goddess,

Barbara Wright Abernathy

Author of Venus On Top: Women Who Are Born To Lead And The Men Who Love Them

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
joeyjojo Guest  11/18/2004 20:59:50	 <u>Subject: thanks Cynthia :-)</u> IP: Logged Message: Thank you soooooo much Cynthia for this website!!! You are a life saver! I can't believe how much the quality of my life has improved since I found this site. For example, today I recommended to my wife that we have at least an hour of quiet time every week. So I said lets start today. We sat on our bed and talked while listening to music. While we talked I painted her toenails for her. Then I massaged her feet for about 1 1/2 hours as we continued to talk. She told me she felt like a princess, and at that moment I was the proudest man in the world. She asked me to do the laundry and to move some things around, which I was MORE than happy to do. I cook all the meals now, vacuum, sometimes she asks me to go to the store for her. I make the bed every morning, do all the dishes, clean the kitchen, send her e-mails everyday, brush her hair. I am living a dream, and it's all thanks to what I've learned here. Oh, and sex has never been better or more frequent. We can't be 2 feet away without kissing and touching, that is unless the kids are there, LOL thanks a million, I really hope this continues to blossom.
joeyjojo Guest  11/23/2004 21:11:43	 <u>RE: thanks Cynthia :-)</u> IP: Logged Message: Today after I finished doing the dishes and most of the laundry, we had our quiet time for this week. We sat on the bed and talked for nearly 2 hours. I massaged her feet the entire time. She loves our quiet time so much. Today I opened up and told her something very personal to show her I trust her deeply. She opened up and told me something to. We really enjoyed each others company, and she loves the foot massage. I am really trying to satisfy her, not just physically, but on an emotional level too. I am so happy to see her this happy. I really love doing all the housework. I don't know why all men don't do this. I am a million times happier now than I was when I did nothing around the house. I guess there is more happiness in giving than there is in receiving.
joeyjojo Guest  11/28/2004 18:28:36	 <u>RE: thanks Cynthia :-)</u> IP: Logged Message: My life keeps getting better everyday. This week my wife has willingly given up doing anything, and I do everything. I shop, cook all the meals, clean the kitchen, dishes, bathroom, bedrooms, make the beds, change the bed linen, everything. I open every door for her. I compliment her regularly on her looks, her good choices, her perfume, any opportunity that arises. I thank her when she tells me tasks to do such as the microwave needs cleaning. I do every chore with a smile and thank her for LETTING me do them. I make coffee every day and have a cup waiting for her every morning when she gets up. I provide her with the sex that she wants every night. I dont put myself into her (we never did that much), but do all the other things she likes. I end every sex session with a foot massage for her cause I know how much she likes it. I want to be chaste for her and even a little bit deprived so I explained to her that once a week or once every two weeks is plenty for me. She agreed cause she thinks it makes a better orgasm for me. I told her that handjobs from her are my favorite so now she only gives me handjobs, (because I think anything more than that degrades a woman and my Dom should never be degraded in any way). Everyday I love my wife more, and she me. I wish I knew the things I've learned from here, many years ago.

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
joeyjojo Guest  11/20/2004 16:40:09	 Subject: HELLO, hello IP: Logged Message: I think I am the only one here :-(ECHO, echo, echo, echo..... what a shame, this is such a great site.
Robert Guest 11/24/2004 07:47:15	 RE: HELLO, hello IP: Logged Message: According to the website statistics, there are 130 visitors a day, and traffic is slowly increasing. The home page averages 62 requests a day, and the page for viewing the messageboard averages 28 requests a day. I am averaging 3 requests per month from wives seeking the additional information. I do not know why the bulletin board is not used. It is available if people want to use it.
deleted Guest 11/26/2004 23:48:13	 RE: HELLO, hello IP: Logged Message: Surely, you know why the bulletin board is not used so much. The reason, you know, is censorship. The word does get around. Pity, is it not.

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
joeyjojo Guest  11/15/2004 20:09:38	<p> Subject: I have hope now :-) IP: Logged</p> <p>Message: Maybe I am writing this in the wrong spot, or maybe I shouldn't write this here at all, but I just had to say how good it feels to have some hope again.</p> <p>So many years I have been empty and distraught. I know that I cannot ask my wife to dominate me, she would think I was into some sick perversion like BDSM or something and I'd never live it down. So year after year I went on with this sick and empty feeling inside me that I could never speak of.</p> <p>But now that I have seen this site I feel like I have hope. The 4 step program feels right to me. I know this is the sort of dominant relationship I have always wanted, but believed I would never have. It will take time to stop feeling guilty that I want this, but I'm confident that it will eventually pass. I have started with hidden submission now and I can't tell you how good it feels. I prepared dinner for the family, washed the dishes, swept the floor, cleaned the table, and the stove. It felt so good I can't stop smiling. I feel like I am whole now and I have hope for some real fulfillment as months pass. I just imagined that my wife requested me to do that. I know she was pleased, I could see it on her face. I am sure it will take time, but hopefully she will continue to enjoy this and eventually start to request this behavior, even expect it, from me.</p> <p>I have read, and re-read all the good information found herein, and I am going to put it all into action, and hopefully get some positive results.</p> <p>I have a picture of a knight on my PC desktop to be a constant reminder that I must be her strong and obedient knight.</p> <p>thanks to whom ever thanks is due.</p> <p>Joe, :-)</p>
joeyjojo Guest  11/18/2004 10:59:20	<p> RE: I have hope now :-) IP: Logged</p> <p>Message: five days have now passed and the results are better than I dreamed. Serving my wife with my whole heart and soul, even without her asking has brought fulfillment to my life beyond anything I could have ever imagined.</p> <p>Also my wife seems to be pleased as well. Here is the e-mail I received from her.</p> <p>On my way to work I cried. Tears of happiness running down from my eyes. thinking of all the things that you have have been doing for me. Cooking , cleaning, and caring for me, and email messages for me. My loads are light. You have swept me off my feet. You're so sweet, kind and wonderful husband. I think to my self, Do I deserve this? I love you so much.</p> <hr/> <p>Those are the most beautiful words she has ever said to me. Funny though, if she were to know that I wish to be a submissive husband she would feel differently. I hope in time she will be so happy and comfortable with this, that I will be able to "take one foot out of the closet" and see how that goes.</p> <p>This was my reply to her e-mail....</p> <p>Hello My Lady, of course I want to tell you that I love you!!!</p> <p>I also want to say thank you. Thank you for bringing such happiness into my life. I have been happier this week than I have been in many years. You just can't imagine how much pleasure I get when I do things for you. It's the greatest thrill ever. The more I do for you, the happier I am. When I finish some task and see the smile on your face, or hear you say "good job" I just want to burst with excitement. When you do things that I could have done for you, you take away from me the opportunity to get more happiness from you. You are the sweetest, most</p>

wonderful woman I will ever know. (beautiful too) please feel free to ask me what ever you want, and be confident that I am happy to give you any help that I can.

Thank you My Lady for being you!!!

Love your strong and obedient knight

joeypojo
Guest

 RE: I have hope now :-)

IP: Logged

Message:

11/21/2004
09:20:32

We have never spoke about my being submissive, but I am beginning to believe that we both understand, but are more comfortable not discussing it. She is taking to her role as dominant better than I'd have thought possible. You must be right Cynthia, my clean submission, brings out the caring dominant in my wife.

Before I used to do nothing around the house, except the typical guy chores such as cutting the grass, electrical, plumbing, take care of the car. But I did none of the daily tasks needed to keep a house running on a day to day basis. She seems to really appreciate the help, and once in a while she will vacuum a little or do the dishes. At first I didn't like that, but now I don't mind because I am understanding this caring domination more clearly each day. If it makes her happy to help me, then it makes me happy.

Yesterday, in addition to my doing the cooking, cleaning, dishes, laundry, and shopping, she asked me to clean the refrigerator. I don't like this task and my immediate reply was I am too busy. But as the words were leaving my mouth I wished I could take them back. Well she said okay, but All I could think of are Cynthia's words that "if you do what you are told quickly, and do a good job, trust me, she will ask you to do more". I knew that those words were proving true and I didn't want to blow it now. All I could think of was that she would hug me and pronounce me "cured", no I couldn't have that, things were getting to be just the way I needed. So I did everything I could to help her maintain her confidence. I did the task immediately. While doing it I explained to her that it was a great idea, something that really needed doing. I also sincerely apologised.

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
joeyjojo Guest 	 Subject: Is this normal? IP: Logged Message: I can't help but notice that when ever I am doing a chore for my wife, or reading an e-mail from her where she is thanking me for some task I performed for her, I get an erection, and it stays for quite a while. Is this bad or unusual? Should I try not to let this happen?
11/19/2004 10:34:37	

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination [[return](#)]

From	Message
Robert J Guest  11/15/2004 13:03:13	 Subject: Around Her Finger IP: Logged Message: Has anyone else read the book Around Her Finger that is for sale on Lulu? I saw it advertised on Maxfisch (or was it Elise Sutton's web site?). It's a great intro to the concept of vanilla domination for the typical, conservative house. It is TOTALLY fetish free, and focusses on the benefits of a female led household. Chastity is discussed, from a very tame perspective.
beth Guest  11/16/2004 13:47:33	 RE: Around Her Finger IP: Logged Message: This is the book my husband gave me when he introduced the concept of dominance and submission in our marriage. Yes, it is as good as they say it is. It's very clever.
joeyjojo Guest  11/18/2004 20:43:48	 RE: Around Her Finger IP: Logged Message: very interesting, sounds like it may be worth reading. :-) thanks

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
Cynthia Guest 10/03/2003 10:18:54	 Subject: How can you hurt someone you love? IP: Logged Message: This was a question from a wife.
tamlyonne Guest  10/04/2003 00:29:57	 RE: How can you hurt someone you love? IP: Logged Message: Dear Cynthia: I'm so happy that you are back, I hope you had a relaxing vacation.Welcome back! If the person referred to above were my wife, fat chance, and the "victim" was me, I would say that her hand on me, however harsh, was an assurance that I was cared for, and that I was valued enough to correct. Now I know that that is just a submissive fantasy, but a slap or a bruise from my mistress would be a badge of honour. I have been hurt for real before without love, and believe me, love transforms pain or control into something more beautiful.
tamlyonne Guest  10/04/2003 16:24:28	 RE: How can you hurt someone you love? IP: Logged Message: My above reply came out a little wrong. I don't think I want to be hurt, but if I were cuffed or slapped or corrected in any other fashion, verbally or physically, I would be happy that the other person cared enough to correct me and proud that I could take the correction in the way it was intended. If I willingly gave my power to another in a love relationship I would be blissful if the power was used.
Dee Guest  10/05/2003 22:10:17	 RE: How can you hurt someone you love? IP: Logged Message: Dear Cynthia: I have asked myself that question several times: How & why? Because I care enough...it would hurt my submissive more by not correcting him. I am happy to have found your website. Thanks for caring to share. I am a newbie to domination & I have discovered it is in my nature to be that way. Caring domination is what I feel comfortable with. The images of a cruel dominatrix are not for me. After ending a sad marriage of 25 years, I found a loving relationship with a submissive shortly after. He is very comfortable with sharing his needs with me & his strong desire to serve me & please me. He needs correction & control. I strongly need to learn so I can be more confident.I have never felt so complete in my life. I am at a point in which I need outside guidance. I need a "guide" or reference to what other caring doms do to correct their knights & for what behavior...not to copy but to compare & explore possibilities for myself. Caring Doms and submissives please share with me & the above wife.

<p>DanW Guest</p> <p>10/13/2003 11:58:43</p>	<p> <u>RE: How can you hurt someone you love?</u> IP: Logged</p> <p>Message: Not to overlook that when mixed with sexual arousal, pain responses can quickly turn to pleasure responses; hence, the term sensation play. Think of things like bites, nipple pinching, scratches, etc</p>
------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
Cynthia Guest  3/02/2003 16:39:09	<p> <u>Subject: Two Dishwashers</u> IP: Logged</p> <p>Message: Dear William,</p> <p>I do not want to be ignoring your letter. You spoke of two dishwashers. One just washed the dishes. That man we perceive as having no needs, no one controlling him, no one that he controls. That means he has no friends, and no relationships. The other was being submissive. In your story this man is distressed, but that's just because you told the story. My story.</p> <p>One submissive washes the dishes because his dominating wife told him to. This fulfills his need for control. When he is done, his wife is pleased with him. They are both happy.</p> <p>Another submissive washes the dishes because it is his job. After his wife goes to bed, he goes to the internet and finds a dominatrix promising to humiliate him. He pays money, masturbates, and goes to bed. His wife wonders why he has lost interest in sex.</p> <p>Cynthia</p>
William Guest 3/03/2003 15:53:49	<p> <u>RE: Two Dishwashers</u> IP: Logged</p> <p>Message: Cynthia:</p> <p>You understand the problem excellently. Your submissive man goes on the internet precisely because his craving for submission is never fulfilled. He is like a hungry being with a very big stomach and a tiny little mouth. He can never fulfill his appetite. Not even by his acts of submission and his partner's praise can help him. Free the man from the craving!</p> <p>The man who washes the dishes and understands it thus can and probably does have lots of friends and loving relationships. He can because he is free and has the space in this life that enables this to happen.</p> <p>The problem, you see, is the psychological bondage of domination and submission. It is not a basis for a relationship. It confines the spirit and kills the opportunity of being human in this world, here and now.</p>
Cynthia Guest  3/04/2003 01:26:10	<p> <u>RE: Two Dishwashers</u> IP: Logged</p> <p>Message: Yes, I think the submissive needs submission or control, or something like that. Maybe he just wants the perfect relationship, someone he would die for and someone that deserves that submission. And like the need for food, I don't think that need goes away. But he can fulfill that appetite, with caring domination from his wife. And when it is used right, it can be a wonderfully positive force in a relationship.</p> <p>Don't you want a wife who wants to please you? Don't you want to love her so much that you want to please her and would risk your life for her? Don't you want a wife so wise and kind that if she told you to do something, you could just do it knowing that she loved you and cared for you?</p> <p>Again, I feel like we agree but seem to be arguing. I read some of the BDSM literature and stories. I usually cannot stand it. Dominant wives speaking of their husbands with no love or respect. Submissives seeking complete destruction of their pride, strength, and self-esteem. Dominant men trying to psychological enslave their female submissives.</p> <p>If you want to fight this, you have my best wishes. But you have stumbled on a website that tries to avoid this. I want to create knights, I want happy loving relationships, I want submissives being happy and good productive citizens.</p> <p>Cynthia</p>

<p>William Guest</p> <p>3/04/2003 10:38:24</p>	<p> RE: Two Dishwashers IP: Logged</p> <p>Message: Cynthia:</p> <p>I will only respond here and not under the thread about "kinks" where you have also written. My response would be much the same.</p> <p>You might be in a position to see the same danger in your "caring domination" as you apparently see in the "domination" you critique. I say this because you have twice now referred to this dialogue as a argument or a fight, suggesting that I am fighting with you. In fact this tells us that you are actually fighting with yourself. You feel something needs to change. I have hit upon a open spot in your heart and it has awakened your mind. It is as though you remember something, forgotten long ago. You want to understand what it is I am saying, but it is difficult to see and it appears to mean giving something up. You want to see and understand a different goal that leads to the fruit of 'friendliness, compassion, sympathetic joy and equanimity.'</p> <p>Your questions, above, are impossible to answer in this forum. The underlying premise confuses unhappiness with happiness.</p> <p>Domination has truth value for you. You have invested in it and your investment depends upon the submission of others. Otherwise, you can not fulfill your own craving, clinging and desire. This craving is not at all like the need for food, which sustains life. This craving sustains only itself and its fruit is unhappiness. To see this one needs to walk all the way through the steps that lead from cause to effect, from craving domination to your unhappiness. You have not yet done so. One day perhaps, with guidance, you will do it for yourself and then share the fruit with others.</p> <p>Feel for your pulse rate now. Your heart is beating fastly. Let it do so for a while and when you no longer feel angry with me think about your life. Think about love. Think about a basis for love in friendliness, compassion, sympathetic joy and equanimity. There are conditions which bring this about and there are conditions which destroy this as a possibility. You can see the difference between the two sets of conditions. Your are clearly intelligent enough, but you are afraid. That is understandable. Try to remember.</p>
<p>DanW Guest</p> <p></p> <p>7/07/2003 09:26:53</p>	<p> RE: Two Dishwashers IP: Logged</p> <p>Message:</p> <p>Clearly the response of a man too heavily "invested" himself in a barren and stingy form of relating to appreciate the beauty of generosity and devotion.</p>
<p>DanW Guest</p> <p></p> <p>7/07/2003 09:29:14</p>	<p> RE: Two Dishwashers IP: Logged</p> <p>Message:</p> <p>Clearly the response of a man too heavily "invested" himself in a barren and stingy form of relating to appreciate the beauty of generosity and devotion.</p>

Lev Bronstine
Guest



9/27/2003
07:02:17

 **RE: Two Dishwashers**

IP: Logged

Message:

Hey I think your site is wonderful. I think your intentions are honorable. I think this is exactly what the whole BDSM community needs. I wish your site was better known. You need more stuff on it.

I don't see what this guy is arguing about. You seem to be saying the same thing; except that he apparently thinks that all forms of D/s are bad, even most caring.

I think your intentions are great, and you have a good heart.

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
John Matthew Swatek Guest  9/13/2003 12:20:39	<p> <u>Subject: INITIAL IMPRESSIONS</u></p> <p>IP: Logged</p> <p>Message: My wife, Kealoha, and I are temporarily seperated for academic reasons.</p> <p>We found your site while cruising the web... and found it to be quite illuminating and enlightening... good words to live by.</p> <p>I've forwarded your site address to my ex-wife and her present husband, Carolyn and Max... we're still friends and keep in touch when we can.</p> <p>Upon reflection, I wish we had this input and support fifteen years ago... perhaps our joint future histories would have been different.</p> <p>On the other hand, then Kealoha and I probably would not have gotten together...</p> <p>It's a long and bloody story.... I will not bore you with.</p> <p>In any event... thank you for the site.</p> <p>JOHN</p>
DanW Guest 9/16/2003 09:55:49	<p> <u>RE: INITIAL IMPRESSIONS</u></p> <p>IP: Logged</p> <p>Message: Interesting that you can be separated but still cruise the web together? Did you literally find the site together or one of you share it with the other?</p>

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 11 IP: Logged
8/01/2003 10:48:54	<p>Message: Week 14 of our D/s relationship.</p> <p>18 July. A couple of days after the wonderful scene I described in part 10, wonder of wonders, I woke up horny. During the part of the day that I wasn't working, I went to the mall to get out of the house, to distract myself from the ache of desire, and simply to wander around. I remembered that I had asked my wife to buy me some kind of token to wear, something that would be a kind of constant reminder that I was my Goddess' boy. I knew it had probably slipped her mind, and she really hadn't had the time to go shopping for something like that, so I thought I would do the leg-work and see what kind of options there were.</p> <p>(I really wanted to have a collar, and last year I even bought her one to put on me as a gag gift, but she never used it. I told her recently that I liked the look of a collar, but she said that she didn't like them, that I was her boy, not her dog. Besides, I couldn't wear something like that in public. Still, I hope she changes her mind about the collar...)</p> <p>After cruising all kinds of shops and jewelry counters at the mall, I finally found a kiosk that sold silver jewelry. They did their own engraving work right there and had some nice engraveable pieces in thick, heavy silver that looked masculine: ovals, circles, hearts, and other shapes. The saleswoman even offered me a discount coupon, so I had the name of the kiosk in hand when I left.</p> <p>On the way out of the mall, I stopped by a card shop and got a blank card, and by the Godiva chocolate kiosk for a couple of truffles. The night before, because of an assumption we both made, my wife went out to attend an event that turned out not to be taking place. It was about 90 minutes away. She came home after 3 hours of fruitless driving in a really bad mood, and being the handiest person to blame, she vented it on me. Of course, I was desolated. Miss Cynthia says on her website that men who have a submissive crush are extremely sensitive to their women's displeasure. I found out how right that is.</p> <p>After a while she calmed down and realized that I wasn't really to blame after all, she was just mad and I just happened to be in the right place at the right time to bear the brunt of it. Still, I took it personally and felt awful that she was unhappy, that maybe somehow I really was at fault. So last night I told her how sorry I was that she had wasted her evening, and if she it made her feel better, she could punish me. She said it wasn't my fault and that I didn't need punishment for it. Still, I was feeling bad today because she had been upset, so I wrote her a note in the blank card and left it and the truffles in her car at work so she would find them when she got off. Unfortunately, even though I had left the truffles in the car very late in the day, they melted in the bag. We had a fine laugh about it when she got home and put the truffles in the freezer to see if they could be salvaged somehow.</p> <p>(I should note in passing that "punishment" has entered our vocabulary and thinking lately, even though I've only been "punished" once – for playing with myself – and that was by being made to cook dinner, and I'm due to be "punished" at some point for presumption, as described above. I jokingly asked once if I needed to fetch the belt or the riding crop over something I did, and my wife has mentioned the riding crop a couple of times jokingly. Who knows where this line of thinking will lead?)</p> <p>We had a pleasant chat about D/s topics over iced tea. She thought I was obsessing about her being mad the night before. I reminded her what Miss Cynthia's website had said about submissive men being hypersensitive to their women's displeasure and that my feelings were probably just the down-side of my affection for her. I also told her what I had been shopping for at the mall. I told her about the silver jewelry pieces and that I thought a hefty silver heart with "Her boy" engraved on one side would be a nice token. She agreed and I gave her the coupon and told her where the kiosk was. I said I wasn't sure how I would wear it (since I wear no jewelry except my wedding ring), but that I did want to keep it on me as much as possible. She smiled and said, "You can wear it down here," and patted me on the crotch.</p> <p>Now, I have to confess I hadn't thought of that (go figure.) So that got my mind working. If whatever token she gives me doesn't come with a chain or some such, I'll go and find an adjustable silver chain that will fit around my cock and balls like a loose cock-ring and wear it that way. We'll see...</p> <p>That night, I asked if we were able to snuggle a bit, and she said yes, so I locked the bedroom door. I talked a bit during foreplay, explaining how much I enjoyed our scene in the den, how erotic it was, what I felt like when she had me screaming, how great the orgasm had been.</p>

I told her that submissiveness comes over me like a mood: some days it is almost like a hunger, I feel like I need to be used, that I'm consumed by the ache of wanting to please her; other times, like now, I didn't feel particularly submissive, though I was really horny and, frankly, I was feeling selfish and just wanted to get my balls off. Still, she is my Goddess and I'm happy to serve her pleasure any time and in any way.

We had been lying in one of her favorite positions, with her on top of me, holding my cock between her legs so that it rubs against her clitoris. During our talking, she began taking more control over what we were doing, riding my cock up and down according to her own rhythm and speed. Finally, I had to tell her,

"If you keep that up, I'm going to cum."

"Well, if you're going to cum, we should move on to the main event." She raised up, slipped my cock inside her and slid down slowly.

"Yes," I moaned in a whisper, "use it. Use it the way you want to."

"Yes, I'm using you for my pleasure."

So she fucked me just the way she wanted to. When I got close to the edge, I asked if I could cum and got permission to. And I did.

When we had finished and she was lying on top of me, it suddenly occurred to me to whisper,

"Thank you."

"Thank you, Goddess," I was immediately corrected (!).

"Thank you, Goddess," I said, and then burst into uncontrollable laughter.

I think it was the combination of a good orgasm, which often makes me laugh with the exhilaration of the release, and the fact that she had obviously been in "Goddess mode" when she corrected me, that got me laughing. I think she's really beginning to get comfortable with her role. Tonight she assumed it all on her own and took over our love-making completely.

Later, I asked her if I "should be thanking my Goddess every time I'm given the privilege of an orgasm."

She laughed at the way I put it and said that I probably should. "I don't want you getting uppity."

"No, ma'am," I said, and we went to sleep.

23 July. We were able to get together the day after we got home from a short vacation. I had to confess to my wife that I broke my promise again: that I had been so horny for her that I wasn't able to keep my hands off myself thinking about her. I offered to clean her van for her as punishment, since it still bore the marks of the camping trip. Even though she had been a little listless and tired from the trip (vacations are never relaxing), her eyes really lighted up and she got a big grin on her face when I mentioned "punishment." Later, I told her this, and told her it had me worried ever since, but she said she didn't remember anything in particular about the incident. At any rate, cleaning the van, inside and out, gave me a constructive way to expend some pent-up energy.

Sex that night was fairly simple and straightforward. I did tell my wife all the things I had been thinking about while playing with "her toy," and as she has come to do regularly, she mounted me, put my cock inside herself, and used me according to her own rhythm and pleasure. As usual, I asked permission to cum, and remembered to thank my Goddess for the privilege afterwards.

Week 15 of our D/s relationship.

24 July. On a completely unrelated note, I have to mention that I was complemented today on my physique by a total stranger, an older gentleman, whom I met in a public place. This is the first time that anyone apart from my wife has said something complementary or flattering about my body. The FIRST time. EVER. I can't begin to express how much that meant to me. To know that all the workouts, all the pumping iron, all the intensity of going "balls to the wall," all the injuries, the sore muscles that keep me awake at night, the dieting, all the meals I've given up in favor of raw nutrition just to "feed the machine," downing tuna straight from the can, all the bowls of plain oatmeal for breakfast, the expensive supplements that give me indigestion, all the little denials I've endured, the hours on the treadmill, the gallons of sweat, the tons of iron I've lifted, to know that all of this has finally begun

to pay off is a primo head rush.

Forgive me, I just had to crow about it. (I can't wait to get back to the gym...)

26 July, a.m. Some fine straightforward sex to start off the weekend.

28 July. With my wife's permission, I ordered an "Aneros Stimulator" off the Web today. Beforehand, I mentioned to her the Hitachi Magic Wand and asked if she would like to have one. She just wrinkled her nose & said, "Nnnnh, you're all I need." I always appreciate her complements. Still, I'd like her to be comfortable using sex toys of some kind, but she has greeted almost all mention of them with apathy.

29 July, p.m. I rented and watched "Gladiator" for the first time last night. It touched me on a number of levels, most of which don't need to be gone into here. I had a good cry when it was over, and later that night in bed with my wife, I had another.

One of the themes of the movie that touched me most was Maximus' constant desire simply to go home to his wife and son; he had prayed to the gods that he might live long enough to hold them both again, and this theme recurred several times during the story. The first tear rolled out of my eye when Maximus finally made it home and found his wife and son crucified and burned. I guess I was bitten by the "mortality bug," which gets to me now and then (I lost close relatives while I was young and have always been a little paranoid about losing my own wife or children). At any rate, when I got to bed and we had turned out the lights, I laid my head on my wife's shoulder and let loose a flood of tears. I told her again how much I loved her, and that the old fear of losing her or the boys had risen up again. Unlike Maximus, I think I would go mad if I lost any of them. And even though the moments were fleeting and never lasting, still I found eternity in her embrace and paradise on her lips. She held me tight until the sobbing stopped.

Afterwards, I apologized for laying such a heavy confession on her without warning, but she thought it was a beautiful thing.

This morning, I am vaguely embarrassed about it. I don't know why...

On a more pertinent note, my submissive feelings have been rather quiet for the last week and a half. I'm starting to wonder if it has been just a phase or a fad.

30 July. I told my wife yesterday evening that I was embarrassed about my emotional display the night before, and that I didn't know why it bothered me. She again said it had been a beautiful thing that I had said. I suppose I'm comforted a little bit. In some ways it seems a very submissive thing to have done: I really laid myself bare and vulnerable to my wife, but that has usually made me feel marvelous. This one didn't. On the other hand, I do have a lot of other emotional baggage attached to the whole losing-those-closest-to-you issue. I still don't know what it's all about.

Submissive urges are returning! I'm beginning to want to be put through my paces again, to be "ridden hard and put away wet," as we like to say. If I can just get rid of the kids for an evening...

Didn't manage to get rid of the kids, but we had a nice sexual encounter this evening. After getting up to lock the door, I knelt by her side of the bed & told her that I was feeling submissive again, how I just wanted to serve her, that my own orgasm didn't matter, etc., all the things I've said before. She decided she wanted her back scratched & massaged, so I obliged her with a generous application of Dream Angels Heavenly lotion & went on to massage her whole body. She took over after that & rode me to orgasm. Per usual, I asked my Goddess if I could cum, received permission, & then thanked her afterwards.

I love her so much!

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 10 IP: Logged
7/17/2003 07:02:30	<p>Message:</p> <p>It has now been 13 weeks since I first "opened my heart" and began to reveal my submissiveness to my wife.</p> <p>Something wonderful has happened: I got my first real scene! It came about because both of the kids got invited to friends houses for the evening. We were astonished at our luck. We haven't had an evening alone in weeks, and since the kids have been out of school for the summer, we haven't hardly had an afternoon alone either.</p> <p>My wife delighted me by suggesting we take the evening into the den, onto the futon-couch that makes into a bed. This was a promising start, since, for her, sex usually equals the bedroom with the lights out. So, I spent the two hours before the second kid left thinking of how I could set up the den for our pleasure. I brought in all the candles I could find and a lighter. I brought a blanket to put down, pillows, made sure I had her lotion and my bottle of lubricant. I asked her if she wanted music and then got the boom box and a couple of CD's. I closed all the windows in the den, all the curtains, and locked all the doors to the house (against kids who might burst back in without warning). Then I fixed us both a pitcher of margaritas and we watched TV until both kids were at last out of the house. As usual, she sat on the couch while I sat on the floor in front of her. From time to time I would kiss her on the leg or she would run her hand through my hair. At one point, she got up to do something and I slipped into the bedroom to ditch my clothes and put on a pair of rather revealing shorts that I frequently wear without underwear and which she appreciates.</p> <p>When the last kid was out the door, I wasted no time. I ditched the shorts I was wearing, knelt there on the floor in front of her and began snuggling with her. I kept my hands behind my back the whole time. I've really come to appreciate this traditional submissive posture. Finally, at her suggestion we went to the den. I lit the candles, put on the music and turned the couch into a bed while she undressed.</p> <p>She stretched out on the futon and I knelt down on the floor beside her and put my hands behind my back. Since she was in the middle of the mattress, I couldn't reach her, so she leaned over to where we could kiss. As I kissed her, I poured everything I could out of my submissive soul: how much I loved having her as my Goddess, how much I loved being her boy, how much I wanted to please her without any thought of my own pleasure; that I wanted her to own me, to use me; that I wanted to be her boy toy, her fuck toy, whatever she wanted me to be. As I babbled on, she slowly moved her body closer to me so that I could reach her neck, then her breasts, with my mouth. By now I was shaking with desire.</p> <p>She decided that one of the best means of foreplay was a full-body massage, so I immediately got up and fetched her lotion. When I got onto the bed, I was quizzed and had to assure her that I had been studying my books on massage so that I could do the best possible job for her. And I did. In fact, it was almost too long and relaxing a massage (half a pitcher of margaritas no doubt contributed to her mood).</p> <p>After I finished with the massage, she pulled over next to her and we snuggled a bit. She ran her nails down my back and over my butt. I spread my legs for her and she obligingly ran them up and down the deep crevice and lingered over my anus (which I love). She pinched and slapped me on the butt, dug her nails in, and did all sorts of wonderful things to it, in a way that was particularly bold for her. Something about the way she did it gave me pause: was she more comfortable being dominant? Had she gotten more comfortable handling my body? Was she bolder because she had had something to drink?</p> <p>Eventually, I asked her how else I could serve her. She asked me if I wanted to eat her. I reminded her that it didn't matter what *I* wanted; all that mattered was what she wanted and that I would obey. So I was ordered to eat her. (This marks progress; it has only been in the last few months that she's come to ask me for oral sex; usually I'm the one who offers it.) While I was serving her and enjoying the taste of my Goddess (somewhat muted because of the taste of lotion that I had gotten in my mouth), she kept running her fingers through my hair and over my face. This was a departure from usual, too, because she typically just lies still to enjoy oral sex. Finally, she lifted my head up and told me to use my fingers inside her, and I did. Now that my mouth was free, I babbled my love for her over and over again.</p> <p>After a while, she asked if I wanted to fuck her. Since we were both obviously worked up, I didn't bother reminding her again that I was hers to command and my wants didn't matter. I simply said yes.</p> <p>"Yes, what?"</p>

"Yes, my Goddess."

"What do you want?"

"I want to fuck you."

"You want to fuck me where?"

"Here," I said, still running my fingers inside her, "in your beautiful cunt."

"Beg for it."

And beg I did. I don't even remember what all I said, but it must've been the right thing, because she lifted her legs and said, "what do you want?"

"I want to fuck you, Goddess."

"I can't hear you."

"I want to fuck you, Goddess!"

"I still can't hear you."

"I WANT TO FUCK YOU, GODDESS! I WANT TO FUCK YOU, GODDESS! PLEASE LET ME FUCK YOU, GODDESS!" I screamed out loud over and over again.

And she smiled and said, "Do it."

So I did it. I even rammed her a bit too hard and had to back off a bit. Now a funny thing: maybe it was because I really didn't want my own pleasure & wasn't focusing on it, because I couldn't cum, even though I really exhausted myself in the effort. Finally, I just collapsed on top of her.

I apologized for having to stop because I ran out of steam. "I suppose I ought to be punished for that."

"No, not for that. But for presuming to think about what I ought to punish you for. I can't let that go. We'll get rid of all those thoughts in that pretty little head of yours," she said, patting me on the top of the head.

"Yes, ma'am."

When we had both caught our breath, she said, "Okay, now *I* want to be on top. Roll over. I'm going to use you."

"Yes, please Goddess, use me, ride me for your pleasure."

"What do you want?" she asked as she climbed on top.

"I want you to fuck me, Goddess."

"What?"

"PLEASE FUCK ME, GODDESS! PLEASE FUCK ME, GODDESS!" I screamed over and over.

So she did. Until we were both exhausted and she collapsed on top of me. I still hadn't cum.

She pronounced herself satisfied. Once I caught my breath again, I asked her please to let me serve her some more, whatever she wanted, that I still had some strength in me that I wanted to give her. Since I was still inside her, she rose up and rode me some more. I think I might have been able to cum on command if she had told me to cum, but I finally realized that I had to focus a bit on my own pleasure or we'd be here all night, so I focused. Then, at last,

"May I offer you my cum, Goddess?"

"Yes, you may."

So I did, in an incredibly intense orgasm.

When she finally got off of me, we snuggled for a very long time. We were both really tired; it had been an

exhausting encounter. I told her how much I had enjoyed the scene, and she said she liked it, too. Finally, we dragged ourselves off to bed where we both fell asleep as soon as our heads hit the pillow.

The next morning, after I had put the den back in order and cleaned up everything from last night, we talked about the scene again and we both agreed that it had been really fun. I reminded her that I needed to be punished for presumption, and she said she would think about an appropriate punishment.

Once again, things are progressing very nicely. Slowly, but surely. And very, very enjoyably.

I love her SO much.

DanW
Guest

 [RE: TJ's story, part 10](#)

IP: Logged

7/17/2003
15:20:43

Message:

What terrific luck!

Just one suggestion. If you are between her legs you can usually use a finger or two inside her to massage her g-spot while your tongue keeps working on her clit and lips. Or if she wants to use a vibrator on her clit you can actually use your tongue on her lips and the entrance to her vagina (and beyond if she's into it). This latter works best if you kind of lie beside her, your feet towards her head, and your mouth approaching her vulva from the side. Her thigh will be near your shoulder and your lips will align perfectly with hers. Of course either of you could substitute a lubed finger for the vibrator as well.

One last thing ... if my partner asks me if *I* want to eat her ... I make sure she knows I can't get enough. I think women love to hear that, what with all the cultural baggage about smelly pussies and fishy taste and feminine hygiene spray.

Eventually, I asked her how else I could serve her. She asked me if I wanted to eat her. I reminded her that it didn't matter what *I* wanted; all that mattered was what she wanted and that I would obey. So I was ordered to eat her. (This marks progress; it has only been in the last few months that she's come to ask me for oral sex; usually I'm the one who offers it.) While I was serving her and enjoying the taste of my Goddess (somewhat muted because of the taste of lotion that I had gotten in my mouth), she kept running her fingers through my hair and over my face. This was a departure from usual, too, because she typically just lies still to enjoy oral sex. Finally, she lifted my head up and told me to use my fingers inside her, and I did. Now that my mouth was free, I babbled my love for her over and over again.

TJ
Guest

 [RE: TJ's story, part 10](#)

IP: Logged

7/18/2003
07:10:37

Message:

Dan,

Again, thanks for taking the time to read these little postings & for taking enough interest in our progress to offer suggestions.

With regards to what you write, I sometimes do use mouth & fingers together on my wife. It depends on what position we're in (as you probably know, it is very hard to stimulate your wife manually for any length of time while she's flat on her back & you're between her legs supporting yourself with both arms). I do like the position you describe & will have to try it sometime.

Until recently, oral sex has been largely a matter of my own exploration & desire because my wife had been rather passive about it. I *love* cunnilingus, my wife has always known it, & through the years I've usually gotten it when I ask for it, but again, until recently, she's rarely asked for it.

On reflection, she started to ask for it several months ago (before the D/s stuff began) after I had begged her -- literally -- to tell me what to do, or move my head & mouth around, or whatever it took so I would know how to give her the best possible pleasure & learn what she likes. She finally did that one night & it was excellent for both of us: for her, because she really enjoyed being eaten that night; for me, because I finally learned a few things

about pleasing her. I suppose the moral of that one is "communication."

DanW
Guest

 [RE: TJ's story, part 10](#)

IP: Logged

7/18/2003
09:41:49

Message:

Comfort for both partners is one key to good oral sex. You can't really get into it if you're straining or getting a cramp. Another very good position is sitting on the floor with your partner slouching in a chair or reclining on a couch (she needs to get her bottom near the edge). Your hands are free since there is no need to support yourself. And of course this has lovely submissive overtones to go along.

With regard to your wife - she sounds an awful lot like my wife was several years back. I really can't encourage you enough to look into the vibrator. Hitachi Magic wand is the cadillac. That thing can wake up a slumbering clitoris with ease. And once awake the fun really begins. Just don't forget the lube, don't want her getting raw. Astroglide and Liquid Silk are pretty good water based, but the best we've used is a massage creme from Biotone (their Advance Therapy massage creme), on the web. I really regret not learning to give a good (female) hand job sooner in life, and with the Biotone we've made huge progress.

I actually like reverse spon position above for this too because I can get a close up look at exactly what I'm doing. And it's easy to add a few licks whenever I feel like it.

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 9 IP: Logged
7/16/2003 19:17:52	<p>Message:</p> <p>The next day, my wife had to make jam out of some fruit she had picked, so I took all the house-guests and the kids to go out for the afternoon.</p> <p>I said to her, "You get to be alone all afternoon."</p> <p>"Yup, just me and the fruit."</p> <p>"I'm jealous of the fruit," I said, slipping my arms around her.</p> <p>"You ought to be. I'm going to be eating it all afternoon."</p> <p>Ach, my wife NEVER makes jokes that bawdy. We both laughed and I blushed deeply, which she thought was just marvelous.</p> <p>Indeed, things progress nicely.</p> <p>The day after that, we had planned an evening rendez-vous in spite of there still being house-guests around. We had made several little telling remarks to each other throughout the day and whispered our plans and desires to each other every time we were alone. It looked like it was shaping up to be a nicely submissive evening for me. As things turned out, I ended up staying up with the guests long after she went to bed, and even though we had agreed that I could wake her up when I got to bed, I can rarely bring myself to do that, so I left her alone to sleep.</p> <p>Then I did something regrettable: I broke my promise to her and lay there in the bed and played with her toy. I wanted her so badly, but I couldn't bring myself to wake her up just to satisfy my own desire. So I used her toy for my own pleasure. There was a particularly ferocious thunderstorm just before dawn the next morning, which woke me up. I again lay there in bed, aching for my wife, but there was no way I was going to wake her up that early, so I broke my promise again. Finally, when it got to be a reasonable hour of the morning – and before the house-guests stirred – I woke her up with affection.</p> <p>She likes it when I wake her up by lying next to her close, and running my hands over her body and kissing her on the back of the neck. It doesn't take long for her to get aroused. Before our affectionate encounter got very far, I came clean about what I had done: that I had broken my promise to her and played with her toy. She didn't seem to take it to be too serious of an infraction, but I certainly did; I like being a man of my word, but I had failed myself and I had failed her. And besides, I remember distinctly her saying that if I played with her toy I was to be punished. She chuckled when I reminded her of this; I honestly think she had forgotten that she said it. What will be the outcome of it all, I don't know. I told her I'd take any punishment she wanted, but I asked her that it not include forbidding me to touch her, and she agreed that would be too much to ask. I think there ought to be some kind of consequences for a blatant violation of a promise like this, but I think I'll leave the specifics up to her. There are some physical things I might like to have done to me, but I don't want her to get the impression I have a fetish of some kind; besides, is it really a punishment if it's something I want? At any rate, I don't know what's going to happen on this score.</p> <p>As we continued our foreplay, I told her how much I had wanted her the night before and this morning. She giggled at how often I kept repeating, "I love you so much," like I didn't have anything else to say, and maybe I didn't. I told her I had played out a fantasy in my mind while I was pleasuring myself:</p> <p>She calls me into the bedroom and tells me to take off my clothes. She then ties my hands behind my back and orders me to kneel down. Then we have a long verbal exchange like we did when I promised her I wouldn't touch her toy, except this time we maintain eye contact the whole time we're talking. After that, she orders me to have sex with her as she wants it.</p> <p>I went on to say that sometimes I feel really submissive, while other times I don't, but that this was one of the really submissive times. I told her how much I liked hearing her say she was my Goddess, how she owned me, how I existed for her pleasure. I told her how much I liked affirming these kinds of things and repeating them back to her. I asked her if we could do this scene sometime soon, and she agreed. I also said that I wanted to repeat the promise I had made and broken.</p>

We then had really great sex, got up and tended to our house-guests.

Later in the day, she suggested that maybe we could "nap" sometime in the afternoon. Wow, I thought, she doesn't usually ask for *that*. "Oh boy," I said, "I get sex twice in one day." "Who said anything about sex?" was her comeback. "Oops, I guess *you* get sex twice today and I get whatever, right?" To this, she just laughed.

As it turned out, the next week was really busy and we didn't have much opportunity to play. My punishment consisted of having to cook dinner one evening that she came home frazzled. Admittedly, it wasn't much of a punishment at all, but it was a tangible gesture that she thought of and that she imposed. I made a point of reemphasizing while on my knees just how seriously I took the promise I made to her, how I had failed myself and her in breaking it, and that I needed to have some kind of punishment or penance because a boy's promise to his Goddess is a Really Big Deal and can't be ignored with impunity. I think I helped her understand how seriously I take all of this.

We did manage to have sex a couple of times during the week. They were good encounters. The first one was really playful. I'm usually undressed before my wife is, so this evening, I helped her to get undressed, too. She grabbed me by my manhood and led me to the bed. Foreplay was long and very mutual: we took turns pleasing each other. I was feeling really submissive and talked a lot about how I was feeling so she could understand me better. She seems to be getting more comfortable with her dominance lately and has been more open and playful in bed. At one point she had me on my back and was lying beside me with her hand on my cock. Part of our conversation went something like this:

"I'm your Goddess."

"Yes, you're my Goddess."

"You'll do what ever I say."

"I'll do whatever you say."

"I can make you do anything."

"Yes, you can make me do anything."

"I can make you moan," and she proceeds to do just exactly the right thing to make me moan.

"I can make you hold your breath," and she rubs my cock just so, so that I arch my back and tense up my whole body; It's so good I can't breathe when she rubs me like that.

"You see," she says with a giggle, "you're mine."

And I melt.

The second encounter, which occurred on Saturday morning, was very quiet and vanilla, very much in keeping with the beautiful, peaceful morning we woke up to.

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 8 IP: Logged
7/05/2003 09:39:04	<p>Message:</p> <p>The next day, my wife's schedule was still different than mine, so once again, I had a lot of time on my hands. I was still feeling edgy because I was unable to touch myself (per my promise to my wife). Still, I kept my promise intact and kept myself very busy with other things to distract me from the "itch."</p> <p>That evening, when she got home and was reclining on the couch, I found myself in my usual position: sitting on the floor in front of her, which is my subtle, okay-in-front-of-the-kids submissive posture. Sometimes we just sit like that, sometimes we hold hands, or she will lay her hand on my shoulder or play with my hair. Frequently, if we're alone, I will turn around and kneel on the floor to snuggle against her neck. Tonight, however, with the kids out of sight, I got a whole lot more forward with my affection: I kissed her all over, told her how mad I was for her, how I wanted to lose myself in loving her. I ran my hands all over her and buried my face in her crotch. We, um, forgot about the show on TV we were watching and decided we could turn in early.</p> <p>Before I was able ask how I could serve her this evening, my wife asked me what *I* wanted, so I told her: I've really missed feeling a hand on my cock the last several days. I wanted her to rub my cock for me; then I wanted to eat her, because I longed for her taste and her scent; then I wanted to fuck her like an animal. So that's what TJ got that night.</p> <p>My wife rubbed my cock in that magical way of hers. Because I had been without any kind of stimulation for the last several days, I was extremely sensitive to her touch. Every stroke caused my whole body to tense up with the pleasure of it; I could scarcely breathe. All I could do was hold on to my ass and try not to let any of my muscles cramp up. (Really, we have to talk about putting the straps back on the bedposts, at least the ones at the top of the bed. It helps a lot to be able to hold onto something, to have something to strain against, while she rubs my cock like this.)</p> <p>After she had finished, she lay down on top of me while I caught my breath. I told her I wanted to please her with my mouth, to make it as good as I could for her, that I wanted to fuck her with my mouth. She raised up on her knees while I slid down between her legs and enjoyed the taste of my woman. She moved herself back and forth over my mouth, and from side to side, so that my tongue would find exactly the right place to give her pleasure. A couple of times she even slid up so far that I was using my nose to rub her clit. And how good she smells to me!</p> <p>When I had given her oral sex to my satisfaction (after all, I was getting to do what *I* wanted for a change), I proceeded to fuck her like an animal, as I said I wanted to. It was an exhilarating orgasm. Once I came, I had a sudden realization: since I can't touch myself anymore, this might be the last stimulation my cock gets in a while. I decided I had better keep on pumping her for as long as I could...</p> <p>On Friday, the 4th of July, we took the kids to a carnival in the early afternoon. While they were on the rides, my wife and I sat together and uttered sweet nothings to each other. Actually, they were pretty brazen nothings, if the truth be told. She had me hard a couple of times just resting her hand on my thigh. With the teasing starting so early in the day, it was looking like there would be more fireworks in the bedroom tonight than there would be in the sky. Later that afternoon, as she reclined on the couch and I was sitting on the floor beside her, I again got really forward with my affection and kissed her and rubbed her all over, finally ending up with my hand resting over her crotch. I asked if I would be finding a Goddess in my bed tonight (most likely), if I could serve her (most probably), if she would use me for her pleasure and not release me from her service until I had satisfied her completely (that sounds good). Yup, everything was lining up nicely.</p> <p>Then, after dinner, while we were all relaxing in the sunroom, she got up and went into the house and didn't come back out. I found her sitting in the bed in the dark with a pained expression on her face. Apparently, she'd had too much sun and developed some kind of migraine headache. She even threw up several times. So, I took the kids off to see fireworks and left her home in her misery. She was asleep when we got back.</p> <p>The next morning, she slept later than I did. I came back into the bedroom later and found her awake, so I crawled in bed with her. She told me she was feeling a lot better, though she was tired. She then went on to say that she knew I felt bad about last night not working out as we had planned. I allowed that I was disappointed, but that, of course, I understood and wasn't upset. She said she didn't want me going all day long frustrated, especially since we had house-guests coming for the weekend, so she gave me a pass to go relieve myself. I was taken aback. That was so sweet! I told her how sweet she was to allow me that, and how much I loved her. She said that she was just providing for the "care and feeding" of her toy. I said that I would be her obedient Knight</p>

and do what she told me to. Later, when I went to take my shower, I masturbated to ejaculation for the first time in 11 weeks.

Now what made getting the "pass" so sweet was not that I got to jerk off. Honestly, I would have preferred not to, for fear of rekindling old habits. What was so sweet was that my wife, my Goddess, had woken up in the morning after a terrible evening, given some thought to my state of mind and my desires, and decided that what I needed was to go relieve myself. Now, isn't that what a dominant woman is supposed to do for her submissive husband, take care of these sorts of things? Up to this point, I've had to take the initiative in talking about these sorts of things or reminding her about changing aspects and different expectations in our new lifestyle. I think it marks another milestone in our D/s relationship that she thought about this and acted on it all by herself.

Yes, I think things are prospering right along. I love her so much!

TJ, his Goddess's exceptionally happy boy

Cynthia
Guest

 [RE: TJ's story, part 8](#)

IP: Logged

7/12/2003
14:13:14

Message:

TJ wrote

>What was so sweet was that my wife, my Goddess, had woken up in the morning after a terrible evening, given some thought to my state of mind and my desires, and decided that what I needed was to go relieve myself.

This is my vision. I asked TJ

>Don't you love the feeling that your wife is caring for you and thinking about what is best for you?

He answered

>YES! I just melt inside & fall in love with her all over again.

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Dominating Men

The most important feeling of submissiveness has nothing to do with sex. But for men, submissiveness is also about sex. So, if you set up certain times to dominate him, having sex is a good time. If you are going to control a little portion of his life, control how and/or when he has sexual release.

This gives him a strong feeling of being controlled. It is also useful to you. He probably does masturbate. If you plan some exciting scene or event, you can ensure he is excitable and hasn't just masturbated.

There are several things you can do if you are controlling his sex life. One is denying him. This is a typical submissive game. The more you deny him, the hornier he becomes. The hornier he is, the more he desires sex, which you control. So he is more in your power, which he finds exciting.

Another is that if you control his sex life, you can use sex as a reward or punishment. You don't want to take punishment too far, because of the potential dangers.

Finally, you can be kind. You can try giving him permission to masturbate, if that makes him happy. You can find a rate of sexual release that works for him. The caring strategy is to enthrall him with as good orgasms as possible.

By the way, his fantasy almost certainly is the cruel dominatrix. You don't want to really be cruel. That won't work well, especially if he happens to be in the mood for caring.

Dominating Women

To be honest, we know the least about dominating women. The following is a collection of guesses of how to dominate a normal female with a submissive streak.

Her great weakness is probably whether or not she is liked. You should frequently reassure her that you like her. Don't lie, tell the truth, but understand her need for reassurance.

Women have many opportunities in real life to be disrespected. Don't purposely add to it. You want to be as caring as you can.

She, like you, has to be strong in real life. She does not have an opportunity to be weak or a slut. These might plug into her fantasies. It might be hard to plug into the slut fantasy at first, but a common fantasy is Big Father Little Girl. One very thoughtful website suggests that most if not all male dominants play the father to the little girl.

Probably, she will enjoy pleasing you more than obeying you. You want a mix of both, of course. But generally let her use her energy and creativity to please you.

Area of Control

If you are to control one part of her life, sex is probably not the best first choice. Sex is not as closely associated with submission in woman as it is in men. Also, she has had many opportunities to let people take advantage of her regarding sex, and it will be difficult for you to appear caring.

One interesting choice is to guide her in some readings or learning. This is almost impossible to describe. Another very good choice is diet or exercise. Push her just a little, because you want her to succeed, and use rewards.

If you are a caring dominant, say about guided readings or diet, the sex will follow. The normal courtship pattern is first proving yourself. Recreate this pattern by being a caring

dominant.

Bottoming from the Top

If you want her to dominate you, and if she has a submissive streak, you can try first dominating her. Then, at your request, she should be happy to switch roles. Write us for ideas.

SUBMISSION AND KINKS

Submission

You were probably born with the trait of submissiveness. You want to please others. That's good. You probably submit to a higher moral code, which is very good. You are probably a caring person. Be proud of your submissiveness. You are a caring person who could make a wonderful husband.

You also need something like control, or someone to submit to. In society now, that is almost impossible to find. You should be submitting to your wife. But no one told her what to do. So don't blame her, but she won't provide the control or dominance you need. You might even turn off your submissiveness to protect yourself. How sad.

Kinks & Guilt

Without control or submission, you kink. Kinks are your fantasies about being controlled. Being tied up, the strong dominatrix, the irresistably beautiful dominatrix, you being weak and easily controlled, you being denied sex and overwhelmed with need, you having low status so she can easily dominate you. The list goes on. You cannot control your kinks, so do not feel guilty about them.

You might have acted on your kinks. If no one was hurt, do not feel guilty about this either. You have a right to try to be happy. You probably tried to resist your kinks. That didn't work, because no one can live without trying to be happy.

To reduce your kinks, you can

- avoid guilt
- seek caring domination from your wife
- not let people make you weaker. Humiliation, degradation, guilt, and punishment usually make you weaker.

Love

Submission somehow triggers a romantic crush on the dominant. The word crush is not meant to trivialize this feeling, it is very strong and very powerful. You will need her attention and approval, and you will want to please her. Don't you think your wife should have this crush?

Don't you think she would want it? And with caring domination, the crush does turn to love.

Happiness

So you are unhappy because you have no one to submit to. Your wife is unhappy because she does not have your love. Your sex life probably isn't that good.

Our style of domination, called caring domination, was designed to be good for you and at least acceptable to her. It brings love and intimacy to your relationship.

She will want an obedient knight, and you will enjoy being her knight. She might satisfy some of your kinks or she might not, but your kinks will not be as important to you. You will be content, guilt-free, and happy.

More

To learn more about caring domination, go to <http://www.cair4.com>. There are no links from there to this section of the website.

[Step 2. Hidden Submission](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)

Step 2: Hidden Submission

Hidden submission is submitting to your wife without her knowing it.

Hidden submission lets you experience submissiveness to your wife. Maybe you will start to feel some of the eroticism or comfort of submission, and you might learn something about being submissive. Your wife will be happier with you and your relationship. Clean submission also bring out her dominance. For example, if you do everything she asks, she becomes confident about asking you to do something.

Service

A classic submissive fantasy is serving a Mistress. Imagining yourself as your wife's slave or servant, and serve her.

Service is clean submission. Imagine in cave man times, you would go hunting when you were hungry. But once you had a family, your would go hunting because she told you to. Then you were providing for her and your family. Service. A submissive without kinks would still serve.

Service probably won't work well for you if you don't enjoy it. But if you do, you are attacking at your wife's most vulnerable point.

Voluntary service, doing something without being asked, is great. It will soften her up. There is also value in waiting for her to ask you to do something. If you act happy to serve and do your task quickly and well, trust me she will ask again. You might also greet her request with and enthusiastic "Yes my queen", "I am at your service", or "Your wish is my command."

You can also do sexual service. This is very easy to hide..

Worship

A second hidden submission is treating her like a goddess. Some classic examples are massage and giving her a foot bath. These should be done sensuously and luxuriously. There is a long page on goddess worship. If she emotionally lets you do this, it transforms her into a caring goddess.

Chastity

If you have sex with your wife, an excellent hidden service is voluntary chastity. You might vow to not masturbate at all for a month, or not to masturbate except when she is having her period. Chastity is a classic submissive fantasy, and it increases your need for your wife. You cannot have sex unless she agrees, so she has power over you even if she doesn't know it. It also will improve your sex life with her, again warming her up and improving your relationship.

More

You empower her when you take her suggestions seriously. Suppose she says you might like a particular book. You might rather she ordered you to try the book and punish you if you didn't. But you can accept her suggestion submissively -- be eager to please, try the book, report to her like a good sub, and let her know you appreciate her suggestion even if you didn't like the book. This empowers her to take a more active role in controlling your life.

During this time, you should also [shape her dominance](#).

[Step 1. Understanding](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)

Step 3: Open role-playing.

In Step 3, do something to bring your submissive behavior out in the open. In this step, your submission is treated like a game.

Do NOT call it submissiveness. The words submissive and dominant suggest satisfying kinks, and perhaps even exploitive or abusive domination. And you probably do not want your wife looking up submission and domination on the internet.

Ideas

- Lose a bet, so that you are her servant for a night. If you are, always be cheerfully and enthusiastically obedient. Your obedience strengthens her confidence as a dominant.
- Ask her for her help/control on something you want to change. Her support could be telling you to do something or asking nicely. Again, if she does this, you need to be obedient and compliant, to strengthen her confidence as a dominant.
- Be more open about your hidden submission. If you were treating her like a goddess, suggest that one night every week be her goddess night. If you were performing hidden service and she has started to take you for granted, try to have her ask you for the service or reward you with her happiness.
- If you were practicing sexual service, you could suggest exploring domination and submission. You could tie her up one night, and she could tie you up the next. Be open to the possibility that she might like submission too.
- Maybe you can negotiate your way out of dominance you don't like and into dominance you do like. If she is being angry, you could offer to do whatever she wants as long as she asks nicely. If she tries to dominate you in public, you can offer to comply at home if she stops being that way in public

[Step 1. Understanding](#)

[Step 2. Hidden Submission](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

Entry Page



Step 4: Being Open

You might be able to stop with Step 3 and slowly grow into the relationship you want. But for the best possible relationship, for you and her, you need open and honest communication. That means telling her you are submissive and explaining that you need some kind of control or submission. If your kinks are still strong, you might tell her about those.

The previous steps prepared you and her for this moment. No, you cannot have someone else tell her. You have to be the brave knight.

Your honesty helps her know you better, and it frees you to be honest with her. You and she can now talk about domination and submission, though you still might want to avoid those words for as long as possible. You can send her to our website and we can explain about being a good caring dominant.

Kinks

Will she act out your kinks? A happy caring domme is likely to grant favors, so your fantasies might come true. Our four-step plan is your best chance. But she might not, for many different reasons. If you try to pressure her, you are dominating. That won't work for you, and it will turn off her domination. Believe it or not, your kinks won't be as important to you.

[Step 1. Understanding](#)

[Step 2. Hidden Submission](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 1 IP: Logged
4/21/2003 17:11:27	<p>Message:</p> <p>Miss Cynthia has expressed an interest in knowing how things are going between my wife & me since I found the SCD site. I am happy to oblige.</p> <p>Background & History</p> <p>My wife & I have been happily married almost 18 years. I am 42, she is 46. We have two boys, ages 12 & 9. My wife works in the medical field. I am in public service, I teach a bit at the college. I am well-known in my community. My family is deeply religious & we are active in our church (from time to time we abstain from sex for reasons of religious observance; knowing this will clarify parts of the story). Ours is a statistically average, middle class American family.</p> <p>I don't think I have ever been The Selfish Lout when it comes to sex. Apart from the rare "quickie," I've tried to be considerate of my wife & her feelings & needs. Nevertheless, about three years ago, I decided that I really wanted to focus on pleasing her. Since I knew I was going to cum anyway, I figured that the extra attention lavished on my wife would only make me golden in her eyes. So I slowed down our lovemaking & began spending lots of time in foreplay, talking to her, using my hands & mouth anywhere & any way I could, learning to continue intercourse in spite of my own orgasm, etc. I even did research on the Internet. Well, it worked, & I was golden in her eyes.</p> <p>In retrospect, it may be that I was really trying to do was to elicit a little more attention from my wife than I had been getting up to that point. Maybe I was thinking, if I were better to her, she might be better to me...</p> <p>You see, she almost never initiates sex, & I really wish she would. To be sure, if I ask for it, nine times out of ten I'll get it, no problem, so it isn't like she doesn't enjoy it. But she doesn't ask for it herself. She says she just never thinks of it, & I believe her. (The only time I can remember her initiating sex in the last, oh, several years, occurred last fall. She woke up from a dream – & what a dream it must've been! – & was the horniest I've ever known her. She woke me up & was all over me like an animal. Used me, in fact. I, of course, was ecstatic but also so taken aback that all I could do was lie there, enjoy it ... & giggle.)</p> <p>Recently, when I asked her why she didn't initiate sex, she said she liked to be asked because it made her feel wanted. I can understand this. Still, how does a man feel if his wife never asks *him* for sex? Does he feel wanted?</p> <p>Also, for better or worse, she doesn't talk much during sex. And I confess I get a little tired of having to ask constantly if what I'm doing feels good, if it's what she wants right now, if I need to go faster, slower, harder, softer, deeper, shallower, etc. In fact, now & again I resent it. It's not like I've never asked her to tell me what she wants. I've pleaded time & again, & what I usually get for an answer is, "oh, what you're doing is fine." And then I start feeling like I'm questioning her in order to prop up my own self-esteem: "So, baby, was it good for you?" Ugh.</p> <p>I know she doesn't always cum when we have sex, though I'd like to insure that she does. She says it's not important that she cum every time, that she enjoys just being with me, & I believe her. Still, it bothers me on at least two counts. First, I guess it's a guy thing to want to be able to make his woman cum, & I do want to make her cum – the oftener the better. Second, her orgasms seem to be very subtle affairs & I honestly can't tell whether she's had one or not. As a result, intercourse usually means that I keep pumping well beyond my own orgasm until I collapse from exhaustion or my arms fall off, & I *still* don't know if I've satisfied her or not.</p> <p>Also, part of my focus-on-pleasing-her strategy sort of backfired. Since I was so eagerly pleasing her, she sort of ... got out of the habit of pleasing me in return. And I miss all the things every man misses: having his wife kiss him (I do almost all the kissing), suck on his nipples (I know mine don't, er, "stand up" to hers, but they are sensitive & like attention), fondle his cock & his balls (without being asked or having her hand put there by me), that sort of stuff. Sure, I get off, but unless I ask for some other type of pleasure explicitly, I don't get it. And a man gets tired of having to ask for that sort of thing. (Oh, in case you're wondering, I haven't had oral sex since before our last kid was born, over 9 years ago. The last time we talked about it, which has been a while, she said she was afraid I would go off in her mouth.)</p> <p>I think I must've been getting a little frustrated with our sex life (my God, as I write this, I'm wondering how much denial I've been in!) , because several months ago I began surfing the 'Net for "sexual content." I started out looking for ways to improve our sex life & found instructional sites with helpful, informative articles, like What</p>

Women Want, Spicing Up Your Sex Life, Ultimate Oral Sex for Her, Top Ten Women's Fantasies, Sexual Positions Women Enjoy.

But part of me wasn't satisfied. I started looking at kinkier stuff: femdom sites, BDSM, CBT, CFNM. Sure, some of it was wildly erotic & fascinating (a lot of it was breathtakingly neurotic or narcissistic), but when I thought about it, most of it actually left me cold. Raw power exchange doesn't move me. Humiliation is certainly erotic, at least on the page; in real life, I'm not so sure. Pain? I don't deal well with pain. Moreover, my wife would never go for any of it, & I wasn't sure I even wanted to bring it up.

It finally dawned on me what was appealing in this kind of erotica was the fact that all the men were getting a lot of *attention.* Even if it was degrading, humiliating, painful, neurotic attention, it was attention. It was sexual attention. I wanted that attention. And I wanted it from my wife.

About the same time, & maybe partly as a result of looking at this Internet material, I began to realize that I have a submissive streak in me. I have already said that for three years I've been actively focused on pleasing my wife sexually. I began to realize just how happy this made me feel. I really get pleasure from giving her pleasure.

So, now I was in a quandary. I wanted two things that I wasn't sure went together really well: I had this submissive side that wanted to give my wife even more sexual attention, & at the same time, I wanted all kinds of sexual attention for myself.

Recently, I came across Internet sites dealing with cock teasing & orgasm denial (T&D). Although the denial part didn't appeal to me, the teasing part did. I guess it fulfilled a fantasy about receiving hours & hours of sexual attention, all culminating in a mind-blowing, cosmic orgasm. (What's not to like?) Still, a question remained: was it possible to move this fantasy to reality? How could I get my wife to play along?

About this time, I found a T&D forum that had a link to this site. And reading this site has changed everything...

DanW
Guest

 [RE: TJ's story, part 1](#)

IP: Logged

7/08/2003
16:16:57

Message:

Regarding your wife's orgasm, I would suggest you seriously consider getting a vibrator like the Hitachi Magic Wand from Good Vibrations. You may also want to get Betty Dodson's video Celebrating Orgasm. That's about as much assurance as you can hope to get. Then again, don't expect her to cum everytime - she may simply not want it every time. Arousal without relief is fun too, as you are discovering.

\

I know she doesn't always cum when we have sex, though I'd like to insure that she does. She says it's not important that she cum every time, that she enjoys just being with me, & I believe her. Still, it bothers me on at least two counts. First, I guess it's a guy thing to want to be able to make his woman cum, & I do want to make her cum - the oftener the better. Second, her orgasms seem to be very subtle affairs & I honestly can't tell whether she's had one or not. As a result, intercourse usually means that I keep pumping well beyond my own orgasm until I collapse from exhaustion or my arms fall off, & I *still* don't know if I've satisfied her or not.

TJ
Guest

 [RE: TJ's story, part 1](#)

IP: Logged

7/09/2003
06:58:03

Message:

My wife has expressed nothing more than passing interest in any kind of sex toy. The last comment she made about them was something along the lines of, "maybe next time one of the women at work sponsors a 'slumber party' I'll look at a catalog." There are sex toy stores in our area that aren't sleazy dives next door to strip clubs but that cater to middle class suburbia; we've been in one a couple of times, but she doesn't seem moved by anything (maybe it was all a bit overwhelming). I think in time she will decide to find something she likes. The last week or so her sexual side has begun to come out a little bit more. I think she's getting more relaxed about all these sorts of things.

DanW Guest	 <u>RE: TJ's story, part 1</u> IP: Logged
7/09/2003 08:38:01	Message: It's quite likely her lack of anything more than passing interest as you say has more to do with cultural lack of permission than anything else. In her books and videos Betty Dodson does an absolutely wonderful job of addressing this surprisingly common issue for women. Let's face it, this intelligent sensible almost grandmotherly (sorry Betty, young grandmother) woman explaining how it's fine for a woman to use a vibrator just does magic in the permission department. Give it a try, your wife will love you for caring so much about her pleasure. Though realize too, that you may end up having to rearrange your sex practices a bit to fit it in.

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's Story, part 7 IP: Logged
7/01/2003 11:48:13	<p>Message: TJ's story, part 7</p> <p>The next night, the night after our "milestone," I again tried to tell my wife what the previous evening had meant to me. Still, I couldn't find the words to express what I felt. I pointed out how much I was moved by the fact that she had called me her "boy," that I had kept my word (and my hands off myself). I told her that I really wanted to mean what I said: I wanted to belong to her, to be used for her pleasure, to give myself to her completely. The thought of that kind of submission excites me & scares me all at the same time, but the fear is also exciting, & it is a tribute to the trust & faith I have in her. I asked her if she liked hearing me say these things, & she said she did & that she loved me.</p> <p>She asked for another whole body massage. I hadn't had time to study the massage books I bought the day before, but I did the best job I could for her.</p> <p>Afterwards, she asked me if I'd like to have a different sensation tonight, the feel of my cock inside her. I confessed I wanted that a lot. She said she did, too, & had missed it herself over the last three days that she had been teasing me & frustrating me. I asked how she wanted it. She wanted to be on top, as she usually does. So she got on top, took my cock & put it inside her & began riding it to please herself. I love it when she does that, & I encouraged her to ride it, to ride her cock, her toy, to use it for her pleasure. (I like to feel used in this way.) She controlled the depth of the penetration & the speed of the motion.</p> <p>She started out very slowly, riding the whole length of my cock in & out of her, then slowly began to speed up and to shorten the strokes. Once she got going, I raised my hips up off the bed (it makes a better angle of penetration for her) & grabbed her by the hips & began thrusting her hard and fast. I asked her if I should pump her until she told me to stop, but she said, "pump until you cum," which I did. It was a great orgasm.</p> <p>Afterward, I told her that the most frustrating thing about the previous night was lying in bed next to her, unable to touch her and unable to touch myself. She thought this was funny.</p> <p>A couple of days later, we were invited to a high school graduation party. At the party, I stayed near my wife the whole time we were there. I asked her a couple of times if she needed anything, & she said no. Later, I asked if she wanted her drink refilled & a little flash of recognition came across her face; this time she said yes. I was able to fetch coffee & dessert for her, too. Each time I asked, she got a twinkle in her eye & that little smile played across her lips: she knew what I was doing, I was serving her, right there in public, & nobody knew about it but the two of us.</p> <p>We got home from the party about mid-afternoon. I had thought of washing my car, but once you're the boy of a Goddess, you always have to wash her car first. So I asked her if she wanted her car washed. She hesitated for just an instant, then realized that I wanted to submit to her, & with a smile, told me she did. So I hand washed & dried both our cars (& I can tell you that it is possible to get a hard-on just washing your wife's car), then watered all the flowerbeds & the garden.</p> <p>The next day, our schedules did not coincide & we were working different shifts. I was home alone for a lot of hours, & as I have said in an earlier part of my story, time on my hands usually meant hands on myself. But I had made a promise to my Goddess three days ago that I wouldn't play with her toy, but that would touch it only to bathe & pee. This has turned out to be remarkably difficult. Old habits die hard (pun intended?), & because I could not localize my feelings by touching my cock, I had a sort-of generalized anxiety most of the day. Once my wife got home, I found a lot of pleasure in touching, hugging & kissing her. Being able to touch her seemed to take the edge off my distress.</p> <p>That night she was tired & wanted nothing to do with me. I explained to her, as I had once earlier in the day, that keeping my promise to her has been really hard & that the only way I've been able to do it is because I love her. I really, really do mean it when I say my cock belongs to her & is for her pleasure, not mine. (Still, I've used it for my own pleasure all my life, so this gift is a Really Big Deal.) I told her all of this not to arouse her pity for my suffering, or as a back-handed way of asking for some kind of stimulation, but simply to let her know what I was feeling. She appreciated that & told me "good-night."</p> <p>While I lay in bed, unable to fall asleep because my erection was pressing hard against the mattress, I thought of</p>

something that is worth mentioning, by way of a

RED FLAG. If men give up masturbation, whether to the point of ejaculation or not, they should be especially aware of swings in their moods & possible changes in their behavior. They should also explicitly tell their women to watch for changes in their men's moods or behavior. The reason is this: many men suffer from depression & don't know it. The reason they don't know it is because they hide it by comforting themselves or "medicating" themselves with something that makes them feel good or forget their pain, such as drugs, booze, sex, hours upon hours of ESPN, lots of "computer work," workaholism, or masturbation. Consider these lines from Terrence Real's book, *I Don't Want To Talk About It: Overcoming the Secret Legacy of Male Depression*, pp. 59-60:

The turning to any substance, person or action to regulate one's self-esteem can be called an addictive process. In this framework, the terms "addiction," "narcissistic disorder," and "the defenses in covert depression" are all synonyms. When a covertly depressed man's connection to the object of his addiction is undisturbed, he feels good about himself. But when connection to that object is disrupted – when the cocaine runs out, the credit cards reach their limit, the affair ends [he quits masturbating] – his sense of self-worth plummets, and his hidden depression begins to unfold. Such "withdrawal" drives him back to the drug, the achievements at work, or the next sexual conquest.

Almost anything can be used defensively in covert depression to enhance self-esteem. The covertly depressed man may try to right his floundering sense of self-worth by chemically altering his moods. He may bolster failing esteem by garnering it from others in his profession or in his romantic attachments. He may turn to a variety of compulsive activities, like sex [masturbation?], gambling, spending or even something as benign as exercise.

The difference between the normal and the addictive use of these substances or activities is the difference between enhancing an already adequate sense of self-esteem and desperately propping up an inadequate one....

Nondepressed men turn to mood-altering behaviors like drinking, gambling, or sex for relaxation, intimate sharing, or fun. Covertly depressed men turn to such substances or activities to gain relief from distress. [End quote]

Be careful, friends. If you give up control of your orgasm to your woman or quit masturbating to please her, please watch out for feelings of generalized anxiety or mental/emotional distress. You may discover you're suffering from covert depression. If this is the case, you would probably do well to go back to your woman and re-negotiate how & when you get sexual release. This is in keeping with the statement on SCD website ("Dominating Men" subpage): "Finally, you can be kind. You can try giving him permission to masturbate, if that makes him happy. You can find a rate of sexual release that works for him." You also need to deal adequately with any underlying depression or other emotional issue. Personally, I can see nothing but harm in trying to introduce a D/s lifestyle into a relationship burdened with emotional problems.

'Nuff said.

For myself, I honestly don't know if I've used masturbation as a method of self-medication or not, but I'm going to be especially careful to watch out for signs that I might have been.

Cynthia
Guest

 [RE: TJ's Story, part 7](#)

IP: Logged

Message:

7/02/2003
01:21:08

I think you hit a bump in the road and need to communicate.

I worry a little that you forced your wife to be in charge of when you ejaculate. Anyway, you are now discovering that isn't quite as easy as it looks. She doesn't know enough to make good decisions. Talk to her and see what she wants to do.

<p>DanW Guest</p> <p>7/07/2003 12:34:26</p>	<p> RE: TJ's Story, part 7 IP: Logged</p> <p>Message: TJ,</p> <p>You need to find a happy medium with regard to sexual release. I think of this as "titration to effect" - to maintain yourself in this erotic limbo of arousal, by managing the amounts of teasing and release. Ceding total control to your wife may be appealing but she is perhaps not yet prepared to monitor your condition to the degree necessary. She will need to become familiar with signs of your need and you will need to become better at communicating same, to optimize your focus and attentiveness to her.</p>
<p>TJ Guest</p> <p>7/08/2003 13:05:11</p>	<p> RE: TJ's Story, part 7 IP: Logged</p> <p>Message:</p> <p>Thank you, Miss Cynthia & DanW, for taking the time to read my little accounts & for offering what amounts to the same suggestion: communicate, communicate, communicate. Sure, we're new at this & there will be bumps, but so far they're small & manageable bumps. We're also both learning how to relate to each other in a new way, a way that requires new skills & sensitivities. I'm confident that we will make it. Looking back over my accounts of the past three months makes me realize just how far we've progressed in so short a time. It really is a fantastic journey.</p> <p>DanW, I am comfortable at this point in our relationship to allow my wife to have total control over my release. Although she doesn't always read me well, I do try to be as open to her as I can so that she knows my condition. Whether she chooses to act on that information or not is, of course, up to her... but thankfully, I'm not so much a slave to my hormones that I can't submit to her desires, & she is compassionate enough that I won't suffer much or long when she says "no." Moreover, the "generalized anxiety" I was feeling -- & which concerned me a lot -- lasted only a few days & seems to be gone now; I'm much more comfortable with with the "hands off her toy" policy & don't find it as difficult as I thought I would.</p> <p>By the way, it's been a very long time since I titrated anything. I think it was when I was cramming two years of general chemistry into one summer way back when. At any rate, an apt metaphor. (Haven't htought about phenolthalene in years...)</p>
<p>DanW Guest</p> <p>7/08/2003 14:51:53</p>	<p> RE: TJ's Story, part 7 IP: Logged</p> <p>Message: TJ,</p> <p>Your journaling of your thoughts and feeling provides a nice record of your experience for others to see. I recognize many of the feeling and sensations myself and wish I'd had the forethought to journal things, even if just for myself. Your generalized anxiety may have been your subconscious mind responding to the loss of pleasure from solo play though replacing it with increased hugging and affectionate behavior with your wife probably serves as a good substitute. Enjoy the ride!</p>
<p>TJ Guest</p> <p>7/08/2003 15:03:35</p>	<p> RE: TJ's Story, part 7 IP: Logged</p> <p>Message: Dan W,</p> <p>Thank you again for your comments. I've always been lousy at journaling anything; this is the first thing I ever have, & I think what made it easier was that I simply had to tell *somebody* about what was going on with me & put it into words somewhere.</p> <p>With regards to your observation that my generalized anxiety may have been off-set by increased affectionate behavior towards my wife, I've thought about this myself & think you're right. Actually, my affectionate behavior towards my wife has become rather forward & aggressive since I gave up touching myself, as I mention in Part 8. Probably related.</p>

BTW, do I assume that you are the same Dan W who posts on the wifeworship forum & that you came here via the message I posted on that forum about M. Cynthia's site?

TJ

DanW
Guest

 [RE: TJ's Story, part 7](#)

IP: Logged

7/08/2003
15:13:03

Message:
The same.

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 6 IP: Logged
6/28/2003 14:33:45	<p>Message: About a week later...</p> <p>In the evening, when she went to bed, I knelt down on the floor at her side of the bed and reiterated how happy I'd been since I expressed my submission to her, how much I was enjoying it. I reminded her that, in the beginning of all of this, I had wanted two things, one was to be submissive, the other was for more sexual attention for myself. I went on to say that I liked taking my submission outside of the bedroom: making her coffee in the morning and fetching the newspaper, sitting on the floor beside her while she was on the couch, etc. Still, I wanted to know what it felt like to be controlled, and to for that to happen, she needed to do some controlling. She said it was hard for her and that she wasn't sure she could do a good job of it. I was as reassuring and affirming as I could be.</p> <p>I asked her what I could do to serve her this evening. She decided on a whole body massage with the lotion I had bought her. She enjoys these massages so much she suggested, in the middle of this one, that I should get a book on massage. I told her I would be happy to get a book on it so I could do a better job for her.</p> <p>She then asked me what I would say if she didn't want to go any further this evening and that she was tired. I told her I would be obedient, go to my side of the bed, and leave her alone. She said I needed to save my orgasm for tomorrow, and maybe, just maybe I could cum then. She said she would tease me all day and keep me horny. The whole conversation was very quiet and relaxed. I was obedient and went to my side of the bed and let her get to sleep.</p> <p>The next morning, I had been awake long before she woke up, which is typical for me. I mentioned to her that I had had a hard-on since I got up. She was not surprised. Later that day, while we were out running errands (which included a stop by a bookstore to pick up a couple of books on massage), we casually discussed miscellaneous aspects of dominance and submission. "Who'd've believed it," I said, "two months ago I mention a submissive streak and now I'm learning massage." "Next it'll be a cock cage," she offered playfully. "Who'd've believed it," I said, "two months ago I mention a submissive streak and now it's massage and a cock cage."</p> <p>I waited all day long for the promised cock teasing I was supposed to get. It wasn't until we were driving out to dinner that she began to rest her hand on my thigh and stroke my leg, which she did to and from the restaurant. This is a good sign, I thought, she remembered.</p> <p>Then, that night, we began our time together with snuggling and mutual back scratching, which we both love. After a nice, long relaxing back scratch, she moved her hand onto my cock and began giving me hand-job. I've already mentioned that her hand-job is the most intense pleasure I've ever felt and that my whole body just goes rigid, every muscle contracts, and I can't even breathe, the pleasure is so great. She worked my cock for several minutes and left me panting and feeling like some kind of sex-crazed animal.</p> <p>I pulled her on top of me. She really likes it when she's on top of me, holding my cock between her legs, and humping me so that my cock rubs against her clit. I think she could do this for hours. As for myself, I'm still worked up from the hand-job, and I ask her to tell me that I belong to her. She picks up on this immediately: "You belong to me. You're mine. I own you. I own your cock. I own your orgasm." I get wilder and wilder and repeat back to her everything she says, affirming it, trying to feel how real it is: "Yes, I belong to you. I'm yours. You own me; you own me. My cock is yours. My orgasms are yours."</p> <p>Then suddenly, she rolls off of me. "Yes, I own your orgasm, and tonight you're not getting one."</p> <p>I can't describe the shock I feel! She's never said anything like this before! She's never done anything like this before!</p> <p>She lay on her back, and I snuggled up next to her, lying on my side. The base of my cock rested against her hip, the rest of it pointed up into the air, which I was humping hard, getting nowhere. My hand reached automatically for her clit and started rubbing it, my mouth went to her breast and I started sucking. I couldn't stop myself. I couldn't stop humping and rubbing and sucking. I can't describe what I was thinking. I don't think I was thinking at all; I think all I was doing was feeling, and I can't even describe what I was feeling.</p> <p>She said, "I'm going to leave you frustrated tonight. Maybe tomorrow night you can cum." Okay, I agree that it will be that way and I start losing my mind in love and admiration of this woman who has been such an incredible</p>

tease since before dinner.

But she wasn't finished: "Tomorrow, you're going to be frustrated for me. And don't you dare touch it. Don't touch my toy. It's mine. I don't want you playing with my toy. Promise me, promise me you won't touch it. Promise me you won't play with it."

Over and over she says things like this, again and again, and I repeat every bit of it after her in greater and greater desperation: "I won't touch it. I won't touch your toy. I won't play with it. I'll only touch it to pee and bath. I promise I won't play with it."

"Don't touch my toy. If you do, you'll have to be punished." (!)

"Okay, I won't touch your toy."

"Are you going to suffer?"

"Yes, I'm going to suffer."

All this time, I keep panting, and humping air and rubbing her clit. I can't stop moving. Where is my mind going? I feel like I don't have will anymore, I can't think. Only my Goddess fills my awareness. I can't describe what I was feeling.

Finally, she stops talking and after several minutes I calm down a little bit and climb on top of her. I'm still dizzy with what just passed between us and panting for breath. I tell her, "I love you so much. You said yesterday that it's hard for you to be dominant, but god, you're excellent at it."

She giggled said, "Next week I'll get my whips and chains."

"Promises, promises," I say. "...But see? You don't need them. You have this power in you all by yourself." I repeated my promises to her again: that I won't touch her toy or play with it except to pee and to bathe.

I realize that our time together is starting to wind down. I ask if there is anything else I can do for her. She says no. I confess that I love having my Goddess. She says she likes having her boy. Something in the way said it caught my ear.

"Is that who I am," I ask, "your boy?"

"Yep, you're my boy."

So I guess were now the Goddess and her boy.

She then tells me to get to my side of the bed and go to sleep. She playfully makes it known I'm to keep my hands to myself and not bother her anymore. But I can hold her hand, ... and I can suck on my fingers if I want to (the ones that have been rubbing her). She says I can dream about her toy. I ask if I can dream about how she will use it for her pleasure, and she says yes. I hope I dream tonight...

So we lay there, holding hands, I tell her, as best I can, how I felt while she was making me promise, how wonderful it was, to feel so vulnerable, so open, so submissive, and how much I loved her, and trusted her. I feel so controlled. I want to cum so badly, but I want to please her even more than that. I told her that I'm willing to suffer and endure for her, that I'll be a man of my word because I love her. She calls me her knight.

She turns loose of my hand, leans over to kiss me, and says goodnight. "Goodnight" always means "we're finished for the night and it's time to go to sleep." I lay there, yearning to take her, even to touch her, knowing that I can't. I put my fingers in my mouth and suck off all the taste of her that clings to them. Then I realize that my Goddess has given me a name: her boy, and the thought of it brings me to the edge of tears.

I'm amazed at what has happened. I'm just overwhelmed by it all. It took me over 3 hours to get to sleep – and we had already started late – and I had a raging hard-on most of the time so that it was hard for me to lay on my stomach, which is how I typically fall asleep. I'm still overwhelmed this morning.

We passed a real milestone last night.

I had to be gone most of the day, but I found the opportunity to take her aside and ask her something, before I left the house. "Did you enjoy yourself last night?" "Yeah, I did," she said, smiling, "in a sadistic sort of way."

TJ, his Goddess's boy.

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 5 IP: Logged
6/28/2003 14:29:02	<p>Message:</p> <p>One Sunday evening when we were planning to be alone, after I had shut and locked the door against juvenile intruders, I came back to the bed and found my wife on her stomach wanting her back scratched – she likes that a lot. I obliged her a long time, to her satisfaction. She got me really worked up well through the rest of our foreplay, to the point where I sort of lost consciousness of everything but my aching desire for her. I really like being “out of my mind” like that.</p> <p>(She did, incidentally, introduce into the foreplay a few things she doesn't usually do: voluntarily squeezing my balls, running her nails over my anus, digging her nails into my ass, pinching me here and there, so maybe the material she's been reading from Akasha's website is having an effect on her. Later, when I commented on her behavior, she said it just seemed like the thing to do at the time.)</p> <p>At any rate, while we were having intercourse and I was getting close to the edge, I asked as I always do, whether or not I could cum. Amazingly, she said no, so I had to stop and hold very still to keep from cumming. Maybe I got too close to the edge, because when I started up again, I couldn't cum. Finally, I collapsed from exhaustion. She said she was satisfied for the night. I told her I hadn't cum, and at first, she said we could finish in the morning. Then she thought of me lying there in bed all night, awake and frustrated ('cause I've done that before), and worse, waking her up early in the morning to finish things off, and she decided that I really ought to keep it up 'til I came, which I did.</p> <p>The next morning, I felt guilty about that. It's true, she told me I could cum, and I am obedient to her in that respect, so I came per instruction. Still, seeing as how she was satisfied, wouldn't it have been a better gift to her for me to have stayed frustrated and endured it rather than to have cum and satisfied myself? I keep saying that my cock belongs to her, that it exists for her pleasure and not for mine, and here was a perfect opportunity to act on those words, to prove to the both of us that they weren't merely words, and I didn't do it. I am disappointed in myself. (But not so much that I'm going to beat myself up over it. I think I've read somewhere something about the spirit being willing, but the flesh being weak...)</p> <p>Oh, well. I pledge to do better next time.</p> <p>One last thing, my wife confesses that she doesn't have much imagination about sexual things. As an aide to her poor imagination, she has agreed to let me put together descriptions of scenes, teasing games, lists of light bondage games, humiliation ideas, and such that I can get off the Internet and from books. Maybe it'll help.</p> <p>A couple of nights later, my wife was in her “goddess mode.” It was the first time, I think, that she took complete control of our love-making. She asked me to give her a whole body massage with the lotion I bought her. I admit I spent a lot of time massaging her ass, so much so that she noticed and commented on it. When I was done with the massage and she was covered in lotion, I begged her for some other way to serve her. She told me I could eat her, which I did with glee. I stayed down there and worked diligently – and blissfully – until she pulled me up several minutes later (actually, it was probably the longest time I've ever spent giving her oral sex). She was ready for intercourse, and I got on top of her. After a short while, she decided she wanted to be on top, so we flipped over, and I pumped her until I was exhausted. She said she was satisfied with me; I mentioned to her that I had not cum. She was surprised at this (but then, why should she have been? After all, I never cum anymore without explicitly asking for permission to before I reach the edge, and I hadn't asked.) She said she was tired and satisfied.</p> <p>I told her that I didn't want to cum; that it meant something to me to spend the whole evening on her pleasure and not on my own. I keep saying I want to be her servant, to give her pleasure and that she owns my cock and balls, etc. This time, I felt like I had integrity, that I was man of my word by serving her faithfully and diligently and not getting to come in the end. She said she understood this (sort of). Still, she was in a generous mood, and I had told her a few days before that the desire to worship her ass was beginning to stir in me again (as it does, from time to time). I asked her if I could worship her ass, and she agreed! She flipped right over, and let me put a pillow under her hips and go at it. I don't know how long I was down there, but it was heavenly. I have such a wonderful wife. The next night, she made sure we had a quickie so that I could cum after two or three days of frustration and good service. She really is a goddess.</p> <p>I love her so much!</p>

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
jeem Guest  6/26/2003 03:06:49	 Subject: Loving Cuckolds IP: Logged Message: Is this something that can be done in a D/s relationship that draws a couple stronger together? Should the wife seek her pleasure if the husband seeks to serve her through support and submission? Can this be done in a way that does not diminish the sub, but strengthens the marriage?
Cynthia Guest  6/28/2003 13:36:09	 RE: Loving Cuckolds IP: Logged Message: I can't imagine this working for real. I know everyone is different. But I can't imagine both of you feeling good about her really cuckolding you. Maybe it's just me. Can't she just play it as a game? That she talks about it like she really did it? Would you react to that? I am assuming that cockcolding is your fantasy. Cynthia

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest 	 Subject: Cookie idea IP: Logged Message: While I'm in a posting mood, let me share an idea with the men out there, at least with those who've been using the Lady & Knight analogy in their relationship. Pepperidge Farm makes a little bag of cookies that are stamped with chess pieces. Pick out all the Queens & Knights & use them creatively in service to your Lady. (Use the rest of the bag to bribe your kids into giving you some quiet time with your Queen.) Examples: give her two, unexpectedly, with her coffee, a Queen on top of a Knight. See if she catches the subtlety. Or, place a Queen on her pillow if you're coming home late. Or, put a Knight next to some little chore you've done (like stacking clean towels for her in the bathroom while she's showering) to let her know you did it for her. Or, simply put a Knight into her lunchbag or briefcase or purse. You'll know if she thought about you that day.
6/07/2003 15:35:53	

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
Cynthia Guest  5/27/2003 11:20:14	<p> Subject: Vanilla Submission IP: Logged</p> <p>Message: I like TJ's idea of using this message board to share experiences. I received this letter.</p> <p>The vanilla submissive role is actually very important to me as although i crave erotic submission i cannot enjoy erotic feelings all day. What you have taught me is that i can enjoy being submissive in non-sexual ways and derive satisfaction from this. Being attentive to peoples need especially women fulfills this need that i have had for al my life, when i first started writing to you i told you that i had little experience of being a submissive but i have found this not to be true. The analogy i use is that of a blocked river, imagine my desire to be sexually doiminated as a river. This river was blocked for many years by shame and guilt and cowardice. However new rivers were formed that passed this "dam" and allowed expression, i was just never aware of them. The thrill of giving up my seat on a train to a woman, carrying heavy loads for a woman or just simply listening to what she is saying all allow me to express my self. It is my dream now to find a mate with whom i can openly be submissive with, in the knightly way you have taught.</p>
Cynthia Guest 5/27/2003 23:12:17	<p> Another letter IP: Logged</p> <p>Message: This is another letter, from a visitor to this site.</p> <p>I can only say I feel reassured about myself having read your articles. As a single submissive male I have struggled with this for many years without fully comprehending exactly what it was. Thanks to sites like yours I am gradually starting to appreciate and like myself a little more. I have been many times with professional dommes but not only are these scenes expensive but ultimately unsatisfying. They lack true intimacy which is the soul of any relationship. I lost my last lady friend a couple of years ago when i confided to her my bdsm kinks. Since then I have been on my own hovering between shame and desire. However I am strong and I will survive. Thanks to you and those like you I will survive perhaps a little less painfully.</p>

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	 Subject: TJ's story, part 2 IP: Logged
4/22/2003 14:46:40	<p>Message: TJ's story, part 2</p> <p>Re-reading part 1 of my story after posting it, I see that I come across as kind of angry in places. I don't mean to, & honestly, I've never felt more than mildly frustrated at my sex life. I don't blame my wife for this. Why couldn't I have asked for what I wanted? At any rate, I feel I may have expressed myself too strongly & want to be sure I'm not misunderstood.</p> <p>Finding the SCD website.</p> <p>I found the School of Caring Domination website about 10 days ago. It expressed very well what I've been feeling. The second paragraph had me hooked: when I read that submissive men "are polite, considerate, caring, and moral," I thought to myself, here's something refreshing; somebody out there really does understand me. This described me to a T. Being submissive didn't have to mean wanting physical, verbal & psychological abuse. Being a submissive husband suddenly seemed like a real possibility & not so shameful a possibility, at that.</p> <p>Men want "control, or someone to serve and obey, or something like that... Without that, they won't be happy and they will develop kinks." Hmm. Could this be why I've been cruising the 'Net lately looking for "sexual content"? Things began falling into place in my mind. I read the whole site through twice & saved every page on my computer to read again.</p> <p>For a couple of days before I found the site, I had begun to act out a fantasy of being my wife's slave, only she didn't know about it. Since we often work different schedules, I'm at home a lot when she's not there. I began to do little things around the house: picking up here & there, cleaning the kitchen, making the bed, stuff she might notice or might not, it didn't matter. What mattered was that I was doing it because that's what a dutiful slave is supposed to do for his Mistress. In order to make it feel sexy, I would do the chores naked, & before I began each one, I would assume a submissive posture next to her side of the bed – on my knees with my hands clasped behind my back – & speak out loud my submission & adoration for her. Then I would kiss or lick the bedpost nearest the foot of her side of the bed, wishing it were her body. Just the pretense gave me a raging hard-on.</p> <p>When I read about the 4 Step Program for men on the website, I realized that I had been practicing "hidden submission," just like it was described. (I considered the fact that I had begun to practice hidden submission only a couple of days before I found it on the website a kind of confirmation that this is what I should be doing). For those who haven't tried hidden submission, I recommend it: it is an incredible turn-on. And it really is a way to see how submission might actually feel.</p> <p>The website suggests four ways of hidden submission. I had begun practicing "service," simply doing stuff around the house to please my wife. For a long time I have also been practicing "sexual service," putting her sexual pleasure first, albeit with some degree of frustration (as I described in part 1). Because of conflicting schedules & having kids home in the evening, I didn't see any ready opportunity to "worship" her with a long, luxurious bath, dinner, massage or some other time-intensive event. However, I decided I could practice "chastity" & give up masturbation for her.</p> <p>Chastity is such a sweet-sounding word, but the reality is much more difficult. It is true that most men masturbate, & I am no different in that regard. I have been able to give up cumming through masturbation, thus relinquishing control of my orgasms to my wife. However, I haven't been able to keep my hands off myself. Time on my hands generally means hands on myself. So I have to confess that I've been practicing a little cock teasing on myself, keeping myself in a state of low arousal & feeling hornier than I have in ages. My wife has wondered at my recent horniness, but I haven't told her what it comes from.</p> <p>I realize that, as a submissive husband, my cock rightly belongs to my wife, but I haven't been able to stop "priming the pump" yet. This is something that's going to take time & effort.</p> <p>Putting it into practice, 1st encounter</p> <p>At any rate, having read about "hidden submission" on the website, I began to practice it in more earnest. I liked</p>

the imagery of being my Lady's knight, & I went about my chores with this in mind. It is amazing how horny you can get putting away the dishes. After a couple of days of conscious hidden submission, I got my wife to bed & we had a night of sex that was one of the best & most tender we've had in ages. The foreplay was long, relaxed & fulfilling, my orgasm was fantastic, & I couldn't turn loose of her or stop kissing her after we were finished. I literally could not hold her close enough to me. It was if our bodies were in the way of getting as close to her as I felt.

I told her then that I really did want to serve her sexually & that all I wanted was to give her pleasure, that it gives me a great deal of joy & satisfaction to know that I've made her happy. I told her in fact, that my deepest heart's desire was to serve her & I think she heard that in the right way.

The next day, I left some chocolates in her car along with a handwritten note for her to find when she got off work. The note said:

Last night was so special, so good & so tender, I had to say "thank you" again. I didn't think it was possible to fall in love with someone I already loved so much, but I've fallen for you even more than I could imagine: madly & passionately. I adore you. I cherish you. I love you with all my heart. (Signed) TJ, your faithful Knight.

That was on Friday.

Putting it into practice, 2nd encounter

On Saturday night, even though we were abstaining from sex for reasons of religious observance, I snuggled up next to her & began to talk.

Please note the significance of what I just said: I, a man, began to *talk*! This was one of those really hard, really intimate conversations, the kind that men find so difficult. When I start to talk like this, I hem & haw, the words come haltingly, the sentences are sometimes minutes apart. My wife understands what's going on & just lies there & keeps quiet. She knows it's hard for me to bare my soul. She knows that, deep down inside, like most men, I'm scared (of ridicule, humiliation, rejection, contempt) but also that what I'm trying to say, I *need* to say, in spite of my fears.

What I said was essentially this: that I really meant it when I said that I was madly, passionately in love with her. That my heart's deepest desire was to serve her sexually. That nothing gave me more pleasure than to please her. That I was afraid I had scared her or offended her with my occasional requests to play "Mistress & slave" (she confirmed that she didn't like the connotations those terms had). That I was grasping at words or images that would capture what I felt but didn't have the right words for. That, finally, I simply wanted to serve her. That I wanted to be her knight, & wanted her to be my Lady.

I then screwed up my courage & offered her my service, & without hesitation, she accepted it! I don't have the words to express what I felt at that moment. I told her how hard it was for me to talk about this (as if she didn't know), because it really did mean so much to me to serve her & I was afraid of her rejection. She told me how much she loved me & that she was mine forever. She actually called me her knight in shining armor. I called her my Lady. We lay there for a long time, holding each other, with tears in our eyes.

When we had finished with the weepy part, I encouraged her to ask me for sex. I wanted her to ask for my service. Again she said it just never occurred to her to initiate sex. I told her how badly I wanted her then & there, that, as a man, I was ready for sex at the drop of a hat, & that I really wanted her to ask for it. We agreed that the next day, on Sunday after church, when she was ready for it, she would ask me for sex.

Putting it into practice, 3rd encounter

The next day, after we got home from church, I was almost trembling with anticipation. We had lunch & sat down to read the paper (I don't remember a word that I read). While I was in the middle of the crossword, she got up & came over to sit down beside me on the couch. She snuggled up close & ran her hand up my thigh. It was like electricity: a quiver shot through my whole body & my cock jumped to attention. Her hand casually stroked my thigh, slowly moving from the outside to the inside of my leg & finally (blessedly, thankfully) onto my crotch. The crossword was history. Even coherent speech was beyond me. I just sat there, my heart racing, panting for breath, delirious with lust. After an eternity of her casual touch, she said we should take it into the bedroom, & off we went.

Once the door was closed, I ditched my clothes as fast as I could. I like being naked while my wife is still dressed,

& then caressing her while I slowly undress her. By this time, all she had on were her bra & panties. I came up behind & began to kiss her & fondle her breasts. I eventually ended up kneeling on the floor in front of her. I realized then what I wanted to do: after taking a few moments to muster my courage, I knelt there, naked, clasped my hands behind my back & said: "As your true knight, I am here to serve you, to dedicate myself exclusively to your sexual pleasure, & I don't want to be released from your service until I have satisfied you completely. Will you accept my service?" And without hesitation she said: YES! It was a fantasy come true! I was going to get to serve my wife at her explicit request. And serve her I did. I even thought to remind her that my service to her did not end with my orgasm, but rather when *she* was satisfied.

We didn't do anything in bed that was different from what we usually do, apart from her directing the action, but that made it exceptionally fine sex. For both of us.

Perhaps this submissive husband can bring out the dominant in his wife without too much difficulty. Perhaps caring domination can work...

The next day, I again left a note in her car at her business so she would find it when she got off from work. The note said:

Thank you again for a wonderful afternoon. The anticipation was delicious, & when you put your hand on my thigh, I thought I was going to melt then & there. To kneel in front of you, naked & exposed, & offer to serve you & gratify you really was a fantasy come true. For you to accept the offer so quickly – without hesitation – was such an affirmation I don't have words to describe it. I suppose I have a submissive streak in me somewhere, but it took real courage for me to open myself to you as I have the last few days. I feel more like a man than I have in ages, & I have you to thank for it. I love you so much. (Signed) TJ, your faithful Knight

(To be continued)

Kathy
Guest

 [RE: TJ's story, part 2](#)

IP: Logged

Message:

4/24/2003
07:17:51

TJ, I have just read your story. Having been "trained" by my knight, I recognize what you are doing. If you continue on this path, I am sure your wife will be able to initiate sex with few hesitations. It can be difficult at times, she may regress, but if you remind your wife occasionally that you also like to be "asked" because it makes you feel wanted - she will be able to relate. The manner in which you offered service, using the term knight, and the physical posture, was a wonderful step forward for you both. You have my admiration for taking such a brave step in your relationship with your wife! The notes you leave for your wife are so thoughtful and a gentle reminder of your time together. They should get her to think about the wonder of your times together. If you want to try full service - the bath etc - make arrangements to go away for a weekend or even just a one night stay at a hotel. Plan it well and pamper her. Good luck!!!

TJ
Guest

 [RE: TJ's story, part 2](#)

IP: Logged

Message:

4/24/2003
12:39:56

Miss Kathy,

I appreciate your comments, your compliments & your support.

Your suggestion about full service is a good one. I would like to do something like that, of course with much forethought, planning, & attention to little details (I seem to have a knack for that sort of thing). Scheduling & finding a place to park the kids are what always thwarts us.

Nevertheless, Sunday will be the big day for returning to sex. It will be good (what am I saying? It'll be cosmic!) but probably a little subdued because the kids will be around here somewhere... However, it looks like Tuesday afternoon is free & kids'll be in school, so we'll have lots of time really to enjoy ourselves "out loud," as it were. I'd like to think Tuesday could be better than cosmic. Better get planning now...

<p>TJ Guest</p> <p>4/24/2003 12:41:11</p>	<p> RE: TJ's story, part 2 IP: Logged</p> <p>Message: Miss Kathy,</p> <p>I appreciate your comments, your compliments & your support.</p> <p>Your suggesetion about full service is a good one. I would like to do something like that, of course with much forethought, planning, & attention to little details (I seem to have a knack for that sort of thing). Scheduling & finding a place to park the kids are what always thwarts us.</p> <p>Nevertheless, Sunday will be the big day for returning to sex. It will be good (what am I saying? It'll be cosmic!) but probably a little subdued because the kids will be around here somewhere... However, it looks like Tuesday afternoon is free & kids'll be in school, so we'll have lots of time really to enjoy ourselves "out loud," as it were. I'd like to think Tuesday could be better than cosmic. Better get planning now...</p>
<p>TJ Guest</p> <p>4/24/2003 12:41:29</p>	<p> RE: TJ's story, part 2 IP: Logged</p> <p>Message: Miss Kathy,</p> <p>I appreciate your comments, your compliments & your support.</p> <p>Your suggesetion about full service is a good one. I would like to do something like that, of course with much forethought, planning, & attention to little details (I seem to have a knack for that sort of thing). Scheduling & finding a place to park the kids are what always thwarts us.</p> <p>Nevertheless, Sunday will be the big day for returning to sex. It will be good (what am I saying? It'll be cosmic!) but probably a little subdued because the kids will be around here somewhere... However, it looks like Tuesday afternoon is free & kids'll be in school, so we'll have lots of time really to enjoy ourselves "out loud," as it were. I'd like to think Tuesday could be better than cosmic. Better get planning now...</p>

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
TJ Guest	<p> Subject: Question IP: Logged</p> <p>Message: 4/15/2003 17:30:18</p> <p>I am happy to have found your website & am hopeful I can find the way to introduce my wife to caring domination. I do have one question or concern: my wife very rarely initiates sex. She is generally responsive when I ask for it, but doesn't ask for it herself. Neither does she take any initiative during sex: I have to ask her to touch me a certain way, etc. So my question is this: will I ever get any sex if I give control of our love-life over to my wife, & if my fear is well-founded, how can I encourage her to initiate the sex that I want? I confess that part of the fascination of caring domination is the very idea of having my wife initiate sex & give me some (unasked for) attention during it.</p>
Anonymous Guest	<p> RE: Question IP: Logged</p> <p>Message: 4/18/2003 03:28:08</p> <p>Dear TJ,</p> <p>I had two thoughts. I followed one couple as she learned to dominate, and she became more confident and assertive. That might happen to your wife. Or if she just likes to be passive and you are her sex slave, you might be usually initiating for her.</p> <p>Cynthia</p>
TJ Guest	<p> RE: Question IP: Logged</p> <p>Message: 4/18/2003 13:14:59</p> <p>Thank you, Miss Cynthia, for your reply.</p> <p>I suppose either way would be okay, though I confess I'd really, *really* like her to take the initiative. I may have a way of bringing the subject up... (& you are right, the "Real Women Don't Do Housework" site is full of very good ideas, though, as you say, it is a bit selfish).</p> <p>The last couple of days I've been practicing "hidden submission" --to my great arousal --, & last night our time together was one of the best & most tender we've had in ages. I really do want to serve my wife & her pleasure. It gives me a great deal of joy & satisfaction to know I've made her happy. I told her that, in fact, & also that my deepest heart's desire was to serve her. I hope she heard that, & in the right way. (By the way, I left a heartfelt, hand-written thank-you note & some chocolates in her car at work this morning so she will find them when she gets off.)</p> <p>I've suggested, on a few occasions in the past, that we play Mistress & slave, but she never liked that idea & the last time simply rejected it (we haven't discussed why, but I think she dislikes the associations of cruelty & humiliation the words conjure up). She does seem to be happier with the image of a Lady & her knight. (I thank you for that image.)</p> <p>We'll see how this all develops. We're going to have to have an explicit discussion about it sooner or later. If the price of falling head over heels in love with my wife all over again & getting great sex is doing some housework or other chores, then buy me an apron & call me Heloise. It'll be worth it.</p>

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

School of Caring Domination [[return](#)]

From	Message
Dan Guest 	 Subject: Beginnings IP: Logged Message: Being here on Cynthia's site, time seems to move forward without really thinking about where I have been. I remember the day; I was just surfing. Trying to find a new kinky site to satisfy my needs. I think I liked that her site was interactive, and I immediately filled out her survey, and she responded. There was something that she said that was different, and I soon opened up to her with my concerns, difficulties and frustrations of my life. I also liked the hypnoimagerys. At first the imagerys answered my cravings and then she began to load other imagerys that assisted me in giving the support that I needed. Initially, I learned how to be submissive without the humiliation, pain and punishment. Through it I learned to communicate to her the dominant as a real person rather than as a commercial dominatrix or someone who has a need to be a control freak. I learned to handle alot of anger inside of me. Cynthia had much patience with me though I know I hurt her feelings occasionally, but she was always concerned about me.
1/04/2003 20:08:54	

P 1

Post a reply to this message:

Name:

Email:

Notify me when I get a reply to my message: Yes No

Subject:

Message:

Caring Domination

Subject	Replies	From	Last Post
Chivalry	0	Arjay	8/13/2005 11:35:56
New Submissive	1	Joe	8/10/2005 23:45:09
TJ's Story	0	substeve	5/01/2005 12:33:24
It's Good To Be The Goddess	5	Goddess B	3/29/2005 21:13:43
She doesn't feel worthwhile	1	Loving husband	3/16/2005 13:45:12
Advice on "Casual Dominance"	0	Robert	2/07/2005 15:06:41
D\s dating scene	0	john	1/20/2005 14:45:47
Looking for advice and support	3	KT	1/16/2005 21:59:00
thanks Cynthia :-)	2	joeyjojo	11/28/2004 18:28:36
HELLO, hello	2	joeyjojo	11/26/2004 23:48:13
I have hope now :-)	2	joeyjojo	11/21/2004 09:20:32
Is this normal?	0	joeyjojo	11/19/2004 10:34:37
Around Her Finger	2	Robert J	11/18/2004 20:43:48
How can you hurt someone you love?	4	Cynthia	10/13/2003 11:58:43
Two Dishwashers	6	Cynthia	9/27/2003 07:02:17
INITIAL IMPRESSIONS	1	John Matthew Swatek	9/16/2003 09:55:49
TJ's story, part 11	0	TJ	8/01/2003 10:48:54
TJ's story, part 10	3	TJ	7/18/2003 09:41:49
TJ's story, part 9	0	TJ	7/16/2003 19:17:52
TJ's story, part 8	1	TJ	7/12/2003 14:13:14

Powered by Message Board V4 - © [CGI-Factory.com](#)

Pages: [1](#) [2](#)

Post a new message:

Name:

Email:

Store my name and email

Notify me when I get a reply to my message: Yes
 No

Subject:

Message:

Sexual Service

If you are the average male, you know almost nothing about masturbation except where to find it. If we imagine the pleasure you could get from masturbation as 100, the little you know is enough to get you to 50 or 80, but you could enjoy more if you were an expert.

Fortunately, the typical male knows more about female sexuality than male sexuality. If you can (1) go slower, and (2) find her clitoris, you are probably making it up to 50 or 80. So don't feel bad, but you could do better.

The geisha boy fantasy is this. If your Mistress desires your sexual service, you should be able to provide her with good sexual service, including variety. As it turns out, this will make you her favorite slave. But you should be doing it just to make her happy. You should learn this because you want to be a good Geisha boy.

Master sexuality. You almost certainly have to buy a book. And read it. You have to practice. You have to be able to observe, to know what she is feeling. Then you just need to look for new ideas. You can find these in other books, on the internet, or in bed.

A real Japanese Geisha was also skilled in dancing, conversation, or entertainment. First master sexuality, but there might be more. Massage? Being romantic? Singing to her?

[Step 1. Understanding](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)

Worship

Almost everything I know about worship comes from a man I will call Ulysses.

I do not mean goddess as a real religious God. And being a goddess does not mean perfection. But I cannot think of a better word for this experience. Ulysses wrote:

To acknowledge the Goddess in someone is to acknowledge their importance. It is also to legitimize their every feeling as a woman. It is to let them cry and to let them sing. It is to openly express adoration of the place of every man's birth. There is worship but there is frailty not perfection and there is blessedness not religion. For her to feel like a Goddess may be difficult.

From my notes:

Serenity. Opposite of irritable. Filled with love and caring for all. Attuned to their emotions and needs. So full and big as to lose your sense of self. Opposite of petty. Opposite of cold, uncaring, aloof. Being one with all. Lack of sense of self means you are taken over by other person's emotions. But large like a lake, those emotions are incorporated. So you could cry with someone, if that was the right thing to do, or try to fix, or explain.

Goddess Worship

Ulysses wrote a story about a foot bath. This is my rewrite of his story.

She comes home. You greet her. She seems tired and irritable. She sits down. You feel inside yourself for what will make her better. Foot bath. You smile, glad that she is home. You adjust the lights. You set a towel and lotion by her feet. The lotion has already received her approval. You find a basin large enough to accommodate both her feet. You fill it with comfortably warm water. She cannot see you, but she can hear the water filling the basin. You add epsom salt. You carry it to her and silently offer it as a place to rest her tired feet. She nods okay. You carefully take off her shoes and neatly set them aside. Panty hose. You look to her.

Irritation crosses her face, then resignation. She takes off her panty hose. As she raises her feet, but before they enter the water, you sprinkle a little water over her arch, so that she might judge its temperature. She nods yes. The soaking cleans her feet. The salts pull the lactic acids from her muscles, relaxing them and releasing any discomfort. You see her smile. She closes her eyes to enjoy your attention. She is happy. You breathe a sigh of relief and happiness. You tenderly massage her feet in the basin. You have told her before that the salts need working into her skin. When it is time for her to withdraw her feet, you pat them dry them with the towel. Then you apply the lotion, and continue your gentle massage. Her eyes are open now and she is looking down at you. You give casual attention to her inner thighs, using your eyes only. You quickly follow this with an attentive glance at her eyes. Then you coyly look away and back to her feet. When you are done, she smiles at you. You are happy. She says, that was wonderful. Thank you. She sounds contented. Your insides warm up with delight. Life is good.

Ulysses is a master at worship. You do not need to do everything he would do. But if you want to copy some of his tricks, notice the ritual and elegance of his actions. Physically, worship is giving her luxuries, not necessities. It is nice that the towels are clean. Ulysses suggested decorating a picture of her with a flower.

And if you can't be graceful or elegant, fine. One man just massaged his wife's feet as they sat together. You must be yourself, because you are part of the gift, and if you are part of the gift, she will appreciate it.

Creating a Goddess

You are supposed to worship her because she is your goddess, and you feel like she is your goddess, and you want to worship her and please her. She is so important to you, so powerful in your life, that she feels like a goddess to you.

But I think it is an ancient dance, and you are only half of the dance. I do not know how your wife will respond. But I can try to tell you my reactions to goddess worship. The short story is, his worship created a goddess. The same story from the woman's view.

You come home, tired and irritable. He greets you, immediately noticing your mood. You collapse into a chair. You don't feel like a goddess. You feel petty. The towel and lotion. He is trying to cheer you up. The sound of running water. Delight crosses your mind. He presents the water. The luxury of having him take off your shoes. The irritation of having to take off your panty hose. You just want to sit in

the chair and relax. Okay, take them off. And then a luxurious foot bath. You close your eyes and enjoy the attention. Everything petty melts away. You just feel good. A foot massage. How sensuous. Finally, you are ready to pull your feet out of the water. He is already reaching for the towel. You now feel like a goddess. Patting your feet dry. Now he sensuously applies lotion. You feel overwhelmed. Pleasure pushes your brain beyond its boundaries. Your sense of self disappears in peace, joy, and love. Earth Goddess. You want to reach out to the world and care for it. You are now a goddess. You look down at him. He is just wants you to be happy. You are. And now you are his too. He looks up at you, a quick glance, a sexual glance. You remember your humanity too. A smile bursts out of your face and will not go away. He is done. You thank him with all your heart. Life is good.

From my notes:

I feel like my caring encompasses all people. I feel the confidence of perfection, with the awareness of limitations and error. Peace. Timelessness. Powerful sense that I am a worthy being. Making me feel so good about myself that I want to care for others. I didn't realize how much it takes from me.

Pampering

Another name for worship is pampering. She should physically enjoy the foot bath, the massage, the poetry, or whatever.

But the other half of pampering is your attention. Ulysses suggested I pamper myself with a lovely luxurious bath. It was physically wonderful, but I also felt lonely. Ultimately, your wife cannot pamper herself. She can go out for a professional massage, or to have a pedicure, but that is like you trying to submit to someone on the internet. She is the one who should be your mistress, and you are the one she needs to do the pampering.

So remember that you are half of the pampering.

Style

Ulysses thinks goddess worship is different from being obedient. He wrote

On some points, especially those associated with the Goddess, I don't see the profit psychologically of being told what to do. One just knows how to treat a Goddess. Goddesses do cajole but mostly they inspire. The very

essence of Goddess is inspiration and necessary adoration. But this is a case, as we have discussed before, where one has to tailor the experience correctly for each individual.

So a slave or servant obeys. A hero thinks for himself and offers his worship voluntarily. I know, you can take this too far. But I think he is right, there is a difference. In goddess worship, you are more independent. You can still be sensitive to her needs and ask what she wants. But hopefully she does not initiate the worship, and you should be able to do it without her orders. Remember, you are pampering her. For one moment, she is safe and comfortable in your caring hands.

Also, in my version of the foot bath, Ulysses is the perfect one, I am not. This website constantly emphasizes the role of an obedient knight, but hero worshiper might also work.

Worship does not seem to be a regular part of the male fantasy. It probably is a mature form of submission. If it is not your fantasy, then it probably will not work well for you, but even then you probably want to try it sometimes.

Activities

The best known worship is massage, and the best known massage is the foot massage. If your wife likes it, a simple foot massage can be a great form of worship. (I do not know why feet are often associated with worship.)

Other forms of worship are writing stories or poetry. Ulysses suggested decorating a picture of her with flowers.

[Step 1. Understanding](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)

SHAPING

One of your few rights as a submissive is an obligation to receive caring domination. The cruel Mistress makes a great fantasy, but a poor marriage relationship.

It would be nice to explain caring domination to your wife, but for now you can try to influence her. Do *not* let her humiliate you, degrade you, punish you, or make you feel guilty. If possible, you don't want her being angry with you. Do respond to her pleasure and thanks.

Withdraw your hidden submission if you begin to feel exploited. If you enjoy service, or if your service is fair, great. But if you start to feel exploited, the submission isn't good for you, and it isn't good for her.

See [our page](#) on the rights of submissives.

Switching

You can also explore caring domination of her. Try telling her to do things she wants to do but might need some support. See how she responds. Try rewarding her with your pleasure.

This gives her an example of caring domination, and it builds a better relationship. She might like submission too, which is very useful for you to know.

[Step 1. Understanding](#)

[Step 2. Hidden Submission](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)

Rights of a Submissive

- A submissive is obligated to accept only caring domination. He should remove himself from uncaring domination.
- A submissive is obligated to offer wise counsel. He should tell his dominant everything she needs to know.
- If possible, and it usually isn't, a submissive is obligated to find caring domination.

Accepting only caring domination

A submissive has a moral obligation to be a good person. He cannot fulfill this obligation if he becomes weak. Therefore, he is obligated to remove himself from abusive domination that makes him weaker.

If the submissive is mistreated or exploited by his dominant, the dominant may begin to feel guilty. The dominant might also try to justify this mistreatment. This is not good for the dominant. So the submissive has an obligation to the dominant to avoid uncaring domination.

The dominant appropriately uses her dominance to provide for herself, family, home, and other charges. The point is, she must also care for the happiness and well-being of her submissive.

A submissive may first try to educate and correct the dominant before leaving the uncaring domination.

Offering Wise Counsel

The submissive is obligated to protect his dominant. So he should tell her things she needs to know.

Finding Caring Domination

A loose submissive kinks, is unhappy, and probably is not as productive as he could be. So he should be obligated to seek someone or something to submit to. Unfortunately, caring domination is difficult to find.

Step 1. Understanding

[Step 2. Hidden Submission](#)

[Step 3. One Foot out of the Closet](#)

[Step 4. Telling Her](#)

[Entry Page](#)