

How To Setup An FLR

**A couple's Guide
To Female Led
Relationships**



by
**Georgia
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Foreword

Today, more and more couples are turning to female led relationships (FLRs) as a means of improving their lives together. Switching roles is not all that is required and so many of these relationships are doomed to fail because they ignore the sexual aspects of such a relationship. If you want your FLR to succeed, you must be ready to commit to it. This book will show you how to make the transition successfully.

Forget what you 'think' you know about FLR's. If your only knowledge comes from the Internet, you may have been seriously misled. The Internet presents dominant women as cruel, sadistic, whip-carrying, leather clad, women in spiked heels. And the men as sniveling worms who spend their time groveling at the feet their Mistress. But that is NOT reality! The reality is that most couples engaged in an FLR are normal people just like you and me. The only difference is that there is a woman leading her husband (or family) through life. Yes, there may be a degree of BDSM involved, but it may be nothing more than a little bedroom bondage or the fact the male partner wears a chastity device part of the time. So, before you reject this book simply because of the stereotypes you see on the Internet, give it a chance. You may be surprised.

The whole point of this entire book is to help couples (married, co-habiting, or just dating) to find a way to improve their overall relationship. It is not the goal of this series to dictate to anyone that one type of relationship is better or worse than any other. It is assumed that you are reading this book for much the same reason, you want to make things better. Whether you are a man or a woman makes no difference as this book has been designed to help you find whatever it is that is missing, lost, or you never knew existed. It is best if both partners read this book. Whether you read it together or individually makes little difference. Once you have both read and understand the principles in this book, it is hoped that you will be able to move forward in your own relationship avoiding the most common mistakes.

As I said before, it is assumed that you are reading this book because you are either curious, or you seriously want to improve your relationship, and one or both of you would seriously like (or think you would) a female led relationship. It is also assumed that, at some point in your relationship, everything was wonderful. You and your partner seemed so completely compatible, rarely disagreed about anything, and could almost read each others thoughts. We call that love. Though love is not necessary for two people to form a lasting and healthy relationship, a loving bond of one form or another, generally develops. This book is about loving relationships.

Your relationship may have started out, as most couples do and have for thousands of years, as a male dominated relationship, but because of certain biological (and/or mental) differences between men and women, that relationship isn't working the way it is supposed to work. Or, at least, not the way you thought it should work. Maybe you thought you were going to have one of those idyllic relationships where both partners

share in all the decision making. That is to say, you were equal partners. But that did not work out so well either. But that doesn't mean that you can not work things out and improve your relationship for the better by moving a little more toward an FLR type of relationship.

There is no one answer for everything or everyone. This book will guide you, as a couple, or as an individual, to find exactly what it is that you need (or desire) in order to form a more perfect, loving relationship. You will be shown variations that you may have never thought of on your own. It will help you increase your communication skills, build confidence, and hopefully, guide you down whatever path is best for you as a couple. Once you complete this book and honestly answer the questions, you will be armed with all the information you need to improve your life and set up a whole new way of life in a female led relationship.

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Chapter 1: Types of Relationships

Whether your current relationship is male or female led makes no difference at this point. What is important is what type of relationship it is. Basically there are four types of relationships as outlined below. It is not really important what type you currently have if it is not really working as well as you would like, but where you ultimately end up is important because the ultimate goal is to bring you both closer together so that you can lead happier, healthier, lives. I won't get into particulars but happier people are generally healthier people.

Though this series is aimed at those who want to explore a female led relationship, the information you will obtain from the questionnaires will help you in creating whatever type of relationship that best suits you and your partner, whether that be female or male led or an equal partnership.

Basically, the ideas laid out in this book can be applied to any relationship between two partners whether straight, gay or lesbian, male led or female led. Even if you just want some pointers on how to improve the relationship you already have, this book can help. Honesty, fidelity, and open communication are the foundation of any strong, healthy relationship. The establishment of a well thought out, negotiated, agreement can certainly improve the stability of any type of relationship no matter who leads it.

One thing you should keep in mind while reading this book. Even though it was written by a woman, the things (yes, including chastity) that I discuss can be adapted to work in any Dominant/submissive (D/s) relationship. Though a woman can't very well wear a male chastity device, there are female chastity devices that she can wear. So even though this is written from a female perspective, and is basically aimed at those who want to try an FLR, it still applies to any type of relationship. As far as the BDSM parts go, you are only as kinky as you are. No one says you have to do anything. In fact, I recommend doing only those things you are personally comfortable doing. As your relationship grows, so may your desire to experiment with other BDSM activities. Thus, you have something to which you can refer in the future.

If you think you would not want to be involved in a D/s relationship, let me assure you that you already are, in one form or another. If either you or your partner takes a leading role in your relationship, then you are in a D/s relationship. If you have children, you are in a D/s relationship with them. They are (or should be) submissive to you. If you have a job with a boss, you are in a D/s relationship. I hope you can see where all this going. Almost everyone in the world is in a D/s relationship of one kind or another. So don't fail to read the parts of this book that deal with D/s simply because you think you don't want that kind of relationship.

As I said before, there are four basic types of relationships and I have outlined them below.

The Co-op:

In a Co-op, both partners have an equal say in what happens. That is to say, neither partner would run out and purchase a car without first consulting the other. There would be discussions about where the money was to come from, how much they are both willing to spend, and what the car is to be used for. In addition, there might even be discussions about the brand of automobile to purchase, the exact model and even the color it should be. In a Co-op, most of the household chores would also be divided taking into account such things as who has the most free time, how long is each chore expected to take, and who is better suited to doing certain chores. Things like mowing the lawn, trimming the weeds and shrubs, raking leaves, etc. might be left to the stronger of the pair. While chores such as washing dishes, taking out the garbage, and sweeping and mopping floors, take less physical effort, and are usually done more often. Things like the preparation of meals might be equally shared.

All in all, if you have some sort of Co-op relationship, you share in the decision making. To what exact degree may vary, but in the end, you share in most decisions. This type of relationship would be idyllic, if it always worked. However, because men and women are not created equal (something I will talk about later) there is bound to be some imbalance in the way things work in your Co-op. Creating a well written agreement can often resolve many disputes with little conflict.

Democracy:

More accurately, a partial Democracy. In this type of relationship, one partner (call him/her the Leader) has certain decision-making powers that normally go unquestioned. While other decisions require consultation between both partners (Leader and follower). Taking our new car example from above, both parties must certainly agree that a new car is warranted, but the decision as to what make and model may be left to the dominant partner (the Leader).

Things like minor household chores would be assigned by the leading partner with limited input from the other. Such things as who will do which chores usually falls on the Leader to decide, because he or she is the one who gets things done. Also, when spending the evening out, it may fall to the Leader to determine where to dine, what movie to see at the theater, or in what other activities you, as a couple, will participate.

In these Democratic relationships, the finances are normally handled by the dominant partner but large expenses (such as a vacation or a new car) will always be discussed and mutually agreed upon prior to any actual out-lay of cash. Even some smaller expenses may require both partner's approval. The Lesser of the two can always petition the Leader for just about anything he or she desires without any consequences.

Shipboard:

In this type of relationship, the dominant partner (the Captain) makes most decisions without consulting the other (the First Mate). He or she will most definitely handle the finances and will, when there is a major expense (such as a new car), consult with the First Mate. The First Mate only gives his or her input when it is asked for. It is the First Mate's job to point out alternatives, but the Captain has the final word. For example: The Captain may decide a new car is in order. If the First Mate suggests that perhaps a new **used** car would serve the purpose, the Captain may consider buying a used car instead. But the final decision is always that of the Captain. In this type of relationship, the Captain (or dominant partner) takes responsibility for the overall success or failure of the relationship.

When it comes to household chores, the Captain will, without a doubt, make the decision as to who will do what. That does not mean that the Captain will not perform any chores, it simply means he or she will make the final decision. In this type of relationship, the First Mate will be able to make certain decisions on his or her own without having to discuss it first. But this is a limited decision-making ability. He or she is normally given an allowance that they may spend at their own discretion, such as money to buy food, pay bills, and even make small purchases for themselves. But in the end, it is the Captain's responsibility to make sure that everything gets done.

Dictatorship:

This type of relationship is often called the Master/slave (or Mistress/slave) style. As with any dictatorship in the world, the Dictator is totally in charge. He or she does whatever they want and everyone else is subject to his or her will. All money is controlled by the Dictator as is everything else. The Dictator will assign chores and possibly even time limits as to when those chores are to be done. If the Dictator wants a new car, he or she will go out and buy one without so much as a 'how do you do' to the other partner.

A Dictator's power extends far beyond the financial arena. He or she will determine punishments whenever it suits him or her. Never would a Dictator ask his or her partner for permission to do anything. Normally, however, the partner must obtain permission to do anything other than what they are told to do.

This might sound terrible, but the truth is, many people live very happy lives in this type of relationship. Many people actually live this way and do not even realize it. Some want it, but don't have it. Others have it, but don't want it. The thought of being relieved of all responsibility, except for that which the Dictator orders, is very appealing to some.

The truth is, most of us live in some blending of two of the above types of relationships, but once you answer the questions later in this book, you will be able to determine not only what type your relationship is, but what type you would be happiest living in. There are varying degrees of each type, and exactly how much power each person in any given

relationship has also varies. There are other factors that contribute to the health of any given relationship as well. I will get to those in a later chapter, but for now, let's move on to those factors that help make any relationship a success.

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Chapter 2: Approaching Your Partner

This is probably the one thing about which I get the most questions. I realize that it can be a daunting task, especially if you don't really have a plan and you intend to convince your partner to fulfill all your fantasies. Get real! All you would accomplish (most likely) is scaring your partner half to death and hear them tell you that they want nothing to do with it...Ever!

So what can you do? First of all, be realistic. It is highly unlikely that you could tell your partner what you want (especially your fantasies) and get it without a fight. Save yourself all the embarrassment and humiliation of being rejected without any discussion at all. You need a plan. You need realistic expectations.

Let's look at an example: Your total annual income is less than \$100,000. You want to buy a new car. You have your heart set on a new Ferrari. What do you think your chances are of getting it if you plop down in front of your partner and drop a brochure in his or her lap and say, "I want to buy that"? Not good, I'll wager.

First of all, your partner will probably laugh in your face and dismiss the whole idea of a new car. The thinking is that you want too much. He or she might even think that there is no point in negotiating with you because you have outlandish expectations and no reasonable median could be found.

So, as you can see from the example above, you need to be reasonable. You need to think small. Plan out what you want to accomplish, then divide it by two and start somewhere less than that. What I am getting at is, if you tell your partner that you want to change your relationship to a female led one without the proper lead in to the conversation, you are destined to fail from the get-go.

You need a plan. So here you are:

First, write down all the things you really want from your relationship. Write them all down! Even your deepest darkest fantasies. You know the ones...Those you never told **anyone** about. Whatever your sexual proclivities, don't bring them up until your new relationship is well underway. Now put this list away for later use. It may change several times before you actually get around to it again.

Second, write down what you think the benefits of your new relationship as a whole will be. Will it bring the two of you closer together? Will it make the financial aspect of your relationship run more smoothly? Will it make you both better role models for your kids? Will it create more respect between you? Anything you can think of that would be a benefit.

Finally, make a list of benefits of the new relationship to your partner. That is, how will he or she directly benefit from such a relationship? Will you pay more attention to her when she speaks? Will she be able to control more of the money and have a bigger input

into how it will be spent? Will he perform more of the household chores, freeing up more of her time? How will the new relationship benefit your partner in your sexual relations?

Don't give too many specifics such as, "she will have total control over my orgasms." That might end up being a disaster. Instead, be vague. After all, something like that will eventually be negotiated. Leave negotiated items for later, when you start negotiating. Bringing them up now might put your partner off of the idea. Instead, stick to those kinds of things that may have been in contention before. Did you fight about money? What did your partner want? More control? More say in how the money is spent? Perhaps it was free time. Who decides when and where you go out as a couple? Maybe you don't do that often enough for your partner. Would the new relationship give your partner more of a say in that? Remember, you want to mention the benefits your partner will receive from a few minor changes in how things are done.

When you finally do sit down to discuss your relationship, DO NOT mention that you are thinking of an FLR! Instead, try to suggest changes that would lead your partner in that direction. Let him or her know that you are open to the female becoming more of a leader than a follower. If she already leads in some things, tell her that you would like for her take control of a few more things, if that's alright with her.

If you run into objections to any part of your "plan" for a new relationship style, don't try to argue your way through it. Instead, offer solutions. If he objects to you taking control of the money, offer to handle all the bills, freeing up more time for his sexual pleasure. Be the person with all the solutions, not the one presenting problems.

The more you talk, the more comfortable you will both become. Once you feel that things are going your way, then you can bring up some of the other things you would like to change as well. When it comes to sex, a woman might not want to be "bothered" too often, or she might want to feel more desirable. In an FLR, she will have more control over when and what kind of sexual activities in which you both engage.

From a man's point of view, a woman might want to hear that she will have more control of sexual encounters. From a man's, he might want to hear that he will get more sexual attention than before. Either way, you don't want it to sound like you are applying pressure. When a person feels pressured, they will, generally, try to shut down any further discussion. Think about it. You may have to start with small changes in order to achieve your larger goals.

It is important to look at all the benefits that your partner will receive from the new relationship and put your own desires off for a later discussion. If you are a woman, you probably would not want to say something like, "I will tell you when and what you will get in the way of sex." That will scare him into thinking he will never get it again. Don't mention that you want to train him as your personal slave or that you want to cuckold him, either. As a man, you don't want to apply too much pressure to your partner by telling her that you want her to take total control of you. Or that you want her to treat you like dirt and only allow you to have one orgasm a month. These are all things that

you don't bring up until you are both ready for them.

Chances are, you don't have a written agreement for your current relationship. One that defines each person's role. Such as, who will handle the finances, who will do what chores, and how big decisions will be made. You can always start there. Suggest that you create such an agreement for your current relationship. Then, when you sit down to negotiate things, you can make suggestions about any aspect of the relationship that you would like to change.

Your first agreement might not even include chastity, even if you both secretly desire it. I would wait until you have tested your first agreement to bring up things of that nature. The point is not to push your partner into something he or she might not be ready for. Ease into it. If you (or your partner) are not ready for a particular activity, maybe because one of you thinks it's too 'kinky' or because it might be too intense, then save it for later. You can always modify your agreement to include these kinds of things.

If you are a man trying to get your partner to become your "Mistress," don't push her. She may not be ready for, or even comfortable with, the idea. On the other hand, if you are a woman and you want to take total control over your guy, take the time to show him all the niceties of tease and denial before you order him to put that chastity belt in place. I think you get the point. Rushing into something before you (or your partner) are ready for it, can be disastrous. Give yourself and your partner time to get used to the idea, whatever that idea is. Maybe suggest it, then give your partner time to contemplate it, research it, even talk to you about it, before you try to push them into it.

Taking things slow and easy is the key to making changes in any relationship, especially an FLR. Push too hard and all you will accomplish is to destroy what you already have. In short, if your goal is to have the woman totally control everything, start by her taking more control over the money or over when you have sex. Then add control over free time. Then, maybe, give her more control over your goals in life as a couple. The slower you take it, the more ready you both will be for what is to come, whatever that might be.

When we converted our relationship from a Master/slave style to a Mistress/submissive style it actually took well over a year to make the full transition. I took over little bits of control one thing at a time starting with household chores. Once I was comfortable with one aspect of our relationship, I moved on to add another. As I said, it took my husband and I over a year to make the transition complete. We have since settled into a Shipboard style relationship simply because there are things I don't want to control all the time. But we still have fun with discipline, chastity, and tease and denial enough to say we are at the top end of a Shipboard style relationship and the bottom end of a Dictatorship style (with a little BDSM thrown in for good measure).

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Chapter 3: Honesty & Trust

You have heard the old adage “Honesty is the best policy” I am sure. Well, in any romantic relationship, it means the difference between success and utter failure. There is no substitute for honesty. However, even more important to any successful romantic relationship, is trust. Without trust, the relationship is doomed to failure. Especially if you have any BDSM aspects included in your relationship, such as spanking, paddling, etc.

Before we go any further, I must admit, there is one time, one occasion when I feel honesty is NOT the best policy. I know, you never thought you would hear me say that, but it is true. If you have, at any time during your relationship, been unfaithful, and you are POSITIVE that your partner knows nothing about it, DO NOT TELL THEM! I know, it sounds like I am countering my own commandment, but I am not. Let me explain...

If you have ever been unfaithful, had an affair or even just a one night stand that your partner knows nothing about, chances are, you feel guilty about it. If you don't, there is something basically wrong with you. Here is my reason for not telling your partner about your indiscretion...You are only trying to unburden yourself of all that guilt. Telling your partner will relieve your feelings of guilt because you have “cleared the air” or “gotten it off your chest.” The problem with that is you are being selfish. All you are doing is relieving your own feelings of guilt in order to feel better about yourself, at your partner's expense.

You selfish pig! Think about your partner's feelings. If he or she will be the least bit hurt knowing the truth, don't you dare tell them. Learn to live with your guilt. Get over it. Don't let your guilt ruin your relationship. This is something that you need to bury deep down inside. But don't forget how awful it made you feel. That way, you won't do it again. You simply do not have the right to hurt your partner that deeply just to relieve your own feelings of guilt. If you feel you absolutely have to tell someone...See a therapist! (You can tell them anything.)

Having said that, if you think your partner does know about your little affair, then you had better come clean. Don't think for a minute that my telling you to keep your little secret gives you the right to run out and have an affair with anyone. It does not. I wish I could tell you that there is some magical way to tell your partner so that he or she won't be hurt by it. I wish there were some spell I could tell you about that would make them forget what you did. The problem is, there isn't any magic, no spells you can cast, nothing you can do. If your partner already knows, then be open and honest. If you are positive that he or she does NOT know, then don't tell them. It's that simple.

Okay, we got through that. Now let's discuss honesty and trust. You can only gain trust through time and honesty. So don't expect your partner to trust you completely until you

have had time to earn their trust. You need time to earn each others trust. There is no other factor that can eat away at your relationship like distrust. One lie, one indiscretion, and it's back to square one. It makes no difference how big or how small the lie, it will ruin your relationship and you will either break up or, at the very least, start over from scratch.

So how do you build trust? Time. You must give it time. There is an old BDSM adage that demonstrates the trust between a dominant and submissive. If the submissive is placed on the edge of a cliff, blindfolded, and told to take a step forward, he or she must trust the dominant to either catch them or teach them to fly. This is the kind of trust that every lasting relationship should have. Do they? Hardly ever. But if you want your relationship to last, you must find a way to earn that kind of trust from your partner. Even the submissive partner needs to earn that kind of trust. If your partner tells you to do something, then they must trust you enough to know that you will do your very best to accomplish whatever task they have set for you. You may fail at the task for one reason or another, but your partner must know that you tried your best. That is the kind of trust I am talking about.

You can not be honest about some things, or honest most of the time, you have to be honest about everything ALL of the time. There is just no other way to earn that kind of trust from your partner. It all depends on you. If you are serious about making your relationship better, then you have to be honest. It is that simple.

When my husband I first met it was online. We met in a chat room, quite by accident. At first we talked there, then moved to instant messaging, and finally to the phone. We talked about everything under the Sun for over four months before we ever met face to face. Why? Trust. We wanted to get know each other intimately before taking that one big step. We laughed, we cried, we comforted each other, we became each others best friend. When we finally decided to take that final step of meeting face to face, there was almost nothing we didn't know about each other. We had built up our trust of each other by agreeing to be completely open and honest right from the start.

Not everyone has the chance to do that. Many of you are already in a relationship and you don't want to start over with someone else. So make a pact to be open and honest about things and, I think this is important, once you do, don't ask any questions you really don't want the answer to. By that I mean, if you suspect your partner once had an affair, and it would damage your relationship to know for sure, don't ask. Make it clear to your partner that you are willing to start over, start fresh, and that you don't want to know about certain things from the past. Let the past be the past. Maybe someday you can discuss them, but for now, let them go. Don't ask, don't tell. It can help you if you are starting over and want to start out right. Clearing the air doesn't always clear the heart.

Emotional well-being, is a very important part of your relationship. Don't risk it on things that don't matter. If there is something in your past that you want to get off your chest, go see a psychiatrist. Pretend you just met and take it from there. That's the best advice I can give you.

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Chapter 4: Communication

After honesty and trust comes that all important *communication*. Now that you have decided to be completely honest in order to earn your partner's trust, you must begin to communicate properly. This isn't as easy as it sounds. But with a little patience and understanding you can both accomplish it with a minimum of difficulty.

First of all, you must learn to be completely open and honest. Along with that, you must learn not to judge your partner when he or she is being open and honest with you. If that sounds simple, that's because it is.

You and your partner must be able to talk about any subject openly and honestly without judging the other. To do this requires that you do your very best not to show your feelings when your partner is telling you something. Sex is one area in which it is often difficult to be open and honest. It may also be difficult not to react when your partner tells you things that he or she desires, or has done before.

Before we go any further, I need to explain to you the basic differences between men and women. How we were not all created "equal", that is. For example, women were designed to want sex more when the time is right for getting pregnant. Ladies, you should already be aware of this. A woman's libido is most active just before her period. Now, if you have had a hysterectomy, your libido may have declined considerably. This is normal. Then, again, you may have a very active libido, which is actually pretty rare. Anyway, my point is, your libido is probably not in sync with your partners (unless you are newlyweds who just do it like rabbits anyway).

Men, on the other hand, in order to perpetuate the species (us, humans) have to be ready (and willing) to have sex whenever the time is right for the woman. Since there is no way of telling when that will be, men have very active libidos as a general rule. Of course, there are always exceptions to every rule. My point is, this is a very fundamental difference. Put simply, men are always ready for sex because they have to be ready whenever their mate is ready. Now if you are in a homosexual relationship, this becomes a moot point. Two men will always be ready when their partner is (generally speaking). And two women (assuming they live together) will synchronize their cycles and will, most likely, be ready at the same time, though no pregnancy can result from sex between two women (or two men, for that matter).

What has all this got to do with communication? One of the most difficult things for almost anyone, is to talk openly about sex. Fantasies in particular. Therefore, understanding why men and women are different sexually, and have different sexual proclivities, is important. It is also important to remember just how humiliating it can be for one partner to admit to having certain fantasies, especially if the other partner is not understanding. One snicker, one frown, can mean the difference between a successful discussion and an unsuccessful one.

Think about it, if you have just confessed your deepest, darkest fantasy to your partner, and he or she reacts in the wrong way, you may never tell them another secret as long as you live. After all, our fantasies are simply desires that cause erotic feelings within us. It really makes no difference what those fantasies are, what is important is knowing what arouses your partner. If your partner will not be open and honest with you, what chance do you have of finding out what turns them on?

Knowing how your partner feels about things (many different things) is important. Therefore, it is extremely important that you both feel as comfortable as possible talking about any subject you can think of. It is especially important when it comes to sex. There are very few couples in the world who are truly happy with their sex lives if they do not feel comfortable talking about them.

There are other solutions to an unsatisfactory sex life other than talking about it. Many men simply turn to masturbation, affairs, or ladies of the evening to satisfy their needs and desires. Ladies, ask yourself this question, "Do you really think you can make your partner truly happy without knowing what really turns him on?" If you answered, "No" to that question, then you need to be able to communicate well and so does your partner. You must both feel comfortable talking about any subject. You must learn to relax enough to talk about those things (fantasies?) that are the most difficult for you.

While we are on the subject of fantasies, let me tell you how important it is to know what your partner's fantasies are, and how important your reaction to them is. If your partner told you that one of their strongest fantasies was to watch you having sex with another person, how would you react? Would you say, "That's a very interesting fantasy, but I don't know if I could actually go through with it"? Or would you be more likely to say something like this, "Oh my God! I could never do anything like that. That's just sick!"?

How you react is every bit as important as what you have just been told. If your reaction is one of shock and horror, you will never be able to get your partner to tell you anything openly and honestly again. Think about it. Think about how you would want your partner to react when you tell him something you have always dreamed about. How would you feel if your partner reacted in horror? You would probably clam up tighter than the head of a snare drum. That's not very conducive to good communication, now is it?

What if, in the previous confession, your partner went on to say that he or she would, most likely, not be able to handle you actually having sex with another man or woman, but the fantasy still turns him on? Would that make a difference to you? Perhaps you could find a way to make his fantasy "seem" to come true. Or maybe, you could simply use the information to turn him or her on while you are having (or getting ready to have) sex. Would that be a good way to handle it? Of course it would.

Hopefully, by now you are getting the idea. Communication is vitally important. And openness in a relationship is even more important. I suggest that you try talking about some simple things, like your friends, to find out how you each really feel about them. It's a good way to open up the lines of communication without getting into something too

personal. Practice makes perfect, and there is nothing quite as important as open and honest communication to get your relationship back on the right track.

So do your best and remember not to over react to what you hear from your partner. I have to admit, when my husband and I first met, being as it was a long distance relationship, he could not see my facial expressions, nor I his. Instant messaging made things so much easier. If he asked me to tell him one of my fantasies, he couldn't see the bright red color of my totally embarrassed face. I don't think I could have told him anything that really turned me on had we been sitting across a dinner table. But since he could not see me, it was much easier to write out my fantasies, and, with his encouragement, I was able to be honest about what kinds of things actually turned me on.

I am not saying that you should turn to instant messaging, although it is one way to handle the problem, but I am saying to find a way to let him know what turns you on and for him to do the same for you. Remember, every fantasy does not have to be turned into reality. I will write more on that in another chapter. Just remember, what he doesn't know won't help you and vice-versa.

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Chapter 5: What Kind of Relationship Do You Have?

The following questions may be answered by either males or females or both. The objective of this questionnaire is to find out what type of relationship you now have. If you are both going to answer, it might be best to answer the questions separately and then compare your answers. Sometimes one partner does not view everything in the same way as the other. Giving separate answers can give you both a better insight into your own relationship. Remember, you **MUST** be honest.

Q-1: Who makes most of the financial decisions?

- A) He does
- B) She does
- C) We make big decisions together
- D) We make all decisions together

Q-2: Who normally washes the dishes?

- A) He does
- B) She does
- C) We take turns
- D) We do them together

Q-3: When you go to the theater, who decides what movie you will see?

- A) He does
- B) She does
- C) We take turns
- D) We choose a movie we both like

Q-4: What is your working situation?

- A) Only he works
- B) Only she works
- C) We both work, he makes more
- D) We both work, she makes more

Q-5: Who takes out the garbage?

- A) He does
- B) She does
- C) We take turns
- D) It usually takes both of us

Q-6: Who initiates sex more often?

- A) He does

- B) She does
- C) It varies depending who is in the mood
- D) We only have it when we are both in the mood

Q-7: When you go out together, who does the driving?

- A) He does
- B) She does
- C) We take turns
- D) It depends on the circumstances

Q-8: When going out to eat, who chooses the restaurant?

- A) He does
- B) she does
- C) We take turns
- D) We mutually agree

Q-9: Who washes the car(s)?

- A) He does
- B) She does
- C) We take turns
- D) We each wash our own cars

Q-10: Who controls the TV remote?

- A) He does
- B) She does
- C) We take turns
- D) We only watch shows we both like

Q-11: Who seems to be in charge the most?

- A) He does
- B) She does
- C) We usually agree on things
- D) We share responsibilities

Q-12: When you disagree, who usually gets the last word?

- A) He does
- B) She does
- C) It seems evenly split
- D) Neither of us will give in

Bonus question for those with children...

Q-B: Who usually hands out the discipline?

- A) He does
- B) She does
- C) We take turns
- D) We have set punishments

You should score your answers separately. You can compare them to see if you have different ideas about who is in charge. First, count the number of A's, B's, C's and D's you have.

The more "A"s you have the more of a male led relationship you have. Take heart, it's okay, there is nothing wrong with that. It may not be what you really want, but we will get to that later. If all of your answers were "A"s, then you have a male led Dictatorship. Anything less and you are probably in a Shipboard relationship.

The more times you selected "B" as an answer, the more you lean toward a female led relationship. Again, nothing to worry about. This is the female oriented relationship indicator. If all your answers were "B"s, then you live in a female led Dictatorship. But if even a few of them are something else, you probably live in a Shipboard relationship.

If the majority of your answers were "C"s then you probably have a Democratic type of relationship combined with a Co-op style. However, depending on how many "A"s and "B"s you have, you may lean more toward a Shipboard style of rule.

If all of your answers were "D"s, then obviously, you are in the Co-op style of relationship. That means you at least attempt to share all responsibilities equally. However, it is rare to find a successful true Co-op relationship. Odds are, at least some of your answers fall into another category.

You probably have a combination of answers and, therefore, you have a combination of styles you use in your relationship. This is normal. The extremes are a true Co-op at one end of the scale and a true Dictatorship on the other.

Your ideal relationship, most likely, lies somewhere in between these two extremes. Almost everyone's does. You might have a combination of any two styles in your relationship. I can't say that is a bad thing, but it means that you have made no formal declaration (or agreement) of who is in charge of what. Most people don't.

No matter what type or style of leadership you have in your relationship, you really should sit down and hammer out an agreement that covers all the important aspects of your relationship. For example: Your agreement should include such things as how certain decisions will be made. Will they be one partner's responsibility, or will you negotiate things? Who gets to initiate sex and when? What are your goals as a couple? If you both strongly disagree, how will you solve the problem? All these things and more should be put into an agreement (or contract) and tested for a period of time to see what works and what needs to be changed. We will get to agreements later on. Since this book is about female led relationships, we will proceed as if that is what you really want. But first, there are a couple more questionnaires in the next chapter you will need to

complete so that you know where you stand, and what you really want from it.

Before my husband and I made the switch to an FLR, we actually did take a quiz something like the one in this chapter. We knew, for example, that we wanted to move out of a male led relationship into something more female led. We took the quiz to see exactly where we were starting from, so that we would have a better idea of how to get where we wanted to go.

Knowing exactly what type of relationship you have before you make any major changes can be very beneficial. It can help you in plotting a course to your final destination.

Whether you are making only slight changes, such as just a change in who controls your sexual time together, or you are planning a major swap of responsibilities, it is always good to know where you are starting from. It also helps when you want to measure your accomplishments and progress toward that goal. So don't skip the quiz. Do it for your future.

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Chapter 6: What Do You Want?

Any time you enter into an agreement (of any kind) you have to know what it is that you want to get out of it. It just makes sense. If you don't know what you want, how do you expect to be happy with the end result?

The following two questionnaires are designed to help you and your partner to better understand what each of you really wants. Since it is often difficult to discuss some things, especially if they reveal things about yourself that you may find somewhat embarrassing, these two questionnaires will help you get a few things out in the open. However, these are only designed to get you started. Once you begin to discuss some of the things you want, you may find yourself opening up to each other a great deal more than you ever thought possible.

So, in answering the questions, you must be honest. Honest answers will get you more of what you want. If you truly would enjoy something (or even think you would) say so. Don't put down an answer that indicates less than the truth. It will only serve to hinder you when you hammer out that first agreement.

There are two questionnaires, one for women and the other for men. Each of you will share your answers with the other once you have completed them. However, I recommend answering your questionnaire alone and then sharing your answers with your partner to see if you have anything in common.

Her Questions:

Q-1: I would like control of our financial decisions to be...

- A) All mine
- B) Mostly mine
- C) Shared equally
- D) Mostly his
- E) All his

Q-2: I would like control of the direction of our lives to be...

- A) All mine
- B) Mostly mine
- C) Shared equally
- D) Mostly his
- E) All his

Q-3: I would like control of his free time to be...

- A) All mine

- B) Mostly mine
- C) Shared equally
- D) Mostly his
- E) All his

Q-4: I would like control of the household chores to be...

- A) All mine
- B) Mostly mine
- C) Shared equally
- D) Mostly his
- E) All his

Q-5: I would like control of our sexual activity to be...

- A) All mine
- B) Mostly mine
- C) Shared equally
- D) Mostly his
- E) All his

Q-6: I would like control of his sexual release (orgasms) to be...

- A) All mine
- B) Mostly mine
- C) Shared equally
- D) Mostly his
- E) All his

Q-7: I would like him to acknowledge that I am the head of the house...

- A) Publicly
- B) Only to me
- C) No

Q-8: I think I would enjoy punishing him...

- A) Physically
- B) Non-physically
- C) Both
- D) Not at all

Q-9: I think I would enjoy making him my servant (or slave).

- A) Yes, definitely
- B) Yes, in some ways
- C) Not really
- D) Definitely not

Q-10: I think I would like to put him in chastity.

- A) Yes, definitely
- B) Sometimes
- C) Only in play
- D) Not at all

Q-11: I want him to be obedient to me.

- A) Always
- B) Most of the time
- C) Some of the time
- D) Not really

Q-12: I want him to initiate sex with me.

- A) Never
- B) Sometimes
- C) When I allow it
- D) Always

Q-13: I want him to reveal his inner-most fantasies.

- A) Yes, definitely
- B) Only when I ask
- C) If he wants to
- D) Never

Q-14: I like the feeling of being “in charge.”

- A) Definitely
- B) Most of the time
- C) On occasion
- D) Never

Q-15: Being in charge makes me uncomfortable.

- A) Never
- B) Sometimes
- C) Most of the time
- D) Always

Q-16: I would love for him to rub my feet.

- A) Definitely
- B) Occasionally
- C) If he wants to
- D) Never

Q-17: I would love it if he would fetch things for me.

- A) Always
- B) Occasionally
- C) If he wants to
- D) Never

Q-18: I want him to seek my approval.

- A) Always
- B) Occasionally
- C) If he wants to
- D) Never

Q-19: I want him to make himself attractive for me.

- A) Always
- B) Occasionally
- C) If he wants to
- D) Never

Q-20: I want him to appreciate me.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-21: I want him to do more of the housework.

- A) Always
- B) When I tell him to
- C) Occasionally
- D) Never

Q-22: I want him to sexually desire me.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-23: I want him to cook my meals.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-24: I want him to run errands for me.

- A) Always

- B) Occasionally
- C) Sometimes
- D) Never

Q-25: I would love for him to bow or kneel to me.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-26: I would love it if he were naked while serving me.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-27: I would like to tie him to a chair or the bed.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-28: I would love to dress him in female clothing.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-29: I want him to perform for or entertain me.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-30: I want him to serve me and my friends.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-31: I want his obedience in public.

- A) Always
- B) Occasionally

- C) Sometimes
- D) Never

Q-32: I want to tease him sexually.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

His Questions:

Q-1: I would like control of our financial decisions to be...

- A) All hers
- B) Mostly hers
- C) Shared equally
- D) Mostly mine
- E) All mine

Q-2: I would like control of the direction of our lives to be...

- A) All hers
- B) Mostly hers
- C) Shared equally
- D) Mostly mine
- E) All mine

Q-3: I would like control of my free time to be...

- A) All hers
- B) Mostly hers
- C) Shared equally
- D) Mostly mine
- E) All mine

Q-4: I would like control of the household chores to be...

- A) All hers
- B) Mostly hers
- C) Shared equally
- D) Mostly mine
- E) All mine

Q-5: I would like control of our sexual activity to be...

- A) All hers
- B) Mostly hers

- C) Shared equally
- D) Mostly mine
- E) All mine

Q-6: I would like control of my sexual release (orgasms) to be...

- A) All hers
- B) Mostly hers
- C) Shared equally
- D) Mostly mine
- E) All mine

Q-7: I would like her to acknowledge that she is the head of the house...

- A) Publicly
- B) Only to me
- C) No

Q-8: I think I would enjoy her punishing me...

- A) Physically
- B) Non-physically
- C) Both
- D) Not at all

Q-9: I think I would enjoy being her servant (or slave).

- A) Yes, definitely
- B) Yes, in some ways
- C) Not really
- D) Definitely not

Q-10: I think I would like her to put me in chastity.

- A) Yes, definitely
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Q-11: I want to be obedient to her.

- A) Always
- B) Most of the time
- C) Some of the time
- D) Not really

Q-12: I want her to initiate sex with me.

- A) Never
- B) Sometimes

- C) When she allows it
- D) Always

Q-13: I want her to make me reveal my inner-most fantasies.

- A) Yes, definitely
- B) Only when I ask
- C) If she wants to
- D) Never

Q-14: I like the feeling of her being “in charge.”

- A) Definitely
- B) Most of the time
- C) On occasion
- D) Never

Q-15: Her being in charge makes me uncomfortable.

- A) Never
- B) Sometimes
- C) Most of the time
- D) Always

Q-16: I would love for her to make me rub her feet.

- A) Definitely
- B) Occasionally
- C) If she wants me to
- D) Never

Q-17: I would love to fetch things for her.

- A) Always
- B) Occasionally
- C) If she wants me to
- D) Never

Q-18: I want to seek her approval.

- A) Always
- B) Occasionally
- C) If she wants me to
- D) Never

Q-19: I want to make myself attractive for her.

- A) Always
- B) Occasionally
- C) If she wants me to

D) Never

Q-20: I want to show her my appreciation.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-21: I want her to make me do more of the housework.

- A) Always
- B) When she tells me to
- C) Occasionally
- D) Never

Q-22: I want her to know I sexually desire her.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-23: I want to cook her meals.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-24: I want to run errands for her.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-25: I would love for her to require that I bow or kneel to her.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-26: I would love to be naked while serving her.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-27: I would like her to tie me to a chair or the bed.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-28: I would enjoy her dressing me in female clothing.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-29: I want her to make me perform or entertain her.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-30: I want her to make me serve her and her friends.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-31: I want to obey her in public.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Q-32: I want her to tease me sexually.

- A) Always
- B) Occasionally
- C) Sometimes
- D) Never

Once you have both completed your questionnaires, it is time to score your answers. If you answered more than 50% of your questions with "A" or "B" answers, you are definitely ready for a female led relationship. Compare your answers with your partner's. Check to see exactly which questions you differ on and discuss them in detail. You may not be as far off as you think. Many of the questions have more than one positive answer. If you are only one level different in your answers, you should be able to come to a

consensus on how to handle that area of your relationship with little difficulty.

In the next chapter of this book you will learn how to take these differences and work them into your agreement so that both parties can experiment with different aspects of your female led relationship and see what works for you as a couple.

Be aware, there may be many other things you will want to cover in your agreement. Things such as: humiliation; bi-sexuality; tease and denial; chastity; etc. You may also want to consider some of the things in the following chapters as well. Defining punishments and disciplines more fully might be something you want to consider. Or, perhaps, what punishment goes with what type of misbehavior, etc. In the mean time, I suggest you keep your agreement as simple as possible.

Remember to take it slow. Take baby-steps when you first start out. No one expects you (or should) to jump right into your roles without first testing the water. For those of you who are a little timid or unsure of yourself at this point, take a look at the chapter on overcoming fear and guilt. In chapter 9, I talk more about using baby-steps to help you grow into your roles without so much trepidation.

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Chapter 7: How Kinky Are You?

This may seem like a stupid question to be asking in a book about FLR's, but, trust me, it is vitally important that you take this into consideration when you are negotiating your agreement. First of all, it is very likely that the male half of your partnership was the one who first suggested you enter into this new relationship. Either way, it is going to be something that the two of you will have to discuss before you finalize your first agreement.

Let me walk you through what probably happened...Your partner approached you with the idea of an FLR. If that partner happens to be a male, then he, most likely, did a great deal of research (mostly online) to figure out if this was something he really wanted. As he did this research, he began to fantasize about what he thought would be the perfect FLR for him. It is unlikely that he really took your interests to heart in these fantasies. In other words, he has already been thinking (wishing, dreaming, hoping) that you will become his “ideal” feminine “Mistress.” In his mind, he had it all worked out. You were going to magically jump on the idea as if you have always wanted to be in charge of everything and now would be your big chance to make your life-long dreams come true. He has had this fantasy building in his mind for some time. Now he has let the cat out of the bag, and he is hoping that you will jump into it with both feet. Of course, you are not quite so enthusiastic about it. Am I close?

Anyway, your partner probably has a good idea of exactly what he wants you to be, whatever that is. And you, having just been introduced to the idea, have a very different idea. You need to get together. You need to know exactly what he is looking for in a controlling partner. If he is looking for you to be the stereotypical Mistress, dressed in black leather and carrying a riding crop around to keep him in line, he is, most likely, in for a rude awakening.

On the other hand, if he has really thought this through, he will understand that you may not be at the same level he is. That is, you may not want to smack him with a riding crop every time you turn around. In fact, you may not even be comfortable scolding him for misbehavior. So how do you handle this difference between your “kinks” and his?

The first thing you will need to do is to figure out just with what you would be comfortable and how that fits into what he wants (or vice-versa as the case may be). You should both fill out what the BDSM community refers to as a “checklist” for negotiations. I have included a very brief version of one to get you started. Chances are, it will be all you need, at this point anyway. Eventually, as your desires and/or confidence grows, you may want to look into a more comprehensive checklist that will cover more than the few items I included in mine.

Once you have each filled out a checklist, you will need to compare them to see what you agree on and what you are both ready for. For example, you may be ready for a hand

spanking while he wants you to use a large, severe paddle. You might settle on using a hairbrush to start out with and later move to a regular paddle. You may both discover that his fantasies have lead him to want certain things that his body is just not ready for. My personal recommendation is to set your limits fairly low, especially in those things you are not used to. Then, as time goes by and your confidence grows, you can increase those limits to something that suits you both a little better. Don't push either of you too hard, especially in this area. Moving too fast can only cause problems. Problems that you are not ready to face. So, like with everything else, take it slow. Don't be afraid of doing too little. Too much would be worse. Always err on the side of caution.

Another thing you might want to do, if you are the one who will be in charge in your new relationship, is to keep a copy of your partner's checklist for future reference. That way you will know what kinds of things you can always try out without pushing his or her limits. Limits change. Be ready for that. Design your agreement in such a way as to allow for those changes. For example, he may think he wants to be treated harshly including being severely paddled. But once you hit his bottom with that large wooden paddle a couple of times, he may change his mind.

That's why we have “safe-words” to keep things from getting out of hand. He needs to learn how to use safe-words. My husband and I have always used the same set of safe-words whenever we play or when there is a physical punishment involved. I will often ask him for a safe-word when I am using a paddle or riding crop on him (as he always did when I was his slave). If he says, “green-light” then I know that everything is just fine and I may continue with the punishment. If he says, “yellow-light” at any time, I know that he needs me to take it easy on him. Things may be getting a little too intense for him, but he doesn't want me to stop. I might give him a minute to relax while I scold him or reiterate why he is being punished before continuing. And finally, if he says, “red-light” at any point, it means there is something wrong or that he has reached his limit for that particular activity. I stop immediately and we discuss the problem. Chances are, he couldn't take any more punishment.

Don't misunderstand me, you may never need to use a safe-word in your relationship at all, but it's a good idea to have them just in case. You never know when you will need them. If you ever do, you will be glad you set them up. My friend Murphy (the one who initiated Murphy's Law) tells me that if anything can go wrong...It will! Be prepared. It's your best defense against Murphy's Law!

Here is a brief checklist of some of the things you might want to discuss. Be aware, there are many more in-depth checklists on the Internet. You can find them by doing a search for “BDSM Checklist” from your favorite search engine. If the following checklist does not cover enough for you and your partner, feel free to use one that works better for you. Remember, you BOTH need to use the same checklist and compare your answers. Then you can settle on a happy medium in those areas where you differ.

The link below is to one of my favorite checklists. I like it because it not only explains each activity, and it is set up to be printed on 8 1/2” by 11” paper. (17 pages)

<http://cepemo.com/checklist.html>

Chapter 7a: FLR Checklist

The following checklist was designed for those first entering into an FLR. It covers many of the things you are likely to encounter when setting up your agreement. There may be other things, not on this list, that you will want to include in your agreement, but this list should help you get started. It all depends on how kinky you are and how kinky you want to be.

FLR Checklist Ratings

Every item in this list should be rated by each partner using the following scale:

“0” = I will NOT do this! No, NEVER! I hate the idea!

“1” = I really don't like this, but if you insist, we could try it.

“2” = Okay, I suppose we could try this if you really want to.

“3” = This sounds like fun. We could try it if you like it.

“4” = I would love to do this, what do you say?

“5” = Oh, YES! Please, can we do this, can we, can we?

I think you get the idea. If you hate the thought of doing a particular activity and refuse to even try it, that's a “0”. If you really love the thought of doing it, that's a “5”.

FLR Checklist

Age Play – The submissive partner pretends to be a baby or toddler.

Diapers: Wearing or using diapers as a part of your play or routine.

High-chair: An adult size high-chair added for more realism.

Playpen: Adult sized playpen added for more realism.

In private: This activity would be kept totally private, in home only.

In semi-public: If guests are invited to your home, would they witness this activity?

In public: Would the two of you be seen on the streets doing this?

Anal Activities – The submissive partner is subjected to items being inserted into his anus.

Anal plugs under clothing: The submissive wears a plug while doing errands or at work. Used as a reminder of who is in charge.

Anal plug during play: Using anal plugs at home but not worn out of the house.

Prostate Milking: A form of releasing semen without the normal ejaculation.

Strap-on Dildos: Worn by a female to have anal sex with her partner.

Other Dildos: Flesh-like or phallic-shaped items inserted into the anus.

Vibrators: Any of a number of vibrating “toys” that can be inserted into the anus.

Behavioral Control – Ways and means of discipline for misbehavior.

Physical punishment: Spanking, CBT, nipple clamps, etc.

Disciplinary action: Standing or kneeling in a corner, doing repetitive tasks, etc.

Verbal control: Scolding or lecturing for misbehavior.

Verbal humiliation: Name calling or belittling the submissive for misbehavior.

Additional chores: Adding more work to his load for failure to complete tasks.

Bi-sexual activity – The sub is forced to have homosexual relations with another man.

Fantasy only: Talking, writing or pretending such activity only.

In private: Forced to engage in this activity but never making it public knowledge.

In semi-public: At a party as entertainment or other semi-public event.

In Public: Forced to perform homosexual acts in a public place such as a men's room.

Bondage – Binding, chaining or otherwise securing the submissive in place.

Wrists cuffed: Use of some sort of device to bind wrists to an object or together.

Ankles cuffed: Use of some sort of device to bind ankles to an object or together.

Metal cuffs: Metal cuffs can be rough and cause severe chaffing.

Leather cuffs: More commonly used than metal and don't cause much chaffing.

Rope: Easy to use, especially around large body parts such as the chest.

Scarves: Used to bind wrists and/or ankles with no chaffing.

To a bed: For teasing or punishment. Face up or down depending on the activity.

To a chair: Fun for teasing or lecturing or forcing him to watch videos, etc.

To a table: Kitchen table or other table for ease of access, either flat or bent over.

To a bench: Such as a coffee table or exercise bench.

Cellophane wrap: Saran Wrap(R) used to wrap a sub and keep him immobile.

Ace bandage: Very effect restraint, can be used anywhere except the neck.

Chastity – A means of preventing sexual activity when away from the Dominant partner.

Penis cage: Any of a number of plastic or metal devices designed to limit access.

Full belt: Limits access to genitals and has a locking belt as well.

Short periods: From a few minutes to a few weeks.

Extended periods: Usually for several months with occasional removal for cleaning or teasing.

Clips & Clamps – Often used to inflict pain for punishment or during teasing.

Nipples: Clothespins (pegs), various types of clips and clamps made for such use.

Scrotum or penis: Usually done as a part of CBT (cock & ball torture)

Bottom: Clothespins work well here. They are not as painful as as nipples.

Other: Can be used on any part of the body where enough skin can be pinched.

CBT - Cock & Ball Torture

Rope or string: Often used to bind the penis or balls in uncomfortable positions.

Candle wax: Dripping of candle wax onto the body (use caution not to burn).

Clips & clamps: Clothespins or other type of clamp used to cause mild pain.

Electroshock: Any of a number of devices designed for producing mild shocks.

Needles (other sharp objects): Can be inserted into skin but often just to poke it and not penetrate the skin.

Collars – Worn to signify ownership or submissive nature of the sub.

In private: Only worn at home or during play sessions such as teasing, etc.

Semi-public: Worn during parties or when other people are invited to participate.

Public: Worn out of the house, perhaps on a daily basis.

With leash: Used to lead the sub around or signify ownership in public.

Cross Dressing – The wearing of clothing normally associated with the opposite sex.

Full outfit (including make up): Dressed up as a maid, hooker, or just a woman.

Only under clothing: Usually just under garments, panties, teddies, etc.

Semi-public (at parties, etc.): Home or dungeon parties or just to serve your friends.

In public: Dressed up for a night on the town or just everyday shopping.

Cuckolding – When the Dominant partner has sex with another man/woman with full disclosure to the sub.

Fantasy Only: No actual cuckolding just stories for teasing etc.

In secret: The Dominant may have sex secretly then informs the sub later.

In private: The sub knows about the sex but is not allowed to view or participate.

Watching only: The sub is allowed to view the sex either while hidden or in the same room.

Full participation: The sub is allowed to participate as directed by the Dominant.

Cum Drinking – The consumption of the sub's (or other man's) ejaculate.

From a cup: The sub is “forced” to drink his own ejaculate from a cup or saucer.

From hand: Either the sub's own hand or the that of the Dominant's, licking it clean.

Vaginal cleaning: Licking the Dominant's vaginal area clean after she has had sex.

Cleaning after cuckolding: Same as above but he is tasting someone else's ejaculate.

Discipline – Usually a milder form of behavioral correction or modification.

Physical: Standing in a corner or wearing of nipple clamps, etc.

Verbal: Being scolded or belittled for misbehavior.

Repetitive tasks: Folding the same piece of clothing over and over to learn a lesson.

Menial tasks: Sweeping the floors or polishing silver, etc. for an extended period.

Writing: Writing apologies or sentences repetitively as a form of discipline.

Eating – Where will he be eating his meals or other snacks?

While naked: Sub must be naked to eat all meals, etc.

From dish on floor: Like a dog, eats out of a bowl or dish placed on the floor.

From the floor: Food will be tossed on the floor for his consumption.

From her body: Either from her hand or other body part. (Can be very erotic for both.)

At her feet: His meals shall be eaten while seated at her feet.

Enemas – Often used to clean out the bowels before engaging in anal activities.

Self administered: Sub will be required to give himself an enema whenever necessary.

She administers: The Dominant will handle the enema equipment for the sub.

Foot Worship – Treating the Dominant's feet as an object of worship.

Kissing: Kissing the feet, tops, soles, ankles, etc.

Licking: Same as above but more use of the tongue.

With shoes/boots: Doing either of the above while the Dominant is wearing shoes.

Without shoes/boots: Only with no shoes or boots on.

Foot massaging: Using the hands to massage her feet.

Tongue cleaning: Cleaning of feet with the tongue (with or without shoes).

Humiliation – Any of a number of things designed to cause the sub embarrassment.

Verbal: Screaming at, belittling, or otherwise putting down the sub.

Physical: Slapping, crawling, spitting on, used as furniture.

Semi-public: Any of the above in front of other people in a semi-public setting.

Public: Any of the above while out in public.

Kneeling – Often used as a sign of respect. Sometimes required in the presence of the Dominant.

In private only: Only when no one else will see.

In semi-public: At private parties etc. when only friends will see.

Always: Even in public at restaurants etc. when appropriate.

Loaning Out – Lending the use of the sub to others for a period of time.

While she is present: Perhaps another woman is invited to help in teasing, etc.

Over night: Loaned to another woman for teasing, etc. overnight.

Long term: Loaned out to another woman for more than just one night.

Masturbation – Often used as means of humiliation of the sub.

Forced masturbation: Done for the Dominant as a means of teasing or humiliating him.

While alone: May be ordered to masturbate himself only in private.

Semi-public: Done in front of others as a means of humiliation.

Nudity – When is the sub expected to be naked?

Around the house: Whenever he is at home alone or with the Dominant.

Doing chores: While cleaning the house or doing the dishes, etc.

Out doors: At a beach, in the back yard, or any other place that won't get him arrested.

In semi-public: Any time the Dominant requires even in front of guests.

Orgasm Control – The Dominant controls when, if and how the sub is allowed to ejaculate.

Ruined Orgasms: Stopping stimulation before ejaculation can occur. Ejaculate simply oozes out of the penis.

Stifled Orgasms: Stopping ejaculation by squeezing some part of the penis to prevent ejaculate from squirting out.

Full Orgasms: The ejaculate is expelled in the normal fashion. Often called “release.”

Role Play – Acting out of various scenarios for sexual enhancement.

Interrogations: The sub is often bound and interrogated for some kind of information.

Teacher/student: The student gets punished for misbehavior.

Cops & robbers: The robber is tormented until he gives up the location of the loot.

Other: Any of a large number of possible scenarios to enhance sexual sessions.

Sensory Deprivation – Some or all of the sub's senses are deprived to enhance the sexual experience.

Blindfolds: The most common type of deprivation, it enhances the other senses.

Mouth gags: Used to silence the sub during teasing or painful sessions.

Ear plugs: Used to block the sub from hearing what the Dominant is doing.

Full hoods: Used to block eyes, nose, ears or any one at a time.

All at once: Blocking everything except the sense of touch. Can be very arousing.

Sexual Service – Serving all the Dominant's sexual needs and desires.

Full body massage: Self explanatory. But very relaxing for her.

Oral/vaginal: The sub is required to provide oral sex whenever the Dominant desires.

Oral/anal: The sub is required to provide oral stimulation of the Dominant's anus.

Vibrators: Used to help the Dominant reach orgasm.

Masturbation of her: Using the sub's fingers to stimulate the Dominant to orgasm.

Shaving – Any part shaved by the Dominant can be very erotic.

Genitals only: Often required for esthetics and/or ease of access.

All body hair: Sometimes required for cross dressing.

Head only: Done as a sign of ownership and the wearing of wigs for cross dressing.

Spanking, Paddling, etc. - A form of punishment highly recommended by many.

By hand: This includes over-the-knee (OTK) spankings.

Hairbrush: Not only an effective paddle but can be laid out in public to instill obedience.

Small Paddle: Usually light weight for ease of wielding. Can be very effective.

Large Paddle: Heavier, covers a larger area, but not always as effective as a small one.

Riding crop: Very effective tool. Can be purchased at equine supply houses for very little.

Cane: Any of a variety of straight, flexible, materials used for paddling. Can be very severe when not used judiciously.

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Chapter 8: Creating an Agreement

Some people think that creating a formal, written agreement is just silly. If it is good enough to settle international disputes and create a lasting peace between nations, I say, “Why not?”

I will go so far as to say that most people think agreements are best when they are verbal. In fact, many of you will just skip this entire chapter. Some of you will read it, then ignore it. But if you are truly serious about setting up any kind of successful relationship, then you would do well to have a formal, written agreement so that both of you know exactly what is expected.

So whether you have (or want to have) a co-op style relationship, a Dictatorship, or something in between, you will have a much better chance of success if you have a formal written agreement (period). Though the majority of couples never enter into a formal agreement, once one partner thinks their rights in the relationship have been violated, it won't be long before a conflict arises. With an agreement, you can avoid any real conflict by either: 1) referring to the agreement or; 2) renegotiating the agreement.

Before you put pen to paper (or fingers to keyboard as the case may be), you should really talk things out. Sit down with your partner and discuss anything and everything that you can think of that should go into your agreement. The questions you answered in the last few chapters were only designed to get you started. For example, punishments were mentioned. You might need to make it clear exactly what kinds of punishments you are talking about. I mean, will he be spanked over her knee or will it be okay for her to use a bull whip? Perhaps something in between would be best. Also, think about other things such as cross-dressing, for example. Will she be able to make him wear anything she wants any time she wants? Or will there be some kind of limit as to when or where she can do this?

As I said, anything you can think of that she might want (or not want) to do, or that he might want (or not want) to do, should be covered in your agreement. Does her power need to be limited in some way? If so, how? Does he understand what power he has (if any)? Don't forget, there is a difference between punishment and discipline. What kinds of things will constitute discipline for you and what kinds of punishments will be appropriate? The more things you can think of to discuss, the better your agreement will be. So while you are talking, don't forget to take lots of notes. Write everything down! Even if you later decide to leave something out of the agreement, it's best to have notes on it in case you want to add it later.

Remember, this is not a legal document that will be filed in some court somewhere. It's just an agreement between two people who want to make their relationship a better one. So don't worry about how things are worded and don't try to put anything in “legalese.” That will only confuse matters anyway. Write it all out in plain, simple English (or

whatever language works for you). Then go back over what you wrote and make sure you don't have any conflicting statements. You don't, for example, want one part of your agreement to allow her to use spankings and another part to forbid physical punishment. Don't laugh, it can happen.

When you are ready to begin negotiating your agreement, gather all your notes (both his and hers) and sit down to finalize everything. You will want to begin by defining certain terms. For example, will the dominant partner be called "Mistress," "Ma'am," "Goddess," or "Sweetheart?" What will the submissive be called? If you are going to include chastity, what type of device do you have in mind? Will it be plastic, metal, a full belt, or even a custom job? Basically, you want to go through your notes and assign an area of the agreement for everything in your notes. That is, definitions (who will be called what). You need areas for defining the duties and responsibilities for each partner. An area for punishments and disciplines. You might want a special area to cover such things as bondage, and how each member will be addressed. Another area for how the submissive will dress and whether or not he will use euphemisms when in public.

Let's take a look at a sample and see just what I mean.

Opening:

This agreement is being entered into by (Her name) and (His name) to be used as a guide for our relationship. This agreement shall last for (days, weeks, months) or until either party wishes to renegotiate it.

Definitions:

The Dominant: The Dominant shall be called the "Mistress" in this agreement.

The submissive: The submissive maybe called the "sub" or "submissive."

Chastity Device: A plastic model #Cdxxx will be used at the Mistress' discretion. No other device designed to limit access to the submissive's genitalia may be used without renegotiation of this part of the agreement.

Emergency Key: This is a spare key to the chastity device that will be accessible to the submissive in case of emergencies described later in this agreement. Include such things as where the key will be kept. What type of security will be used to prevent misuse of the spare key? And anything else you can think of.

(Other things that you might want to define go here.)

Responsibilities of the Mistress:

1. To oversee the day to day behavior and duties of the submissive.
2. To dole out punishment and disciplines as befitting any misbehavior of the

submissive.

3. To schedule chores for the submissive.
 4. To sexually tease the submissive on a daily basis as described later in this agreement.
 5. To see to the general well-being of the submissive.
- Etc.

The Mistress shall be responsible for sexually teasing the submissive in any of a number of ways including, but not limited to:

1. Verbal humiliation - But no name calling
 2. Relating of fantasies
 3. Fondling (in public or in private)
 4. Instant messaging or phone calls
 5. Notes placed in submissive's briefcase
 6. Notes placed in the car
 7. Physical attention with chastity device in place or removed
 8. Having submissive tend to her sexual needs
- Etc.

Responsibilities of the submissive:

1. To obey the orders (or wishes) of the Mistress.
 2. To sexually satisfy the Mistress whenever called upon to do so.
 3. To see to it that all chores are completed to the satisfaction of the Mistress.
 4. To keep a calendar of appointments for the Mistress and to remind her of those appointments.
 5. To perform any other tasks requested or demanded by the Mistress.
- Etc.

Punishments:

The Mistress may use any of the following methods of punishment when the submissive has failed to obey her commands (or wishes) to her satisfaction.

1. Spankings by hand
2. Paddling with a small wooden paddle or hair brush.

3. Riding crop
 4. Standing in the corner for a period of time as determined by the Mistress as long as that time does not exceed 30 minutes at one time.
 5. Extended time in chastity device without relief.
- Etc.

Disciplines:

The Mistress may order the slave to perform any type of discipline she sees fit so long as the discipline is not considered a physical punishment.

1. Repeating any task a number of times until the submissive learns to do it correctly.
 2. Writing sentences.
 3. Writing apology letters to any one who might have been offended by the submissive.
 4. Repeating aloud any order until the submissive realizes his mistake.
- Etc.

Ejaculatory Relief:

1. How often will relief be given? Or what method will be used to determine when relief is to be given?
2. If you plan to play a game for relief, what game, and what are the rules? (You can make a separate agreement for this part if you like.)

Note: If not using chastity, what about masturbation? Is it allowed? If not, what punishment will there be?

Public Behavior:

Will the submissive refer to the Mistress as “Ma'am” while in public or if family members, co-workers, or any other person or persons are present who might not be living in the lifestyle?

How will she address the submissive in such cases? (These things need to be covered.)

Limits:

The use of safe-words shall be mandatory and adhered to at all times whether during play or when outsiders are present to insure the Mistress stays within the submissive's boundaries or limitations as out lined below:

1. Pain
 2. Emotional distress
 3. Physical discomfort
 5. Embarrassment
- Etc.

Emergency Chastity Key:

A duplicate key to the chastity belt shall be made available for use (by either party) for any of the following reasons;

1. Lose of the primary key (Mistress only)
 2. Visits to the Doctor or an ER
 3. Airline travel
 4. Any medical condition that may have been caused by the device itself.
- Etc.

This key may be secured using any method the Mistress chooses so long as it is available to the submissive in case of emergency. Examples: sealed envelope or numbered plastic lock.

Stepping out of roles:

At any time either party may request that the couple step out of their roles as Mistress and submissive in order to discuss an activity or to renegotiate this agreement.

Signatures:

This where both parties sign the agreement.

It should be understood that the above is only a sample and that your actual agreement should reflect those things that you both feel are important. For example, you might include more definitions such as what constitutes a punishment and what is merely a discipline. Or you might actually list several activities that are considered “off limits” such as whipping, golden showers, or blood-sports. Then again, you might make a separate list of those types of things and simply refer to the list in the agreement. That would permit the list to be changed without renegotiation of the entire agreement. The same could be done with punishments as many couples' desires in that area often evolve and change over time.

You should include a section covering financial matters, such as, who will pay the bills,

who will handle large expenses, and what will be discussed or agreed to by both parties. The financial aspects of your relationship is one of the most important areas of your agreement. Don't leave it out.

Don't forget that time limit thing. You can make your agreement last as long as you wish or even exclude that with a statement giving either party the right to call for a renegotiation at any time. Either way, this first agreement should be thought of as a trial agreement as it is more than likely that you will both find things that you want to change after you have lived under it for awhile.

Now it is time to test your agreement. As I said, you can do this for a set time or until either party finds something they feel needs to be readdressed. It is my feeling that the original agreement should be set for a fairly short time (one to three months) so there is enough time to test things out and yet, except for emergencies, you must live by your agreement until the end. You will get a much better idea of how well, or poorly, it works that way, instead of rushing back to the drawing board at the slightest difficulty. It also gives you a chance to try other options included in the agreement instead of rewriting it immediately.

Anyway, give your agreement time to work. Work out the kinks and keep your own journal or notes about what seems to work well for you and what doesn't. Once you are really ready to negotiate a new agreement, you will have a better idea of what you want to include (or exclude) in the next agreement.

When it is time to renegotiate your agreement, be sure to refer to any notes or journal entries that you have made and to work out any changes so that both of you are as satisfied as you can be with it. Once you have it all hammered out, try extending it for a longer period this time, say six months or a year. If all goes well you may be able to extend it indefinitely after that.

Remember, no agreement is perfect. And no one agreement will work for everyone. Your agreement is yours. Make it yours by including all the things that are important to you and it will serve you well.

Our first agreement was three pages long and didn't include a few things it should have. Luckily, it was set to last only ninety days and we were able to hammer out a new one when it ended. Our second agreement stretched to five pages and is still in effect today.

A funny story may help you understand what kinds of things need to be covered in your agreement. My husband took an inexpensive candle lighter and modified it for use as an electroshock device. He removed the gas cylinder, and modified the trigger by removing the safety lock that prevents pulling the trigger unless both are used at the same time. He then modified the tip so that all one had to do was place the tip against the victim's skin and pull the trigger to apply a "small" shock. After the first time I used it on him while he was bound, he wanted to add it to our agreement. It seems that triggering it on the tip of his penis was just a bit too "shocking" for him. As it turns out, any electrical shock burns a tiny bit at both the entry and exit points. With this device, those points are less

than a quarter-inch apart and he could not take the pain on the tip of his penis. But anywhere else on his body was just fine.

My point is, we were able to make one little modification to the agreement to make him feel a little safer when we played.

If you use your own judgment judiciously, you should be able to create a flexible agreement that will be able to last for years. Just remember to include any and all 'kinks' you may have in such a way as to be safe, sane and consensual. If you do that, I am confident that you will have a happier, healthier relationship that will be able to withstand the test of time. It worked for me and I am sure it can work for you as well.

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Chapter 9: Overcoming Fear & Guilt

Two of the biggest obstacles many women run into is the fear of failing to meet her partner's expectations and the guilt that comes from issuing orders and doling out discipline. With most couples, when they are first starting out together, they each find ways of punishing their partner when he or she does something that goes contrary to their own wishes. That is to say, if a woman doesn't like something her partner did, she will find a way to punish him for it. Normally this punishment takes the form of denying him any form of sexual pleasure. Come on ladies, admit it. You would get angry and withhold sex until he either apologized or made up for his mistake in some way. If the female partner was the offending one, men usually get angry and yell or belittle their partner. There are better ways of handling things.

Let's face it, neither of these methods is conducive to a happy, healthy relationship. What ends up happening is that one partner or the other begins to feel less and less appreciated as time goes by. Perhaps it's the reason so many couples seem to drift apart. If you make a good agreement as outlined in the last chapter, then you are on your way to a happier, healthier relationship. Don't stop now!

If you included a section for discipline (and/or punishments) in your agreement, then you owe it to yourself and your partner to apply that discipline (or punishment) as you promised you would. So let's take this one step at a time.

First of all, your partner agreed to whatever punishment or discipline you outlined in your agreement. That means that he expects you to correct his behavior if he fails to keep his end of the bargain. You owe it to him to do what you agreed to or else your agreement isn't worth the paper (or computer screen) it's printed on. If you have any fear of failing, you should remind yourself that doing what the agreement calls for is what is expected. You can not fail if you are simply following the rules the two of you agreed upon.

This fear can be easily overcome by asking your partner one question, "Does it upset you when I punish you?" If the answer is, "No," then you should be able to overcome your fear quickly and easily. I have done some "unscientific" research on my own and I can tell you with conviction that most men who want to be controlled in an FLR also want to be punished for misbehavior. In fact, my research shows that most men in an FLR feel that their partners don't punish them severely enough or often enough.

If in doubt, talk about it. Your partner is the best source of information about punishment and discipline you have anywhere. He knows when he deserves to be punished and he knows that if you are not strict enough he will continue to misbehave. So when you find yourself questioning whether or not to punish him, do it! If he misbehaves in the same way again, then you must punish him more severely. Continue to increase the severity of his punishments until he learns his lesson.

Another option is to simply ask your partner what he feels would be an appropriate punishment for his misbehavior. First, scold him. Let him know how disappointed you are with his behavior and then ask him what he thinks you should do about it. Don't let him say, "whatever you think, Mistress." That's a cop out. Make him come up with something then do it. Or better yet, do something a little more severe.

I had this problem when I first took control of my relationship. I was too timid when it came to punishments and I was afraid of being too strict or severe. I made my husband tell me what he thought I should do when he failed to wash the dishes one night. I was thinking of spanking him with about ten licks on his bare bottom. He suggested that he deserved twenty-five licks on each cheek with my hairbrush. I was taken aback. I was not expecting him to come up with such a severe paddling. But I decided right then, that I had been going far too easy on him in the past and I gave him the twenty-five he had suggested. He has never failed to wash the dishes since. Now, I rely on my own intuition as to how severe a punishment should be. I just needed a little confidence to get me started, and that was it.

Don't be afraid to show your anger. I **do not** recommend taking your anger out on him, only that you let him know how angry you are. You delay his actual punishment until such time that you will be able to control your anger. Just remember to remind him how angry you were at the time and make the punishment severe enough that he won't soon forget it. If you take it too lightly, he will push your limits again.

Now, about those guilt feelings you may have. I can talk until I am blue in the face about how you have no reason to feel guilty about anything you do, so long as you are keeping to the rules of your agreement, but we both know it will do you no good. So, here is a little exercise you can use to help you overcome them. Remember that list of punishments and disciplines you and your partner came up with? If he wanted anything more severe than you finally agreed to, then you have something to lean on. Ask him for a copy of the list he made. Look at it every day until you realize that he wants more than you agreed to give. Feeling guilty about it will get you nowhere fast.

If your guilt feelings stem from your upbringing, such that you are uncomfortable being in control, that is normal. After all, your whole life people have told you that the man should be in charge. Well, I am here to tell you differently. Look at this way, if you do the simple things you will learn in this book, then you will be giving him more sex than he ever expected to get from you. That's right. He will get more than he ever has before. It is just not exactly the same as he might have expected before you made your new agreement.

If you give him daily teasing, or at least allow him to please you sexually on a daily basis, he will not only be happier than he ever would have been in your old relationship, but you are actually giving him more than you ever thought you would. Believe me, he will be happier when you keep him aroused and when you punish him properly. He may not have agreed to spanking in your first agreement, but I am sure he eventually will. Even if you did not put spanking in your agreement, try giving him a few playful swats

on his bottom once in awhile just to see his reaction. Chances are, he will enjoy it. He will probably find them to be erotic. If he does, then you have opened the door for spanking in your next negotiation.

Your fear and guilt feelings may be deeply rooted in your upbringing. It is imperative that you work on it. The best resource you have is your partner. Do not be afraid to talk with him about it. He is the best support you will ever have. Even if it takes you years to overcome all your feelings of guilt, especially when it comes to discipline and punishment, talk with your partner and he will help you to overcome them, especially if your new relationship was his idea.

Another good resource is your friends. You don't have to tell them all about your relationship if you don't want to, just tell them that he has asked you to take charge of some parts of your relationship and that you are having guilt feelings about doing it. Friends can be very supportive. If there is one in whom you feel that you can confide, use her (or him) to help you to be the woman you both want. He will respect you for it.

There is something else you should be working on in this new relationship, respect and self confidence. If you want respect, you can not order him to give it to you. You have to "command" respect. That is, by holding to your agreement and doing what is needed when it comes to discipline and punishment, you will command his respect. You should also respect him for upholding his end of your agreement as well. After all, if it were not for him, there would be no one to help you become a stronger, more assertive woman. And that should be one of your personal goals.

When I first took over as Mistress to my husband, having been his slave for a few years, I had some real confidence issues. I didn't know how to give orders, how to make him comply with those orders, and what to do about it when he didn't. I consulted a woman I knew who had been a Femdom for years. She told me what I needed to do to build my confidence and I am going to pass that information on to you.

Start out with something easy. Tell him that he is expected to open doors for you. Any time you are together, he should open any door you come to, including the car door. Now that he has been told, don't remind him, simply wait until he figures it out for himself. For example, when I first started this plan, I would walk up to a door, whenever we came to one, and stand next to it near the edge that opened. I would not move until he came and opened it for me. I did the same with the car door. I always made him drive, as a chauffeur. If he made the mistake of getting into the car without opening my door, I would simply stand there until he realized his mistake. It didn't take long before I gained a little confidence. Once he understood the rule, I would spank him with three smacks on his posterior any time he made me wait for him to remember his duty.

After that, I started to feel more comfortable giving him orders to do chores around the house. I would put them to him more or less as a suggestion. For example, I might say, "The living room carpet needs to be vacuumed sometime today." If he didn't pick up on the hint and vacuum the carpet, I would scold him that evening while there was still time for him to do it. If he still didn't do it, I would make him explain why and then make him

suggest a punishment.

As time went by, I grew more and more confident and he became more and more compliant and respectful. I no longer ask him what he thinks would be an appropriate punishment. I know what to do and I do it without hesitation. It worked for me, and I am sure it will do the same for you.

Knowing what your partner wants (or expects) from you can go a long way toward helping you overcome any fear or guilt you may have concerning your new role. Review the chapter on communication to help you help yourself. Remember, there are two of you in this together. Odds are, he is also struggling with a new role and he is looking to you for guidance. So together, you can make things work. Talk, talk, talk!

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Chapter 10: Chastity

Male chastity is not exactly a new idea. It has been around at least as far back as the Middle Ages, possibly a great deal longer than that. There are stories of eunuchs (castrated men) used by Turkish sultans to guard their many wives and concubines. Instead of using a chastity device, they simply used the ultimate in male chastity. However, we are more civilized today.

Over the past twenty years or so, many devices have been invented to keep a man from “straying.” Male chastity has grown in popularity in recent years to the point where these devices are now showing up in your local sex shop and in just about every on-line sex toy store on the Internet. In fact, it has become so common place these days that many people have become more open about their use. That is to say, many men no longer hide the fact they wear such a device.

The question is, do you need (or even want) to use chastity in your FLR, or can your partner be trusted to keep his willy in his pants where it belongs? Actually, there are many reasons why a couple might choose to use a male chastity device, other than fidelity. Some woman want that feeling of power and control they get when they snap that lock shut. Some men, love the feeling of submission they get from that very same action. Then there is the question of orgasm control. If you intend to control when your partner is allowed to ejaculate, then you might need a chastity device. It is a great way to prevent unauthorized masturbation or even nighttime emissions.

Let's take a look at some of the pro's and con's of male chastity. Certainly, a male chastity device of almost any kind will prevent masturbation. But do you need to? Will you be wanting to control his masturbatory habits? Maybe he doesn't normally masturbate. Then, again, if you are going to be using tease and denial to aid in controlling his behavior, he just might develop a masturbation problem. If he does, then you will certainly want to use some kind of device to prevent that. So, masturbation (or orgasm) control is a pro.

If your partner would have a need for the device to be removed often, perhaps because of his job, or a medical condition, then you might not want to use a chastity device. Of course, if he travels a great deal, especially by air, you would want to use a device that would be less likely to cause problems getting through airport security (or not?). There are many considerations to be made when deciding whether to use a chastity device or not. Maybe your partner would actually relish the idea of having to wear such a device in situations where he might have to reveal the fact, even have to show it off. High travel might be a con for you.

Many men actually do enjoy being controlled with the use of a chastity device. They love the feeling it gives them knowing that their partner, and only their partner, holds the key. There are actually professional key holders who do little more than keep a man's

chastity key so that he can get those feelings of being controlled, even though he has no partner to tease him or even gratify his sexual desires. Put simply, it's a submissive thing.

Some of the less obvious drawbacks to using any kind of a chastity device are:

- They can sometimes cause irritation to the penis or balls.

- They can sometimes be detected even under loose-fitting trousers.

- Chastity devices can be expensive (even the 'cheap' ones).

- Keys can become lost.

Though they prevent erection, an attempted erection can be painful (not always a bad thing).

- Murphy's law... If anything can go wrong, it will.

On the plus side:

- A chastity device will prevent masturbation.

- They can prevent erection if properly fitted.

- Many men love wearing them for their partner.

- They can provide peace of mind.

- He will always know who is in charge!

Basically, the decision is up to the female partner, but you should at least hear his views on the subject before running out to the nearest sex shop to purchase one. Many couples use male chastity on a part-time basis. That is, they use it to enhance their sexual experience for awhile, and then go for a few weeks or months without it. How you choose to use male chastity in your relationship is a personal matter. Decide between yourselves if, and how, you want to use a chastity device and then choose the device that is right for you.

So which male chastity device is right for you? That's a personal matter, but there are many types and styles from which to choose. For example, if you are just wanting to experiment to see if it is something you might like to do on a more permanent basis, I would suggest you look for an inexpensive model to get you started. Once you have used it for awhile, you can decide whether you want to do it on a more permanent basis.

There are several plastic models on the market for those who do a great deal of traveling. With the use of special plastic locks, airport security is less of a problem. However, I don't recommend plastic if you plan to use chastity as a long-term activity. Plastic models can break and often cause a great deal of pain when they do. They also tend to leave less air space which can cause chaffing. They don't chafe every man who uses one, but just be aware of the possibility. Also, reduced access for play might be something to put you off the plastic models. There is less access to his penis when you want to stimulate

him a bit without removing it.

Metal chastity devices come in a great many versions and styles as well. Some are better than others. If you can afford it, there are several custom manufacturers who will construct one to the exact dimensions you need for a proper fit. Many of the metal types afford easier access to the penis for stimulation while the device is still in place. This means you may not have to remove the device when you want to do a little teasing.

So far, all we have discussed are the open cage style of chastity devices. There are a great number of other styles on the market and their prices very greatly as well. There are full belt style devices, too. These usually deny all access to the genitals and include a belt system that is either an integral part of the device or provides a way to fasten the actual device to the belt. Many of these types of belt systems have more than one locking mechanism that may require several locks to fasten them securely. Before you invest in any male chastity device, I recommend you do some homework. Search the Internet and find something that not only suits your needs, but your budget as well.

If you have already elected not to use a chastity device, then the remainder of this chapter will be moot for you. We are going to discuss some of the fun things you can do when your partner is locked up in his chastity device. If, on the other hand, you have decided that you want to try chastity, then you might want to read the rest of this chapter before you run out and purchase your device. Not all chastity devices are created equal, and some just will not work with some of the ideas I am going to present here.

Let me take a moment here to describe some of my experiences with male chastity devices. The first device I purchased was a plastic model. I won't give you the exact brand or model for reasons that will become clear in a moment. It came with a special set of accessories designed to aid in the prevention of partial "escape" from the device. There were actually three sets of teeth (or spikes) that could be attached near the base of the penis. They mounted between the ring that goes around the penis and balls and penis cage itself.

Each set of spikes were a different length so that you could use the set that best served your particular needs. I made the mistake of starting with the largest set first. Perhaps it was just my sadistic nature, I don't really know, but the results were disastrous. My poor husband was left in excruciating pain the moment his penis warmed up (I had iced it down) and began to fill the cage. It took me about ten minutes to get the device off so that I could change the size of the spikes.

After replacing the spikes with the smallest set (the right size as it turned out) everything worked as it was supposed to. Under normal circumstances, he could wear the device all day without a problem, but the minute he began to get aroused, those little spikes began to dig into the flesh of his penis causing him enough pain to want to stop any kind of sexual stimulation immediately. That meant that he wasn't going to be spending any of his valuable time surfing the Internet for pornography. It also meant that it was easy for me to cause him mild to severe pain simply by slipping my hand down the back of his pants to fondle his buttocks. The pain level was directly proportional to the amount of

time I played with his bottom.

While that seemed to be the perfect method of teasing him without allowing him a full erection, he soon found out that he was having more erotic dreams than he thought. Every night he would be awakened by a pain in his partially erect penis from some dream he was having. If not for the fact that he has trouble getting back to sleep, and he needs his rest so that he can be alert for his day job, it would have been perfect. I was forced to remove the spikes simply to allow him to get the rest he needed. But it was fun while it lasted.

We have since moved on to a custom made metal device that allows me access to his member through the “bars” and it only causes him pain when his penis tries to become fully erect. So during our tease sessions, I have the choice of removing it or teasing him while it is secured in place. It all depends on how much I tease him, and in what ways, as to how much pain or pleasure he actually receives. Now, on to more things you can do with a chastity device in place.

If you decide to sexually tease your partner while he is wearing his chastity device, I recommend one that allows you access to the sides and tip of his penis. You can stimulate him with your fingers, fingernails, a Q-Tip, a toothpick, or any other small device of your choosing. I like to take a toothpick and poke his penis and balls. I vary the pressure with each little jab to keep him on his toes, so to speak. You can use a cotton tipped swab (Q-Tip) to tickle him as well. Your fingernails dragging along the side of his penis will also get his attention. And don't forget about the erotic power of your own body. Your breasts, your ass, and even your vagina can be used to turn him on. The more you do to arouse him, the harder his penis will try to force its way to full erection. Depending on the fit of his cage, this can cause him mild to severe pain. Some men are even aroused by this pain, so you may want to do a little experimentation.

Most men who enjoy wearing a chastity device also enjoy being reminded that it's there. That is, every time they get the slightest bit aroused, things get a little uncomfortable. Not necessarily painful, but enough to make them aware of their growing condition. So any time you can find a way to arouse him, even just a little bit, it would be good for both of you to take advantage of it. He will probably enjoy the feelings and, if you are the one causing those feelings, he will be reminded that you are in control. Something of which he will always enjoy being reminded.

There are numerous games you can play involving chastity that will make things more interesting for the both of you. For example, you might have your chaste partner roll a pair of dice to determine such things as when he might get an opportunity for release, both from his little prison and sexually. Let's take a look at some of those games, shall we?

If you enjoy tormenting your partner (sexually, that is) and you want to have some fun with him while he is in chastity, try having him roll a single die (or a pair if you prefer) with various outcomes depending on the number he rolls. Suppose you make the roll of a single die determine whether or not he gets to ejaculate that day. Maybe a roll of “1” on

the die says he can if he can masturbate to orgasm in one minute. A roll of “6” means that he has six minutes to make the attempt. Of course, with some men, one minute would be more than enough time. If he seems to be getting too many ejaculations, change the rules. Maybe he only gets to make the attempt if he rolls a “1” or a “2” and any other roll gets him something entirely different.

As the female in your new FLR, the choice of how the game is played, and what the consequences of any particular roll of the die (or dice) is up to you. Be creative. You can use anything that your agreement allows. Maybe he gets a swat on the bottom for each number on the die if he doesn't roll a “1.” Or maybe, each roll that is not a winning number (say “6”) means he has to wait that many days before he gets to roll the die again.

My point is, playing with the time he spends in chastity is a very good way to make it more fun for the both of you. You can play dice games, card games, have him pull a marble out of a bag, or even play your favorite board game. Just make certain that there is a way for him to win (no matter how slim the chance) and that he understands the consequences of losing. The more fun you make it, the more interesting and fun you will find his torment to be. Remember, it will be fun for him even if he loses most of the time. (See Chapter 19 for more on games.)

Make his chastity fun for the both of you.

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Chapter 11: Rewards

In any Dominant/submissive (D/s) relationship (which this is, remember?), there are two things necessary to maintain control and keep things running smoothly...Rewards and punishments.

In this case, since, as we discussed earlier, men and women are not created equally, the rewards can be sexual in nature. Men respond very well to sexual rewards. Women have often used sex (or the lack of it) as a punishment. I will show you how to use it as a reward and to use it more effectively in order to maintain better control of your partner.

Rewards are very important in any relationship where one partner is in authority over the other, such as a Shipboard or Dictatorship style relationship. Without proper rewards, morale decreases, and unrest sets in, followed by revolution, or mutiny (as the case may be). To prevent that, keep the troops happy. The best way to do that is to reward them for good behavior, frequently. In other words, you, as the dominant partner, are going to have to find ways of rewarding your subordinate (partner) often. Sexual gratification is the best reward you can give a man. He wants it. If he doesn't get it from his partner, he may find other ways of getting it. He may turn to pornography, masturbation, or even another woman.

So what are the ways in which a man can be rewarded? Well, as odd as it may seem, tease and denial is the best way to keep him happy. By teasing him often, and in various ways, then denying him sexual release, he will become the best partner you could ever hope for. It won't be easy, at least, not at first. Eventually, with practice, you will become very good at keeping him sexually aroused and very compliant.

Believe it or not, one of the best ways of keeping him happy and compliant is not to allow him to ejaculate. At least not very often. If you haven't considered a chastity device, this would be a good time to do so. Denying your partner the opportunity to ejaculate any time he feels like it can be very advantageous.

Men are different from woman in that they go through some physiological changes when they ejaculate in the normal manner. That is, they become less interested in sex and more interested in other types of gratification, like...Football? After sex is the worst time to try to get him to do anything you want him to. You can test this simply by asking him to take you to the mall the morning after you have given him really great sex. Chances are, he will either flatly refuse, or he will do it begrudgingly. If you first establish a routine of keeping him aroused as much of the time as possible while denying him the release he wants, and he will jump at the chance to accompany you to the mall, especially if there might be a reward involved.

So, all you have to do is find ways of keeping your partner aroused and he will be like putty in your hands. This is the most work you will have to do in this relationship. It won't be easy, but if you apply yourself and work at it, it will become second nature to

you. Then you can spend your time finding more things for him to do for you.

Below is a list of the kinds of things you will need to do to keep him aroused. You don't have to do all these things every day, but you DO have to keep him aroused, So vary your routine to keep it fresh and exciting, and you will have no trouble at all.

Basic Teasing:

Whisper sexually stimulating things in his ear.

Tell him that you can't wait to put your hands all over his naked body.

Tell him he turns you on and you want him to give you oral sex until you can't stand it any more.

Tell him you read a sexy story online and you can't wait to tell him about it later.

Put your hand down the back of his trousers and squeeze his bottom a couple times.

Rub your hand over his crotch and gently squeeze his balls while telling him you can't wait to get him in bed again.

Put your hand under his shirt and gently rub his nipples for a moment.

Stuff a note in his pocket and tell him not to read it until he gets to work. In the note, say something you know will turn him on.

Kiss him on and behind his ear and whisper something sexy while he is watching television.

Ask him to rub lotion or powder on your body after you take a shower.

Do anything that will let him know that you are interested in having sex with him, but do it at a time when he knows he will have to wait for it.

Call him on the phone and say erotic things to him. Do it while he is at work, lunch, or standing in line at the bank.

Pack a note in his briefcase or lunchbox that he will discover later in the day.

When you pass him in the kitchen, firmly smack his bottom once with your hand.

When you are out together:

Take him to a lingerie store or the lingerie section of your favorite store. Show him some sexy items and ask if he would like to see you in them.

At a restaurant, sit opposite him and rub his leg with your foot. If you are wearing stockings, so much the better.

Talk about some sexual thing you would like to do to him (or have him do to you) the next time you have sex. He will love it.

Put your hand in his crotch while he is driving, but don't say anything or look at him.

Keep looking out the window. If he says anything about it, stop and say your sorry for distracting him. Then wait a few minutes and do it again.

At a theater, keep your hand in his crotch during most of the movie. If he says anything, stop for awhile, then do it again.

Never let an opportunity to arouse him pass without taking advantage of it.

For the more adventurous:

Send him to the store for something but make him insert a small butt-plug before he goes. You can accompany him to witness his discomfort if you like.

When you reach into his pants to fondle his bottom, smear a little Icy-Hot (or other mentholated cream on his anus. Then send him to the store.

Call him into the bedroom or bathroom and let him fondle your breasts and bottom for a few minutes, then leave him wanting more.

Whisper in his ear how you want to tie him to a chair and tease his genitals until he is ready to squirt...Over and over and over again.

Call him into the bathroom right before you sit down to watch a movie and smear a little mentholated cream on his genitals. Tell him not to wash it off without your permission.

There are a million other things you can do. Just use your imagination and come up with a few of your own.

Bedtime Teasing:

Before we get too deeply into this area, I want to tell you that you are not going to allow him to ejaculate unless you feel he has earned it. He can only earn it through good behavior. But in any case, he should not be allowed to ejaculate too often. Once a month or so is about right for most men. For a few days (maybe a week) after he ejaculates you might notice a reduction in his overall behavior. He may not do all the chores you want him to do, or he may get a little grumpy. This is normal. Most men (and this is a hormonal thing) will not be as attentive or responsive to your demands in the days following his ejaculation. That is why I say he should not be allowed him to ejaculate too often. You may have to start slow. Let him ejaculate every few days at first. Then, as he adjusts to the denial, make him wait longer and longer between ejaculations.

If you are just starting out with FLR, this is where your control over him really begins...In the bedroom. Your objective is to get him to appreciate the sexual stimulation that you will be giving him on a regular basis, in exchange for his patience in being denied the relief he is used to getting. In other words, you are going to be giving him much more sexual attention, especially at bedtime, than he is used to, but the price he must pay for that attention is obedience and the delay of his ejaculations. We will talk about ruined and stifled orgasms later. For now, just be careful not to allow him any

orgasms at all.

This is where you will do your most serious tease and denial. If you are just a little kinky, you can tie him to the bed before you begin. A blindfold will also enhance the experience for him. The following are only suggestions and what you choose to do should relate to what he enjoys the most and what you want him to do for you.

Remember, this is where you are going to take control.

If you are in the mood, you can have him pleasure you in any way you want as long as he is not permitted to ejaculate. Have him please you orally or with a vibrator or his fingers (if he isn't bound). If he is the kind that can last a long time inside you without ejaculating, then you can do that, too. Just remember not to allow him to ejaculate! Now, try any of the following ways of teasing him until you think he has had enough...

Use your fingers to very lightly touch his genitals. Let them slide up from his balls to the tip of his penis again and again. Use a feather or a very soft brush for this, if you like. Use anything that will stimulate his sexual desire, but not push him over the edge.

Try lubricating his penis with a good, long-lasting lubrication. Baby oil works, as does just about any oil you can find. Let his penis rest in your hand and stroke it as softly as you can. It should drive him crazy, but not bring him to orgasm.

Take a toothpick or wooden kabob skewer and lightly poke his balls, penis, inner thighs, nipples, or anywhere he seems to enjoy it. Vary the pressure randomly and see if he enjoys it harder in certain places. Some spots are more sensitive than others.

Rub his nipples, tummy, balls, and penis with an ice cube. Don't allow it to rest too long in one spot as it will begin to "burn" him and you don't want that. "Freezer burn" isn't much fun if you are not into pain. So be careful.

Get a utility candle. The kind made for emergencies. They should not contain any color or scent additives. Light it and allow it to drip on various parts of his body. You should hold it at least twenty four inches above his body when doing this as the wax can burn if it's too close when it drips. Just remember, getting wax off of hairy places isn't easy. You might consider shaving his genitals first.

Get out a bowl of hot water, shaving cream, a washcloth and a safety razor. Then carefully shave all the hair off his genitals (and chest too, if you like). This can be very erotic for both of you.

Tap your fingers along the under side of his penis as you would if you were waiting impatiently for something. This will arouse him but should not bring him close to ejaculation. If it does, stop!

Purchase a numbing cream such as "*Boy Butter Numbing cream*" available at many online sex shops. If you apply a liberal amount to his penis and allow it a few minutes to work, then wipe it off with a dry cloth (or just cover it with a condom). You can then have intercourse with him and he will not feel a thing. It can be fun for you, since you can ride him as long as you like knowing he will not ejaculate.

Talk to him! I can't emphasize this enough. It doesn't matter what you talk about as long as you talk. If you can do it, talk about something sexually arousing to him. Tell him a fantasy, either one of his or one of your own. If you can't talk about something sexual, you have to use your talking as a distraction. Keep physically stimulating him, but distract his mind with talk about the children, or work, or the finances, or the news. Anything that will keep his mind off of what you are doing to him physically. If he loses his erection, you can talk about that. Tell him that you might just stop what you are doing if he can't keep it up for you. When he gets hard again, go back to your previous discussion.

You can do whatever it takes to keep him aroused as long as you don't let him ejaculate. If you even think he might be getting too close, stop touching him. Wait at least a full minute before you touch him again. This will give him time to relax, to back off the edge, so to speak. The last thing you want is for him to ejaculate. If he does, you will have to start all over again with his denial. The point is to make him wait at least a week or even a month before he gets another orgasm. So pay attention to what you are doing. It is far better to under-stimulate him than to over-stimulate him at this point.

You should plan on doing some kind of bedtime teasing at least three times a week. Seven, would be better, but you must manage to keep him as aroused as possible between times. If you can manage to set yourself up a routine in which you tease him on a daily basis, several times a day, and then give him a good physical teasing at least three times a week, you will find that your partner will become very compliant, obedient, and attentive. That's your goal.

Now, if you are much more adventurous than what we have discussed so far, you should be able to find other ways to stimulate your partner in bed. Here are just a few ideas you might want to try...

Bind his wrists to the top of a door and tease his genitals that way. You can make a loop out of a twelve-inch piece of rope. Tie the ends together and place them on the other side of the door. When the door is closed, the loops will be hanging there to put his hands through. The loops should be large enough for his hand to fit through easily and he can hang on to the loops, keeping them closed around his wrists until you are done.

Bind his wrists and ankles to a chair. Just about any chair will do, even one of those folding metal kind. Again, use any of the methods of teasing that you like. I guarantee he will enjoy it. You can even try the numbing cream trick here, as well. A blindfold is always a good addition.

Put him on his knees or bend him over the end of the bed or table. Lubricate his anus liberally and then, using a strap-on dildo, or just a vibrator, you can have some fun turning the tables on him (so to speak). Be sure to use plenty of lubrication, though. The general rule is: When you think you have enough, double it. This can be enjoyable for the both of you and possibly humiliating for him. We will get more into humiliation in the last chapter.

You can use any of a number of commercially available electroshock devices as well. Many are designed just for such use and are safe for use on genitals as well. If you can afford it, and are into the more kinky stuff, I suggest you give it a try.

You can bind him flat out on a table. It is erotic for him to be in such an exposed position and you can sit on a chair or a stool, if you like, to tease him. Being in any other room than the bedroom will be somewhat more erotic, at least the first time. So don't be afraid to experiment. Bind him to the kitchen table or a chair in the living room.

The biggest hurdle I had to overcome when it came to teasing was my timidity. I was never a talker during sex, especially talking “*dirty*”. It was difficult for me to open up, even to my own husband. So I had to find a way to do it. At first I wasn't sure what to do, I just got too embarrassed to say anything at all. Eventually, I found some erotic books and stories that I could read while I was teasing him. After reading several of these during our tease sessions it became easier and easier for me to make up my own stories to tell him.

Since that time, I have discovered other ways to overcome my shyness. If you have a problem opening up and talking during your tease sessions, try this trick. Simply describe what you are doing. Ask him if he is enjoying what you are doing. Engage him in a conversation about what kinds of fantasies he has. Or ask him to tell you about one of them. You can even pick a role playing scene such as an interrogation scene and ask him to tell you a story about it. Once you get him talking, it can be a great deal easier for you to speak up as well. Anything is better than sitting there playing with his genitals in total silence.

As I said when we started this chapter, rewards are a necessary thing. If you do not reward your partner enough, he will soon start to get bored. Boredom brings on a drop in morale, and a drop in morale can develop into something much worse. My point here is that you have made a commitment. You have an agreement. As long as your partner is keeping up his end of the agreement, you must keep up yours. If he drops the ball and fails to perform as per his agreement, it's up to you to correct that situation. After all, you are the one in charge.

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Chapter 12: Punishment & Discipline

There is a huge difference between smacking your guy on the bottom because you know he loves it and taking a hair brush to his bare bottom because he smarted off to you. When I first started out as a dominant (having been a submissive prior to that) I had a very hard time using physical (corporal) punishment on my husband. We had been married for about three years and that entire time I was his, lock, stock, and barrel. I couldn't even imagine bending him over my knee and spanking (much less paddling) his ass. I felt guilty. I felt intimidated. Frankly, it was the single hardest thing I had ever had to do. But I knew I had to do it.

My feelings of guilt stemmed from the fact that this man had rescued me from a life of abuse and that he took me in, took care of me and my kids. I loved him very much and I knew he loved me, too. It meant that I would, with the very first blow, be sending the message that I was not only in charge, but that I would not put up with his talking back to me, much less, any other type of misbehavior. Yes, it was extremely difficult for me to punish him. But as I said, I knew it had to be done and no one but me could do it.

Please understand, I had spanked, paddled, cropped, caned, and flogged several people (both men and women) by this time. But this was different. This was my husband and it wasn't for play. It was for real! Because of all these feelings of guilt and trepidation, I had let his behavior slide with only a few reprimanding comments and looks. Now, the moment had arrived when I had to take more drastic action since nothing I had done so far had made any difference in his behavior.

I summoned all my courage and hoped that it would be enough. I ordered him to drop his pants and lean over an ottoman that I had placed in the center of the living room. I did not smile. I did not make light of it. Once he had complied, I stood behind him and calmly told him all the things he had been doing and that I just could not put up with that kind of disrespectful behavior any longer. He replied, "Yes, Ma'am." I told him that he had earned this and that I really didn't like having to do it, but I felt it had become necessary.

Then I stepped closer to him. Using a small paddle that I had used in play so many times before, I smacked his bottom as hard as I could. Not once, not twice, but six times (three on each cheek). Then I stepped back and informed him, in no uncertain terms, that the next time he disobeyed or smarted off to me, I would give him ten licks on each cheek. Then I asked, "Do you understand?"

He immediately answered, "Yes, ma'am. Thank you, Ma'am."

To say the least I was surprised and pleased at his response. When we talked about it later, he confessed that he really did appreciate what I had done. He thanked me again and confessed that he had been pushing me on purpose and that it would never happen again. It was at that exact moment that I knew I had truly taken charge and could feel

comfortable calling myself “Mistress.”

I have told you how to control your partner with rewards and sexual teasing, but what if he does something that you both know is in direct defiance of your authority? You can't allow him to get away with it. If he doesn't show you the proper respect, the respect he promised in signing your agreement, you must take action. It should be swift and severe. I don't mean you have to draw blood or anything like that, but he must learn that you take your position as leader of your new partnership seriously and that you cannot allow him to destroy your authority by getting away with bad behavior. You **MUST** act!

It is vitally important that you always explain exactly what he has done and why it was wrong. He needs to know why he is about to be punished. It doesn't matter whether you are going to use corporal punishment or not. So, just before carrying out his “sentence,” remind him what he did wrong, and that you will not allow that kind of behavior. Then don't spare the rod (metaphorically speaking). He should remember his punishment for a long time and he should **not** enjoy it.

Don't wait, as I did, until things get out of hand. At the very first opportunity, the very first time he smarts off or disobeys or fails to do an assigned task, summon all your courage and put a swift end to it. Once you have established the fact that you are willing, and able, to use corporal punishment on him, you may never have to do it again. If your agreement does not include corporal punishment, that doesn't give you the right to slack off. If you have to make him stand in the corner for thirty minutes, then do it! You have an agreement, keep up your end, and he will be obliged to do the same.

If it turns out that your partner decides that he enjoys corporal punishment more than either of you thought he would, and begins to disobey, or talk back in order to get punished, you will need to find some other means of punishment. Yes, there are some out there who, no matter how severely you smack their bottoms, will want more. Obviously, paddling (or whatever) will not work as a punishment on these individuals. So here are some other suggestions.

If you have children, you will obviously have to schedule things around that. As long as you thoroughly explain why you are punishing your partner, no matter when you do it, the punishment will be understood. So, let's assume, for argument sake, that you don't have children at home or that you can always find time to be alone with your partner in order to punish him without fear of discovery.

Before we get into a long list of things you can do as punishments, let's talk a bit about discipline. Discipline differs from punishment in that it is normally done for lesser offenses and/or to teach a lesson that punishment just doesn't do. For example, if your partner is tasked with making the bed and he doesn't do it or he does a lousy job of it, even once, you need to discipline him. That is, you need to make him do something that will ensure that he will always do his best when making the bed. A good discipline in a case like this would be to have him make the bed while you watch. Then you tell him what he is doing wrong (if anything) and then whip the bed clothes off the bed and have him do it again. Repeat the procedure for as many times as it takes for him to learn his

lesson. I would recommend that he make the bed at least ten times. More if you think he needs the practice.

Suppose your partner smarts off to you, or says something you don't care to hear come out of his mouth again. Try making him hand write one sentence explaining that he will never say it again. Make him write that sentence several hundred times. If he refuses, punish him severely, then make him do it. Or make him write more sentences. The point is, never allow him to get away with anything. Once you do, he will push, and push, and push until you either give in and allow that kind of behavior or you take more drastic action.

His behavior is YOUR responsibility. He will thank you for keeping him in line. But you MUST keep him in line. In order to do that, you must be consistent. Don't let him get away with something today that you punished him for yesterday. Don't allow him to do something today that, if he does it again, you will punish him for. You must maintain a high standard of behavior and it is up to you to make sure that he understands that.

The following is a short list of things that you can do to help you keep your partner in line. Using your own imagination, I am sure you can come up with a few of your own as well. Don't forget to make the punishment fit the crime, whenever possible. And above all, don't make it something that he might find pleasant! You will only succeed in teaching him that he can get pleasure by misbehaving. That's a VERY BAD message to send him!

Spanking or paddling: Over the knee (OKT) spanking is a good one, although, some men think that is more of a fun thing to do, and you may want to keep it that way. If your partner is too large to bend over your knee, you can always have him bend over a table, a chair, a footstool, or even just lay on the bed. I don't recommend tying him down, however. He needs to learn to take his punishment without having to be restrained.

Kneeling or Standing in a Corner: Have him kneel somewhere that you can watch him, but that he won't be the center of your attention. It is always best if he is in the same room with you where you can easily glance in his direction, but so that you are not constantly looking at him. After all, punishment is not for his pleasure and constantly watching him can bring him a small amount of pleasure. Place him in a corner of the room, perhaps behind you while you watch television or something. Don't give him any special attention. If he speaks, remind him to be silent or his time will begin all over. Some folks will place a few grains of uncooked rice on the floor for him to kneel on as an added reminder to obey. But you can do it any way you like.

Writing Sentences: We already covered this one, but I just wanted to remind you that you can use it for just about any disciplinary problem you have. Most people don't like repetitive writing because their hands do get tired and sore.

Busy Work: This can be just about anything that doesn't really accomplish much, or that needs doing and is simply tedious. For example, have him empty all the kitchen cabinets

and then reorganize them. Have him empty a drawer or all the drawers in one room and then put everything back neatly. He could scrub the kitchen floor on his hands and knees (with a toothbrush if you like). Clean out the garage can, it has been needing it for some time anyway. I think you get the idea.

Restraint: Tie his hands behind his back and make him stand in one place for thirty minutes or so, without moving. Bind him to a chair, a bed, a door, or just make him sit somewhere (bound) that is not comfortable.

No Supper: There is no reason you can't simply send him to bed without supper, or sex for that matter. It won't kill him to miss one meal, but it might teach him a lesson.

Withhold Sex: I know, I told you that was not a good way to punish your mate, but considering that he should now be getting a great deal more sexual attention than he ever has before, it just might be a good discipline for him. You might want to reserve this one for those times he when asks (or begs) for an orgasm. Just as a reminder that YOU are in charge of all the sex that happens between you.

Humiliation: In the last chapter I will cover a great many things you can do to humiliate your partner, if you (or he) are into that kind of thing. Personally, I enjoy it. So does my husband. If you are going to use humiliation, I suggest you do it judiciously. That is, never do anything that would jeopardize your relationship, and never do anything that he might enjoy too much. The objective is to teach him a lesson. So make sure you are doing that. For example, if you catch him masturbating or viewing porn on the Internet, you might make him masturbate for you. You can always, control how fast or slow he does it. You can demean him for having done whatever it was he did and make fun of him while he stands there masturbating for you. If done right, humiliation can be a good form of discipline. But making him strip in the middle of the town square won't work unless your objective is to get him arrested for a misdemeanor. I suppose that might work in extreme cases.

Cross Dressing: If your partner is NOT into dressing up like a woman, this can be a good discipline. Simply dress him up in whatever women's clothing you can find that will fit him and take him out on the town. Assuming he hates the idea, perhaps he will learn something from it. Besides, he cannot be arrested simply for wearing women's clothing in public.

Physical Pain: Besides spanking or paddling, there are a number of ways to cause your partner a little pain without causing him any harm. You can always place clamps or clothespins on his nipples, his balls, his tongue, or anywhere else you think appropriate. You can apply ice to his genitals, or put a mentholated cream on his anus or genitals. Be sure to make him wear something snug to aid in the heat generation. You could even poke him repeatedly with a toothpick or wooden kabob skewer, a bit harder than when you are teasing him with it. You could use a shoe string to bind his genitals tightly for a short while, until he has learned his lesson.

There are literally thousands of things you can do if want to. Just put your imagination to

work and I am sure will come up with some of your own. Remember, the point is to correct his behavior. Always make sure that he understands that while he is being punished or disciplined. Just because he is being punished is no reason you can't have fun. So be creative and enjoy it when you can. There will be plenty of times when you won't be able to enjoy it because of the circumstances under which he must be punished. That first time may be hard for you, but if you are determined to maintain proper discipline, you have to do what you have to do.

Be strong, and he will thank you for it.

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Chapter 13: CBT For Fun & Punishment

Cock and Ball Torture can take on many forms. It can be used for many different reasons, as well. Perhaps you enjoy tormenting your partner because you have a sadistic streak that just needs an outlet. Maybe you want to use it as a form of punishment. Or, just maybe, you do it because your partner enjoys it and you want to keep him happy (and aroused). Maybe you don't actually do it at all, but you use it as a way to verbally arouse your partner. Some men don't like it at all. Some don't like it because their genitals are just too sensitive. But some men love the idea of it, but not the practice of it. These are the ones with whom you only talk about it.

The key to doing CBT right is knowing his limits. Not just his pain threshold, but exactly what you can and cannot do. CBT, if not done correctly, can be dangerous. You could, inadvertently cause serious or even permanent damage to his penis or testicles. I know that is something you want to avoid. Just remember, always start out easy and progress from there. I have seen videos where men have been severely struck (with a fist, no less) and survived (supposedly) without damage. But, frankly, I don't know that they were not already damaged.

Okay, if you can't just hit or kick your partner in the balls, what can you do? Well, thumping them with your finger, especially if you tighten the skin around them first, can be painful but is not likely to cause any actual damage. He won't like it, unless he is really into pain, but it can be an effective deterrent to bad behavior. You can slap them with your open hand. Not too hard mind you, but you can work up to being able to give him a pretty good wallop if need be.

Here is a short list of some of the safer and more fun things you can do that fall under the domain of CBT.

Binding:

You can use just about anything to tie up your partner's private parts. I recommend using a round boot-lace. You can get them in pretty long lengths so you have plenty with which to work. If you prefer, you can use any type of string or twine as long as it is not too thin. Kite string, for example, would be way too thin and might cut into his skin. Try something in the range of one-sixteenth of an inch to one-quarter of an inch. Anything in this range should work well.

You can bind his penis in just about any way you like. Be creative. You can tie it when it is hard, or when it is soft. Tying string around his penis when it is soft can be fun if you arouse him afterward. When his penis attempts to get hard, of course, it won't be able to. You can bind his balls just about any way you like as well. Just be careful not to leave them tied very long if you tied them tightly. Sometimes, loose is better. You can wrap a boot-lace around his scrotum enough to stretch the skin very tightly over his balls. If you don't wrap it too tightly, you can leave the binding in place for several hours.

Take a quarter-inch piece of nylon rope and tie one end snugly around his scrotum, then tie the other end to something else... A door knob, the foot of the bed, this ankle, or even his neck if you run it between the cheeks of bottom first. No, I don't recommend slamming the door if you use the door knob, but the idea is to make him try to keep it slack. If you use one of his ankles, you can make him hop around the room trying to keep his bound ankle up high enough to keep from causing himself pain. You could easily do the same to his penis as long as you don't tie it so tightly that it cuts off the blood flow. Again, be creative.

Stretching the Bag:

Often (inaccurately) called “ball stretching” this is one of the more common forms of CBT. The goal is to see how much pain or stretching your partner can withstand. You can use several wraps of twine or rope to accomplish this, or you can purchase what is called a “Ball Parachute.”

A parachute can be obtained from any of a number of sex shops and certainly any online shop. It consists of a conical shaped leather piece that usually snaps in place so that it just covers the balls. It has a number of chains attached that are usually fastened together or to a ring at the bottom, underneath the balls. You can attach weights to the chains (or ring) and that will provide the stretch you need. I would not try attaching one of your workout weights to it though. Go to your local department store and purchase some fishing weights. They come in various sizes and you can add them, as desired, to the chain. If you have any of those little hooks you use to hang Christmas ornaments on your tree, they work great as a way to add weights to his parachute.

Clips & Clamps:

Of course, probably the single most common form of CBT is the clothespin. Clothespins can be used on the scrotum, or the penis just about anywhere you can grab enough skin. Put a few in place before your partner gets hard and have fun watching what happens when you arouse him. You might want to purchase a cheap set of clothespins, because they usually have weaker springs. If you can keep it on your little finger for several minutes without too much pain, they should work just fine.

You can also purchase several varieties of clips from your favorite sex shop as well. If you don't find CBT clips, try looking under 'Nipple Clips' for them. There are many kinds of nipple clips and clamps available and all you need do is select the one that appeals to you. The fingertip test is the best method I have found for testing clips. Clamps are different in that you can tighten them down or loosen them up when needed. There are a few penis clamps that have recently appeared on the market. These are specially made for the penis and will work very well.

The key safety precaution about clips and clamps is not to leave them in place too long. Also, it's good to remember that they cause just as much (if not more) pain when you remove them as they do when you first apply them. Sort of a double whammy!

Electric Play:

There are a large number of electroshock devices on the market designed to send small electrical currents through the body. If you purchase one from a sex shop you are likely to pay a premium price, but it may be worth it. Although there are many manufacturers out there, the ones specifically designed for sexual enhancement are safe for this kind of thing. There are some (not carried by sex shops) that can actually be quite painful and may even do damage if not used properly. It's best to pay the price and get one that is specifically designed for use in sexual activities.

There are a number of places to put the electrodes in order to achieve different goals. I like to put them in position so that with each pulse, my partner's penis will jerk as it does when he has an orgasm. Even though nothing is produced (in the way of ejaculate) he feels as if he is ejaculating the entire time. I control the speed at which his 'spasms' occur and that's a nice feeling. You will have to experiment with the placement of the electrodes to get whatever effect you desire. For the above trick, I place one on his perineum (between his thighs behind his balls) and the other on the under side of his penis near the tip.

Regardless of what you might have heard or read elsewhere, there is little to no risk of causing your partner to have a heart attack because you placed the electrodes in the wrong place. Much higher currents and voltages have been used for years in the torture of prisoners of war with out a single death due to electrocution. That doesn't mean you can strip the end off an extension cord and then plug it into the wall socket! That could be deadly! But using the electroshock devices sold at major sex toy outlets don't provide that kind of power.

Other CBT Methods:

Of course, there are some CBT methods that don't require much in the way of expense. For example, try putting a small bag of ice cubes (or even a single cube) on his penis or balls. Don't leave it there for too long as ice can cause frost bite and will become painful after only a few seconds.

Rubber bands make great CBT devices as well. Place one fairly loosely around his penis and then snap him with it. Or just stretch it between your forefinger and thumb and, using your other hand, snap his scrotum or penis (or anything else you want to snap) with it. Nipples make excellent targets, too.

You can use a toothpick, or even a straight pin, to prick his skin. Of course, that is good anywhere on his body. You can purchase a 'pinwheel' at your favorite sex toy store as well. It is actually a medical instrument used to test a patient's reflexes, or ability to feel certain things. But it makes a great stimulation device.

There are all sorts of contraptions on the market designed specifically for CBT. If you have the money and the desire to use them, go ahead and try them out.

Basically, anything you can think of that might be fun for tormenting or torturing your partner's privates is okay as long as you use good judgment. Remember, the object is to have fun (both of you) and not to do any damage to something you might want to use

later on.

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Chapter 14: Milking & Other Anal Fun

You may have read about male milking on the Internet or heard about it from a friend. Male milking is simply draining all of a man's seminal fluid in one of a number of different methods. Why would you want to do such a thing? Because you are in control of all of his sexual activity and that includes his seminal emissions. When a man is sufficiently stimulated, physically, he will ejaculate. Even some paraplegics can be masturbated even though they may have no feeling in their genitals. It is a physical response to a physical stimulus.

Milking your partner of all his semen can be sexually stimulating for the both of you. There are several ways in which you can accomplish this. The first is to masturbate him (or have him do it himself) until he has ejaculated as many times as he can. These would be normal (or full) ejaculations (orgasms) and it will take a great deal of time. Sometimes it can take hours, but normally you can do it in less than an hour. If he has at least three orgasms this way, you can be relatively sure that you have completely drained all the semen he has.

The second method is called “**ruined orgasm**” milking. A ruined orgasm is one that occurs when a man has been stimulated to the point of ejaculating but in which the stimulation is stopped a few seconds before he can have a full orgasm. That is, because he has been stimulated passed the “point of no return” his semen will be ejaculated, but because the stimulation stopped just prior to the beginning of his ejaculation cycle, there is no force behind it. His ejaculate simply oozes out of his penis with very little force at all. Ruined orgasms can be difficult to achieve for the novice Mistress. Predicting the exact right moment to stop the stimulation is difficult to predict and is different for each individual. But with a little practice, it can be mastered. If you intend to ruin your partner's orgasms, I suggest lots of practice.

The third method is what I call the “**stifled orgasm**” method. A stifled orgasm is one in which the ejaculate is forcefully prohibited from exiting the penis until all efforts (spasms within the male reproductive system) have ceased. Put simply, his ejaculate (semen) is forced to remain inside his body until his body stops pushing it out. The end result should be about the same as a ruined orgasm would be. Some semen will seep (or ooze) out of the penis once the blockage is removed. The “blockage” can be anything from a tight grip around the base of the penis with a thumb and forefinger, a palm or a thumb over the tip of the penis, or even a tight grip on the sides of the head of the penis. I have even heard of people using a foam-style earplug being placed inside the end of the urethra (the hole at the tip of the penis) to block the exit of any ejaculate. It works, but I have not personally tried it.

Finally, we come to the fourth method of milking a man's semen. This is called “**prostate milking**” and is an entirely different kind of milking. Just a few centimeters from the rectum, inside his anus, is a gland used to provide a nourishing fluid to the

sperm just before it is ejaculated. This gland is called the prostate gland. By massaging the prostate one can cause a man to expel his semen without even so much as an erection. Doctors do it quite often when examining the health of the prostate or for checking for certain social diseases.

There has been a great deal of discussion about the value and purpose of prostate milking. I have not been able to find one definitive study on the subject of prostate milking for health reasons. (The key word there being “definitive.”) There seems to be two basic camps when it comes to prostate milking. One camp says that if a guy is not allowed to ejaculate for an extended period he should have his prostate milked “for health reasons.” On the other hand, I have found no proof that any damage is caused from prolonged abstinence. In other words, do it if you think you need to, don't if you don't want to. I know for a fact that many men (past and present) practice abstinence with no side effects what so ever. So I don't feel it is a serious problem.

Having gotten that out of the way, let me talk about 'blue-balls' for a second. I'll bet you didn't know that blue-balls is actually a short term malady that effects men when they first start tease and denial. Yep. When you stimulate the male penis into arousal and don't allow it release, his semen will build up in his system as his body prepares itself over and over again for release that never comes (pun intended). But after awhile, his body gets used to not being able to release all that excess semen and it quits making so much. It takes from one to two weeks for this to happen, but once it does, his blue-balls will go away.

So what can prostate milking do for you (or him)? Simply put, it can relieve his body of excess semen so that it will once again begin to think it needs to replenish the supply. In other words, he can get blue-balls again! Blue-balls are not as bad as people might like to think. They are an aching in the groin (and possibly the balls) that makes his balls more sensitive to the touch (or the punch, as might be the case).

So what does all this mean to you? Nothing really, but if you want to practice prostate milking for any number of reasons, including, but not limited to, humiliation, be my guest. The problem I most often hear from women who try is trouble getting anything out. First of all, don't stick your finger in as far as you can get it (unless you have pretty short fingers). When you can feel the sphincter tighten around your second knuckle, you are probably in far enough. The prostate is a small gland about the size of a walnut (or it should be). If you massage it around the edges, it will produce a fluid (semen). There may or may not be any sperm or other fluids in the semen produced. It all depends on how aroused he was before the milking began. If the liquid you get is clear, it is just the semen from his prostate. If it has a milky color, then there are other liquids (or sperm) present.

It may take you many tries before you get the hang of it, and don't expect to get copious amounts of ejaculate every time, especially when you are just starting out. I read a Doctor's note about that once and in it he stated that five or six drops (of fluid) is about all you can expect to get.

At the very least, you should be able to stimulate the production of seminal fluid (the clear stuff). Its main purpose is to neutralize the acid from any urine that might still be in his system, provide nutrients for sperm, and lubrication for entry into the vagina. It has very little taste but is about the slipperiest liquid I know of. However, it dries very quickly when spread over the skin. But the longer you massage his prostate, the more of this you should be able to produce.

So, in conclusion, use lots of lubricant (preferably silicone based), wear protective gloves, and try it for at least 10 minutes as often as you like. Before long, you will become good at it. Once you have done it successfully, you will know what works best on your guy. So keep practicing even though you may not get results. The humiliation of having it done (successful or not) will be enough to keep your guy happy.

Let's talk about other anal activities for a moment. First of all, why would anyone want to put anything in their partner's backside, anyway? Well, there are a number of reasons, but the two most common answers to that question are: 1) To humiliate your partner; and 2) Because it can be very erotic.

Anal sexual activity is something the two of you should discuss in detail. You might even want to include it in your agreement. There are a great number of things you can do when it comes to anal activities. Here is a short list with a brief description of each.

Fingers: Since they can wiggle and wriggle, fingers can be very erotic to the recipient. If your partner is one of these people, it is an excellent way to sexually arouse him. (Wear protective gloves!)

Vibrators: There are a large number of vibrating devices on the market that are intended for anal insertion. They vary from quite slim to extra large. I don't recommend that you start out with anything more than a couple of centimeters (about one inch) in diameter. Most of you women know how exciting a vibrator can be when used on other parts of the body. So give it a try and you will see.

Butt-Plugs: There are a number of different sizes and shapes of plugs available on the market as well. You can find them at your local sex-shop or any online sex toy store. Plugs are fun to use. Simply insert one into a well lubricated bottom before taking your guy to your favorite mall. He will think that every person who glances his way knows it is there and besides his feelings of embarrassment, he will, most likely, be sexually aroused for the duration. Pat his bottom once in awhile to remind him that you know it is there and he may even become somewhat erect.

Special Devices: There are a growing number of specialty devices on the market designed for anal (and prostate) stimulation. Some are even designed to be worn under clothing. Just check your favorite sex store for examples of what is available.

Strap-on Dildos: There are a huge number of these available both online and in your favorite sex-shop. It is a simple harness that the female wears with a dildo of some type that can be inserted into your partner's anus. Yes, that means you can do to him what he has always wanted to do to you. Many men enjoy this kind of anal play. It gives

them a greater feeling of submission and can even be humiliating. I would recommend that you get one that allows you to interchange dildos. If you try one of these, and like it, you will want to have a number of different dildos to use with it.

The thing to remember when doing any kind of anal play is that you really cannot have too much lubrication. Lubricants vary when it comes to staying power. Some will work their way into the skin and become ineffective while others may simply dry up. Silicone lubricants won't soak in or dry out. They have the best staying power of any lubrication on the market. They usually cost a bit more, but if you want long lasting lubrication, silicone is best.

Anal play may not be for you, but if you try it, you may both find it to be very erotic. Just be careful not to damage anything. NEVER use anything that does NOT have a smooth surface! The anal sphincter is a very strong muscle, but everything inside is very soft tissue so you must be careful what goes in.

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Chapter 15: Fantasies

Men have fantasies, just like you and I. However, their fantasies are all about them and “some woman” (probably fictional, maybe faceless) that you know nothing about. How do I know this? Because your partner is normal. Just like you, he can't help what he fantasizes about, so you will have to learn how to control that for him!

No matter how much the two of you talk before creating your agreement, chances are your partner (male or female) will not tell you all of their deepest, perhaps darkest, fantasies, especially if your partner is a man. You will need to find a way of extracting those fantasies or to replace them with fantasies about YOU. Yes, this chapter is written for the female (new leader) of this relationship. If that is you, pay close attention to what I am about to tell you. (Men, you can skip this chapter if you want.)

You must control your partner's fantasies and put yourself into them. But remember, he will be sexually frustrated most of the time. When he is aroused and frustrated his fantasies will run wild. You can use this to your advantage. As I mentioned before, you need to know as much about what turns him on as you possibly can. Fantasies are the best way to do this, and now is the best time to get him to truly open up about them. He may be more apt to write what he fantasizes about than to come right out and tell you. Many of his fantasies may be too personal (embarrassing) for him to tell you. That's why writing is a much better medium to use.

If you have done your homework, you now have a few of his fantasies in hand. Do NOT judge him for what he fantasizes. He can't really help it. What you want to do is inject yourself into those fantasies. You want to be the ONLY person about whom he fantasizes. You also want to know what turns him on the most so that you can use that information to control him more easily.

A man's libido is a direct line into his psyche. His sexual thoughts are guided by these fantasies. It doesn't matter what his fantasies are about, how “sick” you think they are, what matters is that you know them and use them to give him a better, more enjoyable sexual experience. And you thought this was all about you. Well, indirectly, it is. Let us suppose your partner fantasizes about being put on public display in some sort of sexual context. This does not mean that he would ever really enjoy such an experience, it only means that the THOUGHT of it turns him on. Your job is to take that information and use it to your own benefit.

This is where many of us (me included) often have difficulty. You must learn to verbalize his fantasies whenever you get the chance. That's right, I said, “Verbalize!” What I mean is, you must talk to him (not with him, to him) using his fantasies to get him aroused. You can do it when you are out at the movies, or in a fancy restaurant. Whisper to him how you would like to (in our example) put him on public display. Maybe he fantasizes about being forced to masturbate in public. So tell him how you would like to make him do it. Tell him how YOU would make him masturbate while in

your control. Feed his fantasy by putting yourself into it.

By using his fantasies in both sexual and non-sexual situations, you will be interjecting yourself into his fantasies. You will be turning him on more than he has ever been turned on before, and you will become an integral part of his future fantasies. When you have him bound to the bed and are physically teasing him, tell him how you would love to take him out in public and force him to masturbate (or whatever his fantasy is). The key here is to learn to talk to him about things that turn him on. The more you talk, the more turned on he will become. If he is in chastity, teasing him with his own fantasies will make him want to do more for you (such as clean the house) so that he can earn that orgasm you have been denying him.

My point here is, you have to become comfortable talking to him in a sexual manner. Do it as often as you can. Call him on the phone when he is at work, or simply send him a text message. It doesn't matter how you do it, only that you do it. The more you do it, the faster his fantasies will turn toward you. You will replace that super-model or fictional character in his fantasies. If you make him write you a new fantasy every week or two, you will see how quickly you become the focus of those fantasies.

Now, once you have become the focus of his fantasies, it would be a good time to sit down for another frank discussion. You should talk about what kinds of things (in his fantasies) that he would secretly like to come true and those that should remain just fantasy. Perhaps you could ask him to make you a list of things that he would like to try. Then, unless they totally turn you off, you might actually try them out sometime. On the other hand, you will know what things he doesn't want to actually do and you can continue to nurture his sexual desire utilizing those fantasies.

Let me tell you how I overcame my shyness in talking 'dirty' to my husband. It was one of the most difficult things I had to do. But I knew I had to do it. I had to put myself into his fantasies so that he would constantly be thinking of me. You can do it, too.

The first thing I did was to sit down and make a list of the things I already knew. Those fantasies that he was willing to tell me. That was the easy part. Next, I asked him if he would spend a little time talking with me using instant messaging. I know it sounds crazy, but it worked. I found that I could more easily write things in an instant message than I could say to him face to face. And the same was true of him. He opened up much more and revealed several fantasies that I had never heard from him before.

My next step was to take it to the phone. I could call him up and talk with him, tell him fantasies that I knew would turn him on. It was easier than face to face. Try it sometime. Once I was comfortable doing that, I found it much easier to talk to him directly. Especially in places that he really couldn't talk back to me. Such as a restaurant. I could lean across the table and mention something about one of his fantasies, how I would do it, or whatever, and that was all I needed to do.

Some of you may never have this problem, but for those of you who do, find a way to overcome it. Convince yourself that you must do it. Once you try it a few times, it will

become easier. In fact, it will be easier every time you do it.

Now about having him write his fantasies. By allowing him to write them out, or even just give you the gist of what each one is about, you can arouse him any time you want. Let's face it, the more he is aroused, the more he will be willing to do for you. The point is, you need to know what his fantasies are about, then put yourself into his fantasies. It's really not that difficult, once get the hang of it.

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Chapter 16: Make It Easy On Yourself

As the dominant partner in this relationship, you have needs. For the sake of this writing, I am going to assume you are female. Although, the information still applies if you are not.

Basically, depending on how much control your agreement gives you, there are certain things that remain constant. For one, your partner is in a “service” role, at least to some degree. That means, as you might expect, that they should be doing things for you. How much, and when may be controlled by your agreement, but still, there are some things that you need to understand.

First of all, if you are going to be giving orders, that is, be in charge, then you must act the part. If you go around asking your partner to do this or do that without the proper tone of voice, you will end up falling back into your old roles. And you don't want that. So you must first learn to be assertive. That does not mean that you have to yell or scream when you want something done. It means that you must adopt a new way of thinking and speaking.

You are in charge, now. So act like it. When you want your partner to do something, maybe wash the dishes, or take out the garbage, don't say, “Honey, would you please take the garbage to the curb.” Instead, take a deep breath and firmly say, “Honey, take the garbage to the curb, now.” It may take some practice if you are not used to giving orders. But that is what you will be doing, so you might as well get used to it. You don't have to be rude about it, just be firm and resolute.

Adopt an assertive voice. One that commands attention and respect. Don't ask for another cup of coffee, tell you partner to refill your cup like you mean it. “Get me another cup of coffee.” Once your partner realizes that you are taking your role seriously, then you can add, “Please” to that command. But... “please” should always be tacked onto the end of your command. Don't start with “please,” that will only lead to problems. You can always say, “Thank you” once they have complied with your demands. It's only common courtesy. Unless your partner has indicated that they wish to be treated as a “slave” or wants to be extremely submissive, you don't need to treat them that way. But you must be firm.

Yes, they are in your service, but unless your agreement stipulates that you have total control over them 100% of the time, don't ruin your chances for success by over stepping your bounds.

So, you are doing everything you can to keep your partner sexually aroused. You send him daily texts or emails or phone calls designed to get him aroused and keep him thinking about you. You sexually tease him often when you are together including nightly teasing with or without a chastity device in place. So what happens when you are tired and just want to rest? What happens when you need some kind of sexual attention?

Are you stepping up to the plate as the dominant and demanding that your partner service your sexual needs and desires? You should be.

Below you find a list of things that you can have your partner do for you. Remember, keeping your partner sexually aroused should NEVER feel like a chore! Some of these things will serve a dual purpose, keeping you refreshed or sexually satisfied, while turning your partner on as well.

- Have your partner remove your shoes and massage your feet when they need it. Or have him suck on your toes.

- Have your partner give you a full body massage. It does not have to be bedtime. Anytime you feel the need is good. It will keep you in a better mood so that you won't feel put out when you do things to arouse your partner.

- Have your partner give you oral sex, if that's what you need. Maybe just a few minutes of it at an unexpected moment.

- Have your partner entertain you in some way. It doesn't have to be sexual. It just has to be something you want. No one says that you have to entertain yourself, or your partner.

- Give them something to do while naked, (chores, perhaps). That will keep them busy, aroused, and out of your hair (for awhile anyway). (See the chapter on humiliation for ideas of ways to use your partner for your own entertainment.)

- There is nothing wrong with asking your partner to do something that is outside your agreement. Just because it is not in the agreement, doesn't mean he or she can't (or won't) do it. If you normally prepare the meals, ask your partner to do it. At least they can order out. Right?

- Have your partner prepare you a nice hot bath. Maybe even join you in one.

- Send your partner out on an errand. You can relax while they are gone.

There are a million and one things you can do. If you are at the point where your partner wants you to take complete control of them, do it. Don't be afraid to have them service you, both sexually and other wise. Just remember to try and make their chores more sexually exciting (for them, anyway).

As I will cover in the chapter on humiliation, you can always brighten up their day by having them serve you in some way that you can turn into a sexual thrill for them. As I suggested earlier, have them do their chores naked. Or, if children are present, send your partner to the bedroom to insert a butt-plug or arouse themselves in some other way. Believe me, butt-plugs are highly under-rated as a sexual turn on. Making your partner insert their own butt-plug can have an effect on their behavior as well as their sexual pleasure, and all you have to do is tell them to put it in.

If you just want your partner out of the way for awhile, try standing them in a corner for a few minutes. Maybe they can keep a penny from falling off the wall... With their nose.

Have your partner keep a daily journal. They can write about their feelings concerning their role in the relationship, their pleasure or displeasure about the way you are running things. Never punish or reprimand your partner for anything they write in their journal. It should be strictly a place for them to voice their feelings and opinions without fear of repercussions. Think of it as constructive criticism. If you can make a change for the better because of something they wrote, maybe you should.

Read their journal at least once a week. That will give you an idea of what things are working and what are not. You can adjust your routine, punishments, rewards, or whatever needs changing without any discussion. It is an excellent way for your partner to communicate their feelings without fear of embarrassment, or retaliation. You may discover that a journal can help you as much as does your partner.

Don't let your partner's routine become mundane, or boring. For example, making a man wear women's panties to work once a week or at irregular intervals will keep it exciting. Making him wear them every day will become boring quite rapidly.

Some people set up rituals. Maybe their partner has to kneel and kiss the dominant's feet whenever the dominant enters the house (or even the room). I don't use rituals and I'll tell you why. You have a ritual, most likely, when you get up in the morning. Perhaps it goes like this: You go into the bathroom, pee, wash your hands and face, brush your teeth, and apply a little makeup (or shave, as the case may be). It's a boring routine, but it is also a ritual. Rituals tend to get boring after awhile. They can be fun, and even reassuring, for awhile. I'm not saying that you can't, or even shouldn't use rituals. It's totally up to you. I choose not to because they they do become boring. I find them unnecessary, and often time consuming. You may not. To each his (or her) own.

Let me tell you what works better. Vary your routine. Instead of just telling your partner to do all their chores naked. Try having them do some of them naked, some of them while wearing a butt-plug, and some of them while wearing only an apron. Or try having your partner wear a maids outfit one day, be naked the next, and wear the butt-plug the next. Mix things up. It will do more for your relationship than you might expect. Have your partner inform you each time they finish a chore one day, tell them to do all their chores before reporting to you the next.

Again, there are thousands of variations that you can use. Just use your imagination. The more you use it, the better it will become. Don't make it hard on yourself even if you have to work at it the first few weeks. Before long, it will become second nature.

When I first took charge at home, I had difficulty in varying the routines for my husband. What I finally did was to sit down and think of as many variations as I could. Then I simply put them into a calendar in the order I had listed them. That way, each day had something different. It repeated for awhile, until I became confident enough to eliminate the calendar altogether. Then I would simply vary the routine as the mood struck me. Don't make it hard. Work smarter, not harder.

There are more chores to be done than you would first think. When I wrote them all

down, I was surprised how much work there was to do, even though I had been doing them all for years. Make a list yourself and see what I mean. Sweep and mop the tile floors. Vacuum the carpets. Dust every room in the house. Wash the dishes. Wash, dry, and fold the laundry. Empty the waste baskets. Take out the garbage, Move the garbage cans to the curb on trash day. Clean the oven. Clean the bathrooms. Wash the windows. Vacuum the drapes. Wash the car(s). Mow the lawn... And on and on.

Like I said, don't knock yourself out. Make it easy.

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Chapter 17: Cross Dressing

I admit, I don't have a great deal of experience with cross dressing. I have, however, done my research. I have spoken with many cross dressing males and dominant women with cross dressing subs. I have read everything I could find on the subject. So I do feel confident that what I am about to tell you is good, valid information.

There are really only two reasons for a male to engage in cross dressing... Because he enjoys wearing women's clothing, or because his dominant partner requires it. You may or may not have put anything about cross dressing in your agreement. But that does not necessarily mean you can not engage in a little bit of cross dressing anyway.

Since it doesn't seem to be at all humiliating to us women to wear men's clothing, I will assume a male partner for this discussion. After all, if it isn't at all humiliating, or your partner doesn't love doing it on his own, why bother?

Let's look at reason number one first. Some men enjoy cross dressing even if they have to do it on their own. I know one man who actually switches his identity to that of a woman when he feels like cross dressing. Other times, when he doesn't feel that way, he will dress and act “normally.” There are many other men out there who truly enjoy dressing up as a woman, complete with makeup and all. They all have their own reasons for it, some just like the feel of women's clothing against their skin, while others do it because they want to feel like a woman, and still others do it because they wish they were a woman.

In these cases, it may be best to use that to your advantage. Does it mean that you can't humiliate them by dressing them up? No! They may not be “out” to certain other people and being forced to dress up in front of, say, certain of their friends, would still be very humiliating. Maybe they are the type who likes to dress up but don't want to be seen in public like that. Again, it would be easy to humiliate those men.

Then there are the ones who wish they could be a woman and have no problem with others seeing them dressed as one. What can you do to them? Well, honestly not much. That is, unless you want to make them go out and pick up other men. Not really a very safe thing to do, but if it is done right, it can work. In these cases, it may be easier to find some other way in which you to humiliate them, if that is your goal.

One fact remains, all these men have one thing in common... They like it more when their partner “makes” them do it. Even the men who would do it on their own, without being told, love it when their dominant takes control and orders them to dress up.

Cross dressing, for some men, though it may not be as humiliating to them as it is for others, can be humiliated in some respect. You need to find out as much about their desire for cross dressing as you can. You need to understand why they enjoy it, what drives them to do it, and exactly how you can still use it to humiliate them. After all, it is something that arouses them and you want to find ways of keeping them aroused. Don't

forget, you can always verbally humiliate him if cross dressing is one of his things. Tell him how ridiculous he looks when you take him out. Or make fun of his choice of shoes with a certain outfit.

Here is a suggestion for these types of men. Don't allow them to do it unless you order (or give your permission for) them to do it. It should be under your control at any rate. You could possibly use it as a reward for good behavior. Or, you use it as a punishment by not allowing it at certain times. Either way, there are ways of using their desire to dress like women to help you control them.

Now for reason two. This one is much more fun to deal with. If your guy has, in any way, indicated that dressing in women's clothing would be humiliating to him, but that it might just turn him on to be "forced" to do it, you've got it made. Have fun with him. Dress him up and take him out on the town. Make him wear panties or a teddy to work under his street or work clothing. Make him go into a boutique and purchase things for him to wear. Make sure the sales clerk knows that the items are for him.

If you are lucky enough to have a guy who says he wouldn't mind wearing a pair of panties to work now and then, you have a gold mine of humiliations you can use against him, or for your own amusement. You may have to spend some time working up to different things, but it will be fun and you should have fun with it.

Start slow. Put him in panties (or pantyhose) when he is doing his chores instead of being naked. Make him wear a bra around the house, or even under his shirt when he goes to work. Slowly advance to him wearing high heels or a maid's costume, or both. Have him serve drinks or whatever the next time you have your girl friends over. Advance still more and have him serve at a party at your place. Then try it at someone else's home.

If you discover that he has fantasies involving being forced to dress like a woman, try telling him, while you are teasing him, that you want to actually turn him into a woman. Perhaps he will be turned on by being told that you want him to be taken anally by other men, if that's a part of his fantasy. Or, for fantasy's sake, tell him you are going to do it anyway. Remember, fantasy is a fast track to his libido. So use it!

Even if you never make him wear so much as a pair of panties, you can always use his desire or fantasies, of wearing women's clothing to heighten his arousal. And it is so easy to do. As I mentioned before, you can tease him and talk about having him used by other men. This is another fairly common fantasy, especially if he enjoys you using a strap-on dildo for anal intercourse.

Whatever reason he has for wanting to be dressed in women's clothing, you can always find ways of feeding his fantasies and humiliating him when you need (or want) to. Again, you may have to use your own imagination to come up with ways of doing it. But there are always ways of increasing his arousal and/or humiliating him. Reading stories on the Internet is a great way to come up with ideas of your own. Try it sometime.

As I said in the beginning of this chapter, my own experience is somewhat limited in this

area. However, I have used it a time or two. I discovered that my husband did find it humiliating to wear women's panties instead of being naked when doing his chores around the house. It was also very arousing to him. I don't know if it was the feel of the panties (I used silk) or his own humiliation that turned him on so much, but it is fun.

Of course, I used that to my advantage. At least once a week I make him wear them. I have increased his fantasies about cross dressing by simply telling him that I would love to dress him up as a maid, with no panties and a very short skirt, and have him serve me and my girl friends some time. I know it works, he gets quite aroused when I talk about it, and it would be extremely humiliating for him if I ever took him to a dungeon party dressed in such an outfit. Perhaps I will do that one of these days.

I hope that you realize that fantasies such as these do not, in any way, indicate that your partner is mentally unbalanced or that there is something wrong with him. It does not mean that he is gay (though he might be). It is not a rare thing for men to have these kinds of fantasies. Just accept it and use it to your advantage.

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Chapter 18: Bi-sex & Cuckolding

Male bi-sexuality, or at least bi-sexual fantasies, are far more common than most men are willing to admit, and certainly more than most women think. I don't know why, but people in general seem much more comfortable with two women having sex than they are with two men. I don't know why that is, but it just is that way. Feeding into these fantasies, whether you are dealing with a male or a female, is a very simple thing. It isn't hard to figure out, that if your partner has fantasies of having sex with someone of their own gender, you can feed into those fantasies by simply talking about them (as in telling them to your partner) while you are teasing them sexually.

Whether or not you want to actually go so far as making their dreams come true in that respect, is another matter altogether. There is a safety issue. Condoms should always, ALWAYS be used (or oral dams in the case of female bi-sexual activity). Yes, even if the sex is only oral/genital. But, safe sex has been done to death on every street corner of America for so many years now, I won't insult you by hammering it at you here.

Like cross dressing, there are many people from both genders who secretly fantasize about being “forced” to engage in some form of same-sex activity. It may be only fantasy and they have no desire to actually do it, or it may be something they are too afraid to do on their own and they simply need to be told by someone in authority that they have to do it. That someone would be the dominant partner, of course.

Before you go running out to find someone willing to have sex with your partner, may I suggest that you find out for sure if that is something your partner actually wants or if it is simply a fantasy. Of course, over time, you might be able to work their fantasy up to the point where your partner would be willing (or actually desire) to have a sexual encounter with someone of their own gender, but don't just assume that they are willing to do it simply because they have fantasies about it.

Fantasy and reality are two very different things. You don't want to push your partner into doing something he or she is really not ready for. But there is no harm in perpetuating their fantasies while you have them tied to the bed and are teasing them to no end. Or by sending them a text message while they are in a business meeting telling them that you have found the perfect person for them to have bi-sexual relations with, and that person is waiting for them at home. If you enjoy using fantasies and humiliation, this is an excellent way to get them aroused, and very nervous, all afternoon.

That brings me to the other subject of this chapter...Cuckolding. You may or may not be familiar with the word. It is most generally used to describe the practice of a woman (usually married) freely and openly having sex with other men. The husband, in this case would be the cuckold. It is an old English term applied to a man whose wife is generally known to be unfaithful.

Yes, a woman can be cuckolded as well, though it is far less common. The practice of

cuckolding has only recently come out of the closet, so to speak. Though cheating on one's spouse is more common these days, cuckolding is far less prevalent than the Internet would have you believe. In the practice of cuckolding, the partner is made aware of the other sexual encounters. For simplification I will only talk about the cuckolding of men.

There are more men today who fantasize about being cuckolded than in previous generations, but that does not mean that all these men actually want it to happen. In fact, cuckolding can be VERY dangerous. I am not talking about the obvious danger of spreading venereal diseases. I am talking about the emotional damage that cuckolding can cause to a relationship.

Frankly, I don't care how much your husband begs you to cuckold him, you would be much safer sticking to fantasy than moving into reality. The problem is, the Internet does a great job of playing on men's fantasies in this area. Yes, there are men who want it and are able to handle it in reality, but those men are very few and very far between. If your partner begins to suggest that you cuckold him in any way, I suggest taking the time to step out of your D/s roles and have a very serious discussion about it. Before you even think about doing it, remember this, it only takes once for your partner to realize he can't handle it and to be destroyed, emotionally, by it. **You can't undo what you have already done.**

Now, all else aside, if you are truly convinced that this something that your husband wants you to do, test him first. Don't do it, just fake it. Here is my suggestion as to how you should approach cuckolding if your partner seems intent on having you cuckold him.

First of all, spend many, many, MANY, teasing sessions describing how are going to do this to him. That is, tell him fantasies of how are going to bring another man into your life and have sex with him. Your fantasies should include your excitement and joy at doing this to him. You should make it sound like you love the idea. Then have another serious chat with him and make sure that it is still something he simply must experience.

Set up a meeting with someone he really trusts. A woman (or women), not a another man. Maybe even his mother, or his best female friend, or several of your friends. Then tell him you are going to go out and have sex with another man and he is to stay home and imagine what the two of you (you and your lover) are doing. Go to his mothers house or out to a familiar, crowded place with the person (or persons) he trusts. Stay out for a couple of hours.

When you get home, tell him a fantasy about what you did with the "guy" with whom you supposedly went out. Make it good. Make it sound as if it really happened. See how he takes it. If it seems to upset him too much, tell him the truth. Have him call the person you were really with to verify your story. That should make him feel better. Knowing that you didn't really have sex with some other guy should put him more at ease. Explain to him that you were only conducting a test to see how he would react.

When you are all finished convincing him that you never actually had sex with someone

else, never, EVER, actually cuckold him. Stick to fantasy.

On the other hand, if he buys your story and maybe even gets aroused as you are telling it, then you know that you may be able to actually cuckold him and it won't ruin your marriage. Still tell him the truth. But the next time you can actually meet some other guy. I would not have actual sex with this person the first time out, no matter how well you know the guy. Again, you are testing him. Stay out only a couple of hours. When you get back, ask how he feels about what just happened. If he is still okay with it, next time you can actually have sex.

It is always better to be safe than sorry. If there is ever any doubt about your partner's ability to handle the cuckolding, stop! Don't do it any more.

Now that I have explained the dangers of cuckolding, allow me to describe the various ways in which cuckolding is done. First, there is the “going out” (or dating) version which I just described above. That's where the woman goes out on dates and never includes her partner in any of the activities other than to tell him about the experience upon her return. Because her partner never actually witnesses the couple having sex, it can be easier (or harder) for her partner to accept. Some men begin to feel as if they are being left out and may begin to feel that the relationship is actually over. On the other hand, he may find it easy to accept this type of cuckolding but could not stand it if he were to be included. (Yes, cuckolding can get very complicated.)

The next step or variation (if you will) of cuckolding is what I call the “voyeur” method. In this type of cuckolding the woman will bring her sex partner home to have sex. The cuckold will hide in a closet or even in another room where he can hear or possibly see what is going on. Again, this may be easier or harder for him to handle. Some men can handle this type of cuckolding more easily because they feel their partner is safer since he is there to make sure nothing goes wrong. Others simply can't handle actually witnessing the act. Again, use caution and make sure your partner is truly ready before you try this type of cuckolding.

The third type of cuckolding is similar to the “voyeur” method. I call it the “observation” method. Like the “voyeur” method, the sex takes place in the home, but this time, the cuckold is in the same room. He is basically forced to watch his partner having sex with another man. Sometimes he maybe bound to a chair, or his hands may simply be cuffed behind him. Either way, he does not participate in the sexual activities, he only observes it.

Some men seem to enjoy this method because they are there to witness but are prevented from participating. For some men, being “forced” to watch can be very arousing. My guess is that it is like live-action porn to them. They can watch it, but they cannot participate in it.

The final method is what I call the “participatory” method. If you haven't already guessed, the cuckold is allowed (or “forced”) to participate in some or all of the sexual activity. This is often where bi-sexuality is “forced” upon them. They may be required to

clean up the “mess” from both his partner's genitalia as well as the other man's genitalia. He may even be required to give oral sex to the other man or make himself available for anal sex by him. Of course, all of this was his fantasy all along. So before “forcing” anything on your partner, make sure it is something that he actually wants to be “forced” to do,

There. Now you have it. You not only know about cuckolding and how to do it, but I have made you aware of the inherent danger as well. If you simply must do it, do it right. Don't risk your relationship over what should remain a fantasy. Always discuss what happened, and how he feels about it before ever doing it, or anything else, again.

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Chapter 19: Games You Can Play

Before I tell you what wonderful games there are that you can play, I need to tell you why you might want to play them.

Men have a nasty habit. It's not their fault (it's genetic) and they can't help it. But... For the first few days (up to a week, or even longer) after they experience an ejaculation (an orgasm) they have very little sex drive (normally). There are exceptions, but I wanted to warn you about this. There are two things you need to do to minimize the effects that can be caused by this. The first is to set up some form of control over your guy's behavior, and two, you need to find a way of keeping him from having too many orgasms, too close together. So, before we talk about games you can play, let's talk about one form of control a friend of mine uses.

My friend put her husband in chastity so that he would not have any "unauthorized" ejaculations. Then she set up a thirty day schedule for his possible release. If he had no rule violations, he was allowed to have an orgasm every thirty days. But here's what happens in real life.

During the first two weeks after his release, he commits about 75% of his offenses. The rest of his offenses mostly occur during the third week. He has never had a perfect month and usually goes thirty-five to forty days. He is penalized one to three days depending on the seriousness of each offense. So, it would behoove you to set up a similar schedule.

Now that we have that out of the way, let's talk about games. I love games, just so you know. The main reason to play games is to give your charge some form of hope that he just might get to have an orgasm. Hope is good. It helps in maintaining control. Another reason to play games is to delay that orgasm, but make it his fault. Yes, with any game you can refuse to allow him to play if he has not been obedient. I like games that can be played on a daily basis. Then I will disallow playing the game if his behavior has not been up to snuff. I might delay it as long as five or six days if the offense warrants it.

Only you can decide how much delay is warranted, but it is good to make a list and give it to your partner so that he or she will have something to use as a guide. It is not good to make up punishments on the spot unless you have to. That being said, there will always be things that happen that are not on your list. So be ready for that and try to keep your delays within reason. Even the slightest of violations should earn him one day's delay. I don't recommend you delay his game playing for more than 5 days at a time for any one offense. It may cause him to lose interest in playing the game at all.

It's also good to remember that a ruined orgasm does NOT cause the above mentioned lose of sexual desire and that a stifled orgasm only causes a few days lose. This is good to know in case you need to modify your game to prevent too many full orgasms but still want your partner to have some sort of reward now and then.

Now to the games!

My favorite is the card game I outlined in my first novel, *'The Marriage Counselor - Volume 1.'* just on the off chance that you have not read that one (yet) I will make it first on my list.

The Draw Game:

All you need for this game is a regular deck of playing cards complete with Jokers. When you buy a new deck of playing cards, you normally get two Jokers, one is in color and the other is usually black and white (B&W). This is important, so if your Jokers do not look distinctively different, you need to mark one of them in some way so that you can tell them apart.

I give my husband the deck and tell him to shuffle the cards thoroughly. Then he gets to draw one card from anywhere in the deck (sight unseen, of course). Here is how it works. If he draws a numbered card (2-10) he has to wait that many days before he can play again. The card he drew is NOT put back into the deck.

If he draws a face card (Jack, Queen, or King) he is allowed a ruined orgasm. And can play again the next day. If he draws an Ace, he is allowed a stifled orgasm and can play again the next day.

If he draws the colored Joker he gets to have a full orgasm, **by my hand**, and he gets to play again the next day.

If, on the other hand, the Joker is the B&W one, he still gets a full orgasm, but he must masturbate any way that I want him to. (You can be creative here.)

So you can see, he only gets two full orgasms for an entire deck of cards. If you want the math, here it is: the total days it will take for him to work his way through the entire deck is 234. During that time he will get twelve ruined orgasms, four stifled orgasms and two full orgasms for a grand total of 18 orgasms.

Needless to say, I don't need to keep track of anything except the stack of un-drawn cards and when he can play again. I mark the calendar so he can see it as well. As I said before, if he commits an offense, I make him wait from one to five extra days before his next draw. He doesn't commit very many offenses and the few that he does are usually minor and only earn him one or, possibly, two additional days.

Variations:

One variation would be to return the cards to the deck each time he plays the game. That way he always has an eighteen in fifty-four chance of getting some kind of an orgasm. But that's completely up to you.

You might want to change the activity that goes with each card.

You might decrease the number of cards he has to play with.

You may even want to assign other values to the cards such as making the numbered cards each get him some other type of reward like so many minutes of teasing each day while he waits to draw another card. For example; If he draws a two he might get 12

minutes of teasing a day. But if he draws a ten, he gets sixty minutes a day. It's totally up to you. I just wanted to give you somewhere to start.

The Weekly Draw:

I know one woman who stretches the game to a whole year by allowing her husband to draw only one card each week. There are 52 weeks in a year so there will be two cards left at the end of one year. She assigns a different reward (or consequence) to each card value. If one of the Jokers (or both) is not drawn during the year, oh well. I guess he loses out.

One Die Games:

You play this game with a single die. Whether you use a standard six-sided die, a ten-sided die, or a twelve-sided one is up to you. The idea is that your partner gets to roll the die once a day or once a week and each side is assigned a reward or consequence. You decide what those rewards and consequences might be. The down side to single die games is that, if you play them too often, the odds may grant him too many orgasms to close together. If he manages to throw a winning number too many times in a row, he may not be vary well behaved between rolls.

Two (or more) Dice Games:

With two dice there are a number of ways you can play. You can assign various rewards to the total on the dice (2-12) or you can separate them (easier if the dice are different colors) and make one die mean one thing, such as a reward, and the other could be a multiplier, or a time limit. There are hundreds of ways to play with two (or more) dice. I'm sure you can come up with a few of your own.

I know one woman who uses three dice in her game. The first two determine a reward or consequence, while the third is used to determine how much time her husband gets for the activity. For example, if the first two dice indicate he gets 10 minutes of teasing, the third die multiplies that by the number rolled. If the first two dice indicate that he gets to masturbate to orgasm, the third die determines how many minutes he has to accomplish his goal.

As you can see, there are many possible variations. What you decide to do is up to you.

Marble or Chip Games:

Your objective here is to create a game that will not grant too many orgasms while allowing your partner to play every day. You can use marbles or colored chips of some kind (poker chips work). You should place all the marbles (or chips) in a cloth bag (perhaps the one his chastity device came in?) and have him pull one marble each day. If

you only use two or three colors, you will want to make the ratio of the “orgasm” marble to other marbles high enough that it is unlikely that he will get very many full orgasms. Perhaps thirty or forty to one. Maybe higher. The other colors can either get him nothing, or perhaps some kind of reward. Each color you use can be assigned a different reward or consequence.

Roulette Wheel Games:

I have actually seen outlines for using a roulette wheel to determine when and if a man gets an orgasm. There are some nineteen or twenty different bets that can be placed on the outcome of a roulette wheel. The odds (if you count the green places) is thirty-seven to one. There are literally thousands of ways you can run your roulette wheel game. Everything from starting with one chip and “X” number of bets, can he earn enough points (chips) to pay for an orgasm? Or it can be done over time. Maybe one spin of the wheel and one bet per day. His points are allowed to accumulate over time. How long will it take him to earn enough for that orgasm? Here, again, you can assign not only different rewards if he wins a bet or earns a certain number of points, but different consequences for each bet he loses. You should make the reward for winning each different bet comparable to the consequences for losing that bet.

For example; For a bet placed on red or black, he might win one to one in chips. But if he loses that same bet he gets one smack with a paddle. If he wins an orgasm for betting on a single number, then he could get only thirty-five strokes in which to have that orgasm or thirty-five strokes from your riding crop. Whatever you choose.

If you set it up right, roulette could be a really fun game to play, but you might need a place where you can keep the table set up. It can be tedious taking it out, setting it up, and then putting it away again each day.

Masturbation Games:

Now lets talk about one other type of game that is fun to play. Masturbation games! You can use any of the games above to play, but the objective is make your partner attempt to achieve an orgasm in as few strokes as you allow, or within a certain time limit. You would use your game to determine just how many strokes, seconds or minutes he has to reach orgasm. Then he must either do it himself, or, if the game permits, you may do it for him. It is just another way to liven up your sex lives with minimal work on your part.

What games you play and how often you play them should be up to you. If every day is too often, but once a week is not often enough, choose something in between. Whatever works for you.

Remember, the object is to make orgasm denial more fun for the both of you. Games are just one way of doing that. I am sure you can find others, or even invent a new game yourself. I would love to hear about any new or unusual games that you come up with.

Drop me a line if you do.

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Chapter 20: Humiliation

The objective of any humiliation is to embarrass the recipient. Plain and simple. Men, when they are still boys (or acting like boys), often play practical jokes on each other (some girls do, too). This a form of humiliation. There are three basic types of humiliation.

Simple embarrassment

- Someone witnessing you doing something stupid.
- Someone seeing you drop your cell phone.
- Making your partner admit that he/she masturbates.

Physical embarrassment

- Making your partner masturbate in front of you.
- Making them masturbate in front of others.
- Slapping or spanking.

Emotional embarrassment (usually verbal)

- Telling your partner that their sexual organs are deficient in some way.
- Name calling.
- Character denigration.

Sometimes one act of humiliation can fall into more than one of these categories. For example, spanking your partner in front of another person can be both physically and emotionally humiliating. Verbally denigrating your partner in the company of others can be both verbally and emotionally humiliating. There are literally thousands of ways you can humiliate another person. But, in a D/s relationship, sometimes the submissive partner enjoys certain types (or even all types) of humiliation as a part of the D/s dynamic.

When I first started out in BDSM, I was a slave to my husband (yes, the wonderful man I am still married to). In order to teach me about humility and humiliation, he did something that I found to be totally and wonderfully erotic. We went to a dungeon party at a friends house. We had been to several of these little get togethers before, but we had never “played” at one. But this particular evening, my husband decided that he wanted to flog me. I was wearing a very revealing top and the shortest skirt I had ever worn.

I was told to stand in the center of the room (there were about twenty other people present) and then I was told to remove my panties. While that was embarrassing enough, there was more to come. The next thing he did was order me to open my blouse revealing my breasts to the entire room. Next I was bent over a spanking bench where he bound my wrists so that I could not move. Then he proceeded to flip my skirt up over my back fully exposing my bottom, and yes, my private parts, to the spectators. He flogged me, which I was totally prepared for. However, he refused to allow me to either button

my blouse or replace my panties. So I was forced to spend the rest of the evening exposed.

Humiliation, depending on the one being humiliated, can be, and often is, very erotic for both parties. I have to admit, that by the time we left the party, I was so turned on, I had juices running down my thighs. That evening taught me a very valuable lesson about humiliation. I have, since becoming a Mistress, often used humiliation to heighten my sub's, as well as my own, enjoyment of many different situations.

One of the most personal and private things a man does in his life, is masturbate. Unless, for some medical or physical impairment, he is unable to masturbate, every man, at some time in his life, has done it on a regular basis. He might still do it from time to time. Yes, even if he is married. I could tell you one of a hundred funny stories right now, but I won't. I want you to understand how serious all this is.

If you ask a man if he has ever masturbated before, he may admit to it. Ask him to show you how he does it, including what he uses for stimuli, that's another problem altogether. Now you have ventured into his most private of places. Something he would never tell his mother, much less his wife. Masturbation is the single biggest secret a man has. How he does it, when and where he does it, and what he uses to turn himself on, are all a part of this big secret.

Why am I bringing this up now? Because, his masturbatory habits are a prime candidate for use in humiliating him. If he is into humiliation, this is a great way to humiliate him. If he is not, it's a great way to punish or discipline him. Think about it for a moment... Would you want your masturbatory habits out in the open? Would you want other people to know what you do and how you do it? Of course not. So use it.

In the following pages I will give many examples of how you can humiliate your partner, sexually. Bare in mind, this is only a small sampling of the things you could do, depending on your partner, and why you are doing it. I suggest you use your own imagination, and what you know about your partner, to come up with a few of your own. Just remember, everyone is different. What works for one may not work for your partner. So you should try to figure out, possibly from their fantasies, what kind of humiliation they might enjoy. If you want to punish or discipline, find those things that they won't enjoy.

Many times men dream of being “forced” to do things. Let me explain where this comes from and what it means to you. First of all, the desire to be forced to do something for their partner, or at their partner's insistence, is a form of humiliation that is erotic. Sexually erotic. For example, my husband, since he became my sub, loves it when I order him to remain naked around the house. He has done it on his own before, but there is no sexual arousal then. He is only turned on by it if I give him the order. It seems like such a simple thing, and he is not embarrassed by it, but he loves being “forced” into it. There are many things you can do to enhance your partner's sexual arousal that don't require that you to spend a great deal of time or effort on your part. You can use it to your advantage, as I mentioned in an earlier chapter.

Let's start with masturbatory humiliations, since they can, quite often, be used either way. To start with, if you have a male submissive, here are a few things that you can use that I consider to be mild forms of humiliation.

- Men experience their lowest sexual level (think desire) when they have just ejaculated. That means, even though they may have indicated that they would like to be “forced” to swallow their own ejaculate, their desire to do so at this time will be at its lowest. That makes it the perfect time to make him do it. Punishment, or reward? You be the judge.
- Order him to masturbate for you. That can quite intimidating for a man. Don't give him any of his usual stimuli and see just how difficult it can be for him.
- Give him a time limit, or limit the number of strokes he is allowed. This will give him some incentive and, perhaps, enough stimulation to at least become hard.
- Kibitz him. Make it more difficult by telling him to hurry or complain about how long it is taking him. Make him nervous, it will take him longer.
- Tell him that either he ejaculates in a set amount of time or he will have to wait another week, or month before he gets another opportunity.
- Make him tell you a really good fantasy while he is doing it. It might speed him up, but you can always stop him before he reaches orgasm if you like.
- Have him stand in front of you to do it. He will be less comfortable and it will likely be more difficult for him to achieve his goal.
- Have him do one of those online web-teases. They can be extremely difficult because most require him to edge himself several times. You can watch or even help to insure he does everything as required by the tease. Some don't even permit him to orgasm at all. You should preview them to find the best one for your partner. (Sorry, I haven't seen any for women.)

* * *

The following are more severe, BDSM style of masturbation things you can do. Some might require that you be more open about your relationship with some people.

- Put some coffee grounds into his lubrication and make him masturbate with it. It might make him a bit sore, but he won't bother you for sex for awhile.
- Have him use Icy-Hot(R), Bengay(R), or other mentholated cream as a lubricant to masturbate.
- Have your partner masturbate in front of one of your friends. Male or female, this will be extremely humiliating.
- Have him go to the restroom while eating out and masturbate. Or a male can take his drink with him and masturbate into it before returning to the table. Then he must drink it.
- Insert a butt-plug before you have him masturbate for you, or your guests.
- Make him purchase (at a real store) an inflatable doll. Then he can use her to get

himself off while you watch. (Make him wear a condom.) By-the-way, they make male dolls (in case you were wondering). Going into the store with your partner is a good idea. You don't want him saying it's a gag-gift for a bridal shower or bachelor party.

- Purchase a milking device (for him or her) and make them use it several times a day.
- Have your partner use a restroom (anywhere) while wearing pants. Have them masturbate to orgasm in their pants. Then they must wear them for the rest of the day while you are out. Hopefully, there will be a small wet spot. Especially good if your girl ejaculates when she orgasms.
- Video tape him masturbating. That alone may be humiliating. But when you threaten to upload it to the Internet, he will definitely be humiliated. If you are into it, go ahead and upload it.

* * *

Now let's move on to other forms of humiliation. Again, this first list are mild humiliations that should not be too kinky for those of you are not into BDSM.

- Feeding your partner from your plate while eating out can be a turn on as well as a humiliation for either sex.
- Have him perform chores around the house while naked. If, because of children and such, you can't really do that, then take him to the bedroom for five minutes of sexual stimulation after each chore is completed.
- Tell a friend about his chastity device or that he is submissive to you, while he is present. (Or pretend to do it while on the phone.)
- Make him spend all day naked if you don't have children.
- Order a pizza and make him answer the door and pay for it while naked. (He should hide himself behind the door while doing it.)
- If you have a privacy fence in the back yard, have him stand on the back porch for several minutes while nude. Or even in the middle of the yard. If you are worried about the neighbors, have him do it at night. Turn the light on when it's time for him to come in.
- As a punishment or discipline, tie a string around his balls and attach one end to something heavy (like a workout weight) or a permanent fixture like a table. He can't move until you release him.
- Have him call someone on the phone and, while talking to them, he must mention that he is naked. Who he calls can make a difference in the amount of humiliation he feels.
- If you are inclined, follow him around the house with your riding crop to encourage him to do his chores.
- Take your partner shopping and have them carry all your purchases. Also, make them walk two steps behind you at all times.

- Make them wear a butt-plug on your shopping trip.
- Take them to a sex shop and have them purchase items that will be embarrassing, dildos, butt-plugs, anal lubes, etc., while you wait in the car or watch from a distance.
- For a man, take him to a lingerie shop and have him buy panties and the like for himself. Whether you ever make him wear them is up to you. Just having to buy them will be humiliating enough.
- Have him wear panties or pantyhose (or even a teddy) to work under his regular clothes. Even better if he goes to the gym and must change in front of others.
- Along the same vain, make him wear a garter belt and stockings under his clothing while at work or out in public. Especially if he is not into cross-dressing.
- Even if you have children, he can stand in the corner of your bedroom for a time, perhaps with a dime (or penny) held against the wall by his nose.
- If he is not wearing a chastity device (shame on you) you can loosely bind his cock and balls with a shoelace and send him to work that way.

* * *

Below are some more humiliating things that might be too kinky for the faint of heart... Or those of you are not so kinky.

- I don't recommend nipple clamps during outings as they should not be left in place too long. However, for women, there are nipple rings designed to keep the nipples erect. These are great under thin blouses.
- Men can wear clip-on earrings to bring attention themselves.
- Of course, being naked in the passenger seat of the car while out for a ride can be pretty humiliating for anyone. Especially when you pass trucks.
- Invite a group of friends over for a party. Your partner can serve them drinks etc. while wearing a skimpy outfit such as see-through lingerie. Maybe a maid's costume with no panties?
- Take your male partner to a female doctor. Insist on being in the room for the physical and be sure it includes a prostate exam. This works even better if he is wearing his chastity device when you go in. You can remove it in front of the doctor or a nurse.
- For female partners, take them to a male doctor and have them get a gynecological exam with you in the room. Again, if a chastity device is worn, it can be removed in front of the doctor to complete the humiliation.
- If you belong to a Femdom or BDSM group, you can use your partner for some kind of demonstration.
- Use them as a door greeter while scantily dressed, or naked, when you are at a one of these parties. Allowing guests to fondle them will also be quite humiliating, with or without their chastity device.

* * *

As you can see, there are many, many things you can do to humiliate your partner, whether male or female. Of course, these are just the tip of the iceberg. With a little imagination, or online research, you should be able to come up with enough things to keep your partner busy... And sexually humiliated and aroused.

Of course, spanking and paddling can be used, but these are often reserved for punishments. They do work well as humiliations if they are used, or even mentioned, in front of others. There are few things more humiliating than a bare-bottom spanking in front of friends. Unless, having them join in, if your partner offended or embarrassed one of your guests.

My whole point in listing all these things was to get you to think about humiliation in a whole new light. It's not just embarrassing, but can be quite erotic (for the both of you) if it's done right. So have fun with it. Make it memorable.

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About The Author

Mistress Ivey (Georgia Ivey Green), has lived as a female dominant since 2006. Before that she was a submissive to her current husband (and number one fan) where she learned what it means to be a dominant. She has been helping others to understand what a female led relationship (FLR) can be and how to make their relationships better. She has tried to educate people, and to dispel the stereo types that are normally associated with female led relationships that the Internet has, for so long, projected. She wants people to understand that a female can be in charge of a successful relationship without having to “dress” the part. That is why she started writing her blog “[Becoming A Mistress](#)” back in October 2010.

Check out Mistress Ivey's blog at:
Becoming A Mistress

FaceBook: mistress.ivey

FetLife: “MistressIvey”

Other Books by Georgia Ivey Green

Pain-Free Sex

A KeyHolder's Handbook

Tips & Tricks for KeyHolder's

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Taking Back Your Marriage

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