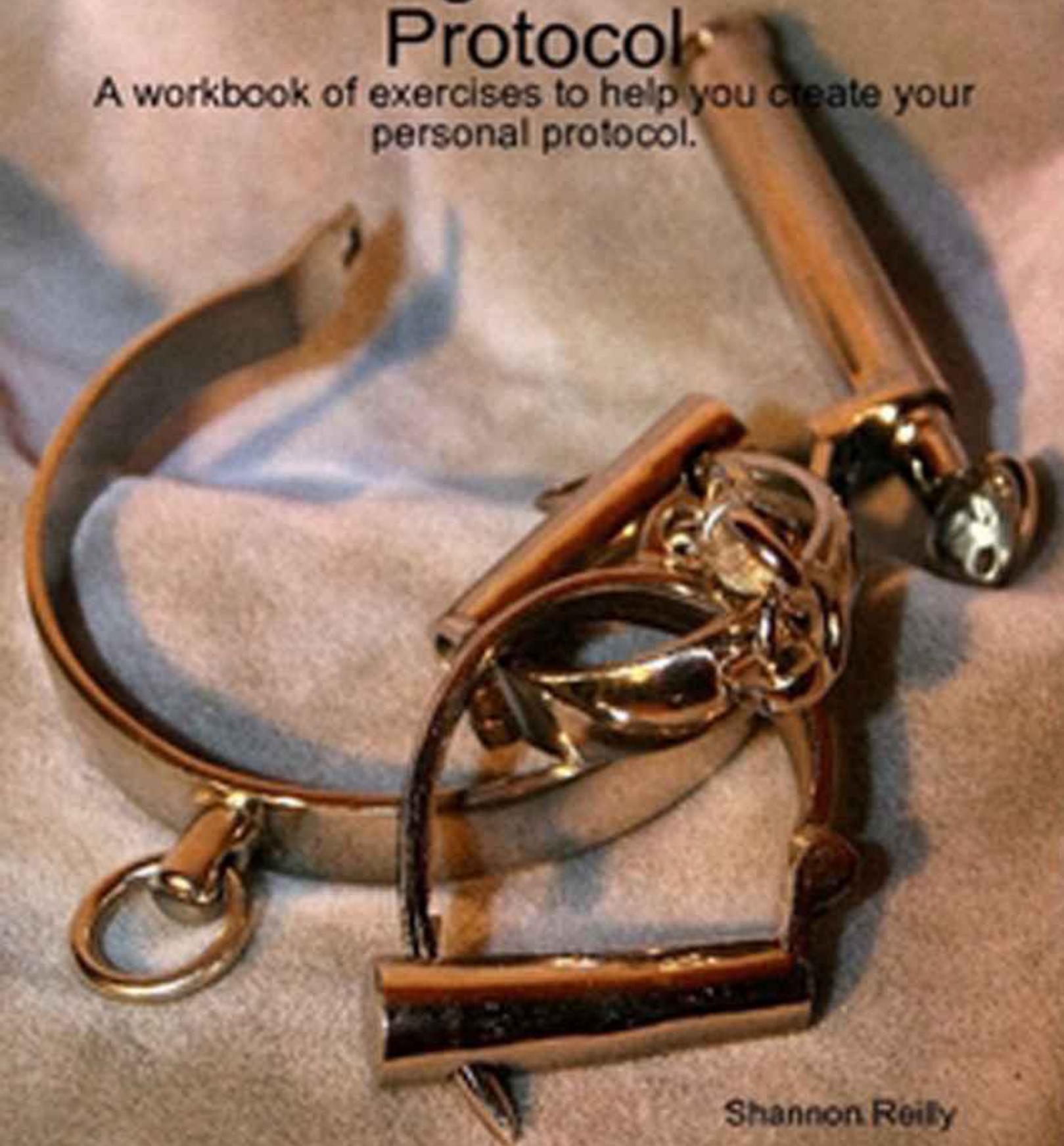


# Creating a Personal Protocol

A workbook of exercises to help you create your personal protocol.



Shannon Reilly

# Creating a Personal Protocol

by

Shannon Reilly

KINDLE EDITION

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### **About The Author**

Shannon Reilly holds a masters degree in English education and has been a member of the Leather Community for more than seven years. Her drive to write for the community comes from both her love of the leather lifestyle and her love of teaching. Shannon's writing focuses heavily on relationship dynamics and power exchange within those relationships.

### **Author's Note**

This book was designed as a workbook. This second edition has had the forms removed for better eBook formatting and in response to reader comments that the repetition of the forms in the original edition was not helpful.

## **Why This Book?**

You probably picked up this book because you have an interest in power exchange relationships<sup>1</sup>. Perhaps you are a dominant looking for ways to structure your relationships. Maybe you are a submissive who wants structure in their lives and seeks a way to create it. No matter what your motivations, thank you for choosing this book. I hope it will provide you with the tools to develop your own personal protocol.

As I noted above, this book is for both dominants and submissives. It may seem contradictory to say that a book on developing protocol is for both the dominant and the submissive, but it is the truth.

For dominants, having a structured protocol can help you share your expectations with those who serve you. Having such information on hand can make it much easier for those who serve you to do it well.

For submissives, a personal protocol can help you maintain your station regardless of whether or not you are currently engaged in a power exchange

relationship. Having this type of structure can also help a submissive share such information with a new dominant, especially if that dominant has not yet developed his or her own protocol.

I would also recommend that new partners, of whom neither have developed personal protocol, work together on the exercises in this book. You may find it to be beneficial to compare your answers to the exercises as you develop the protocol you will use for your relationship.

Regardless of your identification in this community, the exercises I've prepared in this workbook should help you find the structure you crave. I hope you will contact me if you have feedback or questions regarding this workbook. You can always reach me at [shannon@dv8publishing.com](mailto:shannon@dv8publishing.com).

**1 Power Exchange relationships are those in which the participants agree to engage in dominance and submission with each other. There are many levels of power exchange relationships and most use some form of protocol to express the boundaries of the relationship.**

## How to Use This Workbook

This workbook can be used in several ways. I recommend reading through the exercises once before attempting to complete them. Some of the exercises build upon each other and will require you to complete one before starting the next. Other exercises can be completed congruently.

One option for using this workbook is to complete the exercises by yourself. If you have chosen this workbook because you want to prepare a protocol for a future or current relationship and do not want input from a partner, the exercises can absolutely be completed on your own.

Another option is to include your partner in the completion of the exercises. Feedback and input from the other person (or people) who will be affected by the protocol developed by the exercises can be very valuable. Completing the exercises as a couple can be a very unifying activity for your relationship as well.

Finally, you may wish to use this workbook as part of a course on creating and using protocol to structure a power exchange relationship. While I understand, absolutely, the need to share knowledge in our community, I would ask that if you use this workbook for a course or workshop that you do not photocopy or print copies of it without contacting me for permission first.

## Definitions

In order to make this workbook applicable to everyone who chooses to use it, I will start by defining some terms. It is important to make clear distinctions between protocol, etiquette and ritual so that you can use those terms effectively when you develop your standards.

## ***What is Protocol?***

There are two ways to approach the term protocol. The first is as a collective noun where protocol refers to the entire set of rules for a power exchange relationship. The second is as a singular noun where the term refers to a single rule. You'll notice the change from "a" protocol to "the" protocol in my writing to demonstrate the switch from the singular to collective noun.

Protocol is a set of rules, situationally driven, which may or may not include ritual<sup>2</sup>. Protocols are the personal rules you develop to make a power exchange relationship work for you. In most cases, it is the dominant who develops these rules, though it is possible that a submissive might develop his or her own protocols as well.

You will find when talking with members of the community about protocol that views and ideas vary widely. It is not my intention to ever imply there is or should be a single protocol that will work for every power exchange relationship. Instead, my goal in creating this workbook is to help you develop your own protocol so you can share it with your partner.

As a service-oriented woman who works best where there are clear boundaries, I can tell you that I have been more comfortable and effective in my service in those relationships where I was presented with protocol at the outset of the relationship than in those where the rules were haphazard or made up as we went along. I am not trying to say that your power exchange relationship cannot possibly be successful if you don't develop a protocol to share with your partner. What I am saying is that if you are a dominant, you will find that many servants are more effective at serving your best interests if they know up front what your expectations are. Sharing a personal protocol with your partner is a gift that will help your relationship in the long run. Because protocol says nothing about the method in which a standard is met, protocol is concerned with outcomes, but not with behavior. For example, protocol could indicate that women and children must

<sup>2</sup> This definition is credited to Jarrett of North Carolina.

be evacuated from a sinking ship before men are evacuated. So long as

the women and children are evacuated first, protocol does no concern itself with the manner in which those people are evacuated. If the men tossed the children haphazardly into boats, but did get them off the ship before the men were evacuated, the protocol has been met. It wasn't necessarily done with any sense of decorum or etiquette, but the outcome was a success.

If your preferences in a power exchange relationship are such that you are more concerned with standards being met than you are with how they are met, your personal protocol standards will focus more on protocol and less on etiquette. If, however, your preferences lean more toward the niceties of how things are done with less emphasis on if they are completed to a standard, your personal protocol standards will focus more on etiquette.

Protocol is best described in terms of broad-based directives for expectations. The exercises in this book will help you determine the behaviors you wish to encourage or discourage and phrase those expectations into directives.

## ***What is Etiquette?***

Etiquette expresses the niceties of society. The standards of etiquette will vary from society to society and from sub-culture to sub-culture with some carry-over from one to another. For the purposes of this book, etiquette will be used to define the manner in which protocol are met. Where protocol is concerned with outcomes, etiquette is concerned with behavior.

You might institute a protocol that those who serve you must address all other dominants in a respectful manner. Notice there are not specifics of how that standard is to be met, only that there is an expectation of respectful demonstration. Adding etiquette to this protocol might result in a statement like this: Address all dominants as Sir or Ma'am unless otherwise instructed. Now, behavior has been added to the original protocol. Not only is the recipient of this protocol to demonstrate respect, they have been given the specific behavior expected from them in order to demonstrate their adherence to the protocol.

Notice that we have now addressed both outcomes and behaviors. You may be asking now, "Where does ritual fit into this?"

## ***What is Ritual?***

Ritual is "any practice or pattern of behavior regularly performed in a set manner."<sup>3</sup> The key difference between a ritual and a protocol is that ritual does not take into account the environment in which the action takes place.

Many couples engaged in a power exchange relationship use ritual as a way of shifting from their vanilla mindset to their power exchange mindset. Others use ritual because they find it beautiful. Whatever reason you choose to use or not to use ritual, it's right because it's your protocol.

Notice that my definition of protocol indicates that it may or may not contain ritual. Because rituals are even more personal than protocols, it may be a good idea to leave ritual out of your protocol until you are engaged in a power exchange relationship. That way your rules can be applied to any relationship and you can personalize their application or enactment for each relationship through the addition of ritual.

Now that we are all on the same page as far as definitions, we have only one more step to take before we move into the meat of creating your personal protocol.

<sup>3</sup> ritual. (n.d.). *Dictionary.com Unabridged (v 1.1)*. Retrieved January 02, 2008, from Dictionary.com website: <http://dictionary.reference.com/browse/ritual>

#### **Dispelling the Myth of a Universal BDSM Protocol**

At some time during a discussion or chat on the topic of protocol, it is possible that you heard someone mention a BDSM protocol or an old guard protocol. Perhaps you have been searching for references to support the existence of such a universal protocol and have been frustrated by the lack of reference available. The reason there are no references available to support the existence of a universal BDSM protocol is that there simply isn't one.

In times past, there were rules and expectations one had to abide by in order to become a member of a particular leather group. Often those rules included being vested (having a current member vouch for you and be responsible for you) and maintaining a certain level of secrecy about the group and its workings. It is from these types of rules that I believe the myth of the universal BDSM protocol probably arose. Nothing builds mystique quite like trying to keep secrets. Add to the secretiveness of those leather groups the rosy glow contemporary leather folk seem to cast over anything we consider our history and you have the perfect environment in which to foster mythology.

The truth is, protocol as I have defined it for this book, is far too personal to ever have universal application. It is far more reasonable to expect there to be a universal standard of etiquette in the Leather Community than it would

be to have a single protocol which is applicable to all members of the community. However, even etiquette standards vary from one group to another, making even a universal etiquette unlikely.

Rather than searching for a protocol to fit your relationship, I strongly recommend creating a protocol just for your relationship. I understand the desire to connect with others when we have similar interest. It is such a desire that might make you feel as though you have to choose to identify your protocol as Gorean, Victorian, or any of the other pre-defined protocols<sup>4</sup>. Understand, however, that you need never name your protocol anything other than "yours."

I'm not telling you to avoid all other protocols. On the contrary, I believe it is an excellent idea to review other protocols to find those that may work for you (there is no need to reinvent the wheel when collaboration is an effective method of learning). What I am saying is read, talk to others, ask questions, and then develop those protocols that work for you. Don't worry about what works for others if it isn't going to work for your relationships.

<sup>4</sup> There are any number of pre-defined protocols available online. The Gorean protocol comes from individual interpretations of John Norman's Books of Gor. Victorian protocols are often based on an idealized concept of the Victorian era. I recommend researching these protocols so you can assess if they match your understanding of and need for protocol.

Now that we've defined the necessary terms and hopefully dispelled a few myths, it's time to start constructing your protocol.

## **The Exercises**

On the following pages, you'll find the exercises to create your personal protocol. I've arranged these exercises so that the directions are on the left page and the blank forms are on the right for your convenience in completing them.

### **Exercise 1 – Defining Behaviors to Encourage**

The first exercise in this workbook will help you define the behaviors you wish to encourage with your protocol. Your protocol should be more than a list of "don'ts." Beginning with behaviors you wish to encourage will help you maintain positive tone in your protocol. Remember that the members of power exchange relationships, regardless of their identification are human

and humans respond better to positive reinforcement than they do to prohibitions.

Begin by making a list of behaviors you find attractive. When you observe other power exchange relationships, what about the interaction between the partners appeals to you? When you see others at public functions, what behaviors make you smile and nod while thinking, "I want my girl to act that way," or "I envy her because her boy is so good." These behaviors are those you want to encourage via your protocol.

Listen as others comment on servants they find pleasing. What is it, in particular, that appeals to them about a particular servant's behavior. If you agree, include those behaviors on your list. It's always beneficial to get feedback from others because we cannot all experience everything . It never hurts to ask for an opinion from someone else as long as we apply our own thought process to the information they share.

Consider more than just individual tasks. Look at overall demeanor and stature when you are considering what to encourage. The broader your phrasing of behaviors, the more broadly applicable your protocol will ultimately be. For example, you may list "behave with respect toward others" as a behavior to encourage. That phrasing is far more broad than "be nice to Bob." The two behaviors are similar but the first is much more broadly applicable.

Take time now to list the behaviors you wish to encourage via your protocol. List as many as you can right now, but expect to come back to this exercise several times before you are finished.

### ***Example of Behaviors I want to Encourage***

## **Behaviors I want to encourage:**

Use Sir or Ma'am when addressing dominants  
Maintain respectful distance when dominant is engaged in other activities  
Be aware of dominant's needs  
Dress appropriately for the venue and event

### ***Behaviors to Encourage Forms***

# **Behaviors I want to encourage:**

## **Exercise 2 - Defining Behavior to Discourage**

While it would be wonderful if we could construct a protocol strictly based on behaviors we find attractive, the reality is that when you develop your protocol, there are going to be behaviors you want to discourage as well.

Just as you constructed your list of behaviors to encourage based on observations, you should do the same for those behaviors you wish to discourage. Watch others and make note of behaviors which make you uncomfortable or unhappy. Keep an eye out for behaviors you find unattractive in any way. When you find yourself thinking, "Gee, I'm glad I don't own that," analyze exactly what it is about the servant in question that makes you not wish to own them.

Take time to talk to others about behavior they find unattractive. Learning what is unattractive to others may help you develop differences in your protocol for application in private versus public settings. Talking to others also gives you a broader base to work from since they may have experienced things you have not.

I will again caution you to look beyond specific and narrow behaviors to broader behavior types. For example, you may find yourself listing "sexy dressing" as opposed to "short skirts." Unless it is specifically and only short skirts you find unattractive, a broader statement will make for a more broadly applicable protocol.

Take time now to list the behaviors you want to discourage via your protocol. As you did with the behaviors you want to encourage, know that you will likely return to this list more than once throughout the process of developing your protocol.

### ***Example of Behaviors I want to Discourage***

## **Behaviors I want to discourage:**

Interrupting dominant when engaged with other dominants  
Bratty, attention-seeking behaviors  
Inappropriate dress for venue and event  
Defiant behavior

### ***Behaviors to Discourage Forms***

# **Behaviors I want to discourage:**

## **Exercise 3 - Creating a Category List**

In case you haven't already figured it out, I'm kind of an organizer. I like to be able to group things together so they work together logically. To that end, this next exercise will help you create a list of categories in which to group your protocols.

Look at your list of behaviors. Very likely there are several which could be grouped together based on their similarities. Perhaps you have several behaviors that deal with dress. Maybe there are a few related to bearing and carriage. I'm sure you've included several behaviors which reflect your preferences in speech. Dress, carriage and bearing, and speech would be categories (and no, there's absolutely no reason why you can't use those three as your own if you wish--remember we don't need to reinvent the wheel).

Look now at your lists of behaviors and make a list of categories you can use to group those behaviors together. Take your time with this exercise and don't be afraid to create new categories if necessary. Remember when you are creating your categories, you want to be specific enough that none of your behaviors would fit in more than one category. If you find you have behaviors in more than one category, create a new category that further differentiates the behaviors.

### ***Example Categories***

## **My Categories:**

Department

Demeanor

Dress

*Category Forms*

# **My Categories:**

## **Exercise 4 - Organize Your Behaviors by Category**

Ok, this is a quick and dirty exercise. Take all the behaviors from both the encourage and discourage list and group them together in this section by category. I've given you room for ten categories with ten behaviors in each category.

Once you have placed each behavior in its appropriate category, review that category and prioritize the behaviors. Which behaviors are most important to you? Which might be less important and able to be culled?

Prioritizing will help you reduce the number of overall protocols you present to your partner. Your protocol will likely be able to address all areas of your power exchange relationship but will probably not cover every individual behavior you and your partner might engage in or come in contact with.

Attempting to create a protocol for every possible situation and behavior is going to leave you with a burdensome protocol and lots of frustration. The more broadly applicable each of your protocols is, the fewer individual protocols you will ultimately need. Consider this: Will your servant be able to meet the expectations of each of 100 very specific protocols or are they much more likely to remember and abide by 20 general protocols?

Once you've finished grouping and prioritizing, you'll be ready to move on to the next exercise.

## ***Examples of Organizing Behaviors by Categories***

# Category 1 Department

## Behavior

Interrupting dominant when engaged with other dominants

Bratty, attention-seeking behavior

Defiant behavior

Maintain respectful distance when dominant is engaged in other activities Be aware of dominant's needs

## **Category 2 Demeanor**

**Priority**

5

2

1

4

3

**Behavior**

Use Sir or Ma'am when addressing dominants

**Priority 1**

## **Category 3 Dress**

### **Behavior**

Dress appropriately for event and venue

**Priority 1**

### ***Category and Prioritization Forms***

# Category 1 \_\_\_\_\_

## Behavior Priority

### Exercise 5 - Translating Behaviors into Directives

Now that you have your lists of behaviors grouped and prioritized, the next big step will be to translate those behaviors into directives.

Start with your top priority behaviors since these are the behaviors you have already identified as crucial to the success of your power exchange relationship. Take each behavior and change the phrasing from descriptive to directive.

For example, perhaps you have "is respectful of dominants" listed on your behaviors to encourage list. As it is written now, it is descriptive. To change that behavior to directive you need to phrase it in such a way that your partner can perform the behavior as you expect it to be performed. You might phrase it as, "The servant will be respectful of other dominants."

I recommend keeping your directives as general as possible unless you do have a particular preference you are not willing to bend on. For example, in a previous relationship, I was held to a protocol of "the servant must address all dominants as Sir or Ma'am unless otherwise instructed." That is a very specific version of the respect directive stated above. Obviously, your preferences are paramount here. I only recommend keeping your directives broad so you can apply them more broadly.

Now is also a good time to decide if you are going to include any elements of etiquette or ritual in you protocol. If so, be sure to address these ideas as you create your directives.

### *Example of Translating Behaviors into Directives*

Behavior

Interrupting dominant when engaged with other dominants

Directive

The submissive will not interrupt the dominant when said dominant is engaged with other dominants.

Behavior

Bratty, attention-seeking behavior

Directive

The submissive will not engage in bratty or attention-seeking behavior.

Behavior

Defiant behavior

Directive

The submissive will not openly defy the dominant.

Behavior

Inappropriate Dress

Directive

The submissive will dress appropriately for the venue and event.

Behavior

Use Sir or Ma'am when addressing dominants

Directive

The servant will use Sir or Ma'am when addressing dominants.

### ***Translating Behaviors into Directives Forms***

Behavior

Directive

## **Exercise 6 - Compiling Your Protocol**

In order to make your protocol easy to share with your partner, the next step in this process is to compile your directives into a logically structured

list. I've provided you with a form which includes categories and room for directives in each area. I've also included blank sheets should you not wish to categorize your protocols.

Transfer your directives to one of these forms now. Remember that often people will equate location in a list with importance, whether such is your intention or not. As such, I recommend either prioritizing your directives before transferring them or including a statement explaining that the order in which they are presented does not affect the importance of each protocol.

### ***Example of Compiling Protocol***

## **Protocol for Shannon**

### **Category: Department**

The submissive will not openly defy the dominant.

The submissive will not interrupt the dominant when said dominant is engaged with other dominants.

The submissive will not engage in bratty or attention-seeking behavior.

### ***Compiling Protocol Forms***

**Protocol**

**for**

**Category:**

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## **Exercise 7 - Scheduling A Review of Your Protocol**

I know that by now you feel as though you've spend an inordinate amount of time developing your protocol and the thought of reviewing your work anytime soon gives you chills. The truth is, however, that a regular review of your protocol will help you improve it and make certain it is still relevant and applicable to your power exchange relationships.

This exercise is a commitment to yourself and your partner that you will regularly review your protocol. I recommend setting up a schedule first and then making review a priority under certain circumstances.

For example, you might commit to reviewing your protocol after six months or a year. Following that passage of time, your review may only be necessary if you find your partner is having issues living with the protocol or meeting the standards.

Relationships, especially power exchange relationships, are fluid and organic things. They change over time as the members of the relationship change. You've spent the time to develop this protocol, now commit to review it so it remains relevant for your relationship.

Write a commitment statement in which you agree to review your protocol at a given time interval, after a certain occurrence, or both. Make sure your statement is specific enough to be useful and then stick to it. I've included extra commitment pages so you can write separate statements for the different time periods you may wish to use to reevaluate your protocol.

### ***Example of Commitment to Reevaluate Your Protocol***

I commit to reevaluating my protocol in six months. During that time, I will abide by my protocol and make

notes as to where it works and where it needs improvement. Should I find a major issue with my protocol, I will reevaluate my protocol immediately.

## ***Commitment to Reevaluate Your Protocol Forms***

### **Exercise 8 - Defining Levels of Protocol**

Now that you have created your personal protocol, you may want to consider defining levels of protocol as well. Many individuals who engage in power exchange relationships recognize that the strictness of behavioral expectations will vary based on the situation in which they find themselves. Power exchange couples are often far more relaxed in private than they may be at leather community events.

To that end, I have seen the levels of protocol described in terms of low, medium and high. You, of course, will want to define these levels in a way that meets your needs.

#### ***Low Protocol***

Most power exchange couples spend the majority of their time at low protocol. There is the appearance of laxity and the illusion of freedom, but the reality is that protocol is still in force and enforced regardless of how familiar the couple behaves. Low protocol can be difficult for some servants because there is the illusion of freedom, but it is necessary for power exchange couples to have this low level of protocol so they can live their lives without being encumbered by their protocol. Often, outsiders do not notice the adherence to protocol when a servant is at low protocol.

#### ***Medium Protocol***

Medium protocol is often called public protocol. It is the middle level of formality often observed by those who see power exchange couples at leather community events. The focus of the servant shifts to community priorities and their adherence to the relationship protocols is evident to outsiders. Some

power exchange couples have protocols that are only in force when the servant is at public protocol.

## ***High Protocol***

High or formal protocol is often the most difficult to maintain and rarely seen protocol level. High protocol is often observed only for one of several specific reasons. Some dominants use formal protocol as a punishment. Others use it for amusement. Formal protocol can also be used for social events such as Protocol Dinners. At high protocol, all of the servant's priorities are focused on the dominant. Their own wants and needs are supplanted and remain so until the time for high protocol has passed.

## ***Why Define Levels***

You may choose not to define levels of protocol for your own personal purposes. I recommend, however, looking over your protocol and assessing whether any of your protocols would be difficult to maintain at all of the levels. If so, you may want to define your expectations for each of the levels so you can share those expectations with your partner.

## ***Example of Defining Levels of Protocol***

## **Protocol Level:Low**

At this level of protocol, I expect:

Adherence to protocol without formality

Behavior appropriate to venue and attendees

## **Protocol Level:Medium**

At this level of protocol, I expect:

Priority for BDSM behaviors

Appropriate level of formality for venue and attendees

## **Protocol Level:High**

At this level of protocol, I expect:

Suspension of submissive's wants and desires

Focus on BDSM and Dominant priorities

### ***Defining Levels of Protocol Forms***

**Protocol**

**Level:**

---

At this level of protocol, I expect:

**Protocol**

**Level:**

---

At this level of protocol, I expect:

**Protocol**

**Level:**

---

At this level of protocol, I expect:

**Protocol**

**Level:**

---

At this level of protocol, I expect:

# Exercise 9 - Defining Consequences

While it is unrealistic to expect a preset list of consequences for breaking protocols to always work under every circumstance, defining possible consequences for failure to meet expectations can save you time later when the need for consequences arises. No one is perfect. There will come a time when a protocol is broken and you will want to apply a consequence. I recommend creating a few levels of consequences to address minor, midlevel, and major infractions.

As a servant, I can tell you that knowing the possible consequences of failing to meet expectations is an excellent motivator for ensuring I meet expectations. I urge you to consider making this commitment to

**your relationship and take the time to define some consequences now.***Example of Defining Consequences*

## **Category:Department**

If protocol is violated in this category, the following consequences may be enacted: **Minor Midlevel**

Verbal Correction Research behavior and write statement of how to avoid in future

**Major**

Up to and including release depending on the level of violation

***Defining Consequences Forms***

**Category:** \_\_\_\_\_

If protocol is violated in this category, the following consequences may be enacted: **Minor Midlevel Major**

## **Conclusion**

Well, you made it through the exercises and should have a working protocol in your hands. I hope you found the exercises useful and I hope you will revisit them from time to time as you review your protocol. You've already done more to structure your power exchange relationship just by opening this book than many others will do. I know your relationship will benefit from the time and effort you have invested. Good luck to you and yours. Please do contact me should you have any comments or suggestions for improving this workbook.

Shannon Reilly

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