



CONTROL
YOUR
SUBMISSIVE BOY

BY RAVEN MICHAELS LOGGART

150 WAYS
FOR THE NEW DOMME
TO MASTER HER MAN

Control Your Submissive Boy
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Publisher's Note

This book is written within the context of a loving female-led marriage or long-term relationship between a man and a woman because we do not believe there is enough credible instruction and idea-generators available for the new *domme* or for the wife who has been introduced to Dominance by her submissive husband. It can also be used in the context of short-term and uncommitted relationships.

The purpose of this book is to serve as a launching point for new ideas to spice up your sex life and/or love life, and hopefully to take you in interesting new directions that make your life more...fulfilled.

Control Your Submissive Boy

**150 Ways for the New Domme
to Master Her Man**

**By
Raven Michaels Lockhart**

1

Tell your partner that tonight he is not allowed to orgasm because the sex will be all about your pleasure. Then, ask him to strip naked and tie him to the bed. Use your hand to make him erect and then get on top of him. When you can sense he is close to climax, get off of him. After he has calmed down, ride him again. Keep repeating the process until you are satisfied. Then, untie him, cuddle up and tell him that perhaps tomorrow he will be allowed to orgasm.

2

Have a sensual massage night that is focused on you. Tell him that he will have to keep his clothes on all night and may not touch himself. Buy some massage oils and light some candles. Then, take off your clothes and order him to massage you everywhere. Explain that if the massage is good enough and if he is able to provide you with several orgasms using his fingers, you "might" be willing to make love with him later in the week. Make sure he rubs you the right way!

3

Your man needs to be constantly reminded that he belongs to you and that you have control over the relationship. Why not throw out all of his masculine underwear and buy him panties? Insist that he wear them at all times under his pants. If he objects, point out that no one but you should ever see him with his pants off anyway. This will remind him of his submission to you even when he's at the office.

4

Far too often, when we want to watch a movie or a television show, our lovers want to watch a game. Why put up with that? The next time there is a big game on, rent a movie you want to see. Tell him that his choice is to submit to you today or give up all access to your body for a month. Watch the movie when the game should be on. For extra spice, you could have him be your footstool while you watch!

5

If you want to really be the leader in your marriage, you need to manage your man's orgasms. To be blunt; the more climaxes he has, the harder he will be to control. Why not make an agreement that for every 15 orgasms he gives you, you will allow him to orgasm exactly once. You'll be amazed at how hard he tries to please you!

6

One of the most common problems associated with managing a male is that they will often simply resort to masturbation if you try to tease him. You don't have to put up with that! Instead, there are many male chastity belts available on the market. If you hold the key, you will control exactly when he is able to orgasm – and make masturbation a thing of the past. Most women start out slowly, keeping their man locked up for a week at a time. Over time you can build this up to between three and five weeks, depending on your needs.

7

Even if you are unwilling to go the chastity belt route, you should still try to manage his orgasms and masturbation. Make it understood that he is always to ask permission before he orgasms or masturbates. It should be understood that this rule is in place even when you are having intercourse. It is you – and not his body – that should decide when he deserves release.

8

Not to be gross, but men have very poor aim in the bathroom. Aren't you tired of him making a mess every time he pees? Don't put up with it. Insist that he pees sitting down. This will help in two ways – he will feel submissive, because society has taught him that only girls sit down to pee; and your bathroom floor will be cleaner than it's ever been before. Obviously, if you ever catch him peeing standing up, there needs to be a penalty of your choosing.

9

Have a day of teasing: Wear your sexiest outfit. Make sure you rub against him all day long. Bend over to pick things up in front of him. Sit on his lap. Let your breasts bump into his shoulder when you “accidentally” bump into him. At night put on your sexiest lingerie. Then undress him and very gently play with his penis. When he's close to his climax, stop and tell him to perform oral sex on you. After you are satisfied, cuddle with him until you both fall asleep – while sweetly telling him that today is not his day for a climax.

10

Your lover needs to constantly demonstrate to himself and others that you are the head of the household. Why not have a bunch of your female friends over and have him be in charge of everything, from cooking snacks to opening bottles of wine to making drinks? You could have him wear a tuxedo or suit to really play the part of the waiter. Obviously, he is not allowed to share in the festivities. He is there to serve you and your friends. After they have left – and he has cleaned up – you may reward him with manual stimulation and/or a long make-out session.

11

The problem with many men is that they really don't understand how women feel during intercourse. Some men may need a crash course. Now, this isn't for everyone; but if you are brave, you could purchase a strap-on sex toy. This will allow you to penetrate him. Many of these toys are designed to stimulate you as well during the sexual act. You'll have to use lots of lubrication and go slow at first; but when you are on top and penetrating him, it will be very clear to both of you who exactly is in charge in the bedroom. Be warned – afterward he may want and deserve to cuddle for a while.

12

One fun way to ease your lover into the submissive side of a relationship is through role play. Beginners can do this by switching genders for the evening. Make him shave his legs and dress up in a skirt, blouse, bra and panties. You can even do his hair and makeup. Then, you could rent a tuxedo or wear one of his suits. Now, you spend the evening being the “man” - making the first moves, pushing his head into your lap, etc. When you are ready for sex, push up his skirt and get on top. Tell him he's beautiful and the best “girl” you've ever had.

13

While more often than not guys can be close-lipped about their emotions, they tend to open up when they are sexually excited. Take advantage of this. Tie him to the bed one night and then slowly and gently play with his penis with your hand. Start asking him questions about how he feels about you. Get him to tell you how beautiful you are. If he hesitates or says something you don't like, stop playing with him. When he is saying what you want to hear, start playing with him again. If he starts to get too excited, stop. Do not let him orgasm until you have gotten him to admit that he is your slave for life.

14

This one is a little devious, but can be fun for advanced couples. If you have him wearing a chastity belt, you can find dildos that are specially made to be attached to them. Get one that is as much as possible like his penis. Then have him make love to you with it. You'll get all the fun of being penetrated by your man – but the chastity belt will keep him from getting stimulated. Plus, the dildo will never go soft!

15

Sometimes it pays to be subtle. A simple way to instill submissiveness in a man is to give him a feminine nickname that you always use when the two of you are alone together. If his name is “Jack,” call him “Jackie.” There are a million possibilities, but simply having your own girly pet name for him will subtly reign in his masculinity.

16

In any wife-led marriage, intercourse should be a rare event. Intercourse itself implies sexual equality, which is the last thing you want him to feel. Still, there will be times when you want him inside you. Afterwards, it's important to make sure he still understands his role. If he has ejaculated inside you, why not make him perform oral sex on you as soon as he's finished? If not, find some other ways to bring him back to his sub space. Have him give you a long backrub, for example. (Obviously, he sleeps on the wet spot.)

17

Of course, some men are under endowed, quick shooters or in some other way lacking in intercourse skills. If that is the case, there is no reason why you should ever permit him to have intercourse. Intercourse should only ever happen if you want it and he is able to perform to your expectations. There is no reason why he can't satisfy you with his mouth and fingers while you – every once in a while – use your hand to stimulate him to satisfaction.

18

An important part of any wife-led marriage is your sexual freedom, while his sexuality is controlled by you. A good way to establish this bond is to make him think you may take lovers from time to time. Don't worry – you don't actually have to have an affair if you don't want to. Simply making sure he knows you could will do the trick. Make comments about cute guys at work. After a night out with your friends, mention that an attractive man was flirting with you. Come home a little late from a girl's night out and be intentionally vague about what you were up to. Your hints will drive him wild!

19

The next time you want to go have a girl's night out with your friends, have him dress you up and get you ready. Make him shave your legs for you in the bath. Have him brush your hair. Ask him to pick out your bra and panties. Make him be your houseboy and tend to all your needs while he helps make you look beautiful for a night on the town without him!

20

This will take some practice on his part, but eventually can be a fun submissive exercise. Have him give you a pedicure and do your nails. Of course, he'll do a horrible job the first time around. But, if you give him enough "incentive" through orgasm denial and teasing, he'll become a quick study!

21

Given the wide variety of sex toys on the marketplace, there is never any need for your lover to have any sexual stimulation while he satisfies you. Purchase a variety of toys and have a night where he stays fully clothed but uses all of them on you for as long as you want. Have him penetrate you with vibrators and such while you tease him and ask him if he wishes that he was "man enough" to be allowed to enter you.

22

Any woman serious about living a wife-led marriage should own a set of ping pong paddles. Face it - men are like children and no matter how dedicated they are, they will screw up from time to time. You may catch him masturbating. He may forget to do the dishes. That's when you need to take him over your knee and give him a good spanking. Ping pong paddles are perfect for this. They hurt just enough, without risking any real injury.

23

Everyone woman loves a beautiful pair of boots – but they can get so dirty in the winter! Why put up with that when you have a submissive partner? Make him clean your boots – while you are wearing them! And, if you are wearing a skirt, you could always have him finish up by going down on you. After all, he'll already be down on his hands and knees!

24

I've said it before and I'll say it again - men need to be constantly reminded of you and your place in their lives. Sometimes he'll want to go out with his friends. Tell him that's fine with you, but he has to perform oral sex on you first. Then, forbid him to wash his face and send him out with your scent reeking from his pores.

25

The longer you deny him an orgasm, the more willing he will be to serve you. Men are slaves to their penises. After you've let him build up steam for a week or two, tell him that he has the chance to earn his relief. Make him draw you a hot bath. Tell him that while you're in the bath, he is to cook and serve dinner. Come to dinner in a bathrobe. If he's done everything perfectly, you may choose to give him a hand job after he has gone down on you as his "reward."

26

Bring the teasing to the next level by renting a porn movie. Tell him that you are going to watch the film together, but that he is not allowed to touch you or himself sexually. Cuddle with him while you watch. Make him give you a backrub – without touching your breasts. While he rubs your back slowly, pleasure yourself in front of him. The combination of the porn and your orgasms will drive him to a state of frenzy. Then, tell him to take a cold shower.

27

Does the name Pavlov ring a bell? Lots of the components of loving female authority are about training. You can't go from a traditional marriage to one where your man is wearing a chastity belt and doing the dishes overnight. You need to slowly train him. You can start out by giving him simple chores around the house and giving him manual stimulation when he's performed them correctly. Then, slowly stop giving him the rewards. If you do it right he'll keep doing the jobs, because he associates them with your sexual attention.

28

Most women in female-led relationships choose to never perform oral sex on their partners. There are, however, a few women who enjoy going down on their man and don't want to give it up; but they worry it will make their man feel less submissive. A good way to avoid this is to make him share the experience. After he has ejaculated, don't swallow. Instead, give him a big kiss and push the ejaculate back into his mouth. Make him swallow it – and you'll destroy any dominant feelings he may have developed.

29

If your man has been particularly bad, he might deserve more than just a spanking. For serious indiscretions, the “ruined orgasm” is a woman's ultimate punishment tool. Have him lie down on the bed and start to give him manual stimulation. Then, right before he is about to pop, rub ice on his penis and balls. He'll lose his erection – and ability to climax – but be stuck at a point of peak sexual frustration. He may never disobey you again.

30

If you have some adventurous female friends, enlist them to help you tease your husband. Tie him naked to the bed before they come over. When they arrive, have some feather dusters or similar items handy. Take turns going into the room and tickling him and laughing at him, while he is helpless to resist!

31

To keep your man happy, there always has to be the chance of him getting a reward. But, you can control the chances. Why not do a variation on the "job jar?" Write down on pieces of paper about 30 jobs you would like done around the house. Then, write down five different ways you would be willing to provide him with sexual relief. Tell him that he's allowed to pick one piece of paper out of the jar at random once a day. If the paper gives him a job, he has to do it. If he gets lucky and picks out one of the sex acts, you will do it for him. Make sure there are at least six or seven times as many job papers as there are sexual papers, so the odds remain in your favor!

32

The naked partner in a relationship always feels more vulnerable than the clothed partner. Why not have a weekend where he has to remain naked at all times, while you keep your clothes on? You could even order a pizza and see how he manages to pay for it when the delivery boy shows up!

33

Men are funny creatures. While they constantly want to penetrate us, they find it demeaning to be penetrated themselves. There is no need to put up with that attitude! You can purchase an inexpensive butt plug and insist he wear it while he's at home. It will strip away an essential part of his masculinity and turn him into putty in your hands!

34

Insist that he keep up on his personal grooming. Some women like their men to be completely hairless below the neck – yes, even down there. This will make him feel less manly – and make it almost impossible for him to ever have an affair.

35

Teach him that intimacy isn't merely sexual. Tie him to the bed and blindfold him. Then tease and touch every part of his body for an hour or more – while never, ever touching his penis. Play with his nipples. Run your hands up and down his legs and chest. Finally, straddle his face and ride it to your own orgasm.

36

Take your man to a tattoo parlor and arrange to have the words "Property of (Your Name)" right above his pubic hair. He'll be embarrassed, but left with a permanent mark of his love and devotion to you. Tease him that you might have mentioned the tattoo to your girlfriends!

37

Men crave the intimacy of women and their secrets. We crave the ability to avoid housework. You can help establish your authority by getting him to do traditional tasks around the house, like the laundry. If you insist that he wash your lingerie by hand and then fold it and put it into your underwear drawer, he'll be both turned on and submitting to you at the same time!

38

Wearing heels at work all day can hurt! But there is no reason for you to let your tootsies ache at home. Part of any wife-led relationship should be regular foot massages from your man. You can make him buy the creams and lotions and turn your foot rubs into a nighttime tradition. Since many submissive men have foot fetishes, you may also be able to turn this into your ongoing teasing of him!

39

Speaking of foot fetishes, another common fetish for submissive males are stockings. Sometimes you may want to grant your lover some form of release, but feel like he has not earned full intercourse yet. A wonderful way to tease him to orgasm is to put on some very feminine stockings and then order him to rub his penis against your stocking-clad legs until he orgasms. Of course, once he has made his mess, it's his job to hand wash your stockings!

40

The following tip is certainly not for everyone, but some of my friends swear by it. If part of your wife-led marriage involves long-term orgasm denial, you need to be careful about your partner's health. Men need to ejaculate about once a month – but that doesn't mean they need to orgasm. With a pair of rubber gloves you can use your fingers to stimulate his prostate through his "back door." This will cause him to ejaculate without orgasm. Many women refer to this as "milking." It is a little gross – but can allow you to deny him orgasms for months or years at a time!

41

There is nothing wrong with making your man a little jealous – if nothing else, it will make him work harder to please you! The next time you know that a plumber or cable guy will come to visit, why not tie your husband to the bed? Then, when the workmen are there, flirt with them outrageously so that your hubby can hear, but can't do anything about it! When they leave, you can always tell him how wet they made you and then ride his face to heaven!

42

Your man needs to acknowledge why it is right and proper that you are in control of your relationship. Tell him you want him to make a list of 100 reasons why you are superior and why he is happier this way. Tell him that once you approve of the list, he will be allowed "relief." The first time he shows you the list, cross off at least 10 items and tell him they are not good enough. Continue this for two or three days before you decide to "approve" the list and allow him sexual pleasure.

43

As the head of the household and the boss of your sexual relationship, your body is a gift. Just because he is married to you does not automatically give him the right to see you naked. Obviously, you have the right to see him naked anytime you'd like! Unless he deserves a reward, ask him to leave the room while you are changing or getting dressed. Even if you want him to pleasure you, you can blindfold him or keep the lights out. Save the view of your naked body as a "reward" for exceptional behavior!

44

A little bit of humiliation can go a long way to breaking down his perception of himself as a dominant male. Do you have a good female friend you can really trust? If so, why not call her up and make him listen while you tell her about your new relationship? Knowing that it is no longer your little secret may rev his engines. Plus, every time she stops by for coffee he'll be humiliated knowing that she knows his role in the household.

45

Husbands can make great shopping buddies – after all, someone has to carry the packages! Bring him on a shopping trip and make him help you pick out some new clothes. For extra spice, take him lingerie shopping. At one point pick up something sexy and ask him if he thinks "John" (or whomever he may be jealous of) would think you would look good in it. Then, don't elaborate. Remember, you don't really need to play around on him – but it's always good to remind him you are sexually empowered enough to do so if it strikes your fancy.

46

This sexercise requires a bit of care, but can be fun torture for your man. Tell him that if he does a particularly good job around the house, you'll reward him with oral sex – on your terms. When you are ready, have him strip and start to play with his penis. When he's fully hard, light a cigarette and hold it just by his inner thigh. Then, tell him you are going to pleasure him, but he'll have to restrain himself – because if he bucks his hips forward he'll get burned. Of course, you don't really want to burn him, so be ready to pull the cigarette away if he gets out of control. The fun here is watching him trying to control himself while you get him hotter and hotter.

47

Whether it's calls from work or just when your mother-in-law rings you up, there can be times when you are simply stuck on the phone forever in a very boring conversation. Develop a signal for your partner when this happens. When he notices the signal he is required to provide you with oral pleasure, while you pretend to listen to the person on the other end of the phone.

48

Every so often you'll want to let him watch a game or have his friends over. After all, he is allowed to keep some of his identity. But, don't make it easy on him. Tell him that the next time he wants to have a poker night or watch the World Series, he can do so, but only if he wears panties and a camisole under his normal clothes. He'll squirm knowing that he's feeling just a little bit less manly than his buddies – and he'll make sure that he only invites them over when it's really important!

49

One of the many problems with men is they are convinced that their own opinions are more interesting than ours. Silly boys! You need to train him to listen. Make a deal with him – from Friday until Sunday night he is not allowed to say a single word. If he can go the entire weekend without speaking – while listening to everything you have to say – tell him he'll get a reward Sunday night that will more than make it worth his while!

50

Make up a contract defining the rules of your wife-led marriage. This will help clarify in his mind what his true role is. Make it very specific – including what punishments you will impose for indiscretions and what rewards he will receive for good behavior. Make him sign it – and tell him to keep a copy with him at all times.

51

Being in control of your relationship is not just about sex – it's also about the romance you deserve. Insist that he bring you flowers on a regular basis. He should be instructed to notice when the flowers start to wilt and immediately replace them – or face the consequences!

52

While many men are willing to worship your vagina, some get a little squeamish about “going lower.” If this is something you want, don't stand for it. The anus is full of lots of sensitive nerve endings – so there is no reason to not ask him to literally “kiss your ass” when you are in the mood. This is one of the most submissive acts a man can do for you – and will remind him of who is really in charge of the relationship.

53

There is a myth that as men get older, they naturally become less in shape. That's only because their wives allow it! You don't have to. You deserve a man with the body you want. Insist that he go to the gym on a regular basis. As an added incentive, you could offer him either one night of intercourse or, if he's in a chastity device, one night of freedom if he loses a certain amount of weight. Clearly, if he does not meet the goal, it may be a long time before you allow him to climax!

54

Men can be very, very irresponsible when it comes to financial decisions. All too often, the temptation of a new toy can override their common sense. This is why it is a good idea for you to be in charge of the finances. Have all of your combined income put into an account that you control. Take away his credit and debit cards and give him a reasonable weekly cash allowance. Some women prefer to let a man keep one card -but only allow him to use it to purchase gifts for them.

55

It's never a bad idea to mix a little bit of pain with his sexual pleasure. Obviously you don't want to hurt him, but there are many toys out there that can help you. Nipple clamps are particularly popular, because they won't damage him and inflict just the right amount of sexual pain; that is the price for his eventual pleasure.

56

Sometimes, you will want something other than oral sex – but may feel that allowing him to have actual intercourse is going too far. Why not try outercourse? To do so, you'll have to be on top – which is where you should be anyway. Then rub your clitoris and vagina up and down and around his penis without ever letting him enter you. With practice you'll get feelings that are more intense than actual sex – without the bother of letting him be inside you.

57

Men love porn, but the type of porn he chooses may not be to your taste. Why not use his love of porn to teach him what you like? Find a female-friendly adult video and watch it together. When you see a guy on the screen doing something you like, point it out to your husband and ask him to do it for you. Keep this up throughout the tape – and insist that he remember his newly learned moves!

58

The bedroom is your domain. Feel free to make it as frilly and feminine as you like. There is no need for him to have any say in how your bedroom looks. If he insists on some place of his own, suggest that he decorate the guest bedroom – but remind him that he may end up sleeping there if you are not happy with him!

59

In a successful wife-led marriage, your husband needs to respect your privacy. If you are in your bedroom, insist that he knocks before entering. This establishes that you are allowed to keep your distance from him and reinforces that you are in control of the bedroom – which is as it should be.

60

Keeping him a little bit jealous and on his toes is the cornerstone of any wife-led marriage. Every so often when you get a phone call from one of your friends, take it in the next room – behind closed doors. Refuse to tell him who called or why. Point out that it's not really any of his business and let his imagination run wild!

61

There are plenty of companies online that will let you design your own underwear with any logo or slogan you like. Why not get a couple pairs made up with slogans like “No Entry” or “For Oral Only” or “Ask First” printed on the crotch – to remind him of his enforced limitations?

62

One of the pitfalls of a wife-led marriage is that during the course of orgasm control, your man may worry that you are not attracted to him. It's important that he always feels loved and excited by you. During his workday, why not send him flirty and suggestive text messages, letting him know that you are thinking about him – and ensuring that he'll want to come home to you? Of course, just because you've been flirting with him doesn't mean you have to do anything to relieve his sexual tension when he comes home!

63

While you should feel free to come and go as you please, your husband should always have to ask permission to leave the house for any reason other than work. It should be understood that you have the right to say “no” at any time and for any reason. He is not allowed, under any circumstances, to question your feminine judgment.

64

Normal alarm clocks are loud and annoying – and the worst way possible to wake up. Why not insist that he be your personal alarm clock? You can insist that he wakes you up in the morning in any way you see fit. Some women like to be woken up with foot rubs. Others would like to wake up with their man's face between their legs. It's your choice!

65

Create a submissive game to keep the spice in your loving female authority. At game stores you can buy non-traditional dice that have as many as 64 sides. Have him make a list of 64 submissive things he can do for you. Once a night have him roll the dice – and then perform whichever act you are lucky enough to have him roll!

66

For your man, the sweetest smell in the world should be your own natural perfume. He needs to associate your scent with his submission and love for you. One afternoon while he's at work, touch yourself a bit, but leave your panties on. Get yourself just worked up enough to make sure your panties are full of your pheromones. When he comes home, hand him your panties. Tell him you want to watch as he inhales your scent on them. Then, walk up, kiss him and tell him how much you love him.

67

I've said it before and I'll say it again – the most important lesson for your man to learn is to never question anything you do or say sexually. One afternoon, masturbate in bed - and leave an obvious "wet spot" from your efforts on the covers. If he mentions it or asks you about it at all, provide an appropriate punishment. His is not to wonder why – it's to accept you or cry.

68

This exercise is particularly cruel and should only be used for major transgressions – for example, if you catch him looking at porn or masturbating. Put him in a chastity belt and then make him take a Viagra pill. Tease him all night long. The little blue pill will make his body strive to get hard. The chastity belt will make it impossible. The sweet torture will keep him on the edge of his seat for hours. For extra fun, make him perform oral sex on you while he struggles with his predicament.

69

Taking a lover should be your choice. You may if you want to, but you may not if you don't. But, as I've said before, it is essential for him to understand that it is your right to find a boy toy if you so choose. One night when you are out with your friends, come home an hour or two later than expected. Mess up your hair and make your clothes look a little disheveled. You can even muss up your makeup a bit. Whatever he says, refuse to answer his questions. Look at him slightly dismissively. Let his mind make up any scenario he wants, while he understands that he has to accept whatever has happened.

70

One of the most annoying parts of chastity belt play is that your partner may constantly bother you about when you are going to take it off of him. You need to put a stop to that! I recommend that your partner always be told how long you expect to keep him locked up. But, I also suggest having enforced penalties should he bother you about it. For example, you could tell him that he will be in the belt for two weeks – but that every time he mentions the belt or bothers you about it, you'll add another week to his confinement. Be firm and you'll never have to worry about him hassling you about it again!

71

Unless your mate is psychic, it will take him a while to learn how to please you. After all, every woman is different. It's sometimes helpful to provide him with some gentle instruction in how you like to be touched. Start by undressing for him. Then touch your breasts or nether regions in a way that pleases you. Ask him to do it to you. If he does it right, give him a kiss. If he makes a mistake slap his hand away and tell him he's a "bad boy." Keep doing this until he has mastered everything he needs to know. Then give him a kiss and a cuddle!

72

Hiking is a great activity for couples in a wife-led marriage. It allows him to exercise and stay in shape, but also allows you to lead him on the trail. As an added bonus, you'll probably get fairly sweaty and musky, particularly "down there." After a few hours of hiking, find a secluded spot and tell him to provide you with oral pleasure. You'll taste particularly fragrant and he'll be forced to wear your musk for the rest of the hike! Just make sure you don't get caught!

73

As you know, when it comes to the television, the man always seems to get territorial about the remote control. It drives me crazy! My advice is to make sure you almost always have control of the remote - after all, you are going to watch what you want anyway, right? Still, you could allow him to "earn" the right to hold the remote once a week or so. Just make sure he understands that this is a privilege - and that you expect many non-reciprocal orgasms in return. You could also make him choose - does he want to command the remote that night, or else have the chance to have sexual release? Watch him squirm!

74

Men, on vacation, can be a drag. They rarely want to do the same kinds of things that we do. So, why bring him along at all? After all, if he stays home, he'll have lots of free time to make sure the house is clean! Instead, go on vacation with one of your female friends – and send him lots of text messages about how much fun you are having. You can even ask him to text you back pictures of your home – so you know he's keeping it immaculate!

75

Your vagina should be the center of your man's sexual world. It should be what he lives for. So, he might as well help you pamper it. The next time you are in the bath, invite him in. Tell him that he will be in charge of your intimate grooming from now on. Then instruct him on how to shave your intimate area. It will bring both of you closer together.

76

Create a point system in order for your man to earn your sexual favors. Create a list of things you'd like him to do – from leaving you love notes, to doing the dishes, to giving you foot rubs. Allocate a given number of points to each loving act. Then tell him that when, and only when, he has earned a given number of points will you allow him to be intimate with you.

77

If you decide to take a lover, make sure that he both understands and accepts your choice. Have him help you write an affectionate email to your new boy toy. Or, have your lover over for drinks and insist that your husband treats your lover with all of the respect he deserves for helping you have as happy and fulfilling a life as possible.

78

Men need to express their feelings, even though it's often hard for them to do so. Why not instruct him to start a blog about the dynamics and progress of your wife-led marriage? Insist that he write his feelings about what's going on each and every day. He'll probably hear back from other men in similar situations and then can trade ideas on how to make each other's wives happy.

79

It's always good to let your husband know you love him and why. That is the foundation of any successful wife-led marriage. Make sure he's comfortable and knows your love by writing down a list of the things he does for you that make you happy. Let him know that these are the things that make you respect him and want to be intimate with him.

80

On the other hand, men also often have no clue about the things they do that disappoint you and make you want to withhold their eventual sexual release. Make a second list of his "problem areas" that he needs to work on. Over time, as he improves, cross items off the list and reward him with increased physical affection.

81

One of the odd things about submissive men is that they tend to be very interested in our footwear and our feet. Use this to your advantage! One day, tell him that he will get a special treat if he shines all your shoes and organizes your shoe closet. Have him purchase a shoeshine kit and get on his knees and start shining. You may be amazed at how enthusiastic he is for affection when he is done!

82

Another great way to tease him is to use your feet! The next time you are watching television together, put your feet in his lap. When he's paying attention to the show, start slowly moving your toes up and down his crotch. Don't go too quickly – just do it enough to keep him teased and stimulated. See how long you can keep him in a heightened state of arousal and how much you can distract him from the show!

83

A big component of a wife-led marriage is the man's symbolic submission to you. Some wives enjoy holding a “collaring ceremony” once her husband accepts her superiority. Simply purchase a collar – either online or at a local sex shop – and then plan a romantic evening, at the end of which you will put the collar on your husband. Obviously he can't wear it to work or when your friends are around; but you may insist that he wears it at all other times, as a symbol of his place in the world.

84

The symbolic nature of your relationship is not limited to him. Many wives, once they have established their role as the head of the relationship, choose to ask their husband to purchase them a gold anklet. This is a symbol in the femdom community that the wife is not only in charge of her relationship, but also free to take lovers when she so chooses. You should reward your man with some form of relief when he purchases the anklet and puts it around your ankle for the first time.

85

Many women in the wife-led marriage community also use their gold anklets as symbols of their sexual conquests. In other words, after they take a lover they add a small charm to their anklet. This further cements their sexual freedom. Of course, you don't really have to take a lover to add a charm to your anklet. As soon as you add one, your husband will think you have, and his acceptance will deepen his submission to you.

86

In today's busy world, sometimes you may be asked to do some work from home outside of office hours. If so, why not make your life easier by turning your husband into your personal assistant! Have him kneel beside you as you work. Should you need a drink of water, tell him to get it for you and then return to his place on his knees. You may want a foot rub while you work. He'll be there for you. Keep him there the entire time at your beck and call.

87

So much of the process of a successful wife-led marriage is breaking down your man's "natural" sense of masculinity. Since he'll be doing the dishes and cleaning the house anyway, why not purchase him a frilly, feminine apron for him to wear while he does his chores? This will make him feel less "manly" and help him delve deeper into "sub space."

88

Sometimes your husband will commit a minor infraction. He won't have been naughty enough for a spanking, but you will want to correct his error. A simple way to do this is to insist that for one night he sleep at the foot of the bed instead of at your side. This will let him feel like he's "in the dog house" without actually hurting him. It is one of the most effective "minor punishments" possible.

89

While not every woman in a wife-led marriage will take a lover, many will. The reason is simple – you may be wary of letting your husband penetrate you, because you worry it will make him feel like an equal. Still, you may have a natural need to be penetrated. A lover can help! To make sure your husband understands this, why not bring your lover home one night and insist that your husband sleep in the guest room? He'll be able to hear and know what you and your lover are doing, but will not be a part of the process. This will very effectively cement your sexual freedom.

90

Men are pigs and will look for porn if you are not in the mood to provide him with relief. Purchase Internet blocking software and keep the password to yourself. Block out all adult sites – except those that emphasize loving female authority. That way, the only online sexual stimulation he'll be able to find is that which builds on his need to submit to you.

91

After your husband has mastered the art of giving you a pedicure, why not up the ante? Now is the time to teach him how to give you a manicure! This is a very intimate way for him to pamper you – which is obviously one of the best benefits of living a wife-led marriage!

92

Men themselves often have atrocious fingernails. It's as though they are blind to this essential and obvious aspect of human grooming. Yet, why should you be forced to hold hands with a man whose nails are ugly? Insist that he take care of his nails – and make him wear clear nail polish once his nails are in shape! It will make him feel slightly feminine – but is that really a bad thing?

93

At some point your husband may want to rebel against the new rules of your relationship. Who knows why; but some men seem to need to struggle, even if they know that you will always win. What you need is some leverage. Therefore, early on in your new relationship, take some embarrassing photos of him. It doesn't matter what – it could be anything from him wearing one of your camisoles to him on his hands and knees for you. Make it clear that you could, if you wanted to, email these photos to his family, friends and co-workers. That should keep any rebellion in check for good!

94

Face-sitting is a fun and relatively easy way to show who is on top in your relationship. Have your man lie down on the bed or the couch. Then, take off your panties and literally sit on his face. After a few seconds lift yourself off him a little bit so he can breathe and tell him to lick you. Then, sit back down on his face again. Keep repeating the process until you lovingly climax on his face.

95

The following exercise should only be attempted if you have a long-term extramarital lover who you know is free from STD's. It should not be tried with a casual fling. If you are in this situation, you may want to literally rub your husband's nose in your affair! One night, allow your lover to ejaculate inside you. Don't clean up! Instead, quickly put your panties back on and go home. Then, have your husband "clean" the evidence of your affair out of your vagina with his tongue. This is perhaps the most submissive act a husband can perform for his wife.

96

Your man's penis belongs to you and you alone. Plus, you want him to pee sitting down. Both can be enforced with a simple piercing. Piercing parlors can put a ring that connects your man's penis to his testicles and is held together with a small padlock. If you need to use his penis, you can unlock it and let it swing free. At all other times, it will be locked in the down position.

97

Some women like to smoke. But who wants to waste time rummaging through our purses for a lighter? Purchase your man a small, feminine lighter and insist that he keep it in his pocket at all times. Whenever you reach for a cigarette, he is required to immediately come over and light it for you. It's a simple, classic measure of his devotion to you.

Premenstrual Syndrome is a common and predictable problem for many of us. If your cycle is regular, you may know exactly when these symptoms will occur. If so, mark them on your calendar. On your PMS days, your husband should be ready to take care of you. He should bring you Midol in the morning without being asked and ready to give you back rubs or whatever other pampering you need – also without being asked. He should anticipate your needs at this special time of the month.

As a woman, you know that we often have to run errands. Whether it is a trip to the mall, then a quick stop at the post office followed by an appointment at the beauty parlor, we all have busy days. Why not make your man help out by being your chauffeur? You, obviously, will ride in the back seat and he will wait for you in the car while you attend to your needs.

Writing “Thank you” notes is a chore that many of us find socially necessary. But, why does it always seem to be the woman who ends up writing the notes? Train your husband to write all of them for you. It will free up hours of your time – while teaching him good social graces. It's a win/win situation for everyone!

101

We live busy lives and keeping up with all of our social and work obligations can be a pain in the tush. But, you don't have to do it alone. Make your man your social secretary. Have him keep track of all of your appointments and have him prepare a list and schedule for you every morning! You'll never forget a meeting or a lunch date again! This can be particularly submissive if you have a lover and he has to remind you of your dates with him!

102

Turn your husband into your lesbian lover for the evening! Have him shave his body, put on makeup and dress up like a sexy girl. Give him the female name of your choice! Engage in a night of "lesbian" sex – where clearly his penis will be ignored, but you will play with his nipples!

103

Never underestimate the value of your toes! Once your man has given you a proper pedicure and your feet look divine, you can put them to good use as a way to tease your man. Once the polish has dried, have him give you a foot massage. Then, order him to slowly and gently suck each and every one of your pretty toes. It will feel wonderful and, more likely than not, be a huge turn on for your man!

104

Entering into loving female authority is not just about punishment. It's more carrot and stick, and you do need to reward your man for good behavior. If he has been a particularly good boy, while not reward him with something better than simple masturbation? Put on your prettiest pair of panties and get on your hands and knees with your ass in the air! Then let him masturbate with one hand while the other hand caresses your panty covered tush! If he has a lingerie fetish of any type at all, this may be the orgasm of the year for him!

105

While from time to time you may want penetration but not want him to climax, this can be difficult to do if your husband is a “quick shooter” or has been denied relief for long periods of time. Luckily, condom makers offer you a solution. Most brands of condoms can now be purchased with a desensitizing lubricant inside the condom. This means you can allow him to enter you so that you get the penetration you need, but it will be much easier for you to make sure he does not have an orgasm while he is providing for your needs.

106

As a woman, our breasts are some of the most sensitive parts of our body. But, most men have no idea what to do with them. They either simply suckle them like a baby or play with our nipples like they are radio dials. Yucky poo! Clearly, you need to teach him. Organize a night of breast worship and instruction. Neither of you will be naked below the waist. Instead, he has to spend an hour or two worshipping your breasts. Tell him what you like and encourage good behavior. When he does something stupid, bat him away. He'll be a quick study!

107

Create a treasure hunt for him to earn the right to be intimate with you! Hide several notes around the house, but make one obvious and leave it on the kitchen table. In it will be a job he has to perform. Make sure that during the course of that job he'll be forced to find the next note and task. The last note should read, “You've earned your reward, bring this note to me and I'll give it to you!” Then, make love any way you want for the rest of the evening!

108

Have some special novelty underwear made for him with fun slogans like, “property of (your name) or “beta male” or “her bitch” or any other slogan you can think of that will remind him of his place in your marriage – and make sure that he doesn't want anyone else to see him with his pants off!

109

Men take a lot of their perceived authority from the belief that they have a larger than average penis. Of course, most of them don't. Better still, most men have not seen a lot of other men's erect penises, so they don't really know for sure how they measure up. Use this to your advantage. Make comments about his “little dick” or “cockette,” and once in a while mention a former boyfriend who was “much bigger” and really “filled you up.” This will take away a lot the manly pride that can get in the way of a good wife-led marriage.

110

The shower is a great place to demonstrate your female authority! Get in the shower with your man and have him wash you all over. Then order him to his knees and have him “clean” your vagina with his tongue, while you have dirty thoughts. Make sure he scrubs you everywhere!

111

If you want to get a little naughty while your man is on his knees washing your privates with his tongue, you could always relax and let loose your dream stream. While not for everyone, peeing on your man while he's on his knees will certainly show him who is in charge. Better still, the shower will wash everything away!

112

When it comes to getting your man to accept your loving female authority, motivation is key. You need to make him constantly want you – even if he might not get you for a while. Why not tell him that it's going to be a sex-free weekend – but then wear nothing but your sexiest lingerie all day and night? Finally, on Sunday night let him unleash his pent-up sexual energy on you!

113

If you decide to take a lover, you may want to get your husband involved to demonstrate his acceptance of the situation. You could always have him drive you to and from your dates. If you want to be particularly naughty, you and your lover could make out in the backseat of the car while he drives you to dinner!

114

Some women like it when their man wears panties as a sign of his reduced masculinity. You can take this a step further by bringing him to the lingerie store and insisting that he pick out his new undies. To really twist the knife, you could go up to the saleslady in front of him and ask her what she thinks would look good on him!

115

There are more couples in wife-led relationships than you might think. Why not seek out another couple in a similar situation, and arrange a loving female authority acceptance ceremony? You and the other woman could each buy new rings for your men and have a romantic evening where you put the new rings on their fingers while they pledge their eternal devotion and submission to you.

116

If you meet several other couples, you could always have a wife-led marriage party – where all of your husbands act as servants while you and the other women are princesses for the night, having all of your wants and needs catered to! Working with other submissive husbands will deepen his acceptance of his situation.

117

Many married women use birth control pills – but it can be a pain to have to remember to take them every day. Put him in charge of the situation and insist that he bring you your pill and a glass of orange juice every morning. This will be particularly submissive for him if you are not allowing him intercourse – since he will wonder why, exactly, you need to take your pill every morning!

118

Just because you leave the house for work is no reason for him to ignore your needs during the day. Insist that he send you four or five erotic or romantic emails during the course of your day – to prove that your emotions and sexuality are always on the top of his mind!

119

This is a little bit mean, but sometimes even the best of husbands act like little boys and need to be punished. If he has been particularly bad, you can insist that he put his dinner plate on the floor and eat it on his hands and knees like a dog! This will make him understand that he cannot simply behave like an animal!

120

Who needs to go to a spa when you have a submissive husband around? Make him go to a beauty supply store and purchase everything you need for a day of pampering. Have him be your personal spa boy! He can put a beauty mask on you, wax your legs and perform any spa service you desire all day – while helping you feel refreshed and beautiful!

121

While it's never a good idea to let your man orgasm too often, it can be fun to watch him become sexually excited. Why not order him to masturbate just to the point of orgasm, while you watch? Make him stop before he orgasms. When he gets soft again, make him start over. Have him keep it up until he is in a state of pure sexual frustration. Then, have him put his pants back on and do the dishes!

122

Your husband is your loving servant. The point of his existence is to make you happy so you will give him the privilege of orally satisfying you. Therefore, why not buy him a frilly French maid's outfit to wear while he does his housework? That way he'll really understand who wears the pants in your family!

123

If you don't want the hassle of having to constantly decide how often you man has an orgasm, why not put the decision in his hands? Decide how many times a month he is entitled to release. Then give him that number of "coupons." Every time he has an orgasm he has to give you a coupon back. When he uses up his coupons he quite simply has to wait the rest of the month! He'll learn quickly to budget his orgasms!

124

Most men assume that we will perform oral sex on them, even though they would never, ever put a penis in their own mouths. How fair is that? If you have a strap on dildo, you can turn the tables on him. Make him suck it while he plays with your clitoris. If you get really into it, you can try to find out where his gag reflex is!

125

A little pain is never a bad thing, as long as you don't do any lasting damage to your man. Do you remember the game of jacks from when you were a kid? Go to a toy store and buy several packages. Cover the floor of your bedroom with them and then lie back in bed naked. Order him to come in and walk barefoot through the jacks in order to get to your feminine treasures! Trust me, he'll think it's worth the pain!

126

If you haven't put him on an allowance, you can still control his spending. Set up a price list for your favors. A kiss might cost \$5. Playing with your breasts might cost \$25. Having an orgasm might cost him \$100. Tell him he has to pay you in advance and you always reserve the right to say "No" whenever you feel like it!

127

Everyone has at least a slight bisexual side, but men are never able to admit it. In fact, one of the most humiliating things for a man is for a woman to think he has any homosexual tendencies. Use this to your advantage. When you are out shopping with him, point out guys and ask him if he thinks they are attractive. Rent gay porn and play with his penis while you make him watch it. Make subtle comments about him being "a little gay." Enjoy it when he squirms!

128

Taking a lover expands your abilities to humiliate your husband and make him feel submissive. If you really want to take it all the way, have your husband hide in the closet and then bring your lover home. Insist that your husband watch through the door while you and your lover have sex. Make a point of being extra loud and enthusiastic to give him a sense that you prefer your lover.

129

While smoking is bad for you, a little cigarette ash won't really harm you. If you are a smoker, you could always have your man be your human ashtray for the evening. Have him kneel beside you at all times and gently flick the ashes into his mouth. Be careful not to burn him. The point is not to hurt him, but simply to make him feel useful.

130

Don't you hate it when you are in the middle of a project and the phone rings? It can be such a distraction! Never let this happen to you again. Make your husband screen all of your phone calls for you! Give him a list of people you are willing to talk to. If anyone else calls, make him make your excuses for you! You'll quickly find that you have a lot more free time!

131

A great way to motivate a submissive man if you are regulating his orgasms is to constantly keep him up to date on his progress. Get a blackboard and some magnets. Start the magnet at the bottom of the board. Every time he does something good, move it up slightly. Every time he does something bad, move the magnet down a little bit. He's only allowed release when it gets to the top of the board!

132

One of the reasons you married your husband probably is because of his looks. Yet, many men stop taking care of themselves once they get married. Don't stand for this! While he may consider it feminine, insist that he use a moisturizer to keep his skin looking young and soft. If he is getting older, make him put on a light amount of makeup to disguise his aging (not enough to get him in trouble at work; be subtle!). You go out of your way to look good and so should he!

133

When you take your man shopping with you, you may want to involve him in making your choices. On the other hand, you don't have to. If you don't trust his taste, or feel that he does not have the right to an opinion, you could order him to stand outside the store and wait – with your bags -until you are done with that store. Better still, you could ask him to stand in the corner of the store and wait for you!

134

You never, ever want to let your man become too confident in his ability to satisfy you. Otherwise, he might stop trying or become complacent – and that's the last thing you want. Therefore, it can be a good idea to make sure he's never quite certain he's doing a good job. The next time he performs oral sex on you, why not pretend to read a book or a magazine and act bored – no matter how good he is doing his job. It will make him work harder and turn him into a better husband!

135

This is a little dirty, but it is an effective way to control your man. Many sex shops sell cock rings that contain a small electrical charge. What happens is you make your man wear it at all times. Then, if you want his attention, or if he has been naughty, you can hit a button on a remote control and it will give an electrical shock to his penis! It won't be enough to damage his goods, but it will make him aware that you can and will punish him at your discretion.

136

Every man has his limits and it's your job to discover them. That way you can always punish him, but never worry that you are going too far. Over the course of the first few months of your wife-led marriage, try to push the punishments up a little bit and pay attention to his reactions. Some men can only take a paddling. Others can be spanked with a belt. You never, ever want to draw blood, but letting him get a little bit bruised from time to time is not a bad thing, if it's within his psychological limits. Test him constantly so that you manage the perfect balance between pleasure and pain.

137

Over the course of training your husband, you may discover that he has some basic bisexual tendencies. Many submissive men do. If you have a lover, you can take advantage of this. On adult movie sets there are women, called "fluff girls," who are hired to make the male actors hard with their mouths before a scene is shot. Make your husband be your "fluff boy" for your lover. You could even ask him to guide your lover's penis into you at the start of your lovemaking!

138

We all know that men make great footstools – it's one of the main tenets of a wife-led marriage! But did you know they also make great coat racks? Take advantage of this and use him to hang your clothes on when you get home from work. It won't take a lot of effort on your part, but it will be highly objectifying!

139

The goal of any relationship involving loving female authority is to bring a man to his knees – psychologically, at least! But, you could also turn this into a real physical activity. Plan a weekend where he has to be on his hands and knees and crawl at all practical times. This is a great way to make it clear where he “stands” as far as you are concerned!

140

One of the most powerful ways to control a man is to make him think you have secrets. Never reveal too much of yourself to him. The best part is that he will always think your secrets are sexy or about him. The next time you have a female friend over, spend some time whispering and giggling with her. At least once, point at him and giggle together. It will drive him crazy!

141

High heels are popular with many submissive men, particularly stilettos, though it never occurs to them that while the heels can give pleasure, they can also give pain. Have your man lie naked on his stomach on the floor one night. Then, slowly walk all over his back with your highest stiletto heels. Let him feel pain and excitement at the same time!

142

This game will only work if you are friends with other couples who participate in loving female authority. If so, why not have your husbands put on a girly fashion show for all of you? Have them dress up in their sexiest, most feminine outfits, do each other's makeup and strut their stuff while you and the other women hoot and holler and show them how it feels to be objectified!

143

Hiring a pool boy can be very expensive, and you really don't need to if you have a submissive husband. The next time you and your friends want to hang out by the pool, why not have your husband be your pool boy? He can be in charge of watching your towels, bringing you drinks, taking care of your suntan lotion and moving your umbrellas around, while you relax, gossip or read a book!

144

You can never tease your man enough. Remember, the goal is to keep him in a constant state of arousal. One night, have him strip and get into bed. Then spend about an hour rubbing your breasts over every part of his body except his penis. Tell him he is forbidden to use his hands to touch you. When he can't take it anymore, or you get bored, sit on his face and ride his nose to orgasm.

145

Rewards are as important as punishment in a wife-led marriage. Do you have a piece of lingerie that you know is his favorite? If so, assuming he's been a good boy, wrap it around your hand and use it to give him manual release. He'll love the feel of the feminine fabric moving up and down his shaft! He may spontaneously proclaim his devotion to you!

146

Give your sub hubby a little surprise the next time you go on vacation together. Insist on doing all of the packing yourself and simply “forget” to bring any of his masculine clothes. Instead, pack only women's clothes and underwear. Then, when you get to the hotel and open the suitcases, give him the choice of staying in the hotel while you go sightseeing, or going out dressed en femme!

147

Your man should always be at your beck and call even when he's out with the boys. Give him a cell phone and insist that it is always turned on. Make it clear that whenever you text him he is expected to immediately stop what he's doing, say goodbye to his friends and come home to you.

148

The last thing any man wants is for other men to think he's not the king of his castle. But, do you really care what he wants? Go to a T-shirt store and have them make up a shirt that says “Whipped” on the front. Insist he wear it whenever he goes and plays basketball with the guys. They'll know exactly what it means, even if they don't confront him about it. And, what can he say - it is true, after all.

149

Have you ever noticed that most men don't take their personal hygiene as seriously as they should? That's because a lot of them simply jump in the shower and lather up their armpits and genitals. That's no way to get really clean. Insist that he stop showering and takes a bath every day. You can even get pink bubble bath gels to put in it. He'll be cleaner, but also feel less like “a man.” What could be better than that?

Put the ball in his court. Men can be very creative when they are desperate. Make it a rule that once a week he has to come up with one new idea to please you. It has to be something he's never done before and that you've never asked of him. Point out that unless the idea meets your approval, he will not be allowed to orgasm that week. Just think of the possibilities.