

A black and white photograph of a woman in a white corset and thigh-high boots standing over a man lying on the floor. The woman is looking to the right. The man is lying on his back, looking up at the woman. The background is a stone wall with a doorway on the left.

**DOMINANT FEMALE  
SUBMISSIVE MALE**

**A Simple Guide For a Submissive Male  
To Find the Mistress of his Dreams**

**BY  
Sophia James**

# DOMINANT FEMALE SUBMISSIVE MALE

A simple guide for a submissive male to find the  
Mistress of  
His Dreams and for Females to understand the  
power they all have over some men

By  
Sophia James

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permission from the publisher.

Sophia James worked as a professional Dominatrix for five years.  
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trainer.

She started writing Female Domination fiction four years ago.  
This is her first non-fiction book.

This book is primarily aimed at submissive men but I believe millions of Women could benefit from reading it.

When I was in my teens and early twenties my ideal man was the same as most women across the World. I wanted the tall, well-built hunky male who would be strong and dominant as well as being caring, thoughtful, funny and of course romantic.

I dated several men like this and then married a man I thought ticked all the boxes and who did at the time. The only trouble was the boxes did not stay ticked.

Caring, thoughtful and romantic went first and funny wasn't far behind.

There are some great guys out there who do stay the course but most of these seem to be married to strong women who only allow them to dominate to a certain degree.

The sad truth is, is that a lot of so-called dominant men make their Women's life a misery. They have an old-fashioned idea that if they earn the bigger wage they can do pretty much what they like and their partner has to support them.

They get drunk and stay out when they like and they expect their women to supply sex when they want. After a time, some of them also see it as a badge of honor to cheat on their partners.

Of course all strong men are not like this but it was my experience and I know countless women go through similar things every day. There is another way.

When I was at school one of my best friends was this sweet, funny guy who quite obviously fancied me. I really liked him but he didn't fit the bill at all. He was short of stature, very athletic, kind-hearted, thoughtful but nervous and almost passive around Women.

We remained in touch after I married and moved away and in the years after my divorce. He was always there for me and he became probably my best friend but I still never considered becoming romantically involved with him.

I had always wondered why he had never married himself as he was very popular and had many female friends. He had several short relationships but they never seemed to last which was always a surprise and disappointment to me as he was a guy who deserved happiness.

About seven years ago I needed a place to stay for a while after another disastrous relationship had ended and I asked him if I could stay at his house. He agreed and, while there was nothing sexual between us, I felt very comfortable and content there and stayed much longer than I needed to.

One day I asked him if I could borrow his lap-top as mine was being repaired and he agreed and then went to work. As soon as I went on a search engine I discovered the reason he was single.

The history of visited web-sites was full of Female-domination porn sites. I was shocked and then fascinated and spent the entire day watching all the movies he had previously watched.

I thought about pretending I had not seen it as it was obviously a breach of privacy but I decided against this for several reasons, one of which was that I suspected he had wanted me to find it.

He later admitted it was true and that a fetish for female-domination had obsessed him his whole life. It was quite an awkward conversation at first but I loved him dearly and, although I had no experience of the scene, I am very broadminded and soon we were laughing about it.

To cut a long story short I became fascinated by the subject and by the possibilities. It didn't happen straight away but before long I was referring to him as my boyfriend/slave and, when I saw how

much money could be made, I set up as a professional Dominatrix.

One thing I made clear at the outset was that I didn't want him to change. He is a very decent man with a strong character not some wimpy guy crawling at my feet. The only times he calls me Mistress is when we are involved in sex games. The rest of the time he is the best boyfriend I have ever had and the only one who has truly loved me.

While I will have the final say if we cannot agree, we argue like any other couple and I would not have it any other way. He made me realize that my, and I suspect many women's, idea of a submissive man can be very wrong.

Don't get me wrong, many do conform to the stereotype and are pathetic but, from my five years experience of being a Dominatrix, most are caring, thoughtful and many have a sense of humor about their fetish.

I have a friend; a very successful Dominatrix who told me she used to be bullied and teased because of her looks. She had been overweight as a teenager and because of an accident when she was a baby she had slight scarring on her face. She never had a boyfriend at school and was totally lacking in self-confidence until the moment someone took her to a Female-domination fetish club.

It changed her life. She now makes thousands as a Dominatrix and has a twenty-five year old boyfriend who looks like a male-model. She met him when he visited her as a client and there would be about fifty more who would give their right arm to replace him.

Of course you don't have to become a Dominatrix but most women would be amazed how many men have this desire to be dominated. The only ones they are aware of are the slightly creepy ones on social media who just post their fantasies.

The image of the "Gimp" is also strong but the truth is most guys with this fetish are normal everyday guys who are popular, good

company and hold down good jobs. They also make dependable, good boyfriends.

It is the little things that matter. My boyfriend will often ring me and ask if it is alright if he goes for a few drinks with his mates after work. I will normally agree but tell him to be home by a certain time and he always is. My ex-husband would have come in many hours late, completely out of his head and demanded sex.

My boyfriend works hard, stays fit and takes care of all the difficult things in life, like tax returns and insurance. He never says it but I know his number one aim in life is to make me happy. He is not servile and his devotion is not suffocating but rather supportive and caring and this is what I will go on to advise men reading this book to be.

Knowing what I know now I get frustrated seeing women allowing men to treat them badly and also by single women who moan that they cannot find a man because they are unattractive.

One visit to a Female-Domination themed club would change this viewpoint forever. Men at these parties always outnumber women and are fighting to serve any woman. You have no idea of the power you will feel when you point to a good looking man, click your fingers and see him rush over to you.

Attractiveness has very little to do with it. If any woman goes on a fetish dating site such as alt.com and puts on her profile that she is a dominant woman she would have something like 100 replies in a matter of hours.

About half of these they would reject straight away as they will be creepy and then another 25% would follow but about a quarter would be fine guys, much like my boyfriend.

How far or fast any contact develops is entirely up to the woman as she has all the control. She will always have all the power because there are so many more men with a desire for female

domination than there are women prepared to provide that domination.

I never abuse it but the ultimate power I have over my boyfriend is that, while I could get a new partner quite easily if our relationship ended, he would find it extremely difficult to replicate what he has with me.

I have grown very fond of submissive men and have wrote this book to try to advise them on the best way to achieve their dreams, as most go about attracting a dominant female in entirely the wrong way.

But I also hope many women read it and understand that they can pretty much have a choice of some very decent guys; Guys who will respect and love them; Men who will make them laugh and who will provide strength and support.

My advice is to try it. I don't think those that do will ever look back.

## INTRODUCTION

IF YOU WANT TO SERVE A DOMINANT MISTRESS GO FOR IT

IT IS YOUR LIFE SO LIVE IT TO THE FULL

I will reiterate that statement many times in this book along with several others. Some people, when on their death bed, regret some of the things they have done in life but many more regret the things they haven't done.

DO WHAT YOU WANT IN LIFE NOT WHAT PEOPLE EXPECT YOU TO

Your parents, family and friends have expectations of you but it is your life. The brutal truth is that until you are prepared to disappoint and even put at risk your relationship with those closest to you will never live a truly free life. BUT IT IS YOUR LIFE!

THE QUALITY OF YOUR LIFE DEPENDS ON HOW MANY UNCOMFORTABLE CONVERSATIONS YOU ARE PREPARED TO HAVE

The man who is too shy to ask the girl of his dreams out and sees her marry his best friend; The gay man who lives a lie for his whole life because he can't face telling his parents or wife; The submissive man who can never tell anyone he wants to be dominated by a woman. One very uncomfortable conversation could have changed their lives forever.

DO NOT BE ONE OF THESE MEN!

This will not be a long book. I am aware that the subject is complex but I intend to be as concise and direct as possible.

THIS BOOK WILL NOT CHANGE YOUR LIFE. ONLY YOU HAVE THE POWER TO DO THAT.

It will not be easy because at some point you are going to have to have those very uncomfortable conversations, whether that is with a professional Dominatrix, a Girlfriend or Wife or even your own family. At some point you are going to have to admit your desire to be dominated.

THERE IS NO POINT IN READING ANY FURTHER IF YOU DO NOT ACCEPT THIS.

My boyfriend was that man who was too shy to ask me out at school and had to see me marry another man. He was also the man who, many years later, had that uncomfortable conversation with me, albeit after I discovered his fetish, and has been living as my boyfriend/slave for over five years now.

READING THIS BOOK IS NO GUARANTEE THIS WILL HAPPEN TO YOU

I do not want you to buy this book under false pretenses. I intend to be as truthful as possible and an uncomfortable truth is that a lot of Women would not react positively to a man, especially a Husband or boyfriend, confessing a desire to be dominated and possibly humiliated.

BUT PLENTY WILL AND UNLESS YOU HAVE THAT CONVERSATION YOU WILL NEVER KNOW.

I will relate my own experiences and, among other things, try to advise you on the best way of approaching these conversations but in the end it will always come down to you. But remember one thing.

IF YOU HAVE THIS DESIRE NOW YOU WILL HAVE IT ALL YOUR LIFE.

It is your choice; you either live half a life which is dictated to you by others or you step out of your comfort zone and aim to live the life you dream about.

IT IS YOUR LIFE, LIVE IT TO THE FULL.

## Chapter One

### Decide what you want.

This sounds easy but is in fact incredibly difficult for the simple reason the answer depends completely on whether a man has ejaculated recently. A man on the edge of orgasm can desire the most brutal and humiliating slavery possible and when he is sexually sated his dream would be of consensual role-play with a caring partner.

#### DECIDE IF YOU ARE TRULY SUBMISSIVE.

This may seem strange but many men who desire to be whipped and humiliated still have the desire to dominate their partners in everyday life. In fact they still want to control the session even when they are in bondage being caned. This is called “Topping from the bottom.”

There is no right and wrong here but recognize that there is a difference between having a woman indulge your sexual fantasies and being truly submissive. The truth is, that for all of the men out there claiming to be slaves, most visiting a professional Dominatrix fall into the former category.

This is fine if you want to restrict yourself to sessions with a Mistress in which, you as a paying customer, are ultimately in control. But it becomes a big problem if you wish to have a relationship like this with your girlfriend or wife as I suspect many of you do. Ask yourself this

#### WHY WOULD SHE DO THAT?

A common mistake men make when they ask their partners to sexually dominate them is that they tell them all their fantasies and expect them to follow a script and they often get angry when they don't. It also normally ends their more conventional sex life and, more often than not, leads to the end of the relationship.

It is not true that women can't get turned on by dominating men as I know I do, but I have to be actually dominating and in control, not playing a role just to satisfy my boyfriend's sexual desires.

These men also want to stay in total control in every other aspect of their lives. They want to get drunk when they want and go where they want. So the woman who gets called Mistress for a couple of hours a week gets nothing out of the relationship, not even good sex.

In the introduction I stressed that it was your life and you have to live it your way.

#### REMEMBER SHE IS DOING THE SAME.

If this is your dream and the way you really want to live your life that is entirely up to

you. But you are not submissive and, while I wish you luck, I can't really help you and I fear you will end up disappointed. My advice to you would be to stick with professional Mistresses.

If you decide you are truly submissive you have to face the fact that in any relationship you may have you have to, at the very least, put your partner first. How far you take this is up to you and your desires.

You may decide that your aim in life is to be a totally genuine slave and give up control of every aspect of your life. I can't stress this enough

**BE TOTALLY SURE WHAT THIS MEANS.**

I think these relationships are quite hard to find, something I am personally grateful for, as the Mistress almost always has to resort to illegality to enforce the "Contract." She does this through BLACKMAIL and EXTORTION.

A submissive man can have fantasies about total slavery and extreme torture and humiliation but when faced with the reality would want out within days. There are Mistresses out there who will not allow this. They will take your money, house and your dignity and they will feel they are justified in doing this as you stated a desire for them to do so.

There is no love in these relationships. You are a slave just existing to serve her. While this may excite you reading about it, consider the reality. She is not there to indulge your fantasy and you may never have even the slightest sexual relief. She may just send you to work 18 hours a day and take all your money.

**SHE MAY SCAR YOU FOR LIFE**

**SHE MAY GET GAY MEN TO HAVE SEX WITH YOU**

**SHE MAY USE YOUR MOUTH AS A TOILET**

**AND SHE MAY SEND VIDEO OF ALL THIS TO YOUR MOTHER**

Be in no doubt

**THIS IS TRUE SLAVERY**

If you are reading this while sexually excited all this may appeal to you so jerk yourself off and read it again. I think this will give you a different perspective.

If you sign up for 24/7 total slavery and provide your Mistress with the means to enforce it consider this.

**IT IS IMPOSSIBLE TO BE SEXUALLY EXCITED 24/7**

That means that for 90% of your life in degrading and often painful slavery you will just be suffering without any pleasure.

Of course a Mistress may not choose to be cruel at all. She may not beat or humiliate you. She may just make you work for her and take all your money and totally ignore you while ensuring your compliance with blackmail.

If she is clever of course she will, upon rare occasions, indulge your fantasies so you do not become desperate to escape your predicament. Desperate men go to the police or, even worse, consider suicide or murder.

Even after all this a large minority will still want to go down this route. It is up to you and I am not here to judge anyone.

**JUST BE SURE YOU KNOW WHAT YOU ARE GETTING INTO AND NEVER FORGET FANTASY IS VERY DIFFERENT TO REALITY**

I do not condemn these women for taking advantage of such men, indeed I have a friend who enforces these contracts and I have seen her treat slaves with incredible cruelty. These slaves have made her very wealthy and she is leading the life she wants to do.

I know she allows slaves to buy their freedom and I have no knowledge of any blackmail but I can't see how they would stay without it.

**THEY RARELY STAY LONG**

She makes the majority of her money from wealthy slaves who understand in weeks that their dream has turned into a living nightmare.

It is not for me, and when faced with the reality, it is not for most submissive men either.

Something I recommend you keep in mind is this

**REAL SLAVERY IS DEGRADING FOR BOTH MISTRESS AND SLAVE**

**PRETEND SLAVERY CAN BE EROTIC AND FULFILLING FOR BOTH**

Subs balk at the word "Pretend" but that is what most desire. They want to be able to walk away from any Mistress/slave relationship if it gets too rough.

It is a personal view but I love referring to my man as my boyfriend/slave and I know he loves it too. That is not to say I am not sometimes cruel to him and I am always in charge. But we are in a loving relationship and we can both walk away at anytime.

It is my intention to cover several different Female dominated relationships but I think the majority of sub men out there are looking for the type of relationship my boyfriend has with me.

**HE IS 80% BOYFRIEND AND 20% SLAVE**

That's suits us but I am not telling you what ratio you or any future Mistress should aim for. Every relationship is different and that includes Female dominated ones.

The point I am making is that if she considers herself more your partner than your Mistress it means you care about each other and your life is not totally dominated by your sexual fantasies.

This is very important

YOU HAVE TO BE ABLE TO OFFER A WOMAN SOMETHING MORE THAN JUST SERVITUDE

You might not like to hear this when you are wrapped up in your fantasies but

A WOMAN, EVEN A DOMINANT ONE, DOES NOT WANT TO LIVE WITH A SLAVE

I do not know any dominant woman who wants to come home and find a naked man greeting her on his knees.

She doesn't want to see him dressed in a maids outfit.

She doesn't want to be constantly called Goddess or Mistress

SHE WOULD FIND ALL THIS CREEPY

That is not to say all this will not happen at some point but it can't be a constant part of your life together.

IT IS PART OF YOUR SEX LIFE

I know there are very many subs out there who do envisage their life this way but I have to be truthful and tell you that you are going to find it very hard to find a dominant partner or full time Mistress.

SOME WOMEN WILL BE PREPARED TO LIVE WITH A DECENT NATURALLY SUBMISSIVE MAN AND TO SEXUALLY DOMINATE HIM AT TIMES OF HER CHOOSING.

That is the choice I faced when I discovered a life-long friend was obsessed with Female Domination. I cane him, humiliate him and control his orgasms. I indulge his fantasies and mine and I very often take him way outside his comfort zone.

In everyday life he is respectful but not a docile zombie. He has his own opinions and we argue about lots of things. I could not stand someone agreeing with me all the time.

Don't get me wrong, if we can't decide on something like which restaurant to visit or what film to watch and he can't change my mind, we will always go with my choice.

He makes me laugh and I know I can trust and depend on him. I let him go for a beer with his friends but, unlike them, he will be back when I tell him to be home and he will never drink more than I have authorized.

Our sex lives and real lives do overlap sometimes because, when he displeases me or is ever late for whatever reason, I add days to his chastity or punish him. But this is part

of the fun for both of us.

## YOU HAVE TO GET YOUR MISTRESS TO RESPECT AND LIKE YOU

My situation is slightly unusual in the fact I have been friends with my boyfriend for many years but I had no experience of Female Domination before I found loads of it on his lap-top. I was shocked but in the long run it enhanced our relationship rather than ruined it.

It can happen to you too but I can offer no guarantee about that.

One thing I can state, however, is that if he had turned into a complete wimp who constantly called me Mistress and crawled at my feet our relationship would have ended very quickly.

As I said earlier the sort of sexual domination you desire often depends on your state of excitement.

As a very general rule I would say that if you are in a good relationship and are scared to confess your desire for Female Domination, it might be a good idea to masturbate yourself to the edge of orgasm and your bottled up excitement might be enough to give you the push to do so.

I know that most subs do this before phoning a professional Mistress for a session.

If you are on the brink of committing yourself to full time genuine slavery where your Mistress can ruin your life do exactly the opposite. Jerk yourself off before you do so.

## NEVER COMMIT YOURSELF TO SOMETHING LIKE THIS WHILE YOU HAVE A HARD-ON

## IT IS YOUR LIFE BUT BE VERY CAREFUL ABOUT GIVING IT AWAY TO SOMEONE ELSE

## Chapter Two

### How much do you want to risk?

#### IT IS YOUR LIFE BUT YOU CAN'T HAVE EVERYTHING

Sometimes I would like to sleep with other men. I would like to have meaningless sex with a Dominant well-hung stud. My boyfriend even has fantasies about being cuckolded and I threaten it many times but so far I never have.

At this moment in time I believe it will put my relationship with my boyfriend at risk and I am not prepared to do that.

#### I CAN'T HAVE EVERYTHING

You have to decide how much you are prepared to risk in pursuit of your dream of serving a Mistress.

If you are married with children, are you ready to risk divorce and the possibility of maybe never seeing your children again?

Are you prepared for your children to face ridicule at school if it becomes public knowledge their Father is a sexual deviant?

Got you thinking hasn't it.

#### I NEVER SAID THIS WOULD BE EASY

Of course this is an extreme outcome but a very real one. If you are married without children it is obviously easier and single men have it the easiest of all. But everyone will be risking something and you have to be clear on who or what you will risk losing.

I cannot tell you what to do and only you know the strength of your particular fetish. But if the only problem in an otherwise happy relationship, especially if kids are involved, is that your wife doesn't dominate you then I think you should be extremely careful of risking this.

Later in the book I will suggest ways of telling your wife or girlfriend about your Femdom fetish without her freaking out. But for now, remember there are other ways of sating your desire without risking all you hold dear.

#### THERE IS NOTHING WRONG WITH MASTURBATION

A lot of people say subs should not waste all their time jerking off in front of a computer screen and go and serve a real Mistress or professional Dominatrix. I disagree and I am pretty sure a wife would prefer her husband doing this than paying hundreds of pounds for sessions.

Also, nowadays there is some fantastic stuff relating to all aspects of Female Domination on the web. I watch it mainly for ideas for my books and my sex life but I

enjoy it.

I will let you into a secret although I am sure it is something most of you have experienced. I worked as a Pro-Domme for five years and I would say 7 out of 10 sessions end in a feeling of anti-climax for men.

Most would e-mail me a day or so later and say how much they enjoyed it. But in the period after they have cum and have dressed to leave I can see their disappointment and them thinking "Why did I waste my money?"

The speed with which a male loses all sexual desire after orgasm is a biological curse on men. A Woman comes down from orgasm gradually while a man drops off a cliff. Most men face a feeling of anti-climax after orgasm but this is doubled if they are on their knees dressed as a sissy. I can see the self-disgust on their faces.

Also, a lot of men find they don't get as excited in a real session as they do when jerking off to a Femdom movie. Most men find it hard to maintain an erection for an hour's session while they can stay as hard as rock in front of a computer for hours.

Fear plays a part in this and pain. Watching a slave get caned is not scary or painful, just very exciting. From session to session a slave forgets how much a whipping or caning hurts and how horrible piss or sweaty feet taste.

**YOU GET MUCH MORE PLEASURE FROM A MOVIE WITH NONE OF THE PAIN**

While I know most of you will ignore this advice a lot of you, especially the married ones, would be better off sticking to fantasy and watching movies to get your Female Domination fix. I know there are other aspects to your desire for Domination but in my opinion

**YOU WILL NEVER HAVE A BIGGER ORGASM THAN THE ONES YOU HAVE IN FRONT OF A COMPUTER SCREEN**

You won't like that statement but for those who have visited Pro-Dommes I suspect it is true.

For married men or those in a relationship who are wary of losing their partner, and for whom masturbation is not enough, you have the option of visiting a Professional Dominatrix.

If you live in England this is very easy as I suspect it is in the United States and most western countries. I can only speak for the U.K. but there are hundreds of Dommes advertising, mostly on their own websites, and most with excellent reputations.

Most are discreet, trustworthy and respectful of your limits.

You can visit these Mistresses and play out your fantasies with limited impact on your everyday life and thousands of people do every day; believe me it is a very profitable business. But remember one thing

## YOU MAY NOT CONSIDER IT USING PROSTITUTES BUT YOUR WIFE WILL

One thing you have to understand is that 90% of women do not understand the idea of a man having a desire to be dominated, especially in extreme ways. They understand sexy underwear, high-heels and boots but things like hard punishments and humiliation will have them thinking one thing

## PERVERT

Men's brains are wired differently to Women's. Women sometimes have a need to be submissive but they don't really have fetishes like men do. They have things that turn them on but this rarely involves uniforms and whips. Some have a desire to be humiliated but this normally arises from feelings of low self-esteem while this is not always the case with men who have the same desire.

This is an arguable point but I will use myself in support of it. I enjoy dominating my boyfriend. I like dressing up, teasing him and controlling his orgasms. But if the relationship ended tomorrow I could quite easily go back to having normal sexual relations with another guy although I suspect I would find it a little boring.

He could not give it up as it is an obsession with him. If I decided I wasn't going to dominate him sexually anymore our relationship could not last.

I will be returning to this point later when I will try to explain some ways you can approach your partner about your need for Female domination. I make it now in case your wife should ever discover you are visiting Professional Dommies

## DO NOT TELL HER EVERYTHING

Honesty is not the best policy here. In some ways, her discovering it, is a good thing as it forces the issue into the open and it is now make or break but

## REVEAL YOUR FETISHES GRADUALLY

After the initial shock, most Women can probably get their head round the idea of you wanting to be on your knees between a woman's legs as she stands in high-heels, stockings and suspenders and holding a whip.

## SHE WONT UNDERSTAND ADULT-BABY, FORCED-BI OR SISSY

Most subs fantasies get more extreme over time. When they first start having them in puberty it normally revolves round corporal punishment from a scantily clad Mistress. Over the years they develop to include humiliating and degrading things that would once have disgusted them. It took you years to get to this point so don't dump it all on her in one go and expect her not to be disgusted.

Most of what I have told you so far will disappoint you but remember one important thing

## WOMEN WILL PUT UP WITH A LOT TO MAINTAIN THEIR RELATIONSHIP

Having a desire for Female-Domination is nowhere near as bad as sleeping with your wives best friend and countless relationships survive this. After the initial shock a smart woman can see how this can be turned to her advantage.

I have several core demands that my boyfriend has to meet and failure to do so results in punishment.

He must never be late without permission

He must never be drunk without permission

He must stay fit and slim

He must take me out on a regular date at least once a week. By this I mean like a restaurant or movie.

He must surprise me with an exciting date like rock-climbing or paint-ball at least once a month.

He must make me laugh at least three times a day

He must never be untidy or rude

If I ask him to do something he will do it without complaint

I don't think any of this is unreasonable and is what every woman should expect from her Husband or boyfriend. I should also point out that I follow my own rules. It is about respect and putting the person you love first.

My boyfriend is the happiest he has been in his life. But it is not so much my sexual domination of him that is the cause of this happiness as the discipline I have imposed on him.

A lot of men lack self-discipline, Women too for that matter, but

## A LIFE WITHOUT DISCIPLINE IS NO LIFE AT ALL

If you can allow your partner to impose similar rules on you and, basically allow her to design her perfect marriage, she will be more likely to see indulging your fantasies as a small price to pay. If my experience is anything to go by she will come to enjoy this as well.

You have to always remember that, while men will place their own sexual satisfaction at the top of the list when it comes to a relationship, most women will place it a little lower.

I like my sex life right now but I love that my boyfriend is caring, attentive, trustworthy and funny much more. If he stopped being these things I would leave him notwithstanding the great sex.

If I was a horrible bitch to him he would still consider staying as he gets sexual

satisfaction. If you are serious about having a relationship with a Dominant woman you have to understand this different viewpoint.

### IT CAN'T ALWAYS BE ABOUT YOUR FETISH

The danger in a married man visiting one particular Mistress on a regular basis is that they become obsessed and even fall in love with her.

### THIS RARELY HAS A HAPPY ENDING

One of the problems is that married men only started visiting a Dominatrix because their wives wouldn't dominate them. They had no intention at that point of ending their marriage and possibly breaking up their family.

But if the Dominatrix is good, and presses all your submissive buttons, the time you spend with her will be all you think about and, an hour a month will in time become an hour a week, and you will still want more. You will want her to be your conventional Mistress and not just your dominant one.

Relationships between one time clients and professional Mistresses do happen but are fraught with difficulties and differing expectations. I intend to cover the possible pitfalls of these relationships later, especially in regard to single men, but I touch on them now as an example of how even a well intentioned man can still end up losing his family.

Single men have much less to lose, but I would not say nothing, and you are still likely to have to make some hard choices if your ultimate aim is to be in a relationship with a dominant Mistress.

### IT IS POSSIBLE TO ACHIEVE THIS HAVING LOST NOTHING

But

### IT IS NOT POSSIBLE WITHOUT RISKING LOSING SOMETHING

What I mean by this is that unless you tell someone of your aims no one can help you achieve them. But by doing so you risk her exposing you to ridicule.

My boyfriend and I first met at school twenty-five years ago and we have many mutual friends. He is known as a friendly, sport loving, regular guy and is very popular. When he confessed his fetishes to me I could have ruined his image with all these people, not to mention his parents. I could pretty much have ruined his life.

Of course, I did not do so and these people know nothing about his desire for Female-Domination. He takes a little good-natured ribbing about me wearing the trousers in our relationship but that is it.

If he could have designed his life at twenty it would be very near what he has now but he had to risk losing a lot to achieve it.

I tell you this to highlight what you can gain by taking the leap of faith but my

boyfriend's example is not a good one as I was never going to expose him. We have had a very special and unusual relationship for many years and at the time I was living at his house after leaving a bad relationship. He was my best friend in the world.

Most of you won't be so lucky and your risk of exposure much greater but as in most things in life

### THE HIGHER THE RISK THE GREATER THE REWARD

My boyfriend wasted twenty years before he told me, although, I admit that I would not have been so understanding with less life experience. I suspect those twenty years were pretty much what you are going through now.

He wasn't exactly sad but he was far from happy and fulfilled. He played sport, socialized and, as with most frustrated people, he drank a little too much. He was always popular with women but had few long-term relationships as he got very little sexual satisfaction from normal intercourse. He went on holiday, often alone, and lived what he describes now as a black and white life.

He visited professional Dommies, with varying degrees of satisfaction, but the main outlet for his sexual frustrations was Femdom porn, mostly from the internet. When I moved into his house he "Accidentally" left some of this on his lap-top where I could not fail to find it and, as a result, his life is now very colorful.

He confessed to me how difficult that was to do so I know how much harder it will be for most of you. But in the end he took the risk of me exposing him and reaped the rewards. Only you know the person you might confess it to, and your relationship with them, and only you know what you are prepared to risk.

Also, remember that ridicule and even humiliations pass. When a gay person comes out he at least finds out who his real friends are.

### THEY ARE ALSO FREE TO LIVE LIFE HOW THEY WANT TO

I do appreciate how hard it is and this is why I stress you have to be sure about what you may lose. Sexual fantasies are incredibly strong, especially in men, and over the centuries countless men have destroyed themselves and all they hold dear because they could not control them.

You may well think you are unfortunate to have such a fetish but you are in a far better position than some. If you can't get a partner to play with you can visit a Domme or even just use Femdom porn. If you are lucky, and you accept you will always be this way, it can even enhance your life.

The point is, this is all between consenting adults whereas you could have a desire for underage sex which can never be consenting and will always, quite rightly, be harshly condemned by society.

Always remember sex is only part of life and, while it is a great part, do not let it control all of it.

That said, I do think it is possible for most submissive men to indulge their fantasies and to have a good life and also be in a loving relationship.

The relationship is the hardest bit and it maybe that the best way for you will be to separate your straight life (I HATE THE PHRASE VANILLA LIFE) and your fetish life.

Either way, it is best to be absolutely sure what you are prepared to risk and always remember

**DO NOT MAKE LIFE CHANGING DECISIONS WHEN YOU ARE SEXUALLY AROUSED**

## Chapter Three

### Single Men looking for a Mistress

My boyfriend cannot pinpoint the exact time his obsession with Female Domination began. He claims to have a memory of a fantasy when he was about six of a woman pissing into his mouth but this is almost certainly his memory playing tricks on him, because I doubt anyone has sexual fantasies at that age. Funny enough this is not something he is really into these days although I sometimes subject him to it.

It is more likely that a very beautiful and strict science teacher he had during puberty triggered it. Forty years later he can still remember her swimming in a white bikini and playing tennis with her boyfriend. He can also remember her telling him off in front of all the other children and how humiliating it felt.

Even when he started looking at porn he rarely fantasized about having sex with the models but rather about having them whip him and sitting on his face. His Mother, who is a lovely woman, was the strong one in the family but not overly strict. They have a close relationship and while this probably played a part in his almost obsessive respect for women it doesn't explain his fetishes as his brother was a real player.

It was probably a mix of all these things but it has never been any different and he knows he will always have these feelings. I suspect most single men reading this have a similar story.

It will be stronger in some than others and many will go on to have pretty normal sex lives. They will marry and have children while others will find conventional sexual intercourse unsatisfying and, after many years of watching evermore extreme Femdom porn, maybe impossible.

I digress a little here but there is a lot of evidence that the easy access to porn on the internet is causing a lot of impotence in men. I am talking about all men here not just subs. What they are watching on the screen is so glamorous and exciting that the reality of sex with your partner can seem like an anti-climax.

I think submissive men suffer from this more than most because the fantasy of female Domination is often very different from the reality. In my experience

#### AN ERECTION RARELY SURVIVES A HARD CANING

I now ration my boyfriends access to porn and you should all be aware of the potential problem and try to do the same, although, without someone to enforce it this will be very hard. There is a website called "MYBRAINONPORN.COM" that explains this in more detail and how you can rewire the brain to a certain extent.

While some subs will have pretty normal lives I am sure that you will never really rid yourself of your desire for Female-Domination. It will always be there and this doesn't have to be such a bad thing. At its best and with the right partner

## IT IS JUST SEX GAMES AT THE END OF THE DAY

Most single men will have been in relationships and had normal sex with varying degrees of satisfaction. They will rarely tell their partners about their fantasies and will try to mentally bury them. But after a time they will be retrieving the hidden Femdom magazines and films they couldn't quite bring themselves to throw out and accessing internet sites.

After a short time they will admit the fact to themselves that masturbating to this porn is much better than conventional sex with their girlfriend. This does not always signal that the relationship is over as they might be extremely close and pretty much the perfect couple, but there is likely to come a time when they start avoiding having sex and she will start thinking it is her or, even worse, that he is having an affair.

This is of course the point when you should start talking about your fantasies but most men rarely do, or if they do, they do it in such a way that their partner is horrified. If you say at this point, that you would like to spice up your sex life a little and you have always had a fantasy about a little light domination and a thing about thigh-high boots, most girls could accept this and even be a bit excited about it.

Women will not often be the first to broach the subject of sex, especially kinky sex, but don't think they are not thinking about it and talking about it with their friends. I am quite open so a lot of my female friends, who would appear to be very strait-laced, tell me some amazing sexual fantasies.

I once moved into a house that was previously owned by a single middle aged woman who appeared to be very prim and proper. My view changed when I started getting magazines addressed to her that advertised all kind of sex toys and uniforms. Women are fascinated by kinky sex. The success of the book "Fifty Shades of Grey" proved that.

The mistake many men make is that they think it is all about them and on the rare occasions they talk to their partners they launch into every fantasy they have ever had and don't ask her about hers.

## SUB MEN CAN BE VERY SELFISH

Of course, women don't help themselves by their sometimes extreme reluctance to show any kinky side to men, even their Husbands. I am afraid this default position is not going to change anytime soon and you are going to have to work around it. Another thing you should remember is that

## MOST WOMENS FANTASIES REVOLVE AROUND DOMINANT MEN

I know that is the last thing you want to hear but I am afraid it is the truth.

There are ways around this but as I said before you are going to have to offer her something more than devoted servitude to achieve your dreams. I will go into this later

when I advise people on how to broach the subject with their partners. But for now I will assume that your relationships have failed at least in part because of your sexual fetish.

At some point, in the west at least, a submissive man will visit a professional Dominatrix. He might visit many different ones or just one on a regular basis. The minimum charge is usually £150 an hour so how many times he visits will often depend on his circumstances. Some will carry on doing this all their life and this is perfectly alright. You can pretty much indulge every fantasy you have and she is doing good business.

Many men see a scene from a film and ask the Domme to act it out. It is fun, rewarding and nothing to be ashamed about but in my experience sub men will always want more.

Sub men always talk about good sessions being as realistic as possible and an obvious extension to this is they want it to be a realistic part of their everyday lives.

### THEY WANT A DOMINANT PARTNER

The three main ways they see of achieving this is

1. Advertising on sex contact websites as a submissive man looking for a Dominant Mistress.
2. Trying to have a relationship with their regular professional Dominatrix.
3. Trying to meet a partner at a fetish club dedicated to female Domination.

There is a fourth way by dating a girl in the conventional way with the long-term aim of having her dominate you. This is very rare and would seem by far the most difficult and scary but it is my personal view that it could be the best way in the long run. If this is you I will be covering this later on when giving advice to married men.

The first option seems an obvious choice and at first glance seems a sure fire way of achieving your dream. The sites advertise thousands of kinksters in every part of the World, many of them dominant women. They employ a little trick here by letting you join for free and allowing you to view thousands of profiles but make you pay a subscription fee before you can contact them.

That said, it is reasonably cheap and you do indeed get a chance to post your own profile stating your desires and to view the profile of lots of Mistresses. So why is not every single slave with a Mistress full-time?

### MOST DOMMES ON THESE SITES ARE PROFESSIONAL

It is just another medium to get more clients. Actually it is a little worse and a lot are just con-artists.

If you visit a Mistress for a session everything is above board and you know how much it will cost. Some women on these sites will lead you to believe that you can become their full-time slave and you will pay a lot of money before you realize you have been had and will never even meet them.

They are very professional and will often send you an application form which she will pretend to deliberate over before accepting you into her stable of slaves. She will have drawn this out for a while so you are very excited when she sends you a request for a one off payment of £200 to pay for your training. If you are stupid enough to pay this you will receive a similar request for dungeon rental.

There are loads doing this because, incredibly, hundreds of men fall for it. If you can get a sub man excited enough you can take him for thousands and many women do. Be very sure about this

THESE WOMEN ARE NOT DOMMES THEY ARE CON ARTISTS  
DO NOT SEND THEM MONEY  
DO NOT GIVE THEM PERSONAL DETAILS ABOUT YOURSELF

If you are aware of these scams I suppose it is possible to find a partner here but I have to confess I have never met anyone who has. One thing I am sure about is this

YOU HAVE TO POST A PHOTO TO GET A RESPONSE

You can narrow the search on these sites and what men do is set it to receive only profiles with photos and incredibly they expect dominant women not to do the same. You will never get a response without a photo. It is the same as I said at the beginning; you are going to have to risk a little to gain a lot.

You can wear a hat or glasses or even put a strip over your eyes as a lot of women do but the more of your face that can be seen the better. And make sure it is your photo and not some movie star.

A point here that just doesn't concern these sites

NEVER EVER POST A PICTURE OF YOUR DICK ANYWHERE

It is revolting and is completely tasteless and lacking in class. People send them to me on facebook and I delete them straight away. Every woman I know does the same. Remember your long-term aim is to serve as a full-time slave

NO WOMAN WILL LET A MAN WHO POSTS PICTURES OF HIS PENIS INTO HER HOUSE

Never send nude pictures of yourself. If you have a fit body you can be shirtless but that is it. Always try to remember that women's brains are wired different to men's and we will always be more impressed with a photo of a well dressed man than by a naked

photo.

To this end always make your profile polite and respectful. I always think humor is a good idea but go easy on this and if you are not a natural comedian don't try to be. Just try to get over that you don't take yourself too seriously and that you find your submissive fetish somewhat amusing. Women feel safer with this and you are more likely to get a response.

Don't be too graphic in your profile and don't swear, although I personally would prefer the terms "Cock" and "Pussy" to "Penis" and "Vagina" which are way too clinical. Don't ever use "F..k" or "c..t" though.

At this point your aim is just to get responses so don't make your profile too long and leave out any extreme fantasies. Once you strike up a conversation go along steadily and remember to ask her what turns her on before you relate all your fantasies.

Do not call her Mistress until she tells you to and don't talk about kissing her feet or anything like that. This is a meeting between two people who are interested in a fetish life-style and she is here to find out if you can be a trusted play partner and indulge her own kinks.

As I said before, women are rarely turned on by submissive men so you are going to have to offer her something more before she lets you into her life.

#### AT TIMES YOU MAY HAVE TO SWITCH

I make my boyfriend do this sometimes and his attempts are more amusing than anything. He finds it incredibly hard to hurt me, which is quite sweet, and I suspect that most genuinely submissive men would be the same.

I don't have a desire to be dominated but most of the women on these sites probably do. You will know this from reading their profiles but a lot of them will not want this all the time. It sounds nuts but some want to be dominated sexually but don't want to be in a relationship with a dominant man because these are not always the best of people; believe me I know.

A lot will be like me and have had at least one relationship with a so called dominant man who in reality was a selfish bastard who took his pleasure when he wanted to with no thought of hers. The rest of the time he would have got drunk and generally made her life a misery.

So if you are polite, funny and trustworthy she may not dismiss you straight away. But while you can go out of your way to make her happy you have to realize she does not want to be with a servile wimp all the time. You will also have to see her sexual domination of you as a game and at times you will have to play the dominant role to please her.

This is pretty much the relationship I have with my partner and I think it is one to aim for.

To be honest I think you will be disappointed in how many genuine responses you get but it might still be worth pursuing. The one advantage of these sites, if you can separate the numerous charlatans, is that you know they are interested in kinky sex. If you are

prepared to compromise a little you may well find your ideal partner here.

The second option happens a lot, well the attempt does anyway.

I was a professional Domme for nearly five years and I have been asked out by countless subs in that time. I never went out with any of them as I had a boyfriend but I will tell you

### IT IS NOT IMPOSSIBLE

I know of a number of relationships that have had their origin in private sessions. But I warn you that they are quite unusual and it is also rather difficult to tell whether it is a genuine relationship or just an extended session for the Mistress and a very rich client.

### IF YOU HAVE MONEY YOU CAN BUY ANYTHING, EVEN A DOMINANT MISTRESS

In this situation, of course, you have to ask who is really in control and is the rich man really a submissive or just someone looking to indulge his fantasies.

Again at this point you must be sure what you are after. You can pursue a relationship like my boyfriend has with me or you may desire to serve a real Mistress as a genuine slave 24/7. Strangely enough the second is probably the easiest to achieve.

When I say 24/7 it doesn't mean he lives in the same house as his Mistress. More often than not he doesn't but he is under her command all the time. Sometimes she keeps him in chastity and holds the key, something he has asked and paid for. I know a Mistress who has men clean her house daily, cook her food and chauffeur her around. The men rarely get any sexual satisfaction but they will possibly face blackmail if they don't obey.

These women would call themselves life-style Mistresses and many would also be professional Dommies but they will almost certainly be in a normal sexual relationship with a man or maybe even with a woman. Many Dommies are bi-sexual or gay.

They are taking advantage of these men's desires and have made their lives easier and I don't blame them in the slightest. But the subs should be aware she is not going to act the same to them outside of a session. A session is working for her and it is her job to satisfy a client and no one wants to bring their work home with them.

The idea of dating your Dominatrix appears easier for the simple reason most clients get on with their dominant Mistresses but read far too much into the friendly conversation at the end of a session and maybe in a few e-mails in the days following it.

As I said before, after a slave has cum he often feels low and a little ashamed so a good Dominatrix will try to make him feel good about himself. She will ask him for any

feed-back from the session and maybe have a good-natured laugh at some of the things that went on.

I used to do this and, while part of it was to retain his business, I genuinely liked most of my clients. But I changed in the last few years as I could see that this friendliness was encouraging a belief that I would date them. While most accepted my refusal well, some got obsessive and even abusive.

In my last two years I only did this with a few trusted regulars who I knew were not going to misconstrue it. For the others I pretty much kept my session face on until they had left and, believe me, they would not have dared ask me out.

An interesting by-product of this was that a majority of slaves preferred this as it made the session feel more real. I don't think they like it so much in the immediate aftermath of an orgasm but when they recall the session and anticipate the next one they like the idea that they are always treated as a slave. I liked it because everyone knew where they stood.

**BUT IT IS NOT IMPOSSIBLE THAT I WOULD HAVE DATED SOME OF THEM IF I HAD BEEN SINGLE**

I don't want to get anyone's hopes up here as it is still unlikely, not least for the fact that most Dommies are in a relationship. You also have to understand that it is work for them.

That said, I found the majority of my clients to be nice, decent guys who it wouldn't have been a trial to spend time with. I think women have evolved to seek out dominant, strong men even when their brain tells them this is ill-advised in modern times. I think many would be a lot happier with a caring, thoughtful guy even if his submissive nature is not really a turn-on for her.

Your Dominatrix will have favorite clients and your very first step is to become one of these. This is obvious but very important because some Dommies attend fetish parties and get together with other Dommies and slaves. You want to become a client who she is happy to bring along to these parties. Don't get me wrong, you will still have to pay, at the start at least but you now know she is happy to be seen with you.

These parties are often quite light-hearted and you will be able to get some of your personality across and, of course, you will be meeting other Mistresses. This is important because if you want a dominant Mistress you need to widen your circle of dominant contacts. If you present yourself well all the time and become an active member of the fetish community it is more than likely that you will find someone who will want to see more of you.

**THIS IS VERY IMPORTANT**

My close circle of women friends are intrigued by my life-style and I have arranged six blind dates between trusted sub clients and single friends. My favorite and most successful piece of match-making came after a friend asked me if I knew of anyone she

could take as her date to a wedding reception.

She knew her ex-fiancé would be there with his new girlfriend and didn't want to turn up alone. I put her in touch with a long time client of mine who was a good-looking, fun guy and they hit it off. She knew about his submissive side and all his fantasies and, while she had not been into it before, they are still together now and are very happy.

Six in five years is not a lot and only two of the couples had long relationships. But it highlights the fact that if you can get a Dominatrix to like and trust you, it can open doors for you as I am sure I am not the only one who has done the same.

Most women have a stereotypical idea of what a submissive man will be like and anyone who conforms to this stereotype has very little chance of having a relationship like my boyfriend has. If, on the other hand you have something else to offer, a Mistress might consider letting you further into her life and her social circle. But remember

### NO DOMME WILL INTRODUCE A PATHETIC WIMP TO THEIR REGULAR FRIENDS

If you are a tradesman like a builder or plumber and you are a decent guy it is quite likely that you may meet some of her friends. I have lost count of the times I have recommended a tradesman to friends and colleagues and, while this is more about business than fetish, it does open up opportunities.

I should point out that a lot of this is to married couples or even men and I don't tell them where I met the tradesman. But a lot have done work for single women who I have sometimes told beforehand.

I like doing this as it means she can get to know him in a non-sexual sense and she can decide whether to broach the subject with him and even pursue a relationship with him. But I don't do this unless I can totally trust him.

### FIRST IMPRESSIONS COUNT

They are a minority but it still amazes me how many men turn up for a session scruffy and unshaved. You can never hope to be more than a client if you do this and a lot of Mistresses will turn you away and you won't even be this.

All this is pretty obvious but I will write it anyway.

Always turn up on time

Be smartly dressed and well groomed.

Don't have smelly breath and definitely don't smell of alcohol.

Be polite at all times

These are the basic requirements and are just common courtesy but fail on anyone of them and a Mistress will mentally put you in a box where it will be very hard to get out of.

For my regular clients I used to insist on them being fit and having their weight under control. I did this because it meant I was imposing discipline on them between sessions which they appreciated and the fact that we shared a sense of achievement when they

lost weight and got fit.

I also don't like fat people as it suggests laziness and lack of self-discipline and I would point out that I would be very unlikely to introduce such a person to a friend. That said, I am a personal trainer and other Dommies are not so hard on overweight guys.

I always enjoyed incorporating the bad habits of subs into the sessions and this is a great way of becoming something more than just a client. If a slave smoked I would order him to text me every time he had a cigarette and I would promise him 10 hard strokes of the cane at the next session for everyone. I did the same for heavy drinkers and drug takers. If an overweight client wanted to lose weight I would set him a target weight and if he failed to achieve it I would punish him harshly.

You would be amazed how effective this is and it gives the relationship much more meaning and it is natural to start thinking of these men as friends. They also start respecting and looking up to me in a non-sexual way which is important.

So to summarize, it is possible to develop your relationship with your Professional Mistress and this could have spectacular results for you. Take it steady and be consistent in your behavior. First of all just aim to be a client she looks forward to hearing from. After each session thank her and next day send her a nice e-mail thanking her again. You can make some light-hearted remarks about the session but always be respectful and don't make it too long.

She will almost certainly respond well but unless she specifically asks a question leave it at that until your next session. This is especially true for the first time. At this point she is still making up her mind about you and, while she will be impressed, she will likely get very annoyed if you keep badgering her with e-mails or texts.

Be prepared for it to take a long time before she will let you into her life outside of a session and if this does happen, remember it is because you have something to offer her other than servitude.

This is also very important if she introduces you to a friend who has no experience of Female Domination. This presents an opportunity for you but it is one that can be lost very easily. What you should always bear in mind is that people have comfort zones and for most women

## A MAN WANTING TO BE DOMINATED AND HUMILIATED IS WAY OUTSIDE THEIRS

Most subs hardly ever have the opportunity to talk about their fetish so when they do it is very hard to stop them. I have replied positively to a short message from a sub on social media and their next message goes on forever and details every kinky thought they have ever had. It annoys me and I never reply so imagine how it would freak out a novice.

I will give you a scenario in which I have given a single female friend the phone number of a sub who is a builder, but it applies to anyone who comes into contact with a female that is intrigued by female Domination but is also nervous of it.

I would always tell the sub if I have told the woman how I know you but even when I

don't it is possible some would guess. Either way, if you accept the job they are unlikely to bring it up until they are satisfied that you are a decent guy, as I would have assured them you were.

A point I would make here is, don't do any work for free just to please your Mistress. I have employed tradesmen who were clients to work on my house but I always insist on paying them even if it is at a reduced rate. Some Mistresses will differ on this point but most, like me, will not let themselves be put in debt to a client as in the future he is likely to call this debt in.

Subs are like most people and can be manipulative and always looking to gain an advantage. That is not to say we expect to be charged the going rate and some Mistresses will let you have free sessions in lieu of payment. But she is likely to be very wary if you offer to do any substantial amount of work for free, for her or her friends.

Of course if it is a small piece of work that can be done quickly and cheaply that would be acceptable and a Mistress would look kindly on you for the offer. That is what friends do and that is what you should be aiming to be.

In most cases the woman would know of my career and would have asked a lot of questions about it, so at the point you meet her she would have got over her initial horror and maybe even disgust at the idea. But despite my assurances she will still have an image in her mind of how a submissive man would be and, while you can alter this image very quickly; she is a long way from accepting the idea.

## NEVER BRING UP THE SUBJECT FIRST

If you are working in her house and see her everyday be respectful and polite but don't overdo this. Basically treat her like any other client but don't flirt with her as that won't go down well.

After a couple of days and some shared cups of tea she will relax around you and hopefully begin to enjoy your company. About this time they will ring me up and say "He is nothing like I thought he would be." They will also ask me more about your particular fetishes and they will possibly start asking you about them.

If this happens she will almost certainly do it in a jokey light-hearted way and it is imperative that you respond in the same way. Her humor will be hiding her nervousness and if you come over all serious she will end the conversation and never bring it up again.

Be embarrassed but smile and laugh at yourself and she will likely enjoy the banter and will want it to continue. But be aware she is just dipping her toes in at this point so don't allude to any fetish that she would consider very far out. At this point you are in a potentially good position but you can blow it at any point.

You can hint that you have far more kinky fantasies but let her go at her own pace and stop talking about it when she clearly wants to. A point here, always use the word "Kinky" as this conjures up images of sexy fun while "Perverted" brings up images of dangerous rapists and deviants and is a big turn-off.

Never be the first to bring up the conversation and make sure you talk about other

things and always be interested in her life. At this point your only aim is to do the job and possibly show her that you can add something to her life. I suspect at this point she will be bringing up the subject quite often.

Despite what fiction you have read or porno movies you have watched she is very unlikely to one day open the door to you in thigh-high boots and holding a whip. I have to tell you

## THAT MAY NEVER HAPPEN

After spending time with you and hopefully enjoying your company she will be far more open-minded but may still have decided that the Female Domination scene is not for her.

This is what a lot of men can't get their head round. I got into the scene and grew to like it and to find it exciting but some women never will and will always be scared of it and maybe disgusted.

Some women would love to stay with their Husbands when they find out about their fetish and to accommodate it into their sex lives, but they just can't bring themselves to do it. Most straight men these days will have gay friends and will support their right to live their lives how they want to, but some will still be revolted by the actual physical act. Some women will always feel this way about some fetishes and there is no point in trying to change them.

So it is possible the woman will be like this and even if she is you should accept it graciously and remain friends as she could still open doors for you. And let's face it, we all need good friends.

On the other hand she might really like you and can see herself at least indulging your fantasies, if not actually being excited by them, and this is the scenario we will follow.

When you have finished the job and if you want to see her again you face the same dilemma every man does; do you ask her for a date?

The problem for you of course is that she knows about your fetish and you know she knows. So, while you are not asking her to dominate you at this point, you will both be aware you are asking if she is open to the idea at some point.

You will have to play this by ear and read the signals she is sending but my advice would be to see if she suggests it first. She will be aware that the situation is different and that the ball is in her court and it is advisable to let her make the pace. But women are often reluctant to make the first move and, while I have stressed not to be pushy, I would advise asking her for a drink if it doesn't look as though she will.

If she says no, accept it graciously and with good humor and ask if you can stay in touch. It may just mean she hasn't made up her mind just yet so don't come over all heavy.

If she accepts, as I suspect she might, take this as an acceptance of a date and not of her willingness to dominate you. She will still be getting used to the idea so keep going very steady.

If you begin dating regularly make sure your first aim is to be a supportive boyfriend

and never lose sight of this. You will probably have to go on far more dates than normal before she invites you into her bed but let her go at her own pace. Even at this late date you can still very easily blow it.

Women can be very complex and contrary and at this point in normal relations they might expect a man to make the first move, but your situation is different and she will be aware at this point that she has to initiate all sexual activity in your relationship.

If you have been great company it is very possible she can see a potential long-term partner and, while she may prefer you to have a more normal sexuality, it will probably not be the impediment she would once have thought it might be. At this point she is probably dying to try it but let her decide when it will happen.

### DON'T MAKE THE FIRST MOVE

This is an ideal situation of course but the two points I would stress most is that you should always strive to be a good friend to a woman, whether that be your Wife, Girlfriend Dominatrix or indeed any woman. A dominant man can sometimes get short term sex by being an arrogant bastard, but most people reading this will never get anywhere with women behaving like an arse.

The other point is to always let a woman get used to the idea of your kinks gradually and at her own pace. I have no real figures as to how many can get used to and even excited by the idea, but I expect over 50% could with the right partner. I can pretty much guarantee over 90% would be initially shocked and maybe disgusted so you have to introduce them to the whole scene very slowly.

I have used the example of a friend of your Dominatrix but of course it could be her you are doing some work for, but I would advise you to behave in the same way. Do not call her Mistress unless she asks, which she won't, and just chat and joke with her like you would any other client. She will see a side to you that she doesn't get to see in a session and it is possible she may want to see you again. One thing I would stress here is do not ask her out. She knows you better than anyone so she will decide if she wants to change the status quo.

This also applies if you spend any time with your Dominatrix outside of a session. Don't be a slave or sub, just aim to be good company and a nice guy. You have no idea how far this can get you but it will be her decision.

If you see a Dominatrix on a regular basis and always turn up on time, smartly dressed and are polite and respectful your relationship will change over time. This probably doesn't mean you will become her submissive lover or full-time slave but she is likely to invite you further into her world and introduce you to people who can change your life. But remember

### IT CAN'T ALL BE ABOUT YOUR SEXUAL FANTASIES

I would never introduce a friend to a client who was obsessed by his kinky life to the

exclusion of everything else, while I have introduced them to countless trustworthy sub guys who can be great company.

## FETISH CLUBS

Another way many subs seek to find a full-time Mistress is by going to fetish clubs dedicated to Female Domination and, while it is not guaranteed, I agree that it is a very good idea and it is a route I often advise people to go down.

The great thing about these clubs is that everyone knows why they are there and even if you do not find a Mistress many subs find it liberating to be able to talk openly about their desires and kinks, both to Dommies and other slaves.

That said I have to admit I am not a great fan and I would admit to not being an expert here. I have visited two or three times and, while I can see how beneficial it can be for subs, I found it all a bit silly and contrived. Each to his own, but I am not really into men dressed in leather shorts and being led on a lead but don't let that put you off as it is just a personal view.

A lot of my fellow Mistresses love them and you should at least give them a chance because in the fetish world everyone has different tastes.

Probably the most well known one in England is called "Club Pedestal" in London and this has an excellent reputation and a good web-site. You will find some of the best known Dommies in the country here and they also put on fetish shows.

One of the things you should be aware of is that the Professional Dommies are just that. Most of them will be there to meet their friends and to have a great time but of course they are also using it to gain more clients. You will be able to chat to them but you are highly unlikely to be able to date them.

This is all above board and not like the con-artists on the dating sites and it is a good way to meet a Mistress before booking a session with her. They also like doing business this way as it is better, and also safer, for her to have some knowledge of a client before she admits him into her dungeon.

There are opportunities at these places to act as a serving slave and to be dominated as part of a show. As far as I know this is free but don't expect too much because it is about entertainment as much as anything. You also have to be comfortable being dominated in front of other men.

The clientele at these parties usually comprise of single dominant women who are mostly pro-Dommies, couples, single women and single, normally submissive, men. Be aware that the last group is often the largest.

The couples are often married and are in a relationship similar to mine and, although you might be frustrated in your ambition of finding a single dominant lady, these are good to people to know and become friends with.

They can tell you how their own relationship developed and, more importantly, bring you into their group. The advice I gave you in the last section is relevant here too. Always be polite, friendly and look to offer something more than just your kinks.

## THESE PEOPLE CAN INTRODUCE YOU INTO THEIR WORLD AND THIS IS WHERE YOU WANT TO BE

Any single women there who are not professional will probably have come with a couple and are probably new to the scene. It is important not to be too pushy or come on too strong to these women as their friends are likely to be very protective of her. Always remember to be polite and friendly and don't scare her off with descriptions of extreme fantasies.

One thing you will find, and be pleased about, is how most of the women there are enjoying themselves and reveling in their dominant position. Some women take to the scene and never look back but you have to remember nearly everyone, even the Pro-Dommes, will at one point have been shocked at the thought of Female-Domination.

If you play your cards right and don't rush things I think there is a very good chance of at least getting a date at one of these parties. But remember to present yourself well as you will have a lot of competition from other men. At the very least it will get you into the scene and expand your network of kinky friends.

The general tone of these gatherings is light-hearted and a lot of what you see will be play acting, especially from some of the couples. I got the impression that some of them were more interested in dressing up than in real power exchange but this is their choice and they came across as fun people.

This will be true for some of the single women who will just see it as a fun night out and almost like a fancy-dress party. So, while you want these girls to know you are genuinely into the scene, it is best not to get too serious.

Whatever their original intentions the party will have piqued their interest and opened their eyes to possibilities. As I said earlier, your first aim should be to change their stereotypical idea of what a submissive man is like.

At times you might be asked to play a role and to kneel at Women's feet and address them as Mistress and, while you should follow all orders, I recommend you do so with a twinkle in your eye and a smile on your face. Dominant women are like most others and are attracted to a man with a sense of humor and a sense of the ridiculous.

## REMEMBER THE PRIMARY PURPOSE OF THESE PARTIES IS FUN

If I was only allowed to give one piece of advice to a submissive man it would be to develop a sense of humor about his kinky fantasies. You will be amazed how far this will get you. When I log onto facebook I am inundated with messages from people begging to kiss my feet or to be my slave. I rarely respond to any of them but if one of them makes a witty remark about one of my posts I will always reply.

I used to have clients that liked to be verbally and physically humiliated and these sessions were often very intense. If after one of these sessions a client e-mailed me and said that, yes he was a dog that deserved to be pissed on, I would have sent him a short curt reply and have decided he would never be more than a client and a not very enjoyable one at that.

If, on the other hand, he had contacted me and thanked me for the session and had gone on to talk about how ridiculous he felt and had generally talked about it humorously, I would have sent him a reply in a similar vein and would have looked forward to seeing him again. More importantly, I would be more likely to introduce him to a friend.

AFTER TIME MOST WOMEN CAN GET USED TO THE IDEA OF A MAN HAVING EVEN BIZARRE FANTASIES AND WILL NOT BE JUDGEMENTAL IF THEY DO NOT COME TO DOMINATE THE MANS ENTIRE LIFE

I once placed my piss filled panties in my boyfriend's mouth and buggered him with a strap-on and two hours later we were dancing at a wedding reception. His sexual fantasies do not totally dominate our lives; they are not even 30% of it. I don't judge him for something he has little control over as long as it doesn't detract from the strong, funny, all round great guy he is in everyday life.

### MANAGE YOUR EXPECTATIONS

There is no easy way to say this but you are likely to be disappointed in the appearance of a lot of Dominant Female women, especially the non-professional ones.

Most men's everyday contact with female Domination these days comes through the internet and most of the women appearing as Dommies in movies and clips are very beautiful porn models. Reality is nearly always different.

A lot of the most popular Pro-Dommies are Femdom models or who have been asked to appear in movies because of their beauty. The truth is that from puberty sub men have not just fantasized about being dominated by any woman but by a beautiful woman.

The women you find most attractive at fetish parties are likely to be professional Dommies. There are exceptions to this of course and attractiveness is different for everyone but you should be prepared for the real World to be different from the internet World.

Women come to the domination scene in many ways but it is not uncommon for some to have endured bad treatment, by not just men, their whole lives and a cause of this treatment is often their appearance.

They are often the ones who were rarely asked for a date at school or who were mocked for being over-weight. They are the ones who were rarely well treated by the men who they did date and they see the female Domination world as a fantastic escape and relish the thought of, sometimes very good-looking guys, begging for their attention.

Older subs that have more experience of life will have less of a problem with this and I am guessing that most guys going to these clubs will be at least thirty and probably older. In my experience most subs spend their teenage years and their early twenties trying to deny their kink and restrict themselves to masturbating to Femdom porn. In their late twenties they will probably visit a pro-Domme for the first time before trying to have a relationship with a dominant woman.

Some of these women, who may be considered unattractive by some, can be very bitter at men and if you desire a realistic, 24/7 slavery you may find it here but I will once again warn you to be sure of what you are getting into.

Most though are fine people and, while it is a bit of a cliché, it is often true that men or women who are not considered attractive develop better personalities.

A point here; I believe a man should make the best of himself and that includes his looks and body but don't think this will be enough to get you into a Mistress's inner circle. Good-looking submissive men can be as arrogant as any men and while your looks are likely to get you noticed most women, especially older ones, will have more interest in your personality.

That said women have egos like anyone else and like commanding the attention of men, especially good-looking men. But remember one important point and it is one that most men have a problem with.

### GIVE HER YOUR FULL ATTENTION

Make no mistake you have a great opportunity here to meet a woman who may well become your dominant girlfriend. But you have zero chance if in your initial conversations your eyes keep wandering to every gorgeous woman who walks by.

All women are annoyed by this, but remember it has been happening to these girls their whole lives and they will not accept this rudeness from a man who professes to be submissive and is addressing her as Mistress. Also, do not wait to the end of the night to approach her no matter how nervous you are as this will make her feel like she is the last resort after you have been rejected by others.

Strangely enough it is often easier to approach a woman at one of these places than it is at a normal club because there is a format to it and some clubs even have rules on how you do it. A house rule is often that you have to address every woman as Mistress unless told otherwise and you will be given instructions on how to approach them.

This normally involves asking her if you can serve her in anyway and she may order you to get her a drink or get on your knees and massage her feet. On the other hand she might say no and you will be expected to depart without a fuss. While this may be a little humiliating I suspect it will be better than being rejected in a normal nightclub.

If you have presented yourself well she will probably talk to you and at least ask your name. I should point out that you maybe on your knees at this point and also in the company of others, but do not let this bother you as everyone knows why they are there and you will get over your embarrassment relatively quickly.

I reiterate that you should approach these encounters with a sense of humor as she is likely to be attracted to this. A man begging to kiss your feet gets very boring if not done with a touch of humor.

Always be polite, respectful and open. In this situation you can be a little more descriptive when discussing your fetish but I would still recommend being a little reticent in talking about extreme themes until you are confident they will be well received.

Be aware that some of these women, like a lot of girls everywhere, will just use you to buy them drinks all night. I am afraid this is part of it and if you don't there will be a lot of other subs who will. How you respond to this is important.

If you feel you are being rinsed take your leave politely and say something like "I am sorry Mistress but I don't think I have enough money to serve you anymore tonight."

Some will dismiss you but others will often tell you to stay in their company and either, buy their own drinks or, more likely, invite another sub to empty his wallet. You should be aware that at this early point you won't be alone with her but in a group of slaves serving several Mistresses.

Don't get paranoid by this and think every woman is just out for a free night. While some are, most are testing you out a little and let's face it, if you are a female surrounded by men calling you Goddess you don't expect to buy your own drinks.

Some of the women will get drunk and while I recommend you have a couple of drinks to get over nerves it is important you stay relatively sober. The theme of these nights is decadent females having fun while being served by obedient men and the slaves who stick to their roles will always be better received. Drunken men do not make good slaves!

Another valid point I would make here is that if a man can stay under the alcohol limit and is driving that makes him a very useful slave.

At the end of the night you may be invited to go somewhere else and while this is a good thing you have to be very careful about, among other things, the makeup of the group you are with.

It will often include the male partners of some of the women and a lot of the group may be drunk. You could have a wonderfully kinky night ahead of you, but on the other hand, you could find yourself tied up, beaten and raped with your credit cards missing. Another reason to stay sober is to keep your judgment intact.

It is more likely that you will end up in an all night café with a very friendly group and you are likely to at least have made some good connections with some very nice dominant women.

As I said earlier, if you do get to date these women, go very steady and aim to be a good boyfriend rather than a slave and always remember that you want her to be a dominant partner and not just someone who indulges your sexual fantasies.

In conclusion I would state that these clubs are an excellent idea and a lot of people become addicted to them, but I think to really enjoy them and get the best out of them you have to remember that they are

## PRIMARILY ABOUT FUN

This also applies to another group I have recently discovered. There are groups of fetish loving people around the country meeting in pubs at something they call "Munches"

I am not an expert but you can find out more at a website called "Fetlife".

Because the meeting takes place in a public place fetish gear is not allowed and there

are restrictions on what you can discuss but by all accounts they are quite light-hearted and the organizers and regulars are welcoming to newbie's. It often helps to "Friend" someone on the website and they will tell you about them and introduce you to the group.

You should note though, that it is my understanding that it is all fetishists and not just Mistresses and slaves; there are dominant men there too.

It is called a "munch" because people will often have a meal while there and a lot of submissive men find this a nice gentle way to get into the scene and net-work. It would do no harm to give it a try.

While researching this you may become aware of other Femdom clubs held in private houses by professional Dommies. I have heard good reports of these but they are basically private sessions with a group of Mistresses and slaves rather than one on one.

I believe they are well supported and the Mistresses are very good and experienced, but be aware that they are normally only about £30 less than a normal 1 hour session and although they last several hours you may not think them good value.

Don't let me put you off though and I can't see any harm in trying them. There are quite a few but if you want to research it, look up "Circle of O" as I know this is run by very good Dominatrix's.

## GET OUT THERE

I hope this chapter has been useful and convinced you that your dream is attainable. I am not going to tell you which method to try, though I think it would be a very good idea to visit a Femdom fetish club as soon as possible, as I think that could be quite an eye-opener.

The thing is you have to net-work and meet people. If no one knows of your dream of Female Domination then no one can make it come true.

## YOU CAN'T KEEP DOING THE SAME THINGS AND EXPECT DIFFERENT RESULTS

## Chapter Four

### Married Men

I once watched a deeply disturbing New Zealand film called “Once were Warriors”. The two central characters were an attractive woman and her violent husband. He was a physically intimidating strong man played by the actor who played “Boba Fett” in the “Star Wars” movies.

He would spend most of his free time drinking in pubs and then bringing his drunken friends home and waking up his wife and demanding she cook for them. In one horrible scene he beats her up very badly when she refuses and it is made clear this is a common occurrence.

He can rarely hold down a job because of his aggression and as she tries to bring up her children in this poisonous environment she is often tempted and advised by her friends to leave him. She knows that she should, to protect her children, but can't bring herself to do so until it is too late and her teenage daughter commits suicide after being raped by one of her Fathers friends.

So why did she stay and put up with the beatings and drunkenness? Why did she stay when all her maternal instincts told her to leave and protect her children? The movie makes it obvious the reason is sexual attraction.

Human beings are animals and for millions of years the females of all species have evolved to desire physically strong and aggressive males to protect and feed them and their offspring. In the jungle, a weak submissive male would not survive, so no female would mate with him and his line would die.

Of course the World has now changed, for humans at least, and girls would be better advised looking for a caring, nerdish computer genius or an investment banker rather than a tough construction worker but you can't wipe out millions of years of evolution easily. Evolution recognizes that in modern times rich men are the most able to provide for them but what it hasn't caught up with is that these men are not always the most strongest or aggressive like the dominant males still are in the rest of the animal kingdom.

Put simply, the logical part of a woman's brain tells her, her ideal man would be rich, caring, loving, thoughtful, handsome, tall, strong and confident. Most would deny that rich would be first but, while the order of the others might differ slightly, most would be lying on this point. Caring and loving would nearly always be close to the top.

The intuitive part of her brain, the part influenced by evolution, would attract her to a tall, powerful, physically strong, aggressive, even arrogant rich man and loving and caring would come a long way down the list if they featured at all.

I will give you two clichés.

Women are attracted to bad men and nice guys come last. The first, unfortunately, is true and while the second is not they are at a disadvantage when it comes to initial sexual attraction.

When I was about 18 I had been going out with this really nice guy for over a year and, while I didn't see it as a long lasting affair, it was a good relationship. He was polite, funny and caring and very good-looking. About this time this other guy started coming on to me. He was a bad guy who had been expelled for punching a teacher and he also had a reputation for cheating on every girl he had ever been out with.

He was arrogant, aggressive and a complete loser who had left school with zero qualifications. He was rude, insulting and my friends and I used to laugh at the girls who slept with him but one by one they all did and I was no exception.

One night he called me up and I lied to my boyfriend and met him for sex; I knew there was nothing else on offer. I hated myself for doing it and I regretted it afterwards but I did it two more times and my relationship ended after he boasted to my boyfriend about it.

I knew I was just another notch on his bedpost but I couldn't stop myself because I was undeniably sexually attracted to him in a way I wasn't to my boyfriend.

But nice guys do not come last because the boyfriend went on to marry a wonderful woman and has three children and a great job while the bad boy is serving a 15 year jail sentence for armed robbery.

Of course I was young then and as women get older and more experienced the logical part of their brains manage to gain some control over the primitive, instinctive part. But while I no longer act on my impulses it doesn't mean I don't still have them; I am still sexually attracted to aggressive, arrogant bad guys.

My boyfriend and I have a friend who runs a construction company. He is actually a very nice guy but he is loud, funny, abrasive, aggressive and physically intimidating. He is often in trouble with the police and cheats on his wife. He is also incredibly sexy.

He flirts with me but because he is friends with my boyfriend he has never taken it further and, while I think I could resist, I would not place any money on it.

His wife puts up with his infidelity because he is not public with it and she knows it is just meaningless sex. She is no door-mat and she gives him absolute hell at times and, unlike the guy in the movie, he would rather cut his arm off than strike her.

She has realized that she can't have everything and accepted that no one is perfect. She lives with this exciting, dominant man who works hard to provide for her and her children and who gives her great sex. She is prepared to put up with the bad bits.

If this man stopped drinking so much, stopped sleeping with every woman he met and started taking her out more she would love it. If he suggested that she started wearing thigh-high boots and take a more dominant role during sex she would probably be quite happy to as long as it wasn't all the time.

If he became subservient and asked her permission to do absolutely everything and to be punished by her if he displeased her, she would leave him like a shot.

The couple in the movie are a more extreme case. She is prepared to put up with the vicious beatings and even put her children at risk because she is so sexually attracted to him. It is an incredibly bad basis for a marriage but it does highlight how strong the desire to be dominated, even by a bastard, is in a lot of women.

This must make depressing reading for a man who wants his wife to dominate him

but luckily most women are not totally in thrall to these desires as the woman in the movie is. Most modern women in the west are practical and know that an ideal mate in the 1<sup>st</sup> century would be an absolute disaster in the 21<sup>st</sup>. We will no longer accept being beaten, abused and indeed raped, even in a marriage no matter how sexually turned on we are by our men.

And it often comes down to rape. I don't want to dilute the message that no means no, but an uncomfortable truth is that girls often fantasize about being thrown on the bed in a blaze of passion by a strong hunk of a man who totally ignores their cries of no and who are desperate for them to do so.

Older women soon come to realize that the reality is very different. In the fantasy the girl is sexually excited and ready for it. In reality the man comes back from the pub drunk and smelling of cigarettes, mauls the woman and takes his pleasure ignoring the fact she is dry and in pain.

I BELIEVE THAT NO MAN READING THIS BOOK WOULD BEHAVE IN SUCH A WAY AND DESPITE THEIR INSTINCTIVE DESIRE FOR AGGRESSIVE MEN A LOT OF WOMEN WOULD SWAP THEIR MEN FOR YOU IN AN INSTANT

But before I go any further I will tell you that they will always have this desire even if they can control it. What you have to do is give them a reason not to give into it. If you can offer your wife or partner love, security, laughter and devotion she would be less likely to risk all that for sex with another man. That is what my lover offers me and so far it has worked.

There is no guarantee though. I know a woman who targeted a rich businessman from a young age and he eventually divorced his wife and married her. She lives in a big house and has achieved her goal. He rich husband is a good-looking popular guy who adores her and they seem very happy but I know for a fact that she is cheating on him with at least two guys, one of them being my construction worker friend. She is risking all she has worked for because she can't resist a certain kind of man.

I suspect she dominates her husband as she once probed me about my Pro- Domme career and asked whether my boyfriend was into it. I denied it and I keep my distance because I don't trust her and I think she is heading for disaster.

It is quite possible, and even probable, that her husband knows about her infidelity and in some ways enjoys the humiliation. You only have to see how popular cuckold movies are to realize this is a common fantasy. But real public humiliation is normally a step too far for most men and the fact that I know means the girl is being increasingly indiscreet.

I am digressing a little here but submissive men, especially rich men, should be very wary about cuckold scenes. What I expect to happen in this case is that the husband will eventually try to divorce her rather than face public humiliation but, as she has so much information on him, she is going to demand a huge payout.

This is a risk every man who allows himself, to be photographed in embarrassing

positions faces, but the danger of blackmail is much worse if there is another man involved. Remember that the lovers of these women are nearly always dominant men and these men will often be the driving force behind blackmail attempts.

Most women are smarter than this girl and can see the bigger picture. I should also point out that most women are also not criminals and remember blackmail is always a crime. I am going off the point but it is something that I feel strongly about. Men with fetishes will always be vulnerable to blackmail.

If this should ever happen to there are certain steps you can take.

**RECORD CONVERSATIONS**

**TALK CONFIDENTIALLY TO A SOLICITOR**

**REPORT IT TO THE POLICE**

If possible you want to avoid involving the police and a public trial but a solicitor's letter to the blackmailers threatening to do so will probably do the trick, especially if you have incriminating recordings. Always remember that while you are trying to avoid public embarrassment they will be anxious to avoid a prison sentence. Always call their bluff because they have much more to lose than you.

Like I said, most women will not go down this route, not least because they will love their husbands or boyfriends, but you may have to accept a compromise to keep your relationship intact.

**YOU MAY HAVE TO AGREE TO HER OCCASIONALLY HAVING DISCREET NO-STRINGS SEX WITH SOMEONE ELSE.**

I don't say that lightly as I believe in marriage and the marriage vows. I also believe single couples in a long-term relationship should be faithful to each other but this is an ideal situation in a perfect world.

If you are turned on by dominant women and your partner is turned on by dominant men you are a million miles from living in a perfect world.

I am going to say some hurtful things now but most of you will recognize it as the truth.

**AFTER A LIFETIME OF FEMALE DOMINATION FANTASIES MOST MEN FIND IT HARD TO HAVE CONVENTIAL SEX AND SOME FIND IT IMPOSSIBLE TO MAINTAIN AN ERECTION.**

Ask yourself these two questions and answer honestly.

**HOW OFTEN DO YOU TRY TO AVOID HAVING SEX?**

**WHEN DID YOU LAST GIVE YOUR WIFE AN ORGASM?**

I know this is going to sound like a line from a cuckold movie but the truth is

**YOU CANNOT SEXUALLY SATISFY YOUR WIFE.**

Also, because you have not told her about your fetish,  
**SHE CANNOT SEXUALLY SATISFY YOU.**

Believe it or not the second problem is easier to fix than the first. If you become her perfect husband or boyfriend in every other aspect of her life, hopefully she will be prepared to take on a dominant sexual role and give you everything you have ever dreamed of.

Unfortunately, for you and her, while it is relatively easy for a submissive woman to play the part of a dominant, it is pretty much impossible for a male sub to do the same.

It is very hard for a man's pride, even a submissive man, to accept that if his wife wants great sex she has to look elsewhere but some of you are going to have to accept it.

**YOU CAN'T EXPECT YOUR WIFE TO GIVE YOU GREAT SEX AND DENY IT TO HER.**

I intend to give you advice on how to reveal your fantasies to your wife in such a way that she will possibly see it as a way of saving her marriage rather than destroying it. Consider this; at the moment she thinks you are avoiding having sex with her because you no longer fancy her. The fact that you just want her to take a dominant role may well come as a relief to her, but it is advisable to keep in mind that a consequence of your confession may well mean your wife having sex with another man.

Believe me, this may not be the huge problem you think it is as, unlike cheating men, Women can be very discreet and if other aspects of your marriage are great she will always avoid publicly humiliating you.

In time of course this aspect of your wives life could play a part in her private humiliation and domination of you, but I would advise against bringing a third party into your sex lives, although I know many live this life-style with no problem at all.

At the moment this may seem a long way off and as I have said you have to introduce your fantasies in degrees and from a strong position. By this I mean that you have to make your wife's everyday life so happy she will see indulging your kinks as an easy price to pay for keeping you in her life.

I am going to work on a scenario where a couple are both aged forty and have been married for ten years but it is applicable to most long-term relationships. To avoid complications they do not have children.

The man has had Female-Domination fantasies all his life but at the beginning of their relationship their sex life, while far from perfect, was satisfactory. They had met and courted in the normal way and they had adored each other and while the man had had reservations concerning his fantasies he believed his love for his new wife would push them into the background.

After a couple of years however, both would privately admit that their sex life was disappointing and he would now be spending an unhealthy amount of time watching Femdom porn whilst she will start considering her options. At this point they are still very affectionate and their lives are good so she will not consider divorce or an affair, but their poor sex life will become an ever bigger elephant in the room.

The problem is that often both are reluctant to talk about it. Women are often extremely reluctant to talk about what turns them on in bed even to someone they have

been in love with for many years, indeed he will probably be the last person she will tell.

Many women, despite outwards appearances, still have an idea that a desire for sex is somehow wrong. It is not hard to understand why, because society brands a woman who makes no secret of her desire a slut, and someone who does is called a nice respectable girl. A woman is not going to express her, maybe kinky, desires to a man she loves out of fear he may despise her for it. 9 times out of 10 her only fantasy is to be treated roughly and fucked hard by a dominant man. The awareness that you could never be this man will make her even more reluctant to reveal it.

Men are brought up to believe that their role is as the dominant partner, so a deep-seated desire for the complete opposite, leaves them feeling shame and with a fear that the women they love will despise them for it and also leave them.

As I have pointed out, in theory your wife's problem is easily sorted by her having discreet sex with another man. But of course it is not as simple as that because it is a massive step for a loving couple to take and how do you ask your Wife if she would like to have sex with another man without her freaking out? If you take things steady it will become more attractive to her but you and your wife

## HAVE TO START TALKING ABOUT YOUR SEXUAL FANTASIES

But not straight away as you have to lay the groundwork first and by this I mean making sure you love each other before you have the conversation you should have had years ago.

After about five years of marriage your sex life will be almost non-existent and your marriage as a whole will be in trouble. Sex is an important part of any marriage and I would even go as far as to say no marriage can ever be truly happy without it being satisfying for both partners. When it is unsatisfying for both it has to lead to unhappiness.

It will also erode love as both take their frustrations out on each other and the relationship descends into apathy and dislike. In my experience the man will spend more time with his mates drinking when he is not at work and the woman will watch soaps and maybe drink heavily herself. Both are likely to gain weight and see any pride in their appearance disappear. All this could have been avoided with one difficult conversation.

Often, even without children involved, the marriage will continue mainly because at forty some women will see it as a safety-zone and will be scared of starting again. The man at this stage will be visiting Dommies on a regular basis and would have accepted that his dream of being married to a dominant partner will never come true and will stick with the woman who cooks his food and does his laundry.

**YOUR FIRST JOB IS TO GET BACK TO BEING THE MAN SHE FELL IN LOVE WITH.**

**LOSE WEIGHT AND GET FIT.**

**GET A GOOD HAIRCUT.**

**DRESS WELL ALWAYS.**

TAKE HER OUT RATHER THAN GO TO THE PUB.  
MAKE HER LAUGH.  
PLAN A HOLIDAY.  
BE NICE TO HER MOTHER (VERY IMPORTANT).  
MAKE HER THE CENTRE OF YOUR LIFE AGAIN.  
MAKE HER LOOK FORWARD TO YOU COMING HOME AGAIN.  
MAKE HER PROUD TO BE SEEN WITH YOU.  
MAKE HER RESPECT YOU AGAIN.

If the marriage has become a comfort-zone for her make it an enjoyable comfort zone. If I could give one piece of advice to any married man and this also applies to those not married, it would be

**DO THE DIFFICULT CRAP STUFF IN YOUR RELATIONSHIP**

By this I mean making sure the bills are paid straight away. Making sure the car and house is insured after finding the best quotes and, most of all, having the difficult phone calls with institutions like banks.

Take responsibility for stuff like this and become an expert at handling pressure sellers. Call centre staff are trained to call in the middle of the day because women are normally home alone and statistics suggest they are much less able to resist some of the pressure techniques that these salesmen employ.

I am sure you know this scenario; you phone up for an insurance quote and after getting it you are told that the discounted offer is only available right now and they guarantee you will not get a cheaper quote. I always hang-up at this point but a huge amount of people, both men and women, succumb to the pressure.

If you and your wife are both quite passive people both of you will hate this stuff, especially the calls, and you will put it off to the last minute hoping each other will sort it and you will end up paying much more than you need to.

**IF YOU TAKE RESPONSIBILITY FOR THIS STUFF YOUR WIFE WILL LOVE AND RESPECT YOU FOR IT**

After my initial shock I found my boyfriends submissive sexual nature easy to handle, but I absolutely could not live with a man who was passive and weak in everyday life and who refused to take any responsibility for decisions.

**WOMEN DO NOT LIKE WIMPS WHO CAN'T STAND UP FOR THEMSELVES**

Everyone has pet-hates and mine is anyone, Male or Female, that says "It's up to you" when I ask a question. I can't stand people with no opinion because it generally means they refuse to accept responsibility.

I am suspicious of men who say they want to be in a "Female led relationship" because what it means is that he wants her to take all decisions in his life out of his hands. Despite what you might think, very few women will accept this.

A very important by-product of you taking over this part of the relationship is that she can boast about it to her friends. Obviously your main aim is to impress her but you will not believe the results you can get if you also impress her friends with the new you.

## WOMEN TALK ABOUT THEIR HUSBANDS IN WAYS THAT WOULD SHOCK MEN

In the scenario we are following the woman would have complained constantly to her friends about her husband's laziness, weight, his drinking, his weakness and, most importantly, his general uselessness in bed.

Just imagine if she could go to these meetings and tell them that her husband was now caring, attentive, fun and strong. He might still be lacking in sex appeal but she would be less likely to tell them that.

Men know what a boost to their ego it is when other men compliment them on the attractiveness of their partners but they often fail to understand that this is also true for women. From the beginning of time

## WOMEN DESIRE MEN WHO ARE DESIRED BY OTHER WOMEN

You should make it your aim to get her talking about you with pride. This is the mistake most submissive men make when they reveal their desires without making changes to their lives and giving their partners sufficient reasons to react positively to the admission.

The woman in the scenario already despises her husband and has considered leaving him. An admission of this kind without sufficient groundwork would be disastrous, doomed to failure and lead to a total loss of respect for the man.

How is she supposed to feel when her friends speak with pride about their men, she now knows that, along with all his other faults, hers is a pathetic pervert? She will see it as another example of your general weakness.

If, on the other hand, she has come to like her new fit husband who cares about her and takes responsibility and is now someone she can talk about with pride, it is possible she will find reasons to accept it as just a quirk of his sexual nature.

Most of my friends know nothing of my boyfriend's kinky desires. To them he is a good-looking, dependable guy with a strong character and I am often told how lucky I am. You have no idea how good and powerful it makes me feel to know that I can have this man they desire on his knees begging me for an orgasm. This is the point

## WOMEN DO NOT WANT WEAK, PATHETIC SLAVES THEY WANT STRONG ONES

In any depiction of Female Domination in history the woman is served by strong men.

Samson was enslaved by Delilah's beauty but would she even have bothered if he had

been a pathetic weakling?

In the countless pictures and movies have the male slaves who served Cleopatra been depicted as physically weak; of course not.

In a way the Samson and Delilah story gives the lie to the theory that women are not turned on by Female-Domination. How could any woman not be turned on by possessing the power, to bring a man who has defeated whole armies with his bare hands, to his knees?

The 1950 film version, incidentally, is my boyfriend's favorite film and he considers Hedy Lamarr's Delilah to be the epitome of Female Domination. (I have a copy of the costume she wore and I sometimes wear it when I am dominating him but that is for another day).

You can relax because while these depictions are of physical strength you do not have to turn yourself into Arnold Schwarzenegger. I would advise getting into the best shape possible because fat is not attractive no matter what anyone says but it is strength of character that is most important.

A regular exercise regime and a good diet are also important because it leads to self-respect. Your aim is to gain your wife's respect and that of her friends and you will never be able to do that without respecting yourself.

Strength of character means different things to different people but for the sake of the scenario we will define it as the ability to stick to and live by a set of core values.

Write down a list of what is most important in your life and hopefully your wife will be at the top. Then write down what you want from life and be brutally honest about how sex will be in this life. Then make a third list about the kind of man you would like to be. Writing it down is important because it means more thought and concentration goes into it.

**IF YOU STAY TRUE TO THE THOUGHT THAT YOUR WIFE IS THE MOST IMPORTANT THING IN YOUR LIFE AND WORK HARD TO BECOME THE MAN YOU WANT TO BE IT IS POSSIBLE AND EVEN LIKELY THAT YOU WILL ACHIEVE ALL YOU WANT FROM LIFE**

But sticking to these values is hard and that is why I define doing so as a test of character.

What you put at the top of the third list is up to you but in the ideal World it would be compatible with your aim to make your wife the most important person in your life.

To this end do not put "Slave to my wife" because as I have explained few women will be happy with the idea of their husbands as their slaves, at least at first. Instead put "To be someone my wife is proud of".

In many ways a devoted husband carries out the same duties for his wife as a slave does for his Mistress but her reaction to him doing so is completely different.

If a Mistress orders a slave who was once her husband to pay all the bills and handle the difficult calls she will be satisfied that her life is easier but she is not happy as she is pitied by her friends because her husband is a pathetic wimp.

If, on the other hand, her husband volunteers to take all the stressful stuff off her shoulders it makes her happy and proud that she has a thoughtful husband.

#### AND HUSBANDS OF HAPPY WIVES GET MORE SEX, EVEN OF THE FEMDOM VARIETY

I suspect most men's third list would be very similar. Most people would like to be respected and liked. They like to be thought of as honorable and fair.

Tom Hanks is a brilliant actor but the main reason for his huge popularity is his sheer decency and modesty. Phil Mickelson has rarely been the number 1 golfer in the World but he is probably the most popular sports star on the planet.

It may be impossible to become as good a golfer as Phil Mickelson but I believe everyone can possess the characteristics that make him such a fine man.

Do you imagine his wife does not feel immense pride to be married to such a man and I am pretty sure she would accommodate him if he suddenly expressed a desire to be whipped and have her control his orgasms. Her love and pride in him would outweigh any distaste she might feel for it and this is what you have to remember

#### THE MORE SOMEONE LOVES AND RESPECTS YOU THE MORE SHE IS PREPARED TO DO FOR YOU

I have no way of proving it but I suspect this is a much more common occurrence in marriages than most imagine. No one would know as the men would appear as strong characters in everyday life and display no submissive tendencies.

This is another point to consider. If your partner loves you she would never reveal your secret even to her best friends. Indeed, they would be the last people she would tell as she likes the fact they respect and maybe even desire you.

So these are the changes you have to make before you even think about revealing your fetish to your wife. I can't guarantee that even after all this she will react positively but I am sure that you have almost zero chance of a good reaction without doing so.

#### DO IT FOR YOURSELF TOO

When you start changing your life your wife will notice very quickly and 9 times out of 10 she will be suspicious before she is happy. When she sees you losing weight, getting fit and dressing better she will suspect another woman. When you start spending much more time with her and treating her better she will accept this is not the case but her next question will be

#### WHAT IS HE AFTER?

Do not say "nothing" as she will not believe it and because it is not true. Do not say you want her to sit on your face and whip your balls even if this is true. The correct response is something along these lines.

I WANT TO BE A BETTER MAN AND A BETTER HUSBAND AND MAKE

MY WIFE HAPPY. I WANT A BETTER LIFE AND A HAPPY MARRIAGE. I WANT TO GET BACK TO BEING THE MAN WHO YOU FELL IN LOVE WITH.

She probably won't lose all her suspicions at once but if your actions match your words she will quickly come to accept you are really trying and most will start making an effort themselves.

**BUT YOU HAVE TO BELIEVE THE STATEMENT TO BE TRUE**

If you continue to believe all the changes to your life are some kind of trick to get her to dominate you, she will know when you finally reveal your sexual fetish and you will get this angry reaction

**SO ALL THIS MR NICE GUY BULLSHIT WAS JUST ABOUT YOUR PERVERSION?**

In truth you will have trouble avoiding this anyway, but if you have come to believe in the original statement and that her accusation is not true, she will come to believe it too.

So while the original motivation for your life-changes is a certain kind of sex life it can't remain as such.

You have to try to become a better man and a husband for no other reason than to please your wife and, most importantly, yourself. Believe me, she will know if you are a fraud.

This is not the problem it appears because I suspect that you will quickly start to enjoy the changes you are making. You will enjoy being fitter and healthier and being in a happier marriage. You will love being complimented by others and even if your wife never agrees to dominate you I suspect most would not regret the changes they have made to their lives.

**DO NOT TRY TO BRING HER WITH YOU**

There is nothing worse than a reformed couch-potato who has just discovered the gym. They bore you silly with their new health regime and try to get you to join them.

Make the changes to your life and when your wife notices them give her the statement. Do not suggest she does the same.

After her initial suspicions and if you are making her happier she is likely to respond. If you are losing weight and getting fitter she is likely to want to do the same but don't force it. If you are dressing better and improving your personal hygiene she will do likewise. If you are nicer to her she will be nicer to you; that is human nature.

When she does respond suggest doing things together. Ideally this will mean getting fit together. The reason why shared exercise is great is because of the feel-good endorphins that are released into the blood stream; the same endorphins that are released during sex. People who have completed a work-out are happy and you want your wife to associate you being with her when she is happiest (And possibly horny).

Every Saturday morning my boyfriend and I attend a mixed circuit training session and this is something I recommend for a couple of reasons. Firstly, because you move station to station you are not in competition with anybody and can go at your own pace. Secondly, these groups are normally made up of a very diverse age group and of fitness levels. In our group of around 14 I am often the youngest at 37 and we have at least 5 men in their seventies.

The third reason is these groups are social occasions. After every session we go to a café with another couple and every few weeks the entire group goes for a breakfast. The reason this is so important is that these are our friends and not mine or my boyfriends.

At the moment your friends will probably have a negative view of your wife and her friends will think the same about you. If you are both serious about changing your lives you need some new friends without pre-conceived ideas.

Of course some people hate gyms and exercise but it is just one example of doing things together. The important thing is to spend time with your wife and talk to her. Go to the movies or for a meal and go clothes shopping with her.

#### BECOME YOUR WIFES FRIEND AND TALK TO HER

A good tip here; when you get to the stage when you and your wife are comfortable with each other start complimenting her on her shoes and the color of her stockings. Do it in a light-hearted way and if she responds well move on to make suggestions along the lines of

“I love you in high-heels” or “I love black stockings and suspenders”

Play it by ear but if you have done the ground work she may start buying the things you like. It would be a good sign; a very good sign but don't get carried away as you are still playing the long-game.

You want to give her hints about your sexuality and in the ideal world there would be no grand announcement, just a gentle progression for her into a dominant role. This is almost impossible but if every other aspect of your marriage has improved she will probably be as keen as you to have a better sex life.

#### KEEP IT FUN

Joke about her wearing sexy underwear and if she has improved her body she will love to wear it. You can tell her you have always had a boot fetish but don't suggest she buys some to please you. If she does it on her own accord you are very definitely on the right track. But keep your comments light-hearted and fun.

If you are like the couple in the scenario you will be talking about sex more than you have done in years, but remember you are both happier than you have been in years so don't become obsessed with sex and ignore other aspects of your marriage because you seem close to your original goal.

Hopefully you will be having sex regularly and if you have got her to the point where she will wear the sexy underwear or even the boots you really are not far away but you can still very easily blow it.

It will have taken quite a while to get to this point and it almost certainly won't be as

easy as I have written here, but the point I continue to stress is that if you make your wife happy she will try very hard to make you happy too. But remember

#### SHE HAS FANTASIES AS WELL

A woman in a happy marriage will indulge in kinky sex even if she doesn't like it as long as it is not all the time.

In my case I came to love it but that might not be true for most women. In that case you cannot allow your fetish to completely dominate your sex life.

#### REMEMBER YOUR AIM IS TO MAKE HER HAPPY

And making her happy might well include regular conventional sex.

I actually think this is what you should aim for from the outset. I suspect in the long-run your fetish will dominate and your wife may well become the Mistress you dream of. A taste of power can turn a previously easy going woman into a very dominant and demanding one.

#### A WARNING

YOU MAY VERY WELL GET MORE THAN YOU BARGAINED FOR

But that is for later.

At this point you are talking about sex a lot more and having it. You both want to make each other happy. If she is wearing the underwear and the boots it would be natural to start talking about fantasies.

#### ASK ABOUT HERS FIRST

She probably won't tell you but she will have noticed. Hopefully she will ask you and after the comments about the boots and underwear I don't think it would be a major shock for her if you said in a light-hearted and embarrassed way

"I have always had a thing about dominant women"

IF YOU HAVE VASTLY IMPROVED THE MARRIAGE AND YOURSELF AT THIS POINT SHE IS VERY LIKELY TO RESPOND IN A REASONABLE WAY. REMEMBER SHE NOW WANTS THIS MARRIAGE TO WORK.

If you have done everything right and kept it light-hearted it shouldn't even be that hard an admission to make.

I have no idea how she will respond but she is likely to want details. As I said before

#### NOTHING TOO EXTREME

Talk to her about tease and denial, handcuffs and light spankings and stress it is just kinky games. This should seem acceptable to her and even fun. If you have been having some fun in bed recently this should not faze her at all.

I never like advising someone to lie to their wives but in this case, if she asks certain questions, you probably should.

## IF SHE ASKS IF YOU ARE INTO WATER-SPORTS, SISSY, CUCKOLD OR SCAT, LIE, EVEN IF YOU ARE

Later on as she gains more experience about the scene you maybe can admit to having fantasies about these things but stress you have never done it.

Also, at this initial point she may ask if you have ever visited a Dominatrix. If she does, deny it. If things progress how you want them to then later she may be ready for the truth but at this point it would be like admitting you have visited a prostitute.

A trickier one is if she asks about harder corporal punishment and bondage. If you state you have no interest in it she may take you at your word and your Femdom sex life may not progress beyond the very mild stage. I think a good answer would be

“It fascinates me and I am turned on by it when I watch it on the internet but I am aware the fantasy is different from the reality. I am not sure I would allow a Mistress to do that to me.”

This statement brings up a few interesting aspects.

First you have admitted you watch Femdom porn on the internet and, while this may annoy her slightly, if you have done the proper ground work on your marriage it should not be a problem. And you want her to look at Femdom porn. You want her to research it and hopefully come to realize that it could be a lot of fun and open up a lot of possibilities for her.

It is up to you what web-sites you recommend but it makes sense to direct her to ones that interest you but stay away from scat, sissy or adult baby. Don't recommend cuckold sites as she will find them anyway and you don't want her thinking that you are into it at this stage.

If I am anything to go by she will become fascinated by the subject and begin joining forums and talking to Mistresses.

The other aspect of the admission is when you say

“I AM NOT SURE I WOULD ALLOW A MISTRESS TO DO THAT TO ME”

The chances are the word “MISTRESS” will excite her and though she might not say it she will be thinking “YOU WILL HAVE NO CHOICE IF MISTRESS DEMANDS YOU TAKE IT”

IF SHE DOES SAY IT YOU HAVE WASTED YEARS OF YOUR LIFE!

## WHAT NEXT?

So you have made your admission and she hasn't freaked out and even seems interested. Your marriage, after looking doomed for years, is as happy as it has ever been. Where do you both go from here.

Well remember the marriage is the important thing. Do not stop doing the things that made you both happy just because she is prepared to indulge your fantasies, to a certain extent at least.

Remember at this early point she is not really into it though that is likely to change. She is doing it for the man she loves and, if you go back to the way you were before, she will stop loving you and stop indulging you. Put simply

**YOU HAVE TO KEEP HER HAPPY.**

In the beginning you will have to direct her a little and you should keep it very mild. A woman is very uncomfortable when she first spansks a man and she won't want to really hurt you. It is difficult when you have to direct things but this is a game I play regularly and is also great for beginners.

Have your wife order you to masturbate and operate a traffic light system. Green means stroke fast, amber slow and red stop. Have her perform a sexy dance and flaunt her body as you do so. She tells you that she will whip you every time you disobey her. You are forbidden to cum and this gets increasingly hard, especially when she says green, and you will have to stop, earning yourself a whack of the whip.

This is a good introduction for her because it is fun and not extreme and she will relish the power she has to control your orgasm.

**SHE WILL ALSO BE AMAZED HOW HARD YOUR COCK IS.**

This may well be the first time in her life she has realized the power a woman can have over a man and she will maybe like it very much. You may lose control of the situation very quickly.

## BE CAREFUL WHAT YOU WISH FOR BECAUSE YOU MIGHT GET IT

This is not a joke. I don't think you will take any notice and you probably shouldn't but I am going to give you a warning.

**YOUR WIFE MAY WELL BECOME VERY DOMINANT AND DEMANDING**

Now this may appear to be exactly what you want and in many ways it is but you have to understand what it truly means and the implications it has for your life.

We will go back to the scenario. This woman may not have experienced any power in her life. A lot of women, even very attractive ones, lack confidence and automatically defer to others. They rarely understand the power their femininity gives them over some men.

These women are bound by convention and are often frustrated and unfulfilled. Up until this point she would have been most scared of the marriage ending because she would think she has most to lose. It is an automatic reaction for someone with low self-

esteem; the feeling that her Husband could easily find another partner while she never could.

#### NOW THAT THUMPING GREAT ERECTION TELLS HER THIS IS NOT TRUE

I hold the power in my relationship because I know my boyfriend will do almost anything to keep me.

If it ended tomorrow we could both get dates very quickly but, while I could get sexual satisfaction with someone else, he would find it almost impossible to replace what he has with me. And this is the power you will be giving your wife.

I have made mistakes with men in my life but I have always been confident with a strong personality and even I came to relish the power I had over my man. Imagine how this may feel to a woman who has never felt empowered before.

#### POWER IS INTOXICATING

Men get a sexual thrill out of being dominated by a woman, but for a woman dominating a man, I think it is the power-rush that is so exciting.

They are closely linked but there is a subtle and very important difference.

#### WHEN THE MAN CUMS HIS EXCITEMENT IS OVER BUT THE WOMAN DOES NOT WANT THE FEELING OF POWER TO END

And this could have serious implications for your everyday life.

In a relationship where the woman is sexually dominant it is very hard, if not impossible, for her not also to be dominant in real life. Try as you might the lines between your sex life and normal life becomes blurred. If they didn't the sex play would be just fake and in the end disappointing for both.

My domination of my man in real life means basically that I have the final say on decisions if we can't agree, but I have noticed that there has been a subtle change in how I talk to him after I started to sexually dominate him. I will give you an example.

The British have a warped sense of humor that I love. We laugh at anything, even things we should not. At one time we received an e-mail joke that had gone viral. It was hurtful and the victim of the joke was entirely innocent but it was undoubtedly funny. I felt guilty about laughing and told my boyfriend not to send it on as it is one thing to laugh at a bad taste joke and another to help circulate it.

I found out later that he had done so and I went mad and I ordered him never to do that again. It was only later that I realized that I had given him a direct order for the first time and that it had felt very natural.

So far my dominance has not been a problem and has enhanced our lives but we are lucky, especially in the case of our families and friends. I love his family and, for the most part, get on with his friends but the couple in the scenario might not be so lucky and this may have implications for the man.

Put simply, if your wife hates your friends she may want you to stop seeing them and she now knows she has the power to make that demand. If your obsession with being

sexually dominated is so strong, and it normally is, she can even decide when you see your own family. I have never done so and I never will but if I gave my boyfriend the ultimatum, me or your family, he would choose me. This is the power I have and the power your wife will have.

### THE POWER IS HARD TO CONTROL

I am aware of it and channel it into our sex lives. In the early days he directed me but that stopped very soon. I have got harsher and often push him way past his limits. About 6 months into our relationship he told me it was getting out of control and that I was going too far. I told him quite clearly that I decided what was too far and I would punish him however I saw fit. It marked a change in our relationship. I was no longer pretending to dominate him just to satisfy his desires.

I would rather exercise my need for power in this way rather than make his real life a misery but your wife may not feel the same.

I do not want to labor the point but it is one you should be aware of. When your wife gets deeper into Female Domination and she sees how obsessed with it you are she will come to understand the power she has over you and she will almost certainly exercise that power. She may even video or photograph you in very compromising positions to ensure future compliance.

Most of the stories you read about things like this are far-fetched. Things like permanent chastity belts and electric shock-collars are normally fantasy but I have no doubt that many wives keep their husbands in miserable slavery and use blackmail to keep them there.

If you have made your marriage a happy one this is highly unlikely to happen to you and most women are not evil which someone who did this would be.

That said, your wife's personality is likely to change with her new found power and while this will probably be a great thing you should be aware of the dangers.

### HOW TO PROGRESS

If you have got your wife interested in Femdom porn and she has liked the initial mild sessions you should be quite passive and still not talk about getting more extreme.

Let her go at her own pace. She will be aware that she has made you happy and if you are still being a great husband she will want to do so again.

I suspect she will be spending a lot of time in front of a computer researching the subject. She will probably be downloading books giving advice on how to dominate. She will discover the psychology of the submissive mind and be reading blogs.

When she becomes more confident she will probably start instigating it and running the show. She may well start hurting you without you asking for it. I remember the feeling of power I felt when my boyfriend first genuinely begged for mercy.

I have talked to several women who were amazed how fast they took to it and most of them say what ruined it for them was when their slaves asked for punishment. You will almost certainly have to guide her at first but remember it is the feeling of power she craves.

## DO NOT TRY TO TOP FROM THE BOTTOM

At the beginning direct her to blogs from genuine Mistresses and if possible get her to correspond with them. They will tell her how to proceed. It is much better than you doing so.

Getting her talking to other Mistresses is also important because she will come to realize how widespread the scene is and that her husband is not some freak. Most Mistresses, myself included, are very keen to help other women new to it because we understand how exciting and rewarding it can be.

Do not suddenly start buying whips and canes or any other fetish gear. Let her go down that route herself. If she asks you to get them that is fine but if you turn up with a load of bondage gear she might well still freak out. If she is asking questions and researching all this will come, but you have to give up control of how fast your Femdom relationship develops.

At this point she may still be testing you. No matter how well you have played it so far she will have to be an idiot not to realize that your recent change of behavior is at least in part driven by your sexual desires.

She will want to be convinced that making your marriage happier is the most important thing and that you are not going to revert to your old ways when she starts indulging your fantasies.

So make sure you don't. Keep taking her out and making her laugh. Keep doing all the crap stuff and springing romantic surprises on her. Make her proud to be seen with you and never forget

## A HAPPY WOMAN WILL REWARD THE MAN WHO PROVIDES THAT HAPPINESS

It is not rocket science; if my boyfriend pisses me off he doesn't get sex. Of any kind!

But some submissive men can be selfish and think it is all about them and their desires. Believe me if you go down this route before she is confident and dominant enough to stop you, you will find her readiness to provide you with all you have dreamed of ending very quickly.

If you have managed to discipline yourself to change and make your marriage happier you will avoid this pitfall but be aware she now holds all the aces. She knows what you most want. She now has the power in your relationship and there is no going back. After a session where she had dominated and teased you, you can't casually announce you are off for a drunken weekend with the boys. The status quo has changed completely.

If she is smart she will realize that you have to keep her happy. She has shown you a glimpse of heaven but she can deny it to you at anytime. She knows that, like my boyfriend, you will do almost anything to keep her.

At this point you maybe regretting that you didn't go down this route at the beginning of your relationship but there is no guarantee she would have been receptive then. At that point you were a cool, good-looking, thoughtful guy and she would have had a vision of how your marriage was going to be and it almost certainly won't have involved her

whipping you. An announcement then might have crushed her dreams and instead of giving it a chance she would have been young enough to dismiss it out of hand and to dismiss you.

If, after several years of a stale marriage her husband turns things round and makes her happier again she will probably be more likely to at least give it a shot.

But she may not. It is possible that even if you have done everything I have advised and made her happier than she has been in years she may still refuse to have anything to do with Female-Domination.

You may think this selfish, and to be honest I would probably agree with you, but you can't force her. Some women have hang-ups about conventional sex so kinky stuff is always going to freak them out.

If this happens you have a choice and you don't really need me to spell it out. You can stay and try to convince her but if you have done all the right things I suspect she loves you and would love to accommodate you, but for some reason she can't bring herself to even dip in her toes.

It depends on how strong your desire for your fetish is. I suspect at this point you are loath to leave someone you care about but you must be aware now that she will never be the dominant partner that you want.

As I said earlier it doesn't have to mean the end of the marriage as you have the option of professional Dommies and even masturbation whether this is with her knowledge or not. If you have made all other aspects of your marriage happy I think this is the best answer but she would have to have a little understanding.

But I think the women who react like this will be in the minority. If, and it is a big if, their partner has done the ground work and presents his wife with his fetish at a point when her marriage is happy she will have a good reason to react well.

## SHE MAY WELL BECOME MORE OBSESSED THAN YOU

Earlier in the book I said my boyfriend was living in an ideal world right now, but when I asked him if this was true he said it was close to perfect, but for him it was just a little better a year ago. He felt

THAT I HAD STARTED TO ENJOY IT A LITTLE TOO MUCH

His view was that at first it had been his fantasy then ours but now it was mine.

It is true that I am about 80% harsher than in the early days and, while before we tended to have sessions when he wanted them, I now decide when they take place.

I CAN BE A RIGHT BITCH

Before, if I had blistered his bum I would leave it for a while before doing so again but I don't always do that nowadays. I love having sessions when he doesn't want to and I love the genuine fear on his face.

Sometimes I will make him ejaculate so he suffers without any pleasure. It is my way of reminding him who is in charge and that I am not just going to indulge his fantasies.

There is a degree of calculation in all this because I know deep-down he would be unsatisfied if I didn't stretch his boundaries, but there is no doubt I enjoy the power and

the fear and sometimes revulsion on his face.

I let him watch Femdom porn, although he is not allowed to cum, but he is not allowed to clear the history of visited sites. He knows he is taking a big risk if he looks at anything extreme because I may well inflict the same on him no matter how brutal it might be.

Five years ago I had very little knowledge of Female-Domination but now I love it and your wife or partner could come to love it as well.

**THE IMPORTANT THING IS TO AT LEAST TRY TO KEEP YOUR EVERYDAY LIFE NORMAL**

No matter how harsh I get in our sex life I try to maintain the 80/20% boyfriend/slave ratio although, to be honest, we are probably getting closer to 70/30.

This could become a problem because as I have said, I do not believe a marriage can be good for either partner if the husband is a full-time slave.

I need my man to take command, make me laugh, surprise me and even argue with me. I want him to be my best friend and someone I can be proud of and that can't happen if he is servile and scared of me in real life.

I am aware of the danger and I work hard to ensure our unconventional sex life doesn't damage our relationship. Much as I like it I could give up the slavery part but I would hate to lose my loving, funny boyfriend.

Of course how much her dominance over you encroaches on your normal life is mostly down to her, although you can guard against it by not constantly acting as a slave. It is important you do so because it is really not healthy for your fetish to control your whole life.

**YOU CAN'T HAVE LOVE WITHOUT RESPECT AND YOU CAN'T RESPECT A FULL-TIME SLAVE**

I know some will think that a controversial statement but I believe it to be true. If my boyfriend allowed me to dominate him over 50% of the time I would lose respect for him and consequently love for him.

I think 50% would be the tipping point and after that I would probably have contempt for him. At that point he would be getting beaten and humiliated but he would no longer be my boyfriend and I suspect I would stop enjoying the sessions because I would no longer wish to make someone I don't like happy.

Our life-long friendship would be over and so would our relationship.

You may not have any choice because your wife may come to enjoy the power so much she wants it all the time, but you should try to resist this and keep your sex life and normal life as separate as you can.

It may seem all you have dreamed of but remember

**WOMEN DO NOT WANT TO LIVE WITH SERVILE WIMPS**

This may seem a very far off prospect at the moment but once some women feel the power they can quickly lose control. The woman in the scenario may also be feeling some enmity to her husband, despite his recent good behavior, for all the bad years.

Another thing you should keep in mind is that in Female Domination

FOR MEN IT IS A SEXUAL TURN ON BUT FOR WOMEN IT IS THE POWER THAT MATTERS.

## GET YOUR TIMING RIGHT

This is something men find hard to understand, and I mean all men, not just subs. Women do not want to have sex when they are in a bad mood.

I will tell you a story of how a reasonably happy marriage broke up. It ended for a number of reasons but their problems began when the woman was going through a very tough time and, instead of support from her husband, all she got was demands for sex.

The ladies mother, who was already suffering from dementia, had a stroke and while her husband was initially supportive he soon began to feel neglected. She would spend all her time wiping the bum of her mother who no longer recognized her and then come home to a man demanding sex. In the end the mother died but the marriage never recovered.

She herself probably wanted her mother's suffering to end but she knew her husband had desired her death for purely selfish reasons; to have more sex.

The man was not into Femdom but I tell you the story for two reasons.

One is to emphasize that what a woman wants at stressful times in her life is a strong supportive partner and not a useless wimpy slave. You have to remember to be more a Husband or boyfriend than a slave.

The second point is you should never approach a woman for sex, any kind of sex, when she is not in the mood. This is especially true for the submissive man.

In a lot of ways you have it easier because it is the dominants role to instigate proceedings. But as I have said, your partner is going to be very cautious at first and if she comes home after a terrible day wanting a cuddle and you are stripped off and in bondage gear she is going to be very pissed off.

A lesson every man needs to learn is that if you want sex and your wife is in a bad mood you have to get her into a good mood to have any chance. Once again

## MEN WHO MAKE THEIR WOMEN HAPPY GET MORE SEX

A guy dating a new girlfriend knows he has to earn sex. He has to take her to nice restaurants or to the movies and generally show her a good time. If she is happy and impressed with him he will get laid. It is that simple but married men sometimes think they no longer have to make an effort and that providing sex is a wife's duty.

At this point you will have worked very hard to change your life and marriage and you have got your wife to dominate you.

## DO NOT BLOW IT NOW BY TAKING HER FOR GRANTED

Your express aim is to please your Wife or girlfriend and make her happy. Getting everything that you desire will be as a result of achieving this aim.

The man in the original story should have prepared his wife's favorite meal then ran a bath for her and gently massaged her shoulders. He should have held her as she cried for her lost mother. If he had done all these things she would have loved him forever and done anything he wanted, and that includes taking a whip to him.

Instead, they were divorced a year after her mother's death.

Most subs I know are caring and supportive but they can also be as selfish as anyone else, especially when it comes to their sexual desires.

On my facebook page I must have had 200 men tell me that their wives refuse to dominate them and want nothing to do with anything kinky. If I could speak to the wives I am willing to bet they would say something like

“Why should I? He is lazy and unsupportive and does nothing to earn it.”

It is the reason I have written this book and emphasized that that you must change your outlook on life, marriage and your fetish.

**MOST WOMEN WILL ACCOMMODATE YOUR SEXUAL DESIRES BUT YOU MUST EARN IT AND KEEP ON EARNING IT**

Always try to be upbeat, optimistic and happy even if you do not feel it. If your wife is feeling down it is your job to get her back up again. You are the slave remember and you will reap the rewards.

A good tip here; do not watch too much news as it is too depressing. If you live in England watch “The Simpsons” at 6 every night. This normally puts me in a good mood. Run the bath for her and offer to do the washing up

**BUT DO NOT BE SERVILE**

Remember the golden rule

**YOUR WIFE DOES NOT WANT TO LIVE WITH A WIMP**

Do not mention sex at all. On nights when she is down you should just be supportive. As I said before, you will reap the rewards at some point.

Of course, when the timing is most important is when you first confirm you are interested in Female-Domination. But if you have done all the preparation work you are hardly likely to introduce the idea when she is out of sorts.

**IF YOU DO, ALL THE CHANGES YOU HAVE MADE WILL NOT MATTER ONE IOTA**

I wrote this section specifically for married men but of course it applies to those in long-term relationships and to single men.

From what I have read it represents a new way of thinking for subs.

Most subs are obsessed with their Femdom fetish but I think you have to place the emphasis on changing your everyday life, the way you see yourself and the way you see women.

You have to respect yourself and aim to get other people, especially women, to respect you. You have to develop a strong character and generally be someone other people want to be around.

I appreciate how difficult this concept may seem to some. A majority of submissive men have a deep-seated inferiority complex; how could they not when a lot of their fantasies involve debasement and humiliation?

Some find social occasions hard to handle and are often nervous around women. This

normally results in a lot of alcohol being taken as a means to relax and an attempt at fitting in. If this goes too far the man often ends up making a fool of himself and having a feeling of self-loathing in the morning which once more damages his self-image and respect.

I suspect most reading this will recognize this scenario.

In the next sector I will be giving advice on how to break this cycle, but at this point you have to accept you have to break it if you want to achieve your aim. The truth is, at the moment you are probably a very nice, kind guy but you are also one of life's losers and the brutal truth is that, while women may be fond of you

**THEY DO NOT WANT A LOSER**

## RECAP

I am going to recap everything I have stated in this section in short phrases. It is for everyone, not just married men.

I would copy this page and put it in your wallet and read it several times a day. You are going to forge new, better habits and to do that you have to practice constantly.

If you live true to these values it will not be hard to change as you will be a lot happier even if your ultimate aim of having a dominant sexual partner seems a long way off.

Losing weight and getting fit is rewarding and so is being complimented by others, especially women.

Remember, it doesn't matter if you are trying to impress a wife, girlfriend, Dominatrix or a woman at a fetish club. You will stand much more chance if you are well turned out, polite and upbeat.

**NO ONE LIKES MISERABLE NEGATIVE PEOPLE AND NO ONE WANTS TO BE AROUND THEM**

You also have to stop labeling yourself as a slave even in your own mind.

This is a big impediment to getting to where you want to be. If you think like this you can't build self-respect and you can't get women to respect you or care enough about you to indulge your fantasies.

Recently, after watching the movie "12 years a slave" I posted on facebook that I wouldn't like to be a white sub in the Deep South visiting a black mistress after she had seen the movie. A sub from Georgia posted back that there was a big difference between historical slavery and his desire to be a slave to a dominant woman.

And he is right of course. Nearly every submissive man reading this can tell the difference

**BUT WOMEN NOT INTO THE SCENE CANNOT**

To them slavery is slavery and any man actually begging for it must be mentally retarded and this is not someone they want to be around.

Some of you will argue on this point but most subs do not want to be slaves

**THEY JUST WANT TO BE TREATED LIKE ONE WHEN IT SUITS THEM**

There is nothing wrong with this but don't assume a woman can tell the difference.

If your stated ambition is to be a slave to a woman I expect you will live an unhappy life whether you achieve this ambition or not.

If your stated ambition is to be in a relationship where the woman has ultimate control and indulges your sexual fantasies and sometime treats you like a slave, I think you can live a happy fulfilled life. I think it is highly likely you will succeed but even if you don't the journey will make you a better and happier person.

The ultimate aim of this book is to impress on you that before you can get women to dominate you

**YOU FIRST HAVE TO GET WOMEN TO LIKE YOU AND WANT TO DO THINGS FOR YOU**

RECAP

**WOMEN DO NOT LIKE SERVILE WIMPS**

If a woman asks for your opinion, give it. Never say “It’s up to you.” Try not to be a doormat and fight for the things you believe in. If you take responsibility for dealing with banks, utility companies and sellers your partner will respect and admire you.

#### SMARTEN YOURSELF UP

Get fit, dress well and make sure you are turned out well at all times. People who make the best of themselves attract sexual partners. It is not rocket science!

#### MAKE YOUR PARTNER PROUD OF YOU

Aim to become a better Husband/boyfriend than all her friends have. If you succeed in this aim you have pretty much got it made.

#### BECOME PROUD OF YOURSELF

Get down to that target weight. Get that promotion at work. Stop smoking and cut down your alcohol. Relish all the compliments that come your way. If you feel good about yourself other people will want to be around you.

A good tip if you want to improve your attractiveness to women is to stop swearing or at least try to control it. This is especially true for some Englishmen.

I was in Thailand recently and I was shocked how the ugly swearing of Englishmen has become a national stereotype. A very well spoken Thai lady told me that all Englishmen say is “Fuck,” normally in a very loud voice and without any thought for those around them. She said my boyfriend was a rare exception which pleased me and why I repeat the story here.

#### PUT YOUR PARTNER FIRST

This seems obvious but human beings are selfish creatures and it is natural to think of ourselves first. Of course a lot of people overcome this impulse and try to help others before themselves. This is probably the best definition of love and you have to become one of these people, especially where your partner is concerned.

In your fantasies you treat her like a Goddess so treat her like the most special person in your life all the time. This doesn’t mean being servile or even over respectful. Just make sure she knows that she comes before anyone else and you would do anything for her.

If she has been taken for granted all her life by her family, friends and even her husband, you will be amazed by the results.

People are complicated and some people are just bad but for the majority I believe this to be true

#### IF YOU ARE NICE TO SOMEONE THEY WILL BE NICE TO YOU

This is especially true for those in a marriage or relationship but it is often these who most forget it.

#### GIVE HER ENOUGH REASONS TO ACCEPT YOUR FETISH AND TO INDULGE IT

It is this simple

If she loves you, is proud of you and wants to stay with you she will probably indulge your sexual fantasies however bizarre. If she is not any of these things she will not and your relationship will end.

#### REVEAL YOUR FANTASIES GRADUALLY

Don't dump it on her all at once. Hint that you are into high-heels and stockings before revealing that dominant women in leather boots have always turned you on. If you reveal this over a period of time while your relationship is going through a rapid improvement it will not be a shock to her when you reveal the extent of your fetish. It will also give her time to accept the idea.

#### TALK WITH HUMOUR ABOUT YOUR FETISH

Women will be much more comfortable talking about it in a humorous way so don't take it too seriously.

#### TALK ABOUT HER FANTASIES

Don't be selfish and remember your principle aim is to please her. Also, you have to accept that she may well take your fantasies and make them her own and expand on them in a way you may not like.

I will not recap anymore as in books like this there is a tendency to write too much and the central message gets lost. In the next section I will explain ways every man can make himself more attractive to women and also how a submissive man can learn to embrace his need to serve women and see it as his destiny.

For the moment I will end this section with the one piece of advice the married man with a desire for his wife to dominate him simply cannot ignore.

**YOU HAVE TO IMPROVE YOURSELF AND YOUR MARRIAGE BEFORE ASKING YOUR WIFE TO DOMINATE YOU.**

## Chapter Five

### Fulfilling your destiny

In my fictional novels I have two main characters. In the “Lady Sophia James” series the central character has similar views on Female-Domination to me while the “Kasey Moore Bitch from Hell” series is much more extreme and pure fantasy.

In the book “Kasey Moore’s Daily Slave Orders” I have her giving thirty extreme and degrading orders. It is well over the top but there is one point she makes that is correct. If you have had fantasies about serving a dominant woman since puberty you are going to feel unfulfilled if on your death bed you have failed to do so. Think of it like this

**IT IS YOUR DESTINY TO SERVE WOMEN**

You may balk at this and say you value your freedom and, that for you; it is just a sexual fetish that disappears when you achieve orgasm. That may be true for some but I would suggest they are not truly submissive.

**MOST SUBMISSIVE MEN ARE FRUSTRATED AND TO VARYING EXTENTS UNHAPPY**

This is often because they try to deny their sexual nature.

For years my boyfriend thought he could “cure” himself of his obsession. In his teens and twenties he dated a lot of girls. He loved the social standing this gave him with his friends but he knew his reputation as some kind of stud was built on a lie.

In those days he could maintain a fairly hard erection doing conventional sex but it was rarely ever that satisfying. Later on, as his testosterone levels fell, he found it increasingly hard to maintain a hard-on and he hardly ever came during sex.

The truth was he found sex unsatisfying compared to all the Femdom porn he read and watched. He tried to deny it and he would often stop watching it for months on end and he once stopped masturbating or having any sexual activity for four months before visiting Thailand.

This was an attempt to rewire his brain and, while I have heard this has worked for others who are addicted to porn, it didn’t work for him. As soon as he landed he took a beautiful Thai prostitute to bed with the same unsatisfying results.

He has tried other things like Viagra, going teetotal and even eating loads of red meat but nothing has worked. His desire to be sexually dominated will always be stronger than his desire for conventional sex. I expect this is the same for everybody reading this.

He got lucky with me of course although he did help himself by ensuring I found out about his kink. The thing is he is now where he has always wanted to be. It is not just my sexual domination of him that makes him happy it is his devotion to making me happy.

He is not clingy and his devotion is not suffocating but by his actions and his words I am left in no doubt that to serve me is his primary aim in life.

**HE SEES IT AS HIS DESTINY**

Most subs are confused and to get where you want to be you have to clear up that confusion by completely accepting this point

## YOU WERE PUT ON THIS EARTH TO SERVE WOMEN

Write it down and repeat it a hundred times a day or until you completely believe it.

### THEN WORK OUT HOW YOU CAN BEST DO THIS

Before I tell you ways you can do this I will I will give you some examples of how not to do it.

You are no use to women if you are drunk or drugged up all the time.

You are no use to women if you spend all your money on alcohol or drugs

You are no use to women if you are unemployed or without money

You are no use to women if you are fat and lazy

You are no use to women if you are weak-willed

You are no use to women if you are selfish

You are no use to women if you do not truly accept your role in life.

I am being serious here; some of you will have to change the entire way you think about women and your fetish. As I have said before, if you want a woman to sexually be dominant, you have to offer her something in return and that something, unless you are rich, is your devotion.

Whether you are a single or a married man make this your aim and never forget it

### BECOME SOMEONE WOMEN CAN RELY ON

Become the man she knows she can ring when her car breaks down at 3 in the morning. The man who will tell her the truth and who she can ask a question of and expect a thoughtful reply.

### DO NOT BE AFRAID OF BEING A GOOD FRIEND TO A WOMAN

Now this is different advice than I would give to a man who was seeking a normal sexual relationship with the girl of his dreams. While being nice and dependable is always good advice there is always a real danger of being put into “The just good friends box” and this is very hard to get out of.

While you are not immune to this danger and should still be wary of it you have to remember

### YOU ARE NOT LOOKING FOR A NORMAL SEXUAL RELATIONSHIP

I stress at this point that all the advice I give in this book are just my views based on experience and from chatting to Dommies and subs. This is especially true on this point and I have thought long and hard on what to write here.

If you are married or in a relationship, becoming your partners dependable friend is a no-brainer but it is more difficult for single guys.

### THE TRUTH IS IT IS VERY HARD NOT TO BE PUT INTO THE BOX.

It is over simplifying things but Women, especially young women, mentally put men into three categories soon after meeting them.

Arseholes

Nice guys

Potential lovers

If you are a cool, confident dude you might get into the third category, but as you are likely to be lacking in sexual confidence, given your fetish, the second is likely the best you can hope for. It need not be the worst thing in the world as you definitely don't want

to be in the first.

Of course a nice guy can become a lover but they are not normally looking for the woman to sexually dominate them. One point I would make is, do not pretend to be a dominant personality or even a super-confident one if you are not. This is a mistake many make and, while I can understand this, it normally ends up with the guy being reassigned to the first category.

I think everyone can build their self-confidence and I think subs should do so but as I have said before, you are not going to turn into some irresistible stud just because you wish it.

The reason why it is a disaster for most potential suitors to be placed in “The just good friend’s box” is that their aim, or one of them, is to have sex with her.

**YOUR MAIN AIM IS TO SERVE HER**

Well it should be if you have read this far. I suspect your principal aim is your own sexual satisfaction, but as I have stressed, you have to alter your thinking. Another thing you can think about is this

**A WOMAN CAN OFTEN HAVE SEX WITH A MAN SHE HATES IF SHE FANCIES HIM BUT A SUBMISSIVE MAN WILL NEVER GET A WOMAN TO INDULGE HIS FANTASIES FOR FREE UNLESS SHE LIKES HIM**

Put simply; if you want the girl of your dreams to dominate you, you first have to become her friend.

I was in this position with my boyfriend. He was my very good and most dependable friend for twenty years before he became my slave. Don’t worry; I suspect if he had told me of his fetish many years ago I would have been open to the idea.

My point is that I would have never accepted it and he wouldn’t have become my sub boyfriend if we hadn’t been very good friends. He had shown me twenty years of evidence that his main aim was to be a great friend and not for me to indulge his fantasies.

**HE HAD BEEN SERVING ME FOR TWENTY YEARS BEFORE I SAT ON HIS FACE**

It can’t work any other way because if you tell her your fantasies without knowing you can trust her she may laugh at you and tell everyone else.

I recommend trying to be nice and friendly to every female you meet, even the ones who don’t deserve it. I don’t mean be servile as this will just creep them out but be polite and helpful. Your aim is to gain a reputation as a nice guy who will do anything for anybody.

If you are making other changes like getting fit and losing weight women will start talking positively about you and your self-esteem will go through the roof. Pretty soon women will be asking why you haven’t got a girlfriend.

I don’t recommend you tell them straight away, but my boyfriend had this comment numerous times from Women in his life before he got with me and I refuse to believe that all of them would have refused to indulge his fantasies in a relationship. As I said earlier, sometimes

**YOU ARE GOING TO HAVE TO RISK TELLING SOMEONE IF YOU WANT**

## YOUR DREAM TO COME TRUE

And the more that person likes and trusts you the more she is likely to react positively or at least keep your secret.

## DO NOT WASTE YOUR MONEY

This goes back to my point about deciding what you want. You don't have to be super rich but whether your aim is to have a dominant girlfriend or to visit Dominatrix's on a regular basis you are going to need money.

A professional Domme will normally charge a minimum of £150 an hour. While this sounds expensive the average client only used to visit me about once every three months. This figure is misleading because, while some only came once a year or even every two years, a few would come twice a month.

It is their choice of course but it highlights the differing levels of importance people put on their fetish. I would say a married man with kids who only visited once a year was behaving responsibly but I found the single men who visited so rarely, intriguing.

I think it is quite common for men to try to deny their fetish, especially after a session, and part of this futile denial process often involves heavy drinking. These men will complain about spending £150 every two months for sexual satisfaction but will think nothing of spending this every weekend on getting drunk out of their heads.

To be honest the U.K. and the U.S. is a fetish paradise if you are prepared to pay for it and I suspect it is the same in most western countries. A single man on an average wage can pretty much indulge any kinky desire he has ever had, but instead, many choose to drink with a load of macho mates talking about football and waking up with a hang-over.

It is their choice of course how they spend their money but I think they would be better off accepting they will have this fetish all their lives and learning to embrace and enjoy it.

I think even single men should keep control on the money they are spending but the subs who budget for visiting a Mistress on a regular basis have a pretty kinky and enjoyable life. If they visit the same Mistress it will also seem more real.

I have said that most sessions end in a feeling of anti-climax and one reason for this is a lack of understanding of client's true desires. This is sometimes her fault for not asking the right questions via e-mail prior to the session and relying on a short interview at the beginning of it. At this point the sub is normally nervous and embarrassed and he is rarely clear on what he wants.

I always used to get clients to list their wants and don't wants in an e-mail and then tailor the session around it. I also think most clients want you to be in dominant mode from the moment the door is opened and a pre-session interview ruins this.

But this is no guarantee of a successful session because what a slave says he wants after watching a movie and when he is in thrall to his fantasy is very different from what he can endure in reality.

The more you visit one particular Mistress regularly the better the sessions will be because she will understand your limits, what to make reality and what to leave as fantasy. The advantage of doing this is that after a couple of times the Dominatrix will stop working to a script and you will not know what it going to happen to you. I know

how important this is to subs.

If they are well turned out and are polite and even funny they will become a favored client and even a friend. They are unlikely to become lovers but it is not impossible and, as I have said, she can open doors for you and introduce you to people.

Some subs who have embraced their fetish do it another way and have a small select number of Mistresses they visit regularly. Others are more adventurous and visit hundreds of them all round the Country or even World.

A favorite slave of mine once went on a six month trip to America and Canada and booked a session with a Mistress in every major city he visited. I know another who has an ambition of visiting every professional Mistress in the U.K. which is practically impossible as there are hundreds, with new ones coming along all the time.

Neither of these guys are extremely wealthy but they recognize that their kinky thoughts are with them all the time and have decided to enjoy them rather than hiding from them. They do socialize and drink occasionally but 80% of their disposable income is spent in pursuit of their fetish.

Another ex-client of mine visits Thailand every six months with a group of hard-drinking mates. He drinks with them and bar-fines the girls, but unlike them, he gets little sexual satisfaction. Each trip will cost him around £2,000 and I have told him he would be much better off having a tour of England in his car visiting a different Dominatrix every three days.

It is personal choice of course and I can understand why some people don't want their fetish to totally dominate their lives but you should understand that, while it may be embarrassing, there is nothing wrong with having your kink. Like I said before; if you have it now you will always have it.

It is the same if it is your ambition to have a dominant girlfriend. If you want it to happen at least 70% of your disposable income is going to have to be spent on that ambition. Spending your money drinking with your mates while you should be wining and dining her is not going to get you any nearer to where you want to be.

There is no point in hiding from the fact that money is important to women but money is important to everyone.

**THE MORE MONEY YOU HAVE THE MORE LIKELY YOU ARE TO GET WHAT YOU WANT**

This is a fact of life but I don't think you have to be rich to get a girlfriend, even a dominant one; you just have to have a reasonably paid job and be willing to spend some of it entertaining her.

Don't get me wrong, as I am sure you are aware there are a lot of women out there looking to take monetary advantage of your fetish, but at the moment we are talking about you attracting a woman who wants to date you and, believe it or not, most women are not completely mercenary.

While there are obvious advantages to dating a very wealthy man there are also drawbacks because you often lose independence and begin to feel like a possession. After a while you admit to yourself that you wouldn't be with him if he wasn't so rich. When you do end it he goes berserk and moans about all the money he has spent on you.

I once dated a very rich guy for a year. He lived in a £2 million apartment in London and had a lovely house in a village near Oxford. He took me on business trips to New York and on holiday to the Caribbean but I ended it because I didn't really like him.

I now live with a guy who earns roughly the same as I do in a nice, but small, three bedroom house in central England. We try to go on holiday twice a year but we have to save for it and cut down on our socializing. It is a comfortable life but, like the majority of people, we are not worry-free where money is concerned.

But I am happier than I was with the other guy because I love my boyfriend and I have control over my life and independence. I also know my man loves me whereas I was little more than a possession for the other man. There is a saying that goes something like this

#### A PRISON WITH GOLD BARS IS STILL A PRISON

If a man presents himself well, is trustworthy and earns a decent wage he can attract a woman very easily.

So decide what percentage of your disposable income you want to spend in the pursuit of your dream and try to stick to it. I don't mean become a hermit because you are not going to meet women this way and it is also important to develop your personality. If you are now fit, healthy and good-looking, nights out will increase your self-esteem.

Both my boyfriend and I enjoy a drink but what we tend to do is only go out when we have a function or party to go to and this is what I suggest you do. We try to avoid going to the pub for no reason other than we are bored as I find these times get out of hand and expensive. They also result in a hang-over and the horrible feeling that you have wasted a lot of money.

An average night out for a single man in England will cost £50. He won't get sex, an erection, a kiss or even a dance with a woman. He will just get drunk. If he had gone to the gym for three nights or even stayed in he could have paid for a fabulous session with a beautiful Mistress or taken a girl out for two nights on the trot.

Like I said, it is up to you how you spend your money but it is something to think about.

#### DO NOT DRIFT THROUGH LIFE, HAVE A DESTINATION

If you are single do not restrict yourself to one on one private session's as these, while great, are more about your sexual satisfaction and her business. I would try fetish groups such as "Circle of O" as these entail actually serving women.

Of course you are paying and the difference is only subtle but it is important. I mention "Circle of O" because the Dommies who are involved in it have a very good reputation. There are plenty more and you should research it on the internet and read the testimonials.

You will be serving alongside other naked men and, while this may feel intimidating at first, it is important for you to overcome your fears and be adventurous if you are serious about embracing your fetish.

You want to make a good impression at these parties so don't go to them until you have made some self-improvements, both physically and mentally. These girls are often looking to take favored slaves to fetish clubs and you want to become one of these. Make

no mistake; while you might make friends with the other slaves, you are in competition with them for your Mistresses favor.

With this in mind develop your personality. A lot of slaves are servile all the time and it gets boring. Be polite and respectful but give opinions when asked and try to have a sense of humor. In short; be good company.

#### ACT LIKE YOU ARE ALREADY UNDER A MISTRESSES ORDERS

This is quite difficult to do but it is important to try because it gets you into the right frame of mind to fulfill your destiny. It reinforces the point that you were put here to serve women.

Consider how a future Mistress would react to your present behavior.

Would she be happy with you getting drunk and abusive?

Would she be happy with you being rude to a female shop assistant?

Would she be happy with your foul language?

Would she be happy with your selfishness?

Would she be happy with you denying your desire for Female Domination?

Would she be happy with you being overweight and unfit?

Would she be happy with you jerking off all the time?

This is difficult, but what I recommend is listing all the times you have behaved badly and then, if you are brave enough, sending it to a very strict professional Mistress and asking for her to punish you as she sees fit for each transgression.

Which Mistress that you send it to, and how much control you give her, is up to you but you would probably be advised to visit a Mistress you have visited many times before and one who knows your limits. If you are honest this can be very scary but also very exciting and real.

A warning here about the jerking off transgression; if you place no limit on her punishment of you she may decide to put you into chastity until your next visit. I will say no more!

Most of the things that would upset a Mistress are the same as would upset a girlfriend, especially a dominant one, so make a conscious attempt to change your behavior and behave like you are already under female control. Believe me; if you are the one man your female acquaintances know who is not abusive, selfish, rude, fat and drunk all the time, they will notice.

#### CHANGE WHO YOU SOCIALISE WITH

I don't mean you should give up life-long friends but you have to recognize that socializing and possibly drinking heavily with a bunch of guys with a different sexual nature to you is not getting you near to where you want to be.

If you are single I would advise you to get more involved with the Female Domination scene at things like munches. You can also chat to people in the fetish scene on sites like fetlife. You will be nervous at first but everyone is. Read testimonials and nearly everyone will say how nervous they were and how they nearly backed out. And then they will go on to say how it was the best thing they have ever done.

Most of you will have never spoken of your deepest desires except to professional Mistresses or online. You have no idea how liberating it is to finally speak face to face

with others who have similar desires or who are just wonderfully kinky.

You should also widen your non-fetish social circle as well. In some ways the image of yourself that you have presented to your friends is a false one and, because they have expectations of how you will behave, it is very hard to alter this false impression and be the more real you. If you make new friends you are a blank page to them and you don't have an image to live up to and you can be more open.

I am sure they have something similar in the U.S. but if you live in the U.K. I would recommend park runs. These are free and are run in parks all over Britain every Saturday morning. It is a 5 kilometer race and there is a massive range in ages from children to ninety year olds. It is also an incredible pulling place.

Several of my friends have met their partners at these events. They are run by volunteers and everyone is invited to a post race coffee or snack. Single mothers run with their children and it is very easy to chat to them about the race. At events like this it is much easier for men to talk to women as they have a mutual interest. A man can find himself running beside a woman for the entire race and they encourage each other to finish. The next week they meet again and a relationship has begun. This is much less terrifying than approaching a girl in a night-club.

I genuinely love these events because of the camaraderie. You get fit of course but there is a general feel-good factor about them and I find them life-affirming. People are happy at them and as I have said, you want to be around women when they are happy.

If you are on a fitness campaign, which I hope you are, they are a great way to check your progress but it is the people who make them so great. You can find out more by going to [www.parkrun.org.uk](http://www.parkrun.org.uk)

Another thing I would recommend is volunteering to work some shifts at charity shops. I once ordered a slave to do this as a punishment but I had an ulterior motive. He was quite lonely and he drank heavily and I thought it was a good idea for him to get some self-discipline and to meet a wider circle of people. It was also good for his self-esteem. And women admire men who volunteer. You are unlikely to find your dominant Mistress here but you will get to meet a lot of women who you can date.

And this is my point. Unlike when you were younger and trying to present a false-image of yourself you can now be more honest. You can now risk telling a woman early on in a new relationship about your submissive desires. Like I have said before do it gradually and nothing too kinky at first. Remember; Boots and suspenders and that's it.

**BE PREPARED TO JOKE ABOUT YOUR FANTASIES**

This is an important and potentially powerful piece of advice.

If you are working or chatting with a group of female friends joke about your fetish about high-heels, stockings and boots and your desire for strong dominant women. If you do this right and are careful not to make them uncomfortable, most will laugh along with you but they will be aware of the saying

**MANY A TRUE WORD IS SPOKE IN JEST**

This is why it is important to make new female friends because I don't recommend this course of action with your life-long friends. If you end up dating a new friend who has previously heard the joke she is unlikely to be surprised to find you really are into

dominant women.

This may frighten you but I challenge you to try it at some point after you have made improvements to both your physical appearance and personality. When a woman you like and who likes you asks why you are single, tell them the truth. Say

**BECAUSE I HAVE A DEEP-SEATED DESIRE TO BE DOMINATED BY A WOMAN**

You can say it light-heartedly but if she asks if it is true admit that it is. Again, I suggest that the woman is a new acquaintance. What is the worst that can happen? She may laugh and tell your mutual friends but if they like and respect you this need not be such a bad thing. At least the truth is out there and you haven't admitted to anything to kinky. I suspect that the women might be intrigued by it.

If you have made yourself into a nice guy who women like, you are going to be asked this question a lot and the more times you answer truthfully the easier it will get and I suspect you will find it incredibly liberating.

**I SUSPECT YOU WILL ALSO GET A GIRLFRIEND VERY QUICKLY**

The point is, to even get asked the question you have to present a positive image. If you are fat, furtive and foul-mouthed with an alcohol problem, women already know why you are single.

Answering this question truthfully is obviously a frightening prospect but as I said,  
**IF YOU TELL NO ONE OF YOUR DREAMS, NO ONE CAN MAKE THEM COME TRUE**

So there it is. I could write more but I don't want the central message to be lost.

**YOU HAVE TO MAKE IMPROVEMENTS TO YOURSELF**

**YOU HAVE TO SERVE ALL WOMEN**

**YOU HAVE TO MAKE WOMEN HAPPY TO BE AROUND YOU**

**YOU HAVE TO OFFER WOMEN MORE THAN JUST SERVITUDE**

**YOU HAVE TO BE HONEST ABOUT WHAT YOU WANT**

**YOU HAVE TO CHANGE THE WAY YOU THINK ABOUT FEMALE-DOMINATION**

**YOU HAVE TO DECIDE HOW IMPORTANT FEMALE-DOMINATION IS TO YOU**

**YOU HAVE TO DEVELOP A STRONG CHARACTER**

**YOU HAVE TO UNDERSTAND WOMEN THINK DIFFERENTLY TO MEN**

**YOU HAVE TO LEARN THAT IT IS NOT ALL ABOUT YOUR FANTASIES**

**YOU HAVE TO DEVOTE A LOT OF YOUR TIME, ENERGY AND MONEY IN PURSUIT OF YOUR DREAM**

It may seem a contradiction in terms but if you really want to serve a woman as a slave in a long-term relationship you are going to have to become proud of yourself and develop self-esteem.

This is the central thrust of this book. The stereotypical submissive male is weak, pathetic and creepy and unfortunately, to some degree at least, many live down to this stereotype.

Many slaves are also ashamed of their desires and feel worthless and inadequate.

Feeling unloved, they develop self-destructive habits such as drinking, laziness and over eating. They begin to care nothing about their appearance because they know no women will be interested in them and, of course, this becomes a self-fulfilling prophesy.

Of course, most of you will not have reached this low point but unless you change your outlook and the way you view yourself and your fetish, you may well be on this course. My Mother once told me

**YOU HAVE TO LOVE YOURSELF BEFORE ANYONE ELSE WILL LOVE YOU**

This is as true for submissive men as it is for anyone.

Get down the gym, go running and lose that weight. Develop your personality and your self-worth. Become someone with something to offer

**A GIRLFRIEND OR A MISTRESS**

I said in an earlier section that you are in competition with other slaves when you attend fetish parties and this is true in everyday life.

There are certainly more submissive men than there are Dominant women so you must make it your aim to become

**THE MOST ATTRACTIVE POTENTIAL SLAVE OUT THERE**

And remember

**IF YOU WANT SOMETHING BAD ENOUGH YOU WILL GET IT**

## Chapter Six

### Cautions

As you will be aware, there are many women out there whose sole reason for being involved in the female-Domination scene, is to make money.

I am not going to criticize anyone for this as people have to make a living. I hope this book makes me money. But there is a big difference between providing a service and being paid for it and taking money for a service you have no intention of supplying.

To deter time-wasters, professional Dommies will often ask for a deposit (Normally £50). But you can pay this with confidence because I have never heard of a pro-Domme of any repute not supplying the session the deposit was paid for. I was a pro-Domme for five years and none of my clients had had this experience.

(I would qualify this statement by saying that I consider a pro-Domme to be of repute if she has her own web-site with testimonials. I really don't recommend anyone should visit someone whose face they have never seen and who comes with no recommendations)

It is not just professional pride but good business sense because they know their reputation for honesty could be destroyed on social media sites and in forums.

It is more than this though. I am biased but in my experience, and my clients, pro-Dommies are, by and large, pretty decent people. They may have started with the sole intention of making money and this will remain the primary motive. But most come to like the scene and the majority of their clients.

This is a little beside the point I am trying to make but a lot of women who start off playing the part of a Mistress become genuinely dominant. I know of several models that have been asked to appear in Femdom movies beating and abusing men who have gone on to become genuine life-style Mistresses. There are a few very high profile ones in England who have done so. (I will be writing a little about Femdom movies at the end of this piece)

I have digressed a little but my main point is that 90% of professional Dommies can be trusted, although I would advise against ever sending the entire tribute before meeting them.

The exception I would make to this is if you attend a party with several Mistresses and slaves. Groups such as "Circle of O" ask for the entire amount upfront (In this case £120). This is because they lay on drinks and catering as well as having to pay travel expenses to the Mistresses.

This particular group is run by much respected Mistresses so you have no need to worry. I would not recommend going to one of these parties if you have never served at least one of the Dommies in a private session or if they were not relatively well known on the scene.

Professional Mistresses come to understand their clients and the fact that they have very little control over their sometimes, very weird, fantasies. So when they become

experienced they do not judge men by these tastes.

They understand that a man might want to drink his Mistresses piss and have his balls whipped but he may still be a decent guy when not in thrall to these desires.

**THIS BRINGS ME TO SO CALLED FINANCIAL OR ONLINE DOMMES**

I am sure there are exceptions to this rule but, from what I have seen and heard, a large number of them have little understanding of submissive men beyond the knowledge that they can extract a lot of money out of them.

Before I go on I would like to stress what I do not have a problem with.

**I DO NOT HAVE A PROBLEM WITH ANYONE WHO IS TOTALLY HONEST ABOUT WHAT THEY ARE DOING.**

If a young girl, as most of them appear to be, states right from the start that she and her online slave will never meet and that all communication will be on the internet, this is fine. If she demands that he sends her money on a regular basis, and states quite clearly that she will do very little in return, this is still no problem.

Even if she demands that he sends her deeply embarrassing blackmail material which could be used against him if the money dried up I am not against it. I don't think I would like someone who did this, but as long as she was totally honest about her intentions from the start I am not going to be critical about it because he knows what he is getting into. Most people, me included, would consider him an idiot but he is an idiot who is going into it with his eyes open.

The problem I have, and this applies to everyday life as well, is people taking money under false pretences.

I wrote earlier about the con-artists on fetish dating sites and many of these financial Dommies operate in a similar way. You will normally meet them on social websites such as facebook although the findom scene has got so widespread there are now dedicated websites.

You will send them a private message and they will reply, calling you a dog or something, and tell you to send money if you want more contact or to join her stable of slaves. The sums will be quite small at first and may include things like gift certificates.

Some will stick at this but most will offer web-cam or Skype sessions in which they will humiliate you and order you to do disgusting things to yourself. This will cost considerably more and once she has you hooked, and some are very good and seductive, the price will continue to go up.

The next stage of course is a real-time private session and this will be very expensive. As I said before

**ALL THIS IS FINE IF IT IS ALL UPFRONT**

But most of these girls do not do real-time and if they have told you, or led you to believe, that one day they would I would consider them con-artists. Some, despite what they say, will not even do web-cam or Skype. Again, if they have told you they won't, no problem but most won't tell you.

I don't want to criticize honest financial Dommies

**BECAUSE THEY SUFFER MORE THAN MOST FROM THE CHARLATANS**

Some of these charlatans are young single mothers and some are students. A lot of

them don't seem overly intelligent but they don't have to be. The bitchy younger girl is a huge turn-on for many submissive men and all their good sense goes out of the window.

Make no mistake, this is a huge business. A girl can send a few messages mocking the size of the man's cock and describing how her young lover is so much better and the guy is putty in her hands. And he will be prepared to send her a lot of money for the abuse to continue.

Most of the time there is no real harm done except to the man's wallet and his pride. The relationship, if that is what it can be called, normally ends in a few abusive e-mails after the girl fails to provide the web-cam session he may have paid over £200 for. In researching this book I spoke to several of these girls who set a relatively modest target of taking £300 from each punter before ceasing all contact and moving onto targeting another of the numerous men requesting their friendship on facebook.

These girls are smart enough to know to get out quickly before they get deep into criminal activity or completely ruin someone's life with the implications that might have for them. Although I don't approve of what they are doing I quite liked the girls I talked to. They have no real sympathy or understanding of submissive men beyond the fact they can take money off them but they are not evil or even nasty.

Far more dangerous are the ones who take it much further and go on to extort money from men, either for many years, or until the money runs out.

#### **THIS IS EVIL AND CAN LEAD TO SUICIDE**

They will start off like the others and will probably supply web-cam sessions but once she has the man completely hooked he will be asked to give her blackmail material or else all contact will end. This may include the address of his parents and his boss and the e-mail addresses of all his friends. He will be told to take very embarrassing photos of himself and send them to her. Make no mistake; this is no longer a game. He is her slave and she can ruin his life at any point.

To highlight this point I recommend an e-book called "Mistress Misery" which is available on Amazon. It is a fictional book but there are undoubtedly many real-life situations going on in the World that are similar.

Of course, any sensible man would get out at this point and I suspect many do, but a man in thrall to his fantasy is often very far from sensible.

I have no figures or proof but I have no doubt a situation like this has led to more than a few suicides. There is nothing else I can really say and I know many will ignore this advice but here it is

#### **DO NOT EVER SEND BLACKMAIL MATERIAL TO ANYONE**

Before I go on I would like to balance this section by stating that there are some very honest financial and online dommes providing what appears to be a very popular service.

I have a facebook friend based in Wales whose name is Annabelle and she seems to have gained a fan base all round the World. She is very open and upfront about what she does and does not offer, but in conversations I have had with her she also stresses that she is responsible in the way she accepts money and gifts. If a man is married or has kids she will limit the amount he can send her and when he is allowed to contact her.

As far as I know she doesn't blackmail anyone and she seems to have built up a long-

lasting relationship with a large number of devoted followers.

Unlike most, she seems to put a lot of effort into her job. She is an aspiring actress and appears to understand the media and good photography as she often posts high-class pictures of herself in very dominant gear and links to anything she has appeared in.

She is very amusing and utterly shameless in her stated desire for men to send her money and gifts. She posts pictures of the gifts she has been sent and even the money, but unlike others, she often thanks and commends the slaves who have sent them. She does web-cam and even real-time but she makes clear that these sessions will be very expensive.

She is very beautiful and her posts are often funny and her slaves seem to love her. It is not hard to see why.

There are probably more out there like her and as I have said, if everything is above board and honest, I don't have a problem with it. This Lady seems to have built up some kind of relationship with her most devoted slaves but I think this is unusual.

For the most part these relationships consist of abusive messages and web-cam sessions in which the Mistress verbally humiliates the slave while ordering him to do degrading things to himself; all for a very high fee.

MY VIEW IS YOU CAN GET ALL THIS FOR FREE ON THE INTERNET

There are literally thousands of clips and short movies of, sometimes very beautiful women, abusing men and giving them degrading orders.

Some of these are among the most popular Mistresses on top Femdom websites such as Club-Dom or Men are slaves; Women such as Ashley Grace, Megan Jones and Kendra James. If you are into cuckolding and humiliation I defy any male to find a better source than Mistress T. My boyfriend also likes the Goddess Snow ones.

But there are many others. Some people prefer amateur films with more "real" women and there are plenty of these. Some even have blackmail scenarios and, while these are pretend, they are not going to ruin your life.

Of course, nearly everyone reading this will be aware of these movies and some would argue that these girls are actresses and you don't get the personal touch a real findom gives you on web-cam or Skype.

I am sorry but you are deluding yourself. To these girls, or most of them, you are as anonymous as the camera lens the girl in the movie is talking into. I will let you into a secret. When I was a pro-Domme I used to try to remember a clients name but it didn't matter too much as I could call him dog, bitch or slut and this is what these girls do.

For the most part you are receiving the exact same service the girl in the free movie is offering but you are paying a high price for it and it is normally of a lower quality.

I do understand the desire for personal contact as this is what this book is about at the end of the day, but it does still surprise me how many men claim to have a personal link with a findom while she will hardly know he exists.

I see them on facebook arguing with other slaves and claiming that they are a certain findom's favorite slave. To be honest, despite my sympathy for submissive men, I find it pathetic.

But as I said earlier; it is your choice how you spend your money. I am just trying to

help you avoid the pitfalls and very real dangers.

I would like to end this book on a slightly lighter note and mention Female-Domination movies although I will include a note of caution here too. More specifically I want to talk about applying to be a slave in one of these movies.

The Femdom scene is now so big and profitable that a whole bunch of, sometimes excellent, movie web-sites have sprung up all over the world. And all of these advertise for slaves to take part in them. I suspect every slave who watches these movies has at least thought about applying to be one but you have to be careful.

If you apply you will most probably receive some kind of application form on which you have to state what you are into and any limits you might have. If you are into the milder side of Femdom such as verbal humiliation or foot fetish you can apply quite safely and whether you are accepted may come down to whether you need to wear a mask or not. I should also point out that you may have to pay to appear in some of these scenes as they are not the ones that really make the money.

The movies that make the most are more extreme and feature things like heavy punishment, strap-on, water-sports and forced bi.

**DO NOT APPLY FOR THESE UNLESS YOU ARE REALLY INTO IT**

The market is very competitive and film makers are always pushing the boundaries. Some of the punishment scenes in these movies are shocking even to me and the slaves taking part are serious masochists.

A lot of slaves consider themselves to be masochists but in my experience most are not. They often want, sometimes extreme pain, to be part of the session but they don't want it to be the session, full stop. It is more about the threat of the punishment than a desire for pain that excites them. In my five years as a pro-Domme less than 10% of my clients could have endured a beating like most dished out in these movies.

Also of course, most clients do not want to be permanently marked and this does not apply to the slaves in the films who must end up scarred for life.

Most slaves applying for these roles will only be accepted if they are known to one of the Mistresses who appear in the web-sites movies and who knows that they can endure what they say they can. Production costs are surprisingly high for these movies so the makers do not want to stop filming because a slave cannot take what he has signed up for.

A lot of these Mistresses do private sessions and if they have a client who can take really extreme stuff she will encourage him to apply. The same applies to things like forced-bi. You really don't want your first experience of this to be on film.

Of course, if you are into harder stuff I would not discourage you from applying. I also don't think it is a bad idea if you are into less extreme stuff. Your best chance of being accepted in this case is if you are brave enough to appear without a mask.

This is rare of course but if you should be tempted I will give you a warning.

**YOUR FACE WILL BE ON THE INTERNET FOREVER**

These film makers love slaves appearing without a mask and you can see why. A big part of the attraction of these films for submissive men is the anguish or pain on the slaves face as he is forced to face severe punishment or humiliation. I had a client once

who told me he stopped watching the movie immediately if the slave was wearing a mask and I am sure he is not alone. So if you said you would appear without one you will almost certainly be accepted but I say again; it is a big decision to do so.

I can see why appearing in a movie with some of the most high-profile and beautiful Dominatrix's in the World would be incredibly exciting but remember you will be on a film-set with cameramen and lights.

As I have said, a lot of these Mistresses do private sessions and, surprisingly enough, they do not appear to be much more expensive than normal Dommies; A word of caution though and an old cliché.

#### IT IS NOT ALWAYS GOOD TO MEET YOUR HEROES

Before I got together with my boyfriend he went to a private session in England with a semi-famous Dominatrix who had appeared in numerous movies and Female-Domination magazines. He had dreamed about it for years but found it very disappointing. Outside the studio with its make-up department she was much less beautiful, but worse than this, he had found her unprepared and unmotivated.

This is just his experience however so don't let me put you off. Also, as I have said, a lot of these girls do become genuine life-style Mistresses.

#### IT IS NOT MY INTENTION TO PUT YOU OFF ANYTHING

In this book I have just tried to relate my own experiences and express my views on the Female-Domination scene and specifically how a submissive man can get into it and enjoy it.

I have tried to be as honest as possible and I know some of what I wrote doesn't make good reading, but I hope I have got across that I am sympathetic to a would-be slave and that I genuinely want them to achieve their dreams.

The very fact you are reading the book suggests you desire to serve a full-time Mistress and I would like to believe this book offers a way to achieve that dream. There is no guarantee it will of course and as I said at the beginning; only you can change your life.

I wanted the book to be a positive experience and to hopefully open up possibilities in the readers mind. I also wanted to get over what women, as a general rule, will accept and even come to like if the suggestions are put to them in the right way and by a man they like and respect.

There is a temptation for a submissive man to feel alienated by society and this often leads to resentment and even hate, especially against women. It is a paradox but many men, who profess to want to serve and place a woman on a pedestal, actually have feelings of hate towards females after years of supposed rejection.

This should be resisted. I know women, especially young women, can be cruel but this is often a defensive measure and rarely indicative of their true nature. I have tried to develop a positive attitude to life in general and I urge you to do the same. This is what I truly believe

#### 80% OF THE WORLDS POPULATION IS GOOD

It is a good belief to have because what is the alternative?

If you develop this belief along with the other improvements I have mentioned you

will find that most people, including women, will react positively to you.

THEY WILL ALSO KEEP YOUR SECRETS

Good luck and remember

YOU CAN'T KEEP DOING THE SAME THING AND EXPECT DIFFERENT RESULTS

And

YOU ONLY HAVE ONE CHANCE AT LIFE

The End

### FEEDBACK

If you have enjoyed this book, or any of my others, it would be really helpful to me if you could post a review on the Amazon web-site. I would also appreciate anyone promoting my work on social media.

I am aware some of my statements in this book are controversial and I welcome any comments, good or bad.

Fictional books by this author available as e-books on Amazon

### The Mistress Sessions

This is the first in a series of books based on real-life sessions mainly featuring the Mistress who is the inspiration for the character Kasey Moore. This book is a true account of a session that took place in central England in 2012.

I have changed names and altered the dialogue a little but apart from that it is 90% accurate. The account comes from a video of the session and from the recollections of the Mistress and her client.

Colin had been dreaming of a session with Mistress Kasey for many years and, when finally granted one, he ignores the warning she gives him that she will deliver everything he asks for without fail.

The warning excites him and he asks for quite an extreme session that features things he has fantasized about but had never been forced to endure in reality. Colin then enters a World dominated by Females; a World he has dreamed about but one he is soon begging to leave.

The Mistress has him begging for release in minutes but forces him to endure all the pain, humiliation and degradation he has rashly asked for. She even challenges his sexuality.

Colin's emotions veer from joy and excitement to fear, frustration, self-disgust and back again. It is an hour of heaven and hell and one he will go on to repeat many times as, at the end, the Mistress invites him to join her community.

<http://www.amazon.com/dp/b00sx8rdgk>

The Adventures of Lady Sophia James  
<http://www.amazon.com/dp/b006jpotde>

Lady Sophia James in Thailand  
<http://www.amazon.com/dp/b007fgelhk>

Kasey Moore Bitch from Hell  
<http://www.amazon.com/dp/b006lst754>

Kasey's Law  
<http://www.amazon.com/dp/b008zsblwk>

Kasey Moore's Daily Slave Orders  
<http://www.amazon.com/dp/b00aeaxkas>

The Slave his Mistress and her Mother  
<http://www.amazon.com/dp/b00cad879g>