



***Real Women Don't
Do Housework***

**A Step by Step Guide to Becoming a
Female Head of Household**

by
Fumika Misato

Real Women Don't Do Housework

*Real Women Don't Do Housework: A Step by Step Guide to Becoming a
Female Head of Household*

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Real Women Don't Do Housework

Dedicated to the Queens and knights
who volunteered their marriages as my laboratory.

Real Women Don't Do Housework

“To Anthea, who may Command him Anything”

by Robert Herrick

Bid me to live, and I will live
Thy protestant to be;
Or bid me love, and I will give
A loving heart to thee.

A heart as soft, a heart as kind,
A heart as sound and free,
As in the whole world thou canst find,
That heart I'll give to thee.

Bid that heart stay, and it will stay,
To honour thy decree;
Or bid it languish quite away,
And 't shall do so for thee.

Bid me to weep, and I will weep,
While I have eyes to see;
And having none, yet I will keep
A heart to weep for thee.

Bid me despair, and I'll despair,
Under that cypress tree;
Or bid me die, and I will dare
E'en death, to die for thee.

Thou art my life, my love, my heart,
The very eyes of me;
And hast command of every part,
To live and die for thee.

Table of Contents

Preface	6
Introduction	9
An Object of Adoration	14
Erotic Power	18
Getting Started	22
Attitude	25
Training	31
Hierarchy	38
Seduction	43
Control	47
Conversation	53
Management	63
Oral Sex	77
Punishment	81
Merit	87
Rebellion	92
Head of Household	97
Closure	107
Afterword	117

Preface

It was late, well past midnight, and I was dead tired. I had been working almost nonstop for several months with little sleep, and it was catching up with me.

I quietly climbed into bed hoping my husband was already asleep and that I could avoid him again. Unfortunately, he was not. He kissed me and pressed against me. I was too tired even to say "no." He was too frustrated to care.

When he was done "making love" to me, I pushed him away, turned my back to him, and went to sleep. The truth was that I had lost all respect for him and no longer found him attractive. The romance was long dead and our lovemaking had deteriorated into farce.

While I had steadily advanced in my own career, he was slowly slipping into irrelevance. He had recently quit a good paying job to pursue independent consulting but he couldn't seem to find clients who could make up for the income he, we actually, had lost.

The next morning he confronted me about my lack of enthusiasm the night before. "If you're not in the mood, say something," he said.

"Quite frankly, I'm never in the mood these days," I told him. "I am too busy and too tired."

It was true. Besides the high pressure of my current job, working sixty hours a week, I was the one who cleaned the house and

Real Women Don't Do Housework

cared for the kids. The fact that he was not bringing in any income didn't seem to affect in the slightest his judgment about who should be doing household chores.

"If you want some romance from me," I informed him, "you need to start helping out around the house."

That was the beginning of our journey. Rather than taking offense, my husband threw himself into it, no doubt motivated in large part by his frustrated libido. Together, we explored the issues, experimented, solved problems, and ultimately arrived at a resolution that worked for us. Along the way, I went from being a quiet but hard-working wife to the pampered head of our household and sole breadwinner. He, on the other hand, happily resigned himself to a junior role in our marriage as my househusband with a grace and enthusiasm that surprise me even to this day.

In retrospect it seems like such an obvious solution that I don't know why we had to discover it on our own. It is true that wives have always had more influence in marriage than tradition suggests. However, even in this modern age, there are no serious studies on wife-led marriage, much less advice on how to cultivate one.

Well, I aim to change that. Since I first published our solution as a website in 1998, I have worked with scores of wives helping them to take the lead in their marriages, sometimes at the invitation of their husbands, sometimes with their permission, but most often without their knowledge or consent.

I have learned as much from these marriages as from my own experience. While each marriage is different and requires a unique application of the methods I will describe here, more often than not, what works for one works for others. In the

Real Women Don't Do Housework

following pages you'll find a synthesis of nearly a hundred marriages, many of which only narrowly avoided divorce.

I hope that you'll have the courage to transform your marriage as we have done. I promise, if you do, you will not be disappointed with the results.

Introduction

There was a time, you will remember, when your husband would bring you flowers and open doors for you and generally offer you his open and sincere heart. If your marriage is like most it has grown comfortable and, let's admit it, stale over time. The love may still be there but it is a less passionate, more platonic love. In the worst cases, this can lead to infidelity and divorce. But even in the best cases, it is less of a marriage than it could be.

Most wives assume that this is the natural course of marriage like the erosion of a rock by a river or the fading of paint in the sunlight. This is not the case. Rather, it is a result of the loss of something that most couples leave behind when they marry: Courtship.

Kirsten: Cameron was very romantic when we were dating. All my friends were in love with him but he only had eyes for me. And we had a few years of honeymoon after we were married. But then came kids and career and all that and our relationship suffered.

Cameron: I think I was a little too focused on being the breadwinner and not enough on being a good husband and father.

Kirsten: I started fantasizing about having an affair. I never thought about it seriously, mind you, but it was my own private little fantasy that I would find some guy and we'd have this steamy love affair.

Real Women Don't Do Housework

Cameron: I think I sensed her growing distance at some point. I remember wondering what would happen if we got divorced. So many of our friends had.

Kirsten: I never considered divorce. I knew that wasn't the answer. But I was definitely ready for something radical.

Cameron: It was a watershed in our marriage.

Kirsten: Once I put courtship ahead of romance things started to change.

Cameron: I didn't understand why I had to court her. She was my wife. But I went along with it. [Whistles] Boy did that start something.

Kirsten: It was like we were having a new honeymoon or something. He was paying attention to me again, bringing me flowers, taking me out to dinner. Talking to me again!

Cameron: Everything changed.

Courtship is the act of wooing in love; it is a man seeking the affection of a woman with intent to romance.

By reviving courtship in your marriage, you can discover new possibilities of love and passion that you had thought long lost. You can recreate the kind of love in your marriage that you experienced when you were first dating your husband.

The key to reviving courtship in marriage is to withdraw the certainty of romance. This simple idea leads in all sorts of interesting and exciting directions. The purpose of this book is to explore them as fully as possible and to enable you to rediscover courtship in your marriage and thereby bring back the excitement and passion that has been diminished or lost.

Grace: We fought all the time.

Real Women Don't Do Housework

Malcolm: Practically all the time. When we weren't fighting we were getting over a fight or preparing our positions for the next one.

Grace: I didn't expect marriage to be easy but I didn't expect every decision to be so darn difficult. He just wouldn't listen to me.

Malcolm: We didn't listen to each other; we both just advanced our own arguments like attorneys in court. But there was no judge to settle matters. And I wasn't about to let her have her way even when I suspected she was right.

Grace: I was always right. You just didn't realize it at the time.

Malcolm: I would put it differently. We needed a way to resolve our conflicts but neither of us was happy with the advice we were getting from marriage counselors. It's funny but that was about the only thing we could agree on.

Grace: I think I was always determined to win but, to be fair, after he gave in I started to rethink what winning meant to me. Now instead of using him as an excuse to indulge my own opinion I stop and think about what's best for our marriage. I have to because now I know that whatever I decide is what's going to happen. It's a big responsibility.

Another problem that occurs in marriage is the conflict of will. No matter how compatible, no two people will agree on everything. Marriage does not change that fact of life. Marriage is filled with compromise and where differences exist and compromise is not achieved, conflict. In some cases, such conflicts can destroy the marriage.

There is a simple solution to the conflict of will in marriage. If one spouse submits to the will of the other then conflict is avoided altogether.

You might continue to disagree but one spouse makes the choice to give up their position and defer to the other. Traditionally this has meant the wife submitting to the will of the husband. However, I will show you how you can become the prevailing spouse so that it is your husband who submits to your will in every aspect of your marriage. Henceforth, you will make the final decisions. You will wear the pants in the family. You will become the head of your household.

This is not fantasy. This is not theory. The wisdom I share is confirmed by the experience of real wives in a variety of real marriages. You may read this at first not believing it will work or thinking that it may work for someone else but not for you. If you are skeptical I can only urge that you set aside your skepticism long enough to read, understand, and experiment with these methods. Later I will show you how you can take small steps to gain confidence and satisfy yourself that what I say is not only true but also applies to your specific situation.

Many wives actually:

- turn over their housework to their husbands in part or whole,
- take control of family finances informally or formally,
- direct sex toward their own satisfaction, and
- are courted by their husbands and treated like a Queen twenty-four hours a day, seven days a week.

But if you aspire to an equality of the sexes, you will reject my advice.

If you believe that sex is sacred, not something to be used as an instrument of manipulation and control, you will be offended by what you read.

If you or your husband have experienced mental or physical abuse in your current or a previous relationship then this is not for you.

This book is for emotionally strong couples in stable, committed marriages. You alone are responsible for the consequences.

Real Women Don't Do Housework

The title of this book is intentionally provocative and somewhat tongue-in-cheek. But by now, you should realize that this is about more than who does the housework. You can and will get your husband to do more chores around the house, but that is only the tip of the iceberg. This goes deeper than that, deeper than you could possibly imagine without experiencing it. You will be tapping into the primal forces of human nature and unleashing an inner strength you never knew you possessed.

And, let's be frank, this is fun. F-U-N fun! You and your husband can really spice up your marriage and turn everyday experiences into passionate drama. You will simply be amazed at what you can experience and accomplish.

An Object of Adoration

For various biological reasons, women tend to have higher requirements for sex than men. Whereas a woman needs to feel loved to feel sexy, men tend to feel loved through sex. She wants romance but he just wants sex.

Often a wife will want nothing more than to cuddle up with her husband to enjoy a moment of nonsexual physical closeness. Her husband, on the other hand, tends to see this as a signal of sexual interest or to react to it sexually. Each may become frustrated with the other.

To bridge this gap, you need to learn to speak your husband's language of love. This will seem quite alien at first. Essentially, this will entail sexualizing the marriage through and through.

But this sexualization is, for the most part, without actual sex. At the same time that you are introducing a sexual connotation into every interaction with your husband you will also be taking away his control of sex. In this sense, every sexual encounter becomes desexualized, the equivalent of cuddling. You will be teaching your husband to speak your language of love. Reminding actually, because he knew how to speak your language before you were married: it was called courtship.

Courtship in Marriage

Jessica: I was really nervous at first. After four kids I'm not the woman he married. So I was pretty cautious. I tried to lose some weight and I read a lot of books on self-esteem. I think that helped but mostly I just faked it. Or at least I thought I was faking it. I'm really not sure anymore.

Real Women Don't Do Housework

Ryan: All of the sudden it was like I was married to a different woman. When we were dating and through the early part of our marriage she was shy and reluctant to share an opinion, a bit child-like. Now she has blossomed into a real woman.

Jessica: The more I held myself up, the more he seemed to respect me, and the more confident I became that I was justified in holding myself up. I didn't need to fake it anymore. I was feeling it!

Ryan: It was like she had discovered her inner Queen, something that had lain dormant all those years.

Jessica: I can't remember now how long it took for me to really gain my confidence but it wasn't more than a few weeks. Things just started clicking into place.

Fundamentally, courtship is an act of adoration. To be courted you must summon the self-confidence to expect and demand your husband's adoration, to become the object of his desires. Easier said than done, right? Well, not by much.

The only difficult step, it turns out, is to decide with absolute and unswerving sincerity that your goal is to be adored by your husband. I'll show you how later but for now, you must simply dedicate yourself to that ideal. That is not to say that you will measure your self-esteem by your husband's attention. Rather, you will not accept anything less from your husband than outright adoration.

You are worthy of his adoration by the very fact, alone, that you are married. You need no further justification than that. You are his wife; therefore, he should adore you. That is his duty and responsibility as your husband.

Confidence Building

Don't worry if you lack confidence in the beginning. You can take small steps to find your way. Your confidence will grow with positive results. Do not confuse your initial lack of confidence with a lack of commitment. Be committed and find your way to fulfilling that commitment.

Age is not a factor. Weight is not a factor. Beauty is not a factor. These things are simply not relevant. Sexual attraction is 90% mental, only 10% physical. You will be surprised how unimportant conventional standards of beauty are. You don't need to be a beauty queen to be a sex goddess. It's all about how you act, not how you look. It's the attitude.

This works for one very simple reason: Your husband needs and desires to adore you. He may not be consciously aware of it but the male psychology fundamentally desires to place you upon a pedestal. Just as you desire to be courted, so your husband desires to court you. You need only exploit that desire.

Brandon: If you ask most guys they will tell you they love their wives. But if you ask their wives I think most would say that they are not loved.

Anna: I never really appreciated my own needs or how women and men fit together emotionally. I didn't realize how much he wanted to want me.

Brandon: I don't think I realized it either. But once we started practicing courtship I felt reborn and in love with life! I became so hungry for her that it was all I could think about.

Anna: Sometimes he goes a little overboard and I have to remind him that I'm just an ordinary woman.

Brandon: She's modest. She is the most wonderful woman in the world. I thank God every day that she married me.

Real Women Don't Do Housework

*Anna: I really believe that he'd do anything for me that I asked.
And I do ask a lot of him.*

*Brandon: [Nodding] Pretty much. I can't say I always measure
up but I try. This may sound corny but I try hard to impress her
with my obedience. Her wish is my command.*

Anna: He's so good to me.

The nature of his desire is, fundamentally, sexual. Sex is his primal goal. Sexual desire is what stimulates his romantic passion; therefore, sex will be the instrument by which you draw him in.

Male sexual desire is, in turn, stimulated by challenge. Yes, that's right. The greater the challenge, the greater the sexual desire. It is no wonder then that marriage without courtship becomes stale. When your husband no longer has to pursue you for sex, he loses passion, and your desire for his attention only leads to frustration and disappointment for you both.

You have, within you, a power. An erotic power. That power was not lost with your youth. It is still there waiting to be reawakened. You must reawaken that power within you.

To become the object of his adoration, to become Queen of your household, you must learn to comfortably and confidently wield erotic power over your husband.

Erotic Power

Erotic power is the key to reigniting passion in your marriage. Erotic power is your will and determination unleashed against boredom and familiarity in marriage. Erotic power is a strength and force that you can exert to arouse sexual desire in your husband. Erotic power is your capacity to exercise control over your husband, to manipulate his mind through his sexual desire for you. Erotic power is the unrestrained exploitation of his sexual desires and fantasies toward your personal goals. Erotic power is the uninhibited expression of your femininity.

Erotic power will become the focal point of your renewed marital relationship. This is not to say that it is a substitute for love. On the contrary, it will become for both of you a new and powerful expression of your love for one another. Erotic power will shape and transform your marriage.

Your love for him remains certain and unconditional as before. It is romance only, which becomes uncertain and conditional. It is important to distinguish the two.

You may find the term “erotic power,” itself, to be shocking. You may wonder, as you read this book, why it is necessary to use sensational terms like “dominance” and “submission” and to talk plainly and openly about authority and obedience. These are provocative words to modern ears and they seem to contradict modern, sophisticated ideas about love and marriage.

But you will discover, as so many others have already, that the contradiction is only apparent, that erotic power is very real, that expecting your husband not only to obey you but to crave your authority is entirely reasonable and practical, that his submission to you opens the

door to a deep and passionate love beside which egalitarian arrangements pale in comparison.

Getting Comfortable

Leslie: I was really uncomfortable at first. I mean, even in our modern sexualized culture there are certain things you just don't do. You have sex but you don't use sex to manipulate your partner.

Rudy: People are afraid of being out of the norm.

Leslie: Really, yeah. And the word "erotic" just wasn't in my vocabulary.

Rudy: Things were pretty vanilla.

Leslie: But the more I thought about it the more I felt like I was just letting life pass me by. I was unsatisfied with being passive and tired of commiserating with my friends. I wanted to become an influence in my own life and those around me, mainly him. So I tried. And each little success gave me the confidence to try more. [Sitting up straight] Now I am the Queen of our home and I have erotic power.

Rudy: [Smiling gently] And she's not afraid to use it.

Leslie: I'm not! Not anymore. It really feels great to be so direct and uninhibited! He just responds like that. [Snaps fingers] And other people have noticed my confidence and they all ask what caused the change. [Mock whispers] I only share my secret with very close friends because it makes him uncomfortable.

Rudy: I live my life now in a constant state of awe.

Sexuality is clouded in mysticism and taboo because it is one of the most powerful forces in human nature. For most people it is a chaotic

force. Indeed, western culture idealizes spontaneous romance and indulgence of feeling. If rationality is involved it is only to suppress sexuality.

To understand erotic power you must appreciate the essential difference in female and male sexuality. Whereas most couples pay only lip service to their differences, wives who exercise erotic power tap directly into gender differences.

Male sexuality is oriented on the chase. Like a thoroughbred horse, which enjoys nothing more than a hard run, the male relishes the pursuit of a woman for sex. The more challenging the pursuit, the more exciting and determined the chase. You, on the other hand, will appreciate his new attention and energy in pursuit of you.

Placing Hurdles

Christie: The way most people think, be nice to be loved. I don't mean to say that I'm not nice anymore but now I see how to combine love and firmness, to challenge him in a loving way.

Nathan: [Nodding]

Christie: And it's not like I bully him or anything but if something needs doing I let him know.

Nathan: She has a way of making me feel like doing this one thing that she asks is the most important thing in the world at that moment.

Christie: Before he would drag his feet and make excuses about chores and such but now he is happy to do things for me.

The secret to making a man feel loved and appreciated is to appreciate his efforts at pleasing you. A man needs to feel that his efforts are fruitful and valued and he will naturally gravitate toward those who

appreciate his efforts. That is one reason why men so easily get caught up in the pursuit of a career at the expense of their home life.

Exercising erotic power is as simple as placing hurdles for your husband to overcome. For example, you might require that your husband wash the dishes before sex. Of course, it's great that he does the dishes, but that isn't the point. The point is that he will be excited by the challenge you have put in front of him and satisfied by your appreciation of his efforts. You, of course, will enjoy his efforts to overcome that challenge.

Erotic power is irresistibly effective because it plays into men's desires, his desire for sex as well as his desire to be appreciated for doing things for you. Moreover, it is subversive of the male ego and defense behaviors. Simply put, he will not know how to resist you. Indeed, it may never occur to him to do so!

How far you go with erotic power will be entirely up to you. If you proceed judiciously you are very unlikely to encounter substantial resistance from your husband. The limits of your erotic power are, instead, those that you impose upon yourself. Because of social taboos regarding the exercise of power in relationships in general and marriage in particular, it may be difficult for you to become comfortable with your erotic power. Add to that the taboos surrounding sex and you can see why this is such a misunderstood and underappreciated marital secret.

But when you wield erotic power to dominate your husband, you and he will be far happier. Your husband is happier because he is a hero. He comes to your rescue by doing the chores around the house and by satisfying you sexually. You are happier because you are finally enjoying his undivided attention.

Getting Started

The first step is always the most difficult. Plunging forward into the unknown with the most important relationship in your life can be a little scary. Often it helps to take some very small first steps to gain confidence and to get a feel for what lies ahead.

So we begin with a very powerful but low risk technique for getting started in your marriage. Prepare ahead of time by purchasing a bottle of water-based lubricant and place it and a cup of water at your bedside.

Step One: Offer to Experiment

Men love to experiment sexually so if you offer to “try something new” you are very unlikely to meet resistance. Tell your husband that while you enjoy your current sexual routine that you would like to try something different tonight.

Step Two: Assume the Position

Ask your husband to undress and lie back on the bed. Straddle his thighs with your legs so that your rear is resting on his thighs and the weight of your body holds him down. (An alternative is to position yourself with your rear on the bed beside his hip, still facing him.)

Step Three: Manually Stimulate

Dab a generous amount of lubricant in the palm of your hand. Spread the lubricant across both hands by rubbing them together. Now grasp his penis in your hands and, if it is not already erect, work it until it is.

Once his penis is erect, stroke it. Vary the pace and watch his reaction. Try a tighter or looser grip. Experiment with concentration on

the tip or the full shaft. Be careful not to overstimulate or you'll end up with a big mess.

Just play around and have fun. Ask him if he is enjoying it and how you can do it better. Follow his suggestions. (If your hands become sticky or dry just dip your fingers into the cup of water to reactivate the lubricant.)

This technique is, for him, much like receiving oral sex. However, there is an important difference: you don't have your mouth full! You are free to speak to him. As we shall see next, this is a critical difference.

Step Four: Converse

Once you are both comfortable with the technique, engage in conversation while you are stimulating him. Talk to him and get him to talk back to you. The first night you just want to get him accustomed to talking during sex, nothing more. Some men just start to blab, others may find this too strange. So talking about whether he likes it and what you can do to make it better is very easy and unthreatening. The real purpose is to prepare him for more serious conversations.

Once he is comfortable talking during sex then you are ready to move the conversation forward. Each night you will engage in deeper and more demanding discussions. You'll be surprised at how easily the words flow from his lips while you're stimulating him. Talk about your marriage. Talk about your plans for the future. Talk about his childhood or his early dating experiences.

Step Five: Consummate

At this point, you are ready to consummate. This is the climax that your husband has been waiting patiently for. To release him from your firm grasp and to conclude things for the night you can manually finish things off or direct him into any sexual position. Later you may experiment with leaving him unsatisfied but for now it is best to allow him release.

Repeat

Repeat as necessary to get comfortable with the technique and to get him addicted to it.

Isabel: I was a little nervous at first. I was used to quiet sex at night with the lights out. I tried to think of a way to start things more subtly but eventually I just did it.

Cody: "Let's experiment," she said.

Isabel: So I had everything ready and told him to lay back and let me try something. I guess he was expecting something different but not that.

Cody: It was a surprise.

Isabel: I could see right away, though, that this was going to be interesting. As soon as I started stroking him his eyes lit up like big saucers. So we just started to chat but he could hardly think straight. Eventually he just exploded.

Cody: You've gotten a lot better since then at keeping me going.

Isabel: After that I was hooked. I just kept going and never looked back.

Attitude

Many things in life hinge on your attitude and successful domination of your husband is no exception. Nothing will work if you have the wrong attitude.

Many wives assume that taking the lead in marriage requires that they become more demanding and intolerant, in a word: a bitch. This is a dangerous half-truth. It is true that you will be raising standards and expecting more from your husband but it is crucial how you go about doing that.

It is said that you can catch more flies with honey than with vinegar and so it is with dominating your husband. You must make a positive presentation of yourself and your aspirations for the marriage.

Adopting the right attitude may sound like an exercise in platitudes but you will discover that it is crucial, a way of being that is not just better but easier and more natural.

Beverly: Our marriage was in trouble. I was so full of resentment for so many things and I think he was too.

Daniel: She was constantly nagging me about one thing or another and I had just tuned her out.

Beverly: When I first started to think in terms of reshaping our marriage, I assumed that it was Daniel who needed to change. But I quickly realized how big a difference I could make just by taking a different attitude toward him. Once I realized that I turned my focus on myself and went to work.

Daniel: I was really blown away by her change in attitude. I fell in love with her all over again. Suddenly she was so patient

about everything and always willing to work on improving our marriage. I felt I needed to reciprocate which led to one thing after another. Before I knew it, she was leading our marriage.

Beverly: And the more success I had, the more confidence I had, and the happier I was, and the more patient I became. I learned how to combine love and authority in ways I could never have imagined before.

A New Voice

As you begin to take the lead in your marriage you will discover a new voice that may at times shock you. It will not be an inauthentic voice. Rather, you will find yourself expressing things that you had previously suppressed or expressing more directly things you had previously only hinted at indirectly. You will be letting go of inhibitions and rediscovering your youthful vigor.

You will find a new voice as you gain confidence in yourself and your erotic power. A virtuous cycle will develop whereby the more you achieve in your marriage, the more you realize you can achieve, and the more courage you have to achieve still more. The more progress you make in your marriage, the stronger your voice will become.

Finding a new voice implies becoming a new person right down to your core. Assuming the lead in your marriage will change how you think about your marriage, your husband, yourself, and life in general. You will see the world with new eyes and think in ways that would never have occurred to you before.

Mistress vs. Queen

You may be familiar with the Mistress/slave relationship and often wives imagine that this is what I am proposing. But I prefer, instead, the metaphor of Queen/knight. The problem with the Mistress/slave metaphor is that slavery is an involuntary institution. Slaves are taken

into labor by force. By contrast, a knight willingly dedicates himself to the service of his Queen.

A slave stands behind his Mistress with a bowed head. A knight stands in front of his Queen with his hand on the hilt of his sword, eyes peering for potential threats. A knight is a votary, a person who takes vows to live a life of service. A knight as protector is always acting in the interest of his Queen. For this reason and others, the Queen/knight metaphor is more accurate and romantic.

Love

Erotic power is an expression of love. You express your love for your husband through your erotic power. And you rediscover your love for him as he courts you and submits to your loving authority. You can indulge and broaden your love of him by setting a higher standard and admiring his efforts to meet it.

Being loving also means loving your family, loving your life, and focusing on the good that you see everywhere. It's always so easy to see the bad in our lives and to think in terms of what we don't like. But by turning your attention to what you love and what you desire you will be happier and more successful in everything you do.

Now that doesn't mean sweeping problems under the rug. But instead of viewing problems as negative influences in your life, think of them instead as opportunities to improve your life. The more positive and loving your attitude, the easier it will be to solve those problems, to enlist others such as your husband in solving them, or at least to live with those you can't solve or wait patiently until you can solve them.

Commitment

Above all, be committed to your marriage. Make your marriage the center of your life. You will be investing heavily into it but also getting a lot more out of it. Approach your relationship with your husband with a team spirit unified against shared challenges. He may not always see

things as you do but the more you exercise erotic power, the more he will surrender to your view of things. So it is crucial that you set the right example.

People often assume that the exercise of erotic power must be selfishly driven. This is quite mistaken. Although, obviously, any power can be abused, you will find that it is quite easy to direct your husband toward more constructive behaviors and to shape his attitude more positively. Your family will simply work better. Your children will be happier and more successful in their own lives.

Patience and Persistence

Be patient with everyone's faults, especially your husband's but also your own. People can change but they don't change easily or quickly and often only under duress. Make a habit of looking for positive signs and acknowledge these even if they are insignificant. The more you praise him for a job well done, the better the job will be done.

And be persistent in your efforts. You may see small changes very quickly but real attitude adjustment takes years. Only when new habits are formed, only when thinking has fundamentally changed and the old ways forgotten, can you be confident that the behavioral change has been internalized. Allow him, and yourself, time to adjust.

Joy

Take joy in life wherever you find it. And you will find much of it in influencing your husband and transforming your marriage. There are many opportunities to have fun as you rediscover your erotic power. Indulge yourself a little from time to time as you push the envelope of what you can do.

Be playful in everything you do with your husband. Rather than imagining that you are saving your marriage from destruction, even if that is the case, treat your erotic power as a toy; play with it and see what you can accomplish with it.

Being playful implies having a sense of humor not only toward your achievements but also the inevitable setbacks that you encounter. There will be times that you will try something and it will not work. Instead of getting upset, laugh it off and try something else. Bend but don't break.

Authority

As you make progress in your marriage you will come to appreciate the advantages of being more direct with your husband. Rather than beating around the bush, you can say exactly what you mean with a sexy matter-of-fact tone that will leave nothing to the imagination. Women often overestimate men's ability to understand their needs. Don't make him guess what's on your mind. He might not appreciate everything you say but he will appreciate a more direct attitude overall.

Note the important difference between being authoritative, firm, and domineering on the one hand and being a nag or a bitch on the other hand. The former are good, the later are bad.

Nagging is particularly unfruitful and destructive. Strong and confident women do not nag their husbands. Nagging is a behavior that shows insecurity and contempt. By contrast, you can be as firm and demanding as you like without ever causing him to question your love for him.

The Four Horsemen

Dr. Gottman uses the metaphor of The Four Horsemen to describe bad communication that he finds reliably predict divorce.

Criticism, especially that directed at the person rather than at specific actions, tends to elicit the wrong reaction. Unless carefully couched, it is more often than not counterproductive. Nagging, repetitious criticism, is especially problematic as it implies not only that the other person is wrong or bad but that they are stupid as well because didn't get the message the previous times.

Contempt is raw poison. It is often expressed as name-calling, eye-rolling, sneering, mockery, or hostile humor. When a wife assumes a leading role in her marriage she must be especially careful not to convey contempt toward her husband. Men have fragile egos and your husband will be especially sensitive as you begin to exercise authority in the marriage. The more he concedes to you, the more you must reassure him of your admiration for him.

We all tend to be defensive when we feel attacked but when you defend yourself by deflecting and blaming you signal irresponsibility, perhaps even a disinterest in finding a solution. Instead, look for ways to approach problems constructively, even when you feel you are being attacked. By taking a constructive approach you have a much better chance of setting a good example and defusing what may be unwarranted criticisms from him. Don't look at yourself as a victim, think of yourself as the leader in your marriage and have confidence in your ability to influence your situation.

Stonewalling can be almost as bad as defensiveness. It's ok to temporarily remove yourself from a volatile situation, especially if you feel your own emotions overwhelming you. But if you make a habit of disengaging then you may actually convey the impression that you don't value the marriage. Always make a point to return to any unresolved conflict at the earliest opportunity, ideally on your own terms.

Training

In time, wielding erotic power will become second nature to you and you will attain an intuitive understanding of it. However, in the beginning, it is helpful to have a more formal understanding of the science involved.

I will describe here only the more basic aspects of psychology that humans share with all animals. In taking so narrow a view of human psychology I do not mean to ignore the higher reasoning abilities of human beings. Rather, we must always remember that human beings are not merely reasoning beings but also emotional animals. This is particularly important because most of the time we rely upon emotion and subjectivity instead of thinking or we merely think about our emotional and subjective impressions.

Respondent Conditioning

Roman: She has this sexy voice that she uses whenever she wants me to do something. At first I didn't make the connection. But eventually I realized what she was doing. We'd have these conversations in bed at night while she was stimulating me and she'd talk in that voice. Then, during the day, whenever she needed something she would use that same voice and I'd be, like, sure, whatever you say.

Brandi: It is fun.

Roman: It's definitely fun and now I'm more used to it. I understand what she's doing and I really enjoy it. But at first it

was very disorienting. I couldn't figure out why all of the sudden I wanted to do whatever she was asking.

Brandi: I have a few other tricks too.

Roman: Yeah, she started wearing this perfume whenever we had sex. I thought, that's nice. So one day we're having a fight and she walks away. A few minutes later she comes back and asks to talk. I thought maybe I had just cooled down because I didn't feel like fighting anymore. But turns out she was wearing her perfume, the one she wears during sex. I don't know how many times she pulled that before I finally figured it out.

Brandi: I haven't needed to do that for a while.

Roman: But that's because we rarely fight anymore. Her word is my law.

An unconditioned stimulus is any biologically or naturally potent stimulus that elicits an unconditioned response. For the most part, we are interested here in using sex as an unconditioned stimulus including, obviously, intercourse but also virtually any sexual stimulation such as rubbing his crotch through his pants. The unconditioned responses, then, are arousal and orgasm.

A conditioned stimulus is any previously neutral stimulus that acquires potency through an association with an unconditioned stimulus. Lingerie, or more simply, your naked body, is a good example of conditioned stimuli that are already well established. As a practical matter, you can't always use sexual stimulation to reward your husband for every good deed. Conditioned stimuli are therefore critical to achieving your goals.

You will need to establish a number of simple conditioned stimuli that you can use throughout the day, even in public. By far the simplest and most versatile conditioned stimulus is your voice but you should develop conditioned stimuli for all his senses including vision and smell.

This is another reason to talk to your husband during sex, not only in foreplay but also during the throes of lovemaking. What you say, how you say it, your tone of voice, all will become associated in his mind with sex and will, over time, take on the attributes of being conditioned stimuli. I call these “sexy voice” and “sexy phrases.”

Once you have established these conditioned stimuli you can use them liberally throughout your daily life. When, for example, you wish to make a demand of him, say to clean up after dinner, you simply adopt your sexy voice and sprinkle your request with sexy phrases. These will not lose their potency over time by overuse, but you should continually recharge them during sex.

Another conditioned stimulus you should establish is a special perfume. Smell is a very powerful sense that moves us emotionally, often without our awareness. But while you may have a regular subtle perfume that you usually wear, what you want is a distinctive, strong perfume that you wear only during sex. Once this perfume is established as your sexy perfume, you can use it to resolve difficult confrontations with your husband. If you are having a disagreement with him, you simply wear the sexy perfume. It will have a profound effect on his demeanor and will induce him toward concession.

Operant Conditioning

Kylie: I'm a big believer in rewarding good behavior. You can't expect people to just do the right thing.

Maxwell: She's not subtle about it at all.

Kylie: I call it managing by touching. I make a point to touch him at last once when I check up on his chores. And if he does a really good job, I give him a big wet kiss or even call him over for a little heavy petting.

Maxwell: I do enjoy it.

Real Women Don't Do Housework

Kylie: Sometimes I'm busy so he will report back to me on the chores he's done and then I take a break to reward him.

Maxwell: To tease me.

Kylie: It's all the same, really. Teasing is rewarding. And it works; I haven't done a lick of housework since.

Operant conditioning is the process by which the frequency of a behavior is modified by the consequences of the behavior. You modify a behavior under your husband's control by manipulating and controlling the consequences to him of the behavior. If positively reinforced, the likelihood of the behavior being repeated increases. If punished, the likelihood of the behavior being repeated decreases.

A positive reinforcement is any outcome that strengthens the behavior through natural or associated potency. Sex is an obvious positive reinforcement but any conditioned stimulus can serve as a positive reinforcement.

It is best to reward intermittently, even randomly, to prevent him from knowing when his behavior will be rewarded. Not knowing when the reward will come, what the reward will be or how big the reward will be strengthens the behavior. You might want to have sex one time, words of praise the next time, a wet kiss the next time, a flash of your nipple another time. But note that it is very discouraging to your husband if you simply make it harder and harder to get a reward. Random variability, not rising expectations, is critical.

What you reward is, primarily, obedience. And what you use is, again, primarily sex and sexual stimulation. However, if you have successfully established conditioned stimuli you can use those as well. For example, as he is doing the dishes, you can rub his crotch and whisper sexy phrases in his ear. Even simple words of praise in a sexy voice can have a profound effect on his behavior.

Developing Habits

This may seem like a lot of work in the beginning, though much of it will be a lot of fun. The aim, though, is to lead your husband into forming new lifelong habits.

What is a habit? A habit is a routine of behavior that is repeated regularly and tends to occur subconsciously. The more subconscious the behavior, the more likely that it will become natural and consistently repeated. Habit makes virtue easy.

Habit contrasts with nagging and willpower. For example, you might wish your husband to clean the table and wash the dishes after every meal. If you must constantly remind him to do this he may perceive your reminders as nagging. If he must rely on his willpower to do this then he will be inconsistent and exhausted by it. But if the cleanup becomes habitual, then you won't need to remind him and he won't even need to think about it. He will just do it automatically.

So it's well worth the effort to teach your husband new habits. The basic elements of a habit are these: cue, routine, and reward. And the tools and mechanisms of habit formation are respondent and operant conditioning.

First, there is a cue, a trigger that tells his brain to automatically select from among the habits he has learned. In our example, the cue is a finished meal and dirty dishes.

Next there is the routine itself. It can be physical, mental, or emotional. The desired routine in our example is cleaning the table and washing the dishes, pots, and pans.

Finally, there is a reward, which helps his brain figure out if this particular routine is worth remembering for the future. Your husband will not naturally feel rewarded by clearing the table and washing the dishes. You must supply the reward initially.

Introducing the reward can be as simple as putting the dirty dishes in front of sex. If, for example, you are currently the one who routinely

does the dishes then you can simply leave them undone and initiate the routine for sex stopping at the last moment to ask your husband to first do the dishes. One way to phrase this is “I forgot to do the dishes. Why don't you go do them while I take a quick shower.” The sex resumes with the completed routine of washing the dishes and he experiences the reward.

But you can also achieve much the same with more subtle rewards. There are many conditioned stimuli which he has already learned, such as sexual touching and kissing. And if you've been developing additional conditioned stimuli, these too will be useful in teaching new habits. All that is necessary is to provide these stimuli before, during, and especially after he performs the routine.

Over time, this habit loop—cue, routine, reward; cue, routine, reward—becomes more and more automatic. The cue and reward become intertwined until a powerful sense of anticipation and craving emerges. Eventually you can reduce or even eliminate the artificial reward and the habitual behavior will continue on its own momentum. In part this is because the habit is now subconscious and automatic but also because the chore itself becomes rewarding.

Perpetual Reinforcement

Barbara: Jason has become quite proficient with housework. My friends are amazed at how neat and clean our house is.

Jason: I enjoy keeping the house orderly. She jokes that I'm an OCD [obsessive-compulsive disorder] convert.

Barbara: Well, you weren't always so fastidious. It took a while for him to decide that the house was his responsibility. When we were first married he was the biggest slob.

Jason: Well, that was before you trained me to think differently about it.

Real Women Don't Do Housework

Barbara: [Winking] What do you think about now?

Jason: Oh, wow. [Taking a deep breath] To be quite honest, doing the housework is a bit of a turn on for me now. Sometimes I get a hardon doing stuff around the house, especially if I think about Barb watching me.

Barbara: [Touching Jason on the thigh] And I do watch you when I have the time, you know. I make a point of supervising him from time to time. Not so much now to make sure he's doing it but more to add a little something extra to the experience, if you know what I mean.

Jason: Yeah, she means she likes to see my pants bulging when I'm doing the housework.

Barbara: Then I know he's enjoying it even when I'm away.

Habits can be more than routine behaviors, they can become rituals. When a habit becomes ritualized your husband will not only perform the routine automatically, he will enjoy doing it, even anticipate it as an enriching opportunity.

This happens because as you train him into a habit of doing housework certain aspects of the chores will themselves become conditioned stimuli. For example, as you train your husband to wash the dishes, and reinforce that behavior, your husband will learn to associate the experience of washing the dishes with sex. The more consistent and powerful the reinforcement, the more strongly will be that association. Washing the dishes may actually arouse you husband. Thus, over time, washing the dishes may become its own reward.

Needless to say, once housework becomes its own reward, he will want to do it regularly. You won't even need to remind him.

Hierarchy

Humans, like other social animals, tend to recognize hierarchies. In any given relationship or situation, people naturally try to sort out who outranks whom. In fact, ambiguous ranking by itself can create stress and conflict. This is one reason why egalitarian marriages are so unstable. Hierarchies are a natural, primitive method for avoiding conflict.

Conflict avoidance is such an important behavior that all social animals have developed primitive coping mechanisms. Most people are aware of the basic instinct to fight or flee when facing a threat or challenge. What is less well known is that there are actually four responses among which social animals choose in intra species conflict: posture, fight, flight, and submit.

Submit Response

Blake: When I look back on it now it all makes sense but at the time I was really confused.

Heather: You had always been top dog. At home with your parents you were the favorite, at school you were a great athlete and graduated top of your class, and then moving up into management. You never really had to be deferential to others.

Blake: I think that's a bit of an exaggeration. But I certainly never would have described myself as "submissive." So when she started playing these mind games I was really beside myself. One minute she was demanding something or other and the next she was flirting with me and getting me aroused.

Real Women Don't Do Housework

Heather: He would puff up his chest and try to play lord of the manor and I'd just laugh and walk away.

Blake: She really had me chasing my tail for a while.

Heather: But finally when he started letting me have my way on even the smallest matters I knew I had him. I just started to reinforce each example with praise and sex.

Blake: That was really when things started to change. I guess I started to change. I found myself agreeing to everything she said or at last offering my opinion more humbly. I didn't realize it at the time but I was learning to be submissive. That was a new experience for me.

Heather: But only with me.

Blake: And that's the darndest thing. At work and with my friends it's the same as before. But with her I just have this deep emotional desire to submit myself to her without any reservations. I just crave her authority over me.

Heather: He's very obedient now.

By conflict and confrontation we do not necessarily mean a physical confrontation. (Indeed, if there is even the slightest possibility that your husband might respond violently then you should not be reading this book.) The vast majority of husbands will react peacefully at most offering passive resistance to your assertion of dominance.

But any difference in preference that requires a resolution and a choice between them is a conflict for our purposes. Choices like what color to paint your bedroom. What to eat for dinner. Who does the dishes and the laundry. Where you go for vacation. All these involve different preferences and require a resolution. Of course, conflicts can be about more important matters as well. Will he spend the evening with you or

his friends? Will he remain faithful in the marriage? Will he stay home to take care of the family while you go out to pursue a career?

In any intra species confrontation, the first choice will usually be posture, striking a defiant pose or making a defiant sound, in hopes of ending the confrontation. Sometimes these postures can be extremely elaborate and ritualized. Posture is usually the first choice because it is the cheapest. It costs nothing to strike a defiant pose.

If the conflict continues, then a harder choice must be made. The choices of fight and flight are understood well enough that I will not discuss them further here. Suffice it to say that these are not the desired responses.

Rather, we are interested in the submit response. Simply put, the submit response is an instinctive choice that a social animal may select under particular circumstances. When one animal submits to another animal, it openly expresses a willingness to surrender its claim in the conflict. A familiar example is when two dogs fight and one lays on his back to surrender to the other. It gives up its claim in exchange for peace.

Let me reiterate for emphasis: the choice to submit is an instinctive choice made in the more primitive parts of the human brain not as a result of any rational evaluation of the situation.

Sexual Submission

Adrienne: I have to say I was more than a little surprised at his reaction to my erotic power. His whole demeanor changed. It started in the bedroom. He became very attentive and responsive, less self-centered. I appreciated that, of course. Before he was always so fixated on completing his own orgasm as quickly as possible.

Conner: Well, I didn't entirely ignore her needs but I used to think about her orgasm as a matter of pride, scoring points, if I thought about it at all.

Real Women Don't Do Housework

Adrienne: The more I indulged my erotic power, the more willing he became to let me lead in the bedroom and the more he refocused his energies on satisfying me completely and without regard for his own needs.

Conner: I felt totally different toward her after she took over our lovemaking.

Adrienne: This was nice, of course, but I when I began to extend it outside the bedroom, that's when the fireworks started.

Conner: I told her she could rule the bedroom but it had to stay there. I really misunderstood what was happening to us.

Adrienne: I ignored his whining and just started asserting myself on everything that came up. On one thing after another, like dominos falling, I found he couldn't resist me.

Conner: [Shaking head] You were merciless. I never had a chance.

Adrienne: And the more I asserted my erotic power outside the bedroom, the more he submitted to me. It didn't seem to matter what the issue was, his capitulations just became easier and easier to obtain. Now I am truly happy. What we do in the bedroom is fun, sure, but now I really feel like a Queen!

Some surveys have suggested that as many as two-thirds of men have fantasized about being sexually dominated by a woman. The dominatrix occupies a unique place in pornography. Whereas most pornography portrays the woman as soft, submissive, and ready, the dominatrix is hard and demanding. She is authoritative. In her domineering role, the dominatrix elicits both a sexual and a submissive response from a man.

Erotic power provides the male ego with an excuse for submitting to you. Instead of triggering his urge to fight, you are arousing his urge to

surrender. When you exercise power over your husband erotically, he will not recognize this as a threat to his ego.

Erotic power, the combination of sex and authority, directly taps into this natural submissive sexual response. Once you learn to tap into that response in the bedroom, you can tap into it any time of the day. He will become putty in your hands.

A Proud Knight, Not a Fearful Slave

As you encourage your husband's sexual submission to you and his obedience to your authority you may find it necessary to introduce balance in his life by encouraging his masculine expression in ways that are consistent with your role as Queen of the household. One simple way is to ask his help with heavy or otherwise manly chores. Have him open jars, carry big items, or simply practice gentlemanly habits such as opening the door for you.

You can go much further by suggesting that he take up sports with male friends and watching when time permits, and complimenting him on his performance.

Finally, one of the single best things you can do is to request that he join a karate studio and work towards a black belt. Regardless of how safe your neighborhood and city may be, demanding that he be prepared to provide protection to you and your family will push all the right emotional and psychological buttons.

Seduction

Seduction. The very word is titillating. Its various meanings arouse all the right images. To seduce is to induce to engage in sex and, indeed, it will be you, the wife, who will lead in sex. Seduction also implies guile and cunning, even skillful deceit, toward a desired end. You will seduce your husband into submission to your will and acceptance of your role as Queen of the household.

Your goals in seducing your husband are to:

- discretely gain confidence in your erotic power,
- give your husband time to adjust to your new authority, and
- addict your husband to your erotic power before he is aware of what is happening.

A Gift to Him

Jerry: I'd certainly agree that most men would not allow their wives to take over at home if they were asked. I mean, that seems obvious.

Alexa: Maybe some.

Jerry: Maybe some, but the vast majority, no. She did it absolutely the right way. She never asked me, she just did it. Besides, would it really make sense to ask permission to lead? If you need permission, you're not a leader.

Alexa: I wasn't sure at first but I thought I might as well play it safe and try things out without telling him. Then as things started to progress I just kept going, pushing further and further never

Real Women Don't Do Housework

stopping to ask him. He seemed to be enjoying it so why mess up a good thing?

Jerry: You seduced me.

Alexa: You never complained about it.

Jerry: Why would I?

Alexa: But if you'd known where it would lead you would have tried to stop it.

Jerry: She did it right. She seduced me into wanting what she wanted. Now we both want the same thing. Or I guess we always wanted the same thing but now we both know it.

Alexa: I think you have to just do it and not ask.

Of course, a seductive approach is somewhat sneaky. After all, you will be initiating an important change in your marriage without your husband's prior knowledge or explicit consent. But unless he is particularly self-righteous, your efforts will not go unappreciated in the end. You are giving him a gift that requires surprise to be fully appreciated. If your husband is like most men, once he is fully addicted, he will appreciate what you have done.

Few men can appreciate beforehand the joy that you can bring them by exercising erotic power in your marriage. Think of it this way: You are here. You know that you would both be happier there, but tradition and cultural norms have told him that he will not be happy there. You must take him there without his knowledge.

Eventually, he will recognize where you have taken him. The key is that, by the time he realizes where you have taken him, he has already discovered that he is happier there. Along the way, your husband may struggle to reconcile his feelings of happiness with social expectations, which tell him he should not be happy with where he is going. You must be a patient and loving guide. You must hold his hand through the

transformation of your marriage and continually assure him that whatever others may think, you will only love him even more.

Ideally, by the time he figures out what you're up to he has already embraced his submission to you.

You will probably need to rethink your attitudes about the role of sex. For most married couples, sex is something that goes on in the bedroom at night with the lights out. Instead, you will need to think about eroticizing your entire relationship. Sex becomes a thread that weaves throughout every interaction between you and your husband, either directly or indirectly. You will deliberately exploit your sexuality every step of the way to an extreme that would make a prostitute blush.

Creating a Conflict

Your goal now is to trigger and exploit the submit response in your husband. To accomplish this you need to introduce a conflict to which he will choose a submissive response. Then you need to reinforce that submissive response. As his submissive response is developed, you can broaden it beyond the original conflict. Eventually, your husband will naturally and automatically choose the submissive response to any and all conflicts with you. At that point, he can be said to have fully submitted to your authority.

Typically, the first success eases the way for everything else that follows because by breaking his resistance in one area, you demonstrate your ability to break his resistance in any area and because once you begin to reinforce that first submissive response in one conflict, you encourage it in all other conflicts.

The key to success, then, is to start with the right conflict. There is one conflict in particular that ideally lends itself to the submissive response. Household chores are not a good place to begin because they can be too easily avoided by passive resistance and because they are not inherently reinforcing. Instead, the place to begin is with sex itself.

Taking Control

In most marriages, the husband initiates, controls, and directs sex. This is, however, not the best arrangement.

By imposing your will to initiate, control, and direct sex, you create the ideal conflict. To the extent that he resists your will in this matter (provided you are truly committed to getting your way), he will be starved for sex. This is an enormously powerful influence on his choice. Essentially he will be punishing himself by his resistance. Conversely, by submitting to your choice in this matter he is, by the very nature of the conflict, rewarded with sex. How this conflict resolves depends on your particular circumstances. The mere act of giving up control of when sex occurs may be very challenging for your husband if he is habituated to sex on demand from you.

Control

Taking control of sex entails training your husband that sex is for your benefit, not his. That doesn't mean that he is no longer allowed to enjoy sex. On the contrary, he will discover that under the new arrangement he is more excited than ever. It is simply that even when sex is directed at your satisfaction, your husband will inevitably be satisfied as well.

Men are almost always in the mood for sex. That is a fact of life. Provided enough time has lapsed since the last, men don't fail to orgasm. With appropriate stimulation a man's orgasm is inevitable. By contrast, a woman's orgasm is far more subject to mood and emotion, circumstances, the nature of arousal, and the duration of stimulation. It simply makes no sense for the man to decide when and how sex occurs.

You Decide

The rule you want to establish is simply this: sex happens when you want it to happen. You do not have sex simply because your husband is aroused. You have sex when you are in the mood for it.

Depending on your situation, you might propose this arrangement directly. It may happen, though, that your husband will not naturally take to this arrangement. In that case, it is probably better to ease into the arrangement gradually.

You can choose one of two methods for controlling when sex occurs. But you must choose one method and stay with it; if you change methods, you will create great confusion for your husband. Either method will work but you should choose the method that you feel most comfortable with.

Your choice of methods is to either:

- allow your husband to propose sex but require that he wait for you to accept, or
- reserve initiation of sex entirely to yourself.

Your Acceptance

Tina: I always liked having him initiate sex. Even after I started to make changes in our marriage I didn't want to change that. But I didn't like the way he was always expecting me to perform on command. I'm his wife, not a concubine.

Bo: That was hard for me at first.

Tina: He got pretty mad the first few times. But I made him appreciate how much better sex would be if he was a little patient.

Bo: Eventually I learned to just show my interest without demanding anything by it. Before I treated her like an object. Now I appreciate that she's a person with her own needs and desires.

Tina: We still do it that way. I like to keep him guessing about my mood.

If you feel uncomfortable initiating sex or if you prefer to let him take the initiative, then you need to:

- discourage your husband from expecting sex whenever he asks for it, but
- make it clear to him that you still expect him to propose sex.

The main challenge will be to summon the courage to say, "no," "not yet," or "not until..." Once your husband gets it in his head that it's time for sex then he will become relentless. Most of the time, you will want to turn that energy toward his chores. Only when you are in the mood and

you are satisfied with his behavior should you accept his proposition. He may become frustrated at your frequent denials but if you are firm and you occasionally say “yes” then eventually he will grow accustomed to the arrangement. To keep him initiating sex you simply need to avoid initiating sex yourself.

In practice, if you choose this style then you will find him proposing sex seemingly all of the time and you choosing those few occasions when you wish to accept it. Of course, each such proposal from him becomes an opportunity for you to make a request. You might say, “not now but I would appreciate if you would vacuum the living room.”

Additionally, you can accept his proposal for your own sexual satisfaction but still withhold his own release until another time. For example, you might respond to his proposal by directing him to give you oral sex and ending the encounter there. Thank him for giving you an orgasm and encourage him to ask again later. Leaving him guessing when you will stop with your own satisfaction and when you will allow him to be satisfied adds great spice to your marriage.

Your Initiation

Sam: She really did a number on me when she changed the rules on sex. I couldn't figure out why all of the sudden she was never in the mood anymore but it was all an act.

Jasmine: I just kept telling him “no, not tonight” until he gave up. And then...

Sam: Wow, then we had the most mind-blowing sex.

Jasmine: I invited him into the bedroom and made it worth his while.

Sam: So I figured it was just my timing. But I never seemed to get the timing right. Every time I hinted at sex she would decline and then, on the one night I didn't, pow.

Jasmine: It took a while but eventually he caught on. He started waiting for me to initiate.

Sam: It just doesn't even occur to me anymore that I could start anything in the bedroom. I know that if I'm patient and do as I'm told good things will happen.

If you choose to initiate sex, then you need to do two things:

- discourage your husband from initiating sex, and
- encourage your husband to respond to your initiation of sex.

You must avoid all appearance of enthusiasm whenever your husband initiates sex. You can feign illness or you can go along but stare impatiently at the ceiling or at your fingernails. Don't help him with suggestions as to what you desire but lay quietly and passively. Under no circumstances should you allow yourself to reach orgasm when your husband has initiated sex.

At the same time, you must begin to initiate sex yourself. You can initiate sex subtly or directly. You might tease his crotch or put on lingerie. You might simply say, "I want you to make love to me tonight," or just proceed to make love to him. In any case, when you have initiated sex you must allow your husband to satisfy you completely and entirely as discussed above. You must express your passion without inhibition. Moan and scream with pleasure at his touch. Freely direct your husband as to what pleases you most. Don't be afraid to tell him that you prefer this position or that, or that you prefer that he perform oral on you. Don't be afraid to just take over altogether.

Your husband will eventually learn that when he initiates, sex is boring and degrading. He will feel impotent (figuratively) at his failure to bring you satisfaction when he is in charge. He will also learn that when he responds to your initiation, sex is exciting and satisfying for you both. It is only a matter of time before he is hanging on your every word and gesture waiting for his opportunity to satisfy you, and himself.

Giving Back Some Control

Lane: I don't know how it is for other husbands but I got hooked really fast. When she started this I just obsessed about her, like I had gotten addicted to some drug.

Krystal: I addicted you to me.

Lane: You did, yes. So I started getting really frustrated.

Krystal: He kept complaining that I wasn't in the mood enough. But we had sex at least once a week. You'd have thought I had gone celibate or something.

Lane: It was all part of her plan. She started dropping hints about what I should do to help out and make her feel more loved. Housework mostly.

Krystal: He never did anything before so I gave him simple things at first.

Lane: I can't remember if we actually had more sex but it satisfied my need to do something.

Krystal: I put him to work around the house and that seemed to give him a sense of control that he needed. I wasn't about to just reward him with sex for housework but I did show more affection when he did the chores and that was enough.

What is interesting is that if your husband is like most men, his sex drive will probably increase with your control of sex. This is a danger to which you must be alert. Your husband may feel frustrated that he has lost control over the frequency of sex. If, as is usually the case, his libido grows under the new arrangement, the frustration will be all the greater.

You must come to the rescue. You must cede some control back to him. You do this by indicating to him what things he can do to "get you in the mood." Things that get you in the mood might include gestures

such as dining out, small gifts, and flowers, and, of course, doing household chores.

The best time to make these suggestions is during foreplay. Just mention, casually, that you are in the mood for sex tonight but that you might be in the mood more often if he were to help out with housework more. This is the best time because in addition to providing specific information to your husband, that his attention to you puts you in the mood for sex, you are also establishing a psychological link between sex and housekeeping.

You might also make these suggestions if your husband raises the issue of the frequency of sex. He might, for example, confront you with his frustrations. You should be prepared to respond with suggestions that will ease his sexual frustration. This is not the ideal time to make these suggestions but it may be necessary. It is better to head off this confrontation by making your suggestions during sexual foreplay.

Now that you are in control of sex, you are ready to begin the techniques that will transform your marriage and make you the Queen of your household.

Conversation

The key to establishing your power and authority in marriage is to introduce conversation into sex. It is the coupling of intellectual and sexual, expression and consummation. Through these techniques, you will plant suggestions and ideas that he will embrace and internalize. Even as you are opening your legs to his physical penetration, you are opening his mind to your intellectual penetration.

Your Satisfaction

Your satisfaction always comes first. Every sexual encounter with your husband should begin with his bringing you to orgasm at least once, perhaps several times, in foreplay. You may abbreviate this step early on but ultimately this can be drawn out for hours.

Stimulation

Jamie: I'd say that the conversation technique was the key to my becoming Queen of our marriage.

Ken: It's a regular part of our nightly routine now.

Jamie: At first it was strange to have such serious conversations during sex like that but we both learned to enjoy it.

Ken: Sometimes I feel like I'm going to lose my mind.

Jamie: Yeah, I can keep him going for as long as I need. Sometimes we talk for hours.

Once you are sexually satisfied, you are ready to begin the conversation. This will proceed more or less as previously described but

you will be spending more time in the conversation asking substantive questions and planting new ideas in his head.

Conversations during manual manipulation are extremely effective for a number of reasons. First, you are employing behavioral conditioning to shape his behavior toward submission and openness. Second, you are distracting him from his natural tendency to avoid revealing his feelings and vulnerabilities. Third, you are providing his ego with an excuse for lowering his defenses.

The best technique for controlled manual stimulation over a long period of time is to grasp the shaft of his penis firmly with your weak hand, put a generous dab of lubrication on the head of his penis and rub it firmly with the palm your strong hand in a circular motion. This is an easy motion for you to maintain and it will stimulate him enough to keep him on edge but not so much as to take him over the edge.

As you stimulate him, you will notice his breath becoming irregular and his concentration wandering. You can vary the speed of the circular motion with your strong hand. A slight motion of your weak hand along the shaft can serve to reward a forthcoming answer or acknowledgement.

With the right touch, you can keep him in this state almost indefinitely. After about thirty minutes of this he will start to become desensitized. You can compensate for this by rubbing harder and stroking more.

It is in this state that he will be highly suggestible. All his rational thought will be focused on the stimulation. In this state:

- he will freely answer any question you put to him;
- he will easily agree with anything you suggest to him;
- he will quickly promise anything you demand of him;
- your words will enter his subconscious directly without rational filtering; and
- you will create powerful, lasting sexual associations with the content of your suggestions.

Talk to him and get him to talk back to you. Ask him questions. Make requests of him. Ask him to make promises to do or not do specific things. Whenever he responds positively, you increase the stimulation of his penis. Whenever he evades response or responds negatively, you reduce or halt the stimulation. It is that simple.

But be careful. If you overstimulate him, the session will come to an abrupt and messy end. Watch his reaction and learn to keep him on the edge as long as necessary.

Consummation

At this point, you are ready to consummate. However you choose, you can maximize the impact by associating this climax with the highpoint of the conversation. For example, you can bring him to climax just as he has revealed some deep dark secret to you or after he has made some important promise. Of course, if you are unsatisfied with his participation or if this is simply not his special night, you may end the encounter without consummation.

Among sexual positions the riding position with you on top is best. It affords you greater control over sexual intercourse. When your husband controls sexual intercourse he will tend to satisfy himself by thrusting in and out, quickly arriving at a climax. But when you are on top you control movement and thereby focus the stimulation where you need it most.

After conversation, while he is still on his back and in a state of excitement, rise up fully and use your hand to guide his penis into your vagina as you slowly come back down onto him. Alternatively, you can lie down on his chest and guide his penis as you slowly slide down onto him and then sit up. Either way you are now mounted and ready to ride.

Tilt your pelvis forward to maximize contact between your clitoris and his abdomen. By leaning forward you can increase the pressure on your clitoris. By leaning back you can use the tip of his penis to stimulate

your G-spot. Experiment with various angles to find what works best for you and shift freely between them.

Instead of trying to replicate his sexual thrusting by moving up and down, which is very tiring, rock or slide your hips back and forth grinding your clitoris against his abdomen. This motion will stimulate your clitoris more and his penis less and, thus, he will last much longer.

Have him caress your breasts. Or bend over or have him sit up to kiss your body. Just because you are on top doesn't mean that you are not the center of attention.

Once you are fully satisfied, and if he has not achieved orgasm, simply lean forward placing your hands on the bed beside his chest. Shift your weight from your pelvis to your hands and knees lifting up just enough to give him a freedom of movement of his pelvis. He can then move his pelvis to achieve the thrusting motion that will quickly bring him to climax.

Promises

James: At first I would just promise anything to get to the good part. Then, later, she'd remind me of what I promised and I thought she must be kidding.

Erin: You didn't take your promises very seriously at first.

James: I kept thinking that it was just pillow talk but the next time she would remind me of my broken promises and then started demanding that I keep them before we could go further. Well that got my attention.

Erin: Then he started trying to avoid making promises.

James: But she'd pretend to lose interest and quit so I went back to promising anything again.

Erin: But now he's gotten really good at keeping his promises. I still need to remind him sometimes but I think that's because he is not really all there at night [taps her finger on her temple]. I guess I kind of overwhelm him sometimes.

Promises are an important aspect of relationships in general but marriage in particular. A promise is a verbal declaration in which your husband binds himself to do, or to forbear to do, a specified act. It is a declaration that gives you a right to expect or to claim the performance or forbearance of that specified act.

Husbands are naturally more attentive to their wives when they are aroused and excited. There is much you can do to maintain your husband in a state of arousal and excitement but such excitement is in anticipation of sexual satisfaction. Once that satisfaction is achieved, his attention to you will tend to fall off for a while. This is just natural.

Promises are useful because they bind your husband at one time to perform at another time. In particular, your husband may make a promise when he is aroused to perform when he is not.

Your goal, then, is two-fold: First, you need to extract promises from your husband when he is most excited. Second, you need to remind him of the promises he has made and those he has broken.

The best time to extract promises is during conversation. When your husband anticipates that sexual satisfaction is imminent, regardless of whether or not it is, he will do or say anything. When extracting promises, directness is best.

Naturally, when the urgency is passed, he will tend to forget his promises. To the extent that he is a man of his word, this will be less of a problem but you should expect him to fail to keep his promises from time to time. Additionally, he may rationalize that the promise was made under duress so it is best to keep a sense of humor about these promises. Still, it is very important not to let him slide but to frequently remind him of his promises especially when he breaks them. Take such broken

promises in stride and avoid nagging. Instead, the time to make an issue of broken promises is during conversation.

When you are in conversation, remind him of the promises he has broken and ask him to repeat his promises and to promise to keep his promises. If the breaking of promises is relatively minor and the sincerity to correct sincere, then a renewed promise should be accepted. If the breaking of promises is more serious or persistent then some remediation or penance should be required before sex. Additionally, his release may be delayed for a discussion of the broken promises. This delay might be minutes, hours, or even days according to the circumstances.

Follow Through

Once you have established promises, you must be prepared to reinforce them. When, for example, your husband does the dishes, you should give him some attention. I recommend a whispered “thank you” or “good job” in his ear as you rub your hand roughly across his crotch. Such an arousing gesture, consistently given, reinforces the association between the promise kept and sex and therefore reinforces the keeping of promises.

As far as practical, be liberal with your attention during the day. Upon completion of even the most trivial task, express your appreciation with a deep, erotic kiss or a press of your hand against his crotch. This will at once reward him and build excitement within him.

Suggestions

Charles: When I look back I think one of the strangest things was how easily she got inside my head. She would whisper things during foreplay and sex like “obey me” and all during the next day, when I'd see her, those words would flash into my mind as if she were saying them again to me there. And the way I imagine it, it's like she's seducing me just by standing there and

Real Women Don't Do Housework

reminding me of her words. It's hard to describe, you have to experience it to believe it.

Josephine: I like to remind him how much better things are now that he's letting me do all the thinking. Don't you think it's better to let me do the thinking for us?

Charles: There was a time when I would rebel against the very notion. But now it just seems natural to me to check with you whenever I need to make a decision. I feel uneasy when I have to decide anything without you. And I've just accepted that as normal now.

Josephine: I got inside his head.

Charles: She really did.

Conversation is also an ideal time to plant suggestions in his mind. While his attention is diverted he will not be able to rationally evaluate what you say to him. Instead, your commands will go directly to his subconscious where they will be internalized with pleasant, sexual feelings. Command him: "Obey me", "submit to me", "do as I say", "surrender to me", "satisfy me", "give me everything you have", "work for me", "love me", "adore me". Over time, he will begin to regard these as sexually pleasing thoughts. Thinking about obeying you will arouse him.

Cracking the Oyster

Janet: I was really shocked at some of the things he has revealed during our conversations.

Larry: [Shrugs shoulders] I don't think I have any secrets left.

Janet: But it helped me to understand him a lot better. I sure know a lot more now than I did before. Would you say that it was unpleasant?

Real Women Don't Do Housework

Larry: Unpleasant, no, but unsettling. I couldn't believe what was coming out of my mouth sometimes. It was as if I were listening in on a conversation between my wife and myself.

Janet: Let's just say he doesn't bother trying to hide things from me anymore.

Larry: Once I realized I couldn't keep secrets from her I pretty much just abandoned any sense of privacy. I like to think I'm honest with her during the day. But at night I just let go entirely and reveal my most private thoughts. It's really liberating to be so open with the one you love.

The most universal, consistent and chronic complaint that wives have about their husbands is a lack of communication.

Men are generally very closed and secretive particularly where their emotions are concerned. Most men would rather brave death than admit their weaknesses and failures even, especially, to their wives. If you are to truly dominate your husband, you must breach his emotional defenses and get him to open up to you. When you get him to open up you will 1) learn more about how he thinks and what he feels enabling you to better dominate him, and 2) erode his resistance to your domination. The psychology of the male is such that the more successfully you penetrate his emotional defenses, the more he will feel at your mercy.

Think of your husband as an oyster, and his emotional being as the pearl. You cannot create what is not there to begin with. You can, however, get him to open up and reveal himself to you. Just as you trained him to perform housekeeping routines, so must you train him to open himself up to you emotionally. As your husband loosens up in conversation, he will eventually begin to reveal himself in response to your questions.

Only after you have been in the routine for several weeks should you begin to probe more deeply into subjects that he finds difficult to discuss.

For example, you might begin by asking if he's ever bought a porn magazine or visited a porn site. Later, you might ask about his lustful feelings toward other women or whether he has ever thought about cheating on you, or ever did.

Use suggestion to command him: "be honest with me", "confess to me", "bare your soul", "trust me", "tell me the truth", "tell me everything", "be open with me", "tell me your deepest secrets", "share your feelings", "confess your faults."

In these discussions, your attitude should be one of soothing interest. Avoid both consoling and criticizing but focus instead on getting to the truth of the matter in a clinical, objective manner. When he makes a genuine revelation to you, repeat back what he said and thank him for revealing it to you, no matter how unpleasant the fact.

Ultimately, you should use these sessions to better understand your husband both in terms of his history and his daily moods. For example, if he was testy or angry during the day, push him to talk about what made him that way. Get him in the habit of telling you everything, every day.

Power Grip

Howard: She has a way of getting my attention.

Noelle: The power grip. If I want to be sure he's paying attention to what I have to say I just switch to that. Even if he's dressed I just undo his pants and grab him. I grab his penis with one hand and his balls with the other. [Motions with her hands] The first time he was like, "what are you doing?!" I just grabbed him and started lecturing him on chores that were not done. But I also use it to ask him questions sometimes.

Howard: And if I pause to think or if I give the wrong answer...

Noelle: It's fun to see his reaction when I squeeze him down there. It doesn't take much. He's used to it now.

Real Women Don't Do Housework

Howard: I don't think I'll ever really get used to it.

Noelle: But you know better than to take time to think about the answer, right?

Howard: I basically just say the first thing that pops into my head and hope that I'll get a chance to correct it if I'm wrong.

Noelle: [Smiles and makes a squeezing motion with her hand]

When you are making important statements or asking especially difficult questions, you should assume the power grip. In the power grip, you hold his penis in one hand while you hold his testicles firmly in the other. The position itself will demand his full attention. Additionally you can alternate between giving pleasure and discomfort depending on the point you are trying to make. For example, if you are discussing his failure to put the toilet seat down you might punctuate your displeasure with a slight squeeze of his testicles. Then when he promises not to do it again, stroke.

Of course, it is much easier to use the power grip when he is naked, as for example during your nightly conversation. If he is dressed you can gain access by undoing his pants and reaching into his underwear, the gesture alone can be intimidating. But even without touching him directly you can have nearly the same effect by using one hand to stroke his penis over his pants while the other cups and presses lower down against his testicles.

Management

As you assume the role of Queen of your household, you will begin to conceive of your husband's sexuality not merely as a source of pleasure for him (and a tool for procreation) but as an instrument through which you can manage, control, and direct his behavior. His penis, while still attached to him, will become your property in the practical sense that you, not he, decide what it is allowed to experience. Through your ownership of his penis, you will practically own him.

You should begin to manage his sexual release as you might manage his exercise and diet. This management of his sexual activity, of determining when and how he is allowed sexual release, is not only a matter of power and control but also skill and awareness. You should not be discouraged if at first you find your efforts awkward and ineffective. With time, your knowledge and skill will grow and you will simply be amazed at what you can accomplish and how far you can go.

Keeping Him on Edge

Tim: It's really a strange feeling to be aroused all the time.

Kimberley: He is a much better husband that way.

Tim: I do enjoy it, sort of. She keeps me thinking about her. And I guess the fact that we only have intercourse a couple times a month now is part of that.

Kimberley: I like to tease him. At first he was so defensive about it. He'd tell me not to start the engine if I wasn't going to drive the car. I just ignored him because I knew he was enjoying the attention.

Tim: [Nodding and pursing his lips] It was hard at first. I was just thinking about her all the time. I guess I still do but now it's just a normal part of my life. [Looking into the distance] My life is lived in anticipation of something that I know will come but I never know quite when.

Kimberley: I like to keep his engine running. That way he's always thinking about me.

As a general rule, you will find that your husband will be on his best behavior if you keep him on the edge, in that zone between sexual frustration and satisfaction. A husband who is over-satisfied will have much less enthusiasm in attending to your needs.

Keeping him on edge is partly a matter of constantly teasing and arousing him at any excuse. If he accomplishes something, anything, you can reward him with an erotic kiss and a pat on his crotch that will both reward and excite him.

Keeping him on edge is also a matter of keeping him guessing about his sexual release. Finding the right frequency is tricky and requires experience shaped by trial and error in your own marriage. In addition, the right frequency may change over time or vary with the circumstances.

A rule of thumb is that you should reduce his sexual release to half of what it was previously. In seeking out the right frequency, look for irritability and sleeplessness as a sign of too low a frequency and laziness and disrespect as a sign of too high a frequency. And it is often helpful to reduce sex more radically in the beginning of training and then to increase gradually as he accepts your role as head of the household until you find the ideal frequency.

While it is always best to introduce new demands and expectations during conversation, you can use those periods when he feels especially desperate to validate and drive home your points. In conversation he is not entirely aware and that is why he is more prone to agree or accept.

When he is in a desperate mood he is fully aware but still unwilling to contradict you.

However, if he is actively resisting your influence then you should not be concerned with the irritability that might result from sex deprivation. Go right ahead and push him to his limits. You can deny him for weeks, even months, to make a point so long as he clearly understands what he can do to make amends.

Conversation

Karin: We enjoy long conversations at night; we never seem to run out of things to talk about. I use this time to get important points across to him. If I think he needs to work on his obedience or attention, for example.

Dave: [Nodding]

Karin: I stroke him slow, super slow, for a long time. I can keep him on the edge literally for hours. I've developed a keen sense of when I need to pause and when it's safe to resume stroking. I think he enjoys the attention and he's very agreeable to what I have to say.

Dave: It's hard to describe the combination of excitement and desperation I experience. Sometimes I feel like I'm going to lose my mind. It's almost an altered state of reality for me. When I'm like that I'll promise her anything.

Karin: Sometimes, though, I misjudge how close he is. If I see an orgasm building I just pinch his little hose and wait for things to subside. It's not painful, is it?

Dave: Well, it's not pleasant. And it's a bit frustrating. But do I feel a certain pride in it.

Karin: Anyway, once it passes then we continue. This goes on basically until I'm satisfied that we've covered everything. If we've made a major breakthrough, or if I'm just in the mood, we might have intercourse but usually I just cuddle with him until he goes soft.

Previously we assumed that every conversation is preceded by your orgasms and followed by his. But you may wish to abbreviate this standard sequence. In particular, you can make the conversation, itself, the entire focus of the night with no orgasm for either you or your husband. Needless to say, he will be disappointed but every denial helps to assert your authority over his orgasms and, thus over him.

That said, you don't want to be cold about it. In fact, you can end it with great affection. Instead of just letting him go and turning your back to fall sleep, cuddle with him until he goes flaccid. Halt the stroking but hold his erect penis firmly in your hand while maximizing bodily contact. In this way you show that while you are consciously choosing not to satisfy his desires, you understand and empathize with the frustration that he is experiencing by your decision. In addition to his frustration, he may be feeling very vulnerable and exposed in accepting your decision to end things for the night. Your genuine affection will reassure him that you value his submission.

Overstimulation can result in a messy and premature end to a night. Some men will simply not last a useful period of time, especially if they have gone a long time without relief. Sooner or later, you will find yourself desperately trying to hold back an eruption.

As it turns out, interrupting the male climax is very easy. The male climax is essentially a series of contractions to force fluids through the duct running along the base of the penis. If you constrict this duct with your thumb, while gripping his penis firmly in your hand, the fluids back up and the climax is aborted. Maintain your hold until his spasm passes which may take as much as a minute.

This has two effects: it is extremely frustrating for him and it is slightly painful like a quick, sharp pinch deep in his testicles. Now saying that it is slightly painful may cause you to recoil. Remember, however, men do not regard pain the same as women. For a man, pain can be an expression of devotion. If you set the context right, he will react quite well to this. The key to making it work is to convey the message “not yet.”

There is no health harm in occasionally blocking orgasm, it has long been practiced in tantric sex.

Asymmetric Sex

Maya: I have to admit that I do enjoy our sex life now. He's always had issues with premature ejaculation. Things never lasted very long with him in charge.

Sebastian: I would always get too excited and couldn't last more than a few seconds inside her.

Maya: I decided that we needed to separate his orgasms from mine. At first I just required him to bring me to orgasm first before he was allowed to enter me. He got pretty good at that. But then I realized that I didn't need to proceed to the next step, I could just stop there. He was very surprised the first time.

Sebastian: She just reminded me how often I had left her frustrated. I couldn't argue with that.

Maya: Now, though, he has absolutely no expectations regarding sex. It starts when I want it and ends when I say. And we have a lot more sex now. This works much better.

You don't need to deprive yourself in order to manage your husband's orgasms. Even as you are reducing the frequency of his orgasms, you can increase your own.

In most marriages sex is essentially symmetric, or at least idealized as such. Typically sex is centered on intercourse and, at best, this is a mutually satisfying experience.

But because your satisfaction comes first, every sexual experience with your husband arrives at a point where you have been satisfied but he has not.

Just as you decide when sex occurs, so do you decide how far it proceeds. In particular, you decide whether sex proceeds beyond your first orgasms.

How far can you take this?

Well, let us suppose that you decide to allow your husband an average of one orgasm a week. At the same time, you might indulge yourself each night. That would result in a ratio of 7:1.

But you might allow him as few as a couple orgasms a month while you enjoy a quickie in the morning, another after work, and a more intimate and prolonged encounter in the evening. That is a ratio approaching 50:1.

These ratios, while interesting, are irrelevant. Once you pass around 5:1 there is really no longer any meaningful connection between your orgasms and his, they become entirely different matters: his are a strict matter of discipline, the exact frequency that brings about optimal adoration and obedience while you can enjoy as many as you wish. In fact, the more sexual intimacy, the better for the marriage.

That might seem incredible but for the fact that as you become ever more proficient in exercising erotic power in your marriage, your husband begins to derive ever greater happiness from attention to your satisfaction. He will crave that morning quickie as much as you!

Marital Aids

Ari: She has a lot of toys.

Real Women Don't Do Housework

Bethany: I like to shop. I probably have one of just about everything a woman can enjoy. But I do have my favorites. Whenever I get a new toy I have him read up on it and then try it out on me.

Ari: I take notes on what works, how long it takes, how much she enjoyed it, all that. I have a logbook that I keep in her toy chest.

Bethany: The other thing I have him rate is the intimacy, how involved he is with bringing me to climax vs. letting the toy do all the work. Some toys are more intimate than others. And rating orgasm, he's gotten pretty good at observing and recording that.

Ari: I like helping her to climax with her toys. She lets me kiss and fondle to help her along.

Bethany: I like that. Sometimes I'll take over the toy so he can concentrate on stimulating me elsewhere.

Ari: I like being involved even if it's not a night for me.

Bethany: Then after he cleans the toy and puts it away we just cuddle to sleep.

You should explore all the ways that your husband can bring you to orgasm in foreplay including, especially, manual stimulation and oral sex. But marital aids such as dildos and vibrators are especially enjoyable. You can direct your husband to use them as appropriate or else use them while he fondles and kisses you.

If you desire or prefer something closer to traditional sexual intercourse then purchase a strap-on harness and one or more appealingly sized and shaped dildos. When properly fitted, this harness holds the dildo firmly in place against your husband's abdomen. You can strap his penis to his thigh to keep it out of the way.

Modified Intercourse

Ann: I didn't know how great sex could be until I took charge in the bedroom. We started our marriage with vanilla sex but he had problems with premature ejaculation. On our wedding night he was done before he even had his pants off. We tried toys but I find them to be artificial and lacking intimacy. And I could never orgasm from oral no matter how many books he read on it.

Frank: Even before she started managing my orgasms I could never last no matter how much foreplay I gave her. And after she took charge of things it only got worse. [Looks sheepishly at the floor] I was so embarrassed. I suggested that we try condoms because I knew from experience that they helped me to last longer.

Ann: Not long enough. So I found climax control condoms and that made all the difference. Numbs him up and he can't feel a thing down there. [Smiles] Now he's like a super stud in the bedroom.

Frank: [Smiles] She keeps me on the edge, really hard. I just want to make crazy love to her. So at the start when she puts on the condom, I'm in no mood to argue. I'm just like, ready and willing for whatever she wants.

Ann: [Pats him on the thigh] He's a wild man in bed. I have one orgasm after another.

Frank: Yeah, I can barely restrain myself. But I just go and go until she finally pulls away and says, ok, thanks, I've had enough for tonight. [Sighs] It drives me crazy sometimes.

Ann: [Laughs] That's how it was for me for the first decade of our marriage!

While there are many ways to enjoy sex, nothing beats good old-fashioned sexual intercourse for marital intimacy. The problem is that intercourse leads to male ejaculation and, thus, to a diminished interest in serving and obeying you. It would be nice, then, to have intercourse without the male ejaculation. There are, in fact, three ways to accomplish this.

The simplest method is to rely on his restraint. Some men are able to hold back their own orgasm by sheer willpower alone. But such men are rare and the longer he has been without a release, the more likely that he will lose control.

Another solution is to use benzocaine condoms. Benzocaine is a mild anesthetic that reduces the sensitivity of the penis. Condoms come with different percentages of benzocaine. The higher the percentage, the more desensitized the penis. When his penis is desensitized by the benzocaine it is much more difficult, virtually impossible, for him to achieve a climax and thus to ejaculate no matter how desperate he may be or how hard he works for it.

You will want to keep the benzocaine on the inside of the condom, where it will anesthetize his penis, and not the outside, where it might anesthetize you, so after you put the condom on his penis, wipe down the condom and the area around it with a damp cloth to remove any excess benzocaine. I like to do this as soon as he is hard but before we begin foreplay to avoid interruption and to give the benzocaine more time to do it's work.

But if you have the appetite for a bigger meal, you can use a prosthetic penis attachment (PPA), essentially a hollow dildo, such as the Ride-On from Vixen Creations (www.vixencreations.com). A PPA work like a condom to form a thick sheath over his penis. But the thickness of the material eliminates the need for benzocaine. He will feel no friction and very little pressure on his penis. Another advantage of a PPA is that it avoids the softening of the penis that benzocaine can sometimes cause.

The Ride-On comes with its own instructions that involve using lubricant on the inside but I found a better solution. I start with both his penis and the PPA clean and dry. I roll the PPA sleeve inside out until friction prevents further progress, about one quarter of the way. Then I lubricate the *outside* by running a lubricated finger along the crease formed by the rollback. Once the outside, where friction occurs, is lubricated the sleeve will easily roll completely inside out. I then press the fully exposed inside cavity against the tip of his penis and roll the PPA sleeve back down onto his penis like a condom. When done, the inside is dry and the outside lubricated. Because the inside is dry and tight against his skin there will be no slippage whatsoever. It will be firmly locked into place as if it was his own skin but the scrotum ring can be used anyway for effect.

All three options give you the full experience of sexual intercourse. But you won't have to worry about him finishing too soon because he will never finish. He can go on until you are satisfied or he is totally exhausted and he will be ready to begin again as soon as you are.

He too will enjoy virtually all the sensations of intercourse including, especially, the thrusting motions that he craves to perform. He is only deprived of the physical stimulation of his penis and, thus, will never become expended by an orgasm.

Chastity Devices

Emma: You were pretty surprised when I first showed it to you, right?

Logan: I had no idea such things existed. Even after she explained it to me I was just incredulous.

Emma: He was having trouble keeping his promise not to masturbate in the shower. I'd caught him a few times. He would apologize, of course, and promised not to do it again. But he

kept at it. So I bought him a CB6000 and brought it out during our nightly conversation.

Logan: I compared that little thing to my erection and told her it wouldn't fit. She told me it would after sex. I told her 'no' so she said, then no sex. We went back and forth like that for a while but I always lose these arguments and, anyway, I was curious how it would work.

Emma: I had already decided that if he agreed he would get an orgasm. After that he relaxed and shrunk back down to his normal size. I made a big production of putting it on him; I wanted to make an impression.

Logan: Yeah, she did. It was then I realized that we'd turned yet another corner in our marriage. I will never forget seeing that lock click the first time and watching her take away the key. When I look back I think this was the point that I realized that there was no going back to the way things were before, that I would be hers for the rest of my life. It made an impression.

Emma: We never had a problem with masturbation after that. There were some practical problems but we solved those pretty quickly. I would take him out each night for our conversations and a good cleaning. And since he was not allowed a release most nights I would wait until morning to lock him up again after he had shrunk back down.

Logan: There was no escaping the fact that I had totally lost control over my sexuality. It wasn't just that I couldn't masturbate anymore, it was a constant reminder of my submission to her every moment of the day.

Managing your husband's sexual activity requires a certain level of trust. Unfortunately, not all men are trustworthy.

The risk of infidelity is actually not as great as it might seem; if you have established yourself as an object of adoration and addicted him to your erotic power, then he is far less likely to take an interest in another woman. Other women will seem boring next to you.

However, your husband may be tempted to seek relief in masturbation. Few wives appreciate how common it is for men to relieve themselves privately. Young men especially may masturbate as frequently as one or more times a day. Through nighttime conversation you can find out pretty easily whether, how often, and where he is masturbating. And once you know this it will also be helpful to catch him in the act a time or two.

Having him own up to his behavior might be sufficient. Present it as a matter of marital infidelity. He might not understand, he might believe that it is different than cheating with another woman, but you must be firm and drive home the point that you consider his masturbation to be a breach of the marriage. Even so, more often than not, when he is again alone, he will surrender to the temptation.

One way to help him keep his promise to be faithful is with a male chastity device. A male chastity device is simply a locking cage that encloses his penis and makes masturbation impractical. You hold the key so you decide when he can come out to play.

Today you can find a wide variety of such devices on the market. Some are relatively inexpensive, made of plastic (e.g. cb-x.com, hollytrainer.com, and birdlocked.com). Others are more expensive, made of metal (e.g. chastitytube.com, maturemetal.com, and steelwerksextreme.com). Generally speaking, the plastic devices are more easily defeated and are less durable than the metal devices. Metal devices have the added benefit of being more attractive, like jewelry.

Once you have established that you consider his masturbating to be a breach of the marriage and that, in spite of this, he is still giving into the temptation, it is pretty straightforward to offer a chastity device as a solution, especially if you present it as a sex toy.

It's best to begin with a plastic device, it is less threatening, more playful. Purchase it ahead of time and present it during your nightly conversation after you have had him admit to the continuation of the problem. But keep it light and playful; avoid heavy accusations.

Later, after you've had some experience with a plastic chastity device, after he has accepted the need for it and learned to live with it, you can upgrade to a metal device. For a metal device you will want to take the time to make accurate measurements and order it with him to insure that he will take responsibility for the comfort and fit of the device.

But once you have him in a chastity device you will notice a big change in his behavior and attitude. Not only does it enforce your management of his sexuality and prevent masturbation, it also represents a constant physical reminder of his submission to your authority. In a sense, it is a wedding ring around his penis.

Unfortunately, things are not quite that simple. Male chastity devices simply cannot be designed to accommodate an erect penis without defeating their purpose. If he becomes erect while wearing a chastity device he will experience discomfort. In some situations this is exactly what you want but in others, not. Giving him a big wet kiss while you fondle him could be unpleasant while he is so restricted. Even his natural, involuntary nocturnal erections can cause discomfort and wake him from his sleep.

There are some chastity devices that better accommodate an erection while maintaining their function. These devices are not perfect but they are an improvement for long-term wear.

For this reason, chastity devices are best used on an exceptional basis, such as to extinguish his masturbatory behavior or when you will be apart for an extended period of time. Alternatively, you can establish a daily routine that has him wearing the device when he is most at risk (e.g. during the workday) and released at other times (e.g. when you are home together and while he is asleep).

Your Responsibility

Lulu: I have to admit that, at one point, I let this power go to my head. I was curious how far I could go and held back his release for several weeks. He went along but I noticed that he was becoming very irritable and disrespectful. I realized then that I had gone to far. I apologized to him and we settled into a rhythm that gives me the power and authority I want and makes him very happy to serve me.

Managing your husband's orgasms gives you enormous power over him. Delaying and denying his orgasms will make him putty in your hands. He will not be able to refuse you anything. But there is a limit to how far you can go.

Everything depends on his trust in you. Betray that trust and you will find yourself in a very difficult situation. Maintain and reward that trust and he will be more loyal and obedient than you can imagine.

Above all, you absolutely do not want him to lose hope. If he loses hope he might be tempted to seek relief outside the marriage, either by himself or worse. At a minimum, you will invite a rebellion.

The more you deny his orgasm, the more physical you need to be in your affection. That includes everything from allowing him intimate contact in bringing you to orgasm to also cuddling close after you deny him for the night. Unlike after an orgasm, when a man is denied sexual release he feels a strong need for reassurance of your love. Otherwise he is apt to think that you are ignoring him because you don't care.

The more you deny his orgasms, the closer attention you must pay to his happiness and enthusiasm. Remember, once you own his heart you are responsible for it.

Oral Sex

Oral sex, by which I mean cunnilingus, is an important element of a wife-led marriage for a couple reasons. First, you want him to focus on your sexual satisfaction, even to the point of giving you orgasms more frequently than you allow him. Oral sex obviously satisfies that, or at least it will once he gets good at it.

But as importantly, oral sex has connotations of social hierarchy. Generally speaking, when one person is giving oral sex to another, the one receiving it is perceived to be in a position of power over the one giving it. By demanding and receiving oral sex from your husband you are asserting your dominance over him. In giving oral sex, he is submitting himself to you. Needless to say, you should never give your husband oral sex.

However, while many men today are comfortable performing oral sex on their wives most are not and some are absolutely horrified at the thought. If your husband is inexperienced with giving oral sex it is likely that he will initially resist the idea both because of the social connotations and because he will imagine it to be dirty. But by removing his objection to the scent and taste you can focus on overcoming his objection to the power dynamic.

This can be an important opportunity for you to gain confidence in your ability to direct sex to your own satisfaction as well as to advance his trust in you to initiate beneficial changes in your marriage. The very things that may initially repel him will eventually become a powerful addiction for him. In time he will crave your scent and taste and will seek your permission to satisfy you orally. The greater his initial inhibitions

about giving oral sex, the greater will be the emotional impact when he learns to enjoy it.

Acclimating Him to Oral Sex

Justin: Oral sex? Yeah, that was a big change for me.

Esther: I used to call it my wifely duty, choking down his pecker snot. Not anymore, not after we traded places. But it wasn't easy. You didn't like it at first, did you?

Justin: I was prejudiced. I had what you might call a macho attitude about oral sex. I was happy to demand it but, by God, I wasn't going to give it. Women were dirty and smelly down there. She'd tried before to get me to go down on her but I refused. You helped me get over that.

Esther: Yes. I planned it all out very carefully. First the shower. Then the flavored gel. I led him where I wanted him to go and made it easy for him the first few times by masking nature. But then I hid the bottle and blamed him. He was afraid I would change my mind about sex so he held his nose and dived right in.

Justin: I don't know what I was expecting but it only took a few times for me to become addicted to her natural scent.

Esther: But that wasn't the only change, was it?

Justin: [Nodding] True, true. [Draws a deep breath.] In retrospect I think the experience really changed my perspective about sex. Once I started going down on her, I, well, I started thinking about her sexuality a lot more and my own a little less.

Esther: [Eyes wide.] I'll say. I'd guess that I probably get a couple dozen orgasms to his one. Sometimes I even ask him when I'm still sweaty from working out. [Nodding] You can't imagine

how good that feels to come home from the gym and enjoy a treat like that.

To remove his initial objections about scent and taste, you simply need to assure him of your cleanliness.

Prepare ahead of time by purchasing a flavored lubricant. Place it within easy reach of your bed.

Start a bath and invite him to wash your back. Chat with him to keep him there. Or take a shower with him. In either case, make a demonstration of thoroughly washing your genital area.

Afterwards, lead him to the bedroom. By now you should have already established the routine that you direct sex and he will be eagerly following your lead.

Once you are both settled in, take out the bottle, open it, put a drop on your fingertip, then put your finger on his tongue. Let him taste it.

Spread another drop from the bottle on your lips. Let him lick your finger clean and then draw him to kiss you on the lips.

Slowly lead him down your body: your neck, your breasts, your tummy, each time cleaning your finger and the place you put the drop.

Finally, pour a very generous amount on your fingers and smear it into your crotch.

At this point he may hesitate but you must insist. He will only smell the lubricant that he has already tasted so that will not be his objection. His only objection will be the act itself. You must insist on this just as you have everything before.

Your insistence can be silent or it can be verbal. If he is stubborn you can get up to clean yourself off and then go to bed to sleep. Most likely, though, he will relent and he will try it, if only clumsily.

Grab his hair and direct him firmly with your hands. Ask him to lick up every trace. Be free with your expressions of satisfaction but be patient in your expectations. He will not be very competent the first time.

If you climax, let him know that you have and how great he was. If not, encourage him with praise for trying.

Use this technique for several weeks but gradually use less lubricant each time. Eventually, he'll acclimate to your scent and taste and he'll take the initiative before you even have the lubricant out. Before you know it he will be craving your natural scent and taste without even the need for a bath.

Benefits

If you teach your husband to give you oral sex then you can enjoy quickies at any time. You can do this not just in bed before you go to sleep, but also in the morning before you dress for work or in the evening when you come home to him. Use your imagination.

Punishment

Up to now, we have mostly discussed the use of positive reinforcement as a tool for shaping and transforming your marriage and exercising erotic power, the only negative reinforcement being delayed or denied sex. Here we will discuss the flip side of the coin: punishment.

Simply put, punishment is the association of a negative consequence with an undesired behavior. For example, disobedience is an undesired behavior that ought to be punished to discourage it.

Penance

Colleen: I think we're past it now but when I found out he was going to strip clubs with his friends I really blew my top.

Felix: I was stupid.

Colleen: He really means it, I think. I'm made sure of that. I put him through hell for a couple weeks until I decided to take a more constructive approach.

Felix: I knew something was up when she stopped being mad and started issuing ultimatums. But I wanted to make things right with her.

Colleen: I had him cleaning our house boot-camp style with a toothbrush, among other things.

Punishment is more than simply negative reinforcement. Punishment should also include penance. Penance is a means for amending a wrong and obtaining a pardon for it. Penance consists partly of the performance of reparation and partly of voluntary submission to the punishment itself.

In other words, a husband may, by his very act of submission to your selected punishment, amend his wrong in your eyes.

Penance provides you with a means to overcome your anger, pain, and frustration at your husband. Penance provides your husband with an opportunity to express his love and remorse by enduring the punishment you have selected.

You can require him to perform extra chores, either constructive, like washing your car, or valueless, like writing sentences.

For every wrong there is an appropriate penance. Thus, there is always a means for restoring the marriage to a state of mutual respect and love. Indeed, a husband's transgressions become an opportunity to have some great fun. In practice, you may find that there are some wrongs that are not so easily set right and which try your patience. My suggestion is that you are simply not thinking broadly enough in terms of punishment. For every misdeed, there exists an appropriate punishment and penance. Just ask yourself: what would it take for you to pity him?

Removing Opportunities

Pete: Whenever Cayla is annoyed with me she starts cleaning the house. That's when I know I've screwed up again.

Cayla: It's not like it happens all the time, though.

Pete: No, not all the time. Just when I mess up. And I can't just let her do my chores. So I follow her around to ask her what's bothering her. Sometimes it takes a while but eventually she's ready to tell me what I did wrong. But all the while I'm almost in a panic. Those are my chores you're doing!

Cayla: [Takes his hand] But I always let you do them eventually.

A subtle form of punishment is to remove opportunities for your husband to earn your good graces. For example, you can do chores that your husband would otherwise be expected to do. In this way, you are

signaling to him that his wrong has placed him outside of your relationship and that you choose not to rely upon him. If you have been aggressive about forming erotic associations with chores, this punishment will also serve to rob your husband of stimulating tasks. You place him in the position of begging to serve you again.

Denial of Sex

Nicole: Probably the longest he's gone without sex, when neither of us was sick or traveling, is about three weeks.

Geoffrey: Two weeks and six days.

Nicole: Two weeks and six days. That was a big fight. But it only took once for him to learn.

Geoffrey: That may not seem very long but it wasn't just that she was avoiding sex. She was doing everything in the book to turn me on. I was practically climbing the walls. Masturbation didn't really help either.

Nicole: I told you it wouldn't.

Geoffrey: It would give me a little relief. Less than a day later I'd be climbing the walls again. I learned from that. It wasn't just a release that I was craving, it was all the intimacy that come with sex, to see and touch her, to feel her warmth, to be right with her. Compared to that masturbation was cold and solitary and it almost seemed sometimes that the more I did it, the more I craved her. [Shakes his head]

Nicole: You were not a happy camper. I did warn you.

Geoffrey: You did. It's strange to be so vulnerable. I think that's what really got to me. She kept telling me I was going to give in eventually so I might as well do it sooner than later. I kept

thinking that if I give in this time then I give in for all time. Well, now I've just accepted that I've given in for all time.

Nicole: And aren't you happier now for it?

Geoffrey: Absolutely. [Pointing a thumb at her] She's my Queen.

You can place him outside your sexuality. In the simplest case, you might simply withhold sex for a period of time (while teasing and arousing him). This can be a fun way to express your disappointment with him. ("No sex for a week.")

A harsher punishment is to pleasure yourself in his presence, with his knowledge, and in his stead. For example, you might use a vibrator to reach climax while he watches beside you. You will be amazed at how jealous a man can be of an inanimate object.

A sex timeout is also a good occasion to use a chastity device both to insure his compliance and to reassert your authority.

Humiliation

Amy: He's little. [Holds up her thumb and finger closely.]

Shawn: I was always a little insecure about my, uh, endowment. But before it was like this unspoken thing between us, if you know what I mean.

Amy: I won't say size doesn't matter but a woman knows better than to bring that sort of thing up. Now I tease him about it all the time. I have him wear an extender. He knows I love him and I don't really care how small he is but he needs a little extra help.

Humiliation can be tricky so it should be used carefully. Humiliation is intended to humble, not to cause emotional harm. It's important to find the right balance and one way to achieve that is by mixing humiliation with humor. Never humiliate in anger.

There are basically two types of humiliation: private and public. Private humiliation is simply any act that is kept between you and your husband. Public humiliation is anything revealed outside your marriage.

In most cases, the threat of public humiliation is more effective than the actual deed. But a little public humiliation can lend credibility to threats of bigger humiliation. For example, if you insist on paying the check at restaurants this is a small humiliation as social custom is that the husband does this. This small humiliation can serve as the basis for threatening a larger humiliation: the public revelation of your domination of the marriage. Each time you pay the check he will be reminded of this.

You can also set up potential public humiliations with private ones. For example, by requiring your husband to wear panties as his underwear he will feel a gentle humiliation throughout the day. But if he misbehaves in public you can remind him of it in a loud voice.

Corporal Punishment

Lorena: I was getting really frustrated with his attitude at home. Things would be going well and then he'd start acting out, talking back, and generally not following directions.

George: [Looking at the floor] I was nursing my ego. I felt a subconscious need to assert myself every now and then. It was instinctive, not deliberate.

Lorena: I kept trying to be rational about it but I felt so disrespected. Something had to change; I was done with being gentle. So one night I called him into the bedroom and showed him the riding crop I had just bought. His eyes opened wide as saucers. I then instructed him to take down his pants and his underwear and to bend over the bed. [Pauses] So he did.

George: I had no idea what was coming. I thought it was just role playing, you know, kinky S&M stuff.

Real Women Don't Do Housework

Lorena: I sensed that he wasn't taking it very seriously. Well, I told him that I wasn't playing. This isn't a game. I explained what he had done recently to so annoy me and I told him I wanted him to know how it's going to feel from now on whenever I get angry. So I swatted him three times on the back of his thighs, hard. He winced and yelped like dog. I swear little tears came to his eyes. It was such an empowering moment!!!

George: Now I know. She's serious.

Lorena: I find that it is a good way to work things out when talking isn't enough.

Corporal punishment, or spanking, is perhaps the most extraordinary form of discipline. It can be very cathartic for both parties. Men are particularly fond of enduring physical pain in their devotion to love. For men, enduring physical pain can be a powerful symbol of manhood, even more when that pain is at the request of their love.

For you the act of spanking can be a way to release and direct your anger. The next time you find your anger has overwhelmed your love for your husband, try pulling down his pants and paddling him on the buttocks, hard, until you can truly forgive his wrong and make love to him. Vent your anger against his buttocks until you forget his transgression and feel pity for him.

Merit

While you can accomplish much with an informal system of rewards and punishments, a more formal approach can yield more satisfactory and consistent results. A merit system is simply a systematic method of keeping track of his behavior so that rewards and punishments can be more accurately applied.

Accuracy is not the only benefit of a merit system. The mere act of keeping track will have a profound effect on your husband. Not only is his every behavior subject to an indelible record avoiding any possibility that you might forget either the act or your feelings about it, but in addition the constant state of evaluation will elevate your power over him and further invite his surrender to your authority.

Kaylee: I guess you could say I'm a control freak.

Ethan: You're very organized.

Kaylee: I keep two journals by my bed. One to record my thoughts, the other to track his behavior. Did he do his chores, was he respectful and courteous, is he going out of his way to make me feel special? Does he appreciate the time I give him?

Ethan: At first I was a little resentful. I didn't see why she had to be so formal about it. But I realize now that it really has helped.

Kaylee: It took him some time to realize I was serious about it. Then we went through this phase where he tried to argue with me about my evaluations. [Rolls eyes]

Ethan: I think it was all part of my learning to respect you. I mean, I have always loved her, she's my wife. But our marriage

Real Women Don't Do Housework

is different now. I had to come to terms with the fact that she was now the head of the household and that she would set the rules for me to follow.

Kaylee: Keeping a journal helped me to show him where he was falling short of my expectations. And so when I said, "no, you're not doing your job," he knew what that meant.

Ethan: [Makes a whipping motion.]

Kaylee: It's the little things that most wives don't even think to expect. The other day while we were at the mall he got a little annoyed following me to all the clothing stores.

Ethan: I knew I had screwed up when she took out her notepad and wrote in it. I got an earful that night.

Kaylee: I just keep track of it all and then we go through it at night. He trusts me to be fair with him.

Ethan: She is fair.

Kaylee: He is really much better now. I can't imagine how other wives go their whole lives putting up with that sort of thing. I make the rules and I enforce them and he is getting much better at being a great husband. [Winks at him]

Keeping Track

The first task is, of course, to keep track. Make a habit of keeping a notepad handy at all times either in your purse or in a pocket or use your phone. Record not only his acts but also your reaction to them at the time.

If you trust your memory or if you don't enjoy keeping track throughout the day, you can simply make a mental review of the day each night and record your evaluation of the day. However, written notes are generally a better idea.

Formalized Reporting

Design a template report on the computer that includes every responsibility that you have assigned to your husband from doing the dishes to treating you respectfully. Let him manage this document. Each night he should print a copy of the document to be signed and handed to you for review. If you have given him any new items, they should be added to before the report is printed.

You should maintain your written notes until you see that they have been incorporated into the standard report or otherwise dealt with. For example, if you notice that he is being forgetful about wiping the tables after dinner then you should request that he add this to the checklist of the report. Additionally, if you think of a new assignment for him, make sure it has been added to the report.

There should also be a place on the report for you to score his behavior to provide feedback to him. You can assign a score for your husband's behavior that day:

- Unacceptable: Performing beneath expectations.
- Acceptable: Doing what was explicitly demanded but no more.
- Good: Going beyond what was demanded on at least one occasion.
- Exceptional: Surprising you with exceptional attention.

Nightly Review

He should print and sign the report each night, considering ahead of time any areas where he recognizes that he has not met your expectations. He should bring the signed report to you as you both retire for the night. This should be a regular practice regardless of whether you plan to engage in sexual activity that night.

If he has done well then all that will required is for you to accept the signed report from him, assign your score for his behavior that day, and then put the report in your drawer or file.

If there were issues that require discussion, this is the time to bring them up. Review the day with your husband explaining where he underperformed and what he needs to do to improve. Also, praise him for things he does well or above expectations.

Reward

There are two approaches. Either can be effective and your choice will depend mainly on practical matters in your marriage.

Since you are managing your husband's sexual release you can simply target so many days of good behavior (or so many points), before he is allowed release. For example, if you have found that he is generally cooperating and that you can release him once as frequently as every four days then you simply declare that four days of good behavior are required for release. You can go further and decide that an unacceptable day erases a good day while an exceptional day is worth two good days.

A more sophisticated approach is to require a number of consecutive days of good or exceptional behavior. An unacceptable day would reset the count back to zero while an exceptional day might offset an unacceptable day.

In either case, upon release, you begin again with a blank slate.

Of course, for him to be allowed a release you must be in the mood. Therefore, a good rule is that, in addition to any other expectations, an exceptional day is one in which you end in the mood for sex. You allow him release only on those exceptional days. Thus, on a four-day schedule, good, good, good, exceptional would result in release whereas exceptional, exceptional, exceptional, good would not. In the second case, he would have to achieve another exceptional day without an intervening unacceptable day.

If you are numerically inclined, you can assign numeric weights to your evaluation of each day and keep a moving average using that as your criteria for release.

Real Women Don't Do Housework

Whatever method you choose, you should stick with it and be transparent about it. Let him know what you expect and minimize changes.

Rebellion

Unless your husband is a complete idiot, he will eventually notice what you are doing. That is inevitable. It would be great if your husband could accept the happiness that you are giving him by taking the lead in your marriage. But history and culture are not so easily swept aside. Additionally, men have a tendency to sway from one extreme to another as, for example, between intimacy and independence.

At some point, therefore, he is likely to rebel. It is important that when he does that you recognize what is happening and respond appropriately.

At these times he may become argumentative or, more likely, retreat into himself, figuratively or literally, to work out a solution to the problem you are presenting him. His natural preference will be to resolve this without your interference.

Almost always such rebellions are ignited not by unhappiness with the marriage or with you but by his feelings of insecurity about how others will perceive him. It may be a friend who sees him seeking your permission or it may be a family member who notices him deferring to your wishes. It could even be a complete stranger raising an eyebrow at his attention to you.

Lax management of his orgasms will also encourage rebellions. The more satisfied he is, the more attention he will give to his ego.

And it will be his ego in play. He will begin to question himself, his choices, his submission to you. His anger will mainly be self-directed though obviously you will also be a target. But because his main problem is going to be with himself and not you, you will have an opening to quell him and bring him back to you.

That is not to say that it will always be purely an emotional crisis. You may have to deal with substantive, practical issues in your marriage from time to time. Often, though, the emotional crisis will simply bring forward other issues for resolution.

The more that you practice the conversation technique the less surprised you will be by substantive, practical issues and the more likely that you will be able to deal with the rebellion purely on an emotional basis.

Susan: I think some men just need to vent every so often. Harold is one of those. Everything can be going great and then, suddenly, he feels the need to pick a fight with me.

Harold: I'm not that bad anymore.

Susan: No, but you still do it. When he does that now I just send him to his room. But the first few times we would have these shouting matches and he'd say, "that's it, you're not the Queen of me anymore."

Harold: [Nodding]

Susan: I had to calm him down and take him to the bedroom and interrogate him to find out what was really bothering him. Almost every time it came down to his ego. His friends were suspecting or noticing something. As if his friends were more important to him than me. Well, I told him that if those are his friends he needed new ones.

Harold: I tried to keep my marriage private from them but it's hard when you have to get permission for stuff. I had my priorities wrong.

Susan: I told him that if he didn't tell them I would. You'd have thought I'd threatened to castrate him.

Harold: They call me "pussy whipped" but I think they are actually a little jealous, to tell you the truth.

Your Reaction

As noted previously, attitude is crucial and especially so when faced with a rebellion. When he rebels you may feel hurt, disrespected, or even unloved. In this situation you may be tempted to hurt him back. That is always a mistake.

Instead, remove yourself until you have a firm control over your emotions or channel your emotions constructively. Remember all that you have accomplished and be confident that you have the power to resolve the crisis in your favor. Eventually he will have to surrender to you. Eventually you will win.

In the mean time, you need to express yourself in a way that communicates your disappointment with his rebellion while conveying your confident expectation that he will eventually return to you. By taking the high road in these situations you will go a long way toward defusing them.

Resolving the Crisis

The first thing that you will need to decide is whether the crisis is ripe for resolution or whether it needs to simmer longer. There is nothing wrong with letting a crisis simmer if that will take the steam out of the emotions. Men often need time alone to think and to fume and usually they will grow calmer over time, at least up to a point.

You will have to decide whether and how long to allow him to withdraw before drawing him back to you again. This can be a difficult judgment call but one way to make it easier is to keep your cool, ignore his personal attacks, and continue to carry yourself as a Queen showing flashes of erotic power to tease him out of his cave.

As well, any resolution of the crisis will be aided by allowing time for his libido to recharge. The longer things drag out, the more desperate

he will become for you, the more willing he will be to once again to accept his submission to you. Let nature do your work for you.

He will be having second thoughts about his submission to you. He is going to be beating himself up, figuratively, for having given in to you so easily. (No matter how hard it was to transform your marriage, it will always seem to him, in these moments, that he gave in too easily.)

And, so, much of the discussion should center on you assuring him of your love and respect for him and why he should not worry about what other people may think. This requires tenderness and gentleness beyond what you may have demonstrated previously. You should empathize with his self-doubts but remind him how great a husband he is and how much he means to you. Place yourself again at the center of his life and show him that this is the best way for your marriage to work.

Beyond the Resolution

But a rebellion is not simply a crisis to resolve, it is also an opportunity. It is in these situations that he is likely to be at his most thoughtful and rational about your marriage and about life in general.

And putting down his rebellions does not mean erasing his knowledge of what you are doing. What is most amazing about these techniques is that they work even if your husband is entirely aware of what you are doing. Provided that you are able to get far enough to give him a taste, he will become very addicted to your domination of him.

In leading him back into submission to you, you are making a connection to his most fundamental values and desires. Each time he rebels you will have the opportunity to lead him toward a more conscious decision to submit to you anew.

In some cases, one rebellion is enough. In other cases, it becomes a regular occurrence of diminishing drama. Usually even the most rebellious husband will come to a point where he recognizes his own pattern of behavior and can at least warn you that he is in a foul mood and give himself time to get past it. You can facilitate this by not taking

Real Women Don't Do Housework

personal offense at his rebellions but remaining loving, yet firm with him.

Head of Household

No two people will ever agree on everything. Even in a modern marriage that pretends to be equal, decisions have to be made; in every disagreement, someone wins and someone loses. Traditionally it has been the wife who followed the lead of her husband. If you have read this far, you should realize that it is entirely within your power to take the lead in your marriage, to become the head of your household, to make yours a wife led marriage.

What Does It Mean?

What does it really mean to be the head of the household?

In the simplest terms, it means that your word is his law; your husband's first duty is always to yield to you and obey you.

To elaborate, being head of the household means that you make the important decisions and your decisions are final, including deciding what your husband is allowed to decide on his own. Where you disagree, he defers to your decision. You should develop the confidence to act on the basis of your role as head of the household and the strength and determination to help him adjust to his own supporting role.

You might ask his opinion to help you form your decision. It is one of his responsibilities to share his opinion when you ask for it or when he thinks you expect or need it. However, you should ultimately retreat to the privacy of your own mind to form your decision and own that decision once it is made. Say, "Thank you for sharing your opinion. Let me think about it and I will give you my decision when I am ready."

You may delegate the implementation of a decision to him. Once you make a decision, you can relate your decision to him and then assign

him the task of carrying it out. Say, "I have decided this. I want you to do this and do it this way. Let me know when it is done."

Perhaps most importantly, being head of the household means that your judgment, opinions, and priorities rule. In every real world situation, there are ambiguities and unknowns. To deal with these we use our judgment, opinions, and priorities to fill in the blanks, bring order to the world, and suggest a course of action. Naturally, no two people are the same and we all tend to follow our own judgment, opinions, and priorities.

As head of the household, you should indulge your own judgment, opinions, and priorities. You act on your own beliefs and values whenever the facts are unknown, insufficient, inadequate, or differently perceived. He must subordinate his judgment, opinions, and priorities to yours. If you feel uncomfortable in a situation you should step back, form your own judgment, and then act on it whereas, once he has offered his opinion to you, he must accept your decision regardless of how it might conflict with his own judgment, opinions, and priorities.

You should feel free to offload time consuming or otherwise undesirable tasks on him including family care, housework, shopping, and running errands. It is his responsibility to follow your direction in the management of his time and to seek permission for any deviances from your expectations.

Your preferences prevail in matters of aesthetics and leisure. For example, if the bedroom needs repainting, you select the colors. You decide where the family goes on vacation.

As head of the household, you are free to keep matters private as you choose. On the other hand, he has a duty to answer all your questions truthfully, fully, and directly and to inform you of anything that you would expect to have been informed about if you knew. Whereas you can enjoy open access to him, he will have to rely on trusting you.

As head of the household, you are bound only by your own conscience and you are free to change your mind at any time. For

example, if you decide that he should paint the bedroom yellow and, after he is halfway through, you change your mind and choose blue, it is his duty to follow your new decision without complaint.

Being the head of the household means that your husband is accountable to you in a way that you are not accountable to him. It is an inherently imbalanced and unequal arrangement. It is a position of power and authority.

But with power and authority comes responsibility. Henceforth, you are ultimately responsible for the upkeep of the home. You are responsible for the welfare of the family. You are responsible for your husband's happiness and satisfaction in the marriage.

When You Stay Home

Sophia: There was never any question about who would stay home. Just because I was taking over as head of the household didn't change the fact that he could earn ten times what I could.

Blake: I would have been willing.

Sophia: Yes, he was such a gentleman about it. But I still run the house and when he comes home from work he works for me and I relax.

Blake: But it's not the same kind of work so I really enjoy it. At work I spend most of my time in meetings. When I'm not meeting I'm reading reports. But at home I can just check my ego at the door and focus on doing what she needs done.

Sophia: It gives me time to do art.

You can become the head of your household even if you are the spouse who stays home to care for the kids. Although in this situation, you will probably be doing some, perhaps even most, of the housework, in every other way you can be the head of the household making the

important decisions. In addition, while he is home, you can relax, leaving the more unpleasant chores to your husband. For example, you might prepare dinner but then retire for the evening leaving the cleanup to him.

When He Stays Home

Veronica: My career was going well and I was ready to start a family. We could have hired a nanny but his salary, after taxes, would have barely covered the expense. The obvious solution was for him to quit his job and become a stay-at-home dad. But instead of asking directly I decided to warm him up to the idea.

Toby: She started talking up the subject during our nightly conversations, very generally at first, just complimenting me on my housekeeping and commenting on families where the husband stayed home.

Veronica: I was helping you to visualize your life as a househusband. We talked about what a burden it was for you to work and then come home to housework and how much better a job you could do if you stayed home and all the other things you could do like taking cooking classes and doing maintenance work on the house.

Toby: All the while, of course, she was stroking me.

Veronica: [Winks at Toby.] He just listened and agreed with everything and then, finally, he volunteered to quit his job.

Toby: [Laughs.] At the time I really thought it was my idea. I mean, I knew she wanted that but, at the time, I didn't realize she was leading me into it. [Shakes his head.] Within a few weeks of her stroking and talking about it, I went from thinking it was crazy to thinking it sounded really attractive. I had pretty much

Real Women Don't Do Housework

internalized the idea and, frankly, was getting a stiff erection every time I thought about housekeeping.

Veronica: It took you a while just to get used to staying home. I think he went through withdrawals or something. The first year was really subpar. But he stuck with it and now he's the model househusband.

Toby: It still turns me on to hear you call me that.

Veronica: After I gave birth to our first child I was able to return to work almost right away. He brought the baby to the office for breast-feeding so no need for a pump. But boy did that get the tongues wagging at the office. Having him taking care of things at home really allowed me to advance my career. I think I got my first big promotion in part because management knew about my domestic arrangement.

Toby: They call me the "little man."

Veronica: [Giggling] They are so mean.

Toby: I don't care, though. I thought I would. I thought I would miss my job. I thought I would miss my coworkers. But now I am just so grateful to Veronica for providing for our family. I owe it to her to make a happy home.

With more women pursuing their own careers, and more men losing their jobs, it is becoming increasingly common for men to stay at home to care for the kids and manage the household. Often this arrangement begins with both spouses working full time but his losing his job in a layoff. In other cases, it may be her career that is flowering by comparison to his and so it might make economic sense for him to resign from work to stay home when she decides to start a family.

Getting your husband to embrace a role as househusband may be easy or hard depending on your situation and his background. If you

expect resistance then approach the subject gradually during your nightly conversations. Talk about your ideal arrangement, eroticize the idea of his staying home, and seduce him into wanting it.

It is truly blissful to return home from a hard day at work to a home cooked meal, a well ordered house, and a loving and obedient husband.

Financial Control

Raquel: I was always more financially minded than he was, clipping coupons, watching for sales, comparing prices. So when things progressed to a certain point I decided to take over the family finances from him.

Mike: I have to admit that I was skeptical at first. I totally underestimated her. At first she just wanted to take care of the bills. I was ok with turning that over to her. Later, though, she decided that I didn't need access to the finances at all.

Raquel: I did my research. I found a good lawyer who seemed to understand what I wanted to accomplish. (I've since learned that she's now taking over at home too.)

Mike: When we went to the attorney to sign the documents I got a little nervous. I remember the attorney asked me twice if I understood what I was signing. [Motions pounding heart]

Raquel: I had him sign a power of attorney and some other documents that basically gave me sole control of our assets. After that it was pretty easy to remove him from joint accounts and create others in my name only.

Mike: My salary goes to straight her account.

Raquel: I thought he would put up more of a fight when I had him change the direct deposit but he agreed right away.

Real Women Don't Do Housework

Mike: You should have seen the look on their faces when I gave the lady your voided check for direct deposit. She said she'd never seen that before and showed everyone in accounting.

Raquel: Now his paycheck goes straight into my bank account.

Mike: I had to cut up my old credit cards.

Raquel: That was a special night. I had him bring me his wallet and a pair of scissors. I stroked him as he cut up each one. I think that made quite an impression on him.

Mike: I get an allowance.

Raquel: He gets a weekly allowance and he gives me all his debit card slips and has to explain each one. I think it works pretty well. You have everything you need, right?

Mike: I have you, dear. What more could I possibly want?

If there is one thing that competes with sex for influence and power in the household, it is money. So taking control of family finances is one of the most important steps toward cementing your role as head of the household. Often it is the final step that completes the husband's submission to the wife in marriage.

As head of the household, you control the family finances. He is required to justify his expenses to you. However, there is absolutely no need for you to explain anything whatsoever about the family finances to him. If you give him a budget, it is his duty to follow it; if you require approval for certain purchases, he must obtain such approval. You, on the other hand, are free to spend as you alone see fit whether, in your judgment, for the benefit of the family or merely for your own enjoyment. For example, if you want to buy a new car, that is your decision alone, but if he wants to purchase a new shirt, he must seek your permission.

If you have any family assets (home ownership certainly qualifies) or if you have children, you should have an estate plan. That means going to see an attorney who specializes in estate planning. This will be an attorney who can assist in arranging your family finances as discussed here. Share whatever you do in this regard with your estate-planning attorney. If propose unique situations to an estate attorney, you should be prepared for them to push back; they prefer to keep to the well-worn path. It should be sufficient if you both state this is your intention. If not, find another attorney.

First, you, and you alone, should have power of attorney. This is a standard legal document and in most jurisdictions requires a notary public to validate. With a power of attorney properly executed, you can do virtually anything in your husband's name; anything he can sign, you can sign for him just by showing that document.

Second, you should move all assets into your sole control. For bank accounts, this means removing him from the account or creating a new account in your name only and transferring the money to it. Real property is a little more complicated but essentially you just have his name removed from the deed. If your husband works, make sure that his paycheck is direct-deposited into your account, not a shared account. If this is a new account then he will have to make the change at his work.

From now on, you provide your husband with an allowance. If he needs a credit card, it should be one with a low credit limit. If you opt not to give him an account, you should pay his allowance in cash. In either case, you should require him to keep receipts and to provide you with a report of his expenses to the dime.

From now on, you pay all the bills from your account. If you find this tedious, you can have your husband prepare the checks for your signature, arranging things neatly and orderly and presenting them to you at a designated time and place.

Once you have control of family finances, many other things simply fall into place. He will need your permission for anything beyond his

allowance and he will have to report his expenditures of his allowance. You can use his allowance as another device for punishing and rewarding him. Even when you do not feel it worth the bother to review his purchases, going through the motions sets a proper tone to the marriage.

Taking Your Name

Oscar: When Lucy decided that it was time for us to get married, we had been living together for almost five years, I didn't expect much to change. She was already the breadwinner and I was basically working for her: professionally, as her administrative assistant, and domestically, as her housekeeper. I felt honored but a little self-conscious when she asked me to take her surname.

Lucy: I wanted to symbolize our marriage and distinguish our new, conjoined life from our old, ad hoc relationship. I had a profession and a career so I couldn't take his surname. It was a perfectly reasonable solution.

Oscar: I got a lot of ribbing from my friends but I think they already knew about our relationship and so they were not very surprised. My family, though, especially my father, had a hard time accepting it. They didn't realize that for the whole time we had been living together I was essentially dependent on Lucy.

Lucy: It was no big deal, really. I think they've accepted me into the family now and realize that Oscar is happy in this role especially now that we are planning children.

It is by no means common but it is happening more and more: husbands taking their wives' last names. For most couples, this is going to occur much later in life usually, though not necessarily, after the husband has quit work to become a househusband. Having your husband

change his last name to yours is a nice way to symbolize the permanence of that arrangement.

In most jurisdictions, one is free to change one's name at any time for any legitimate reason. Courts generally only concern themselves with preventing fraud. However, the most convenient time to make this change is at marriage though some jurisdictions take a very dim view of a husband taking the wife's last name.

Most self-help legal services provide information on changing your name. Alternatively, you can engage an attorney to help with the process. If you are already planning to hire an attorney to help with financial changes then a name change is just one more task.

Closure

So now you are the head of your household. You've tapped into your erotic power. Your husband adores you. He does most or all of the housework while you manage the family finances and make the big decisions. And you are enjoying your sex life as never before. Or, at least, you see how all of this is genuinely possible.

But in all the vignettes, each husband was a willing spouse. In most he openly acknowledged his wife's leadership of the marriage. In a few he even bragged about his obedience to his wife. You may be wondering, even with all the success you've had so far, how is this possible?

Too much goes unsaid between you and your husband. If you have been following the seductive approach, you have an overhanging dishonesty that is begging for resolution. You may be feeling pangs of guilt or at least wondering how long you will have to maintain the charade. In short, your husband is still partly, if not mainly, in the dark about what you've done and what you are doing and where you are going with it.

Up this point you, of course, know what's been going on. Your husband may even suspect what's been going on. But it is not common knowledge in your marriage. You don't know that he knows and he doesn't know that you know that he knows, and so on.

Closure replaces ignorance and suspicion with common knowledge. After closure, everything is out in the open.

Upon Realization

Lily: I think the only time I got a little worried about our progress was when I came home from gym to a mess. I found him

Real Women Don't Do Housework

on the couch watching TV and he starts asking some very direct questions about why he's doing all the housework and what gave me the idea to change things all around at home.

Bob: [Nodding]

Lily: I thought it would be so obvious from the beginning but it took him a while to ask.

Bob: Well, I knew something was going on but I was having too much fun to think about where it was leading or how it had started.

Lily: But I didn't panic. I needed time to think and that's what I told him.

Bob: I pretty much figured out what she was doing but I would never have guessed at how deliberate and methodical it all was. I thought something fun had just gotten out of hand and needed to be reined back.

Lily: Well, I thought about it and I decided it was time to be open with him about everything.

Bob: [Nodding]

Lily: I told him straight out that it was all planned from the start and that there was no going back. But really I was hoping he would agree that things were better this way.

Bob: Basically, she gave me a "my way" or "highway" speech. I tried to reason with her, to convince her that we were better off the way things were before or at least get her to compromise. She just kept reminding me how much happier I was since she started this. So I put my foot down and said no more of this.

Lily: [Laughs]

Real Women Don't Do Housework

Bob: She just looked at me and said, "whatever." I knew from past experience that I was going to lose any confrontation with her. I knew she held all the cards but still it took me a couple days to accept it.

Lily: He had to work through his denial and face reality.

Bob: It had already been more than a week since my last release so I was feeling the blue balls. I won't say that I agreed because of that, I'm just saying it helped me to get past denial and see things the way they really are.

Lily: I knew as soon as he walked into the bedroom what was coming. He had this three page handwritten letter and a look of peace and contentment on his face. So I had him read the letter out loud to me while I stroked him. I still have it.

Bob: Basically I acknowledged everything she had said and I thanked her for taking the initiative to fix our marriage and apologized for not realizing how broken it was and for questioning her decision to fix it without my consent.

Lily: I listened patiently but it was a long letter full of big ideas about men and women and marriage. When he was done I asked him, "does this mean you surrender to me?" I wanted him to say that out loud. He said, "yes," in this soft mousy voice. But I wanted him to say it with more conviction like he was making a solemn vow.

Bob: [Wipes a tear from his eye] I said, "I surrender myself to you with all my heart and soul."

Often the opportunity to bring closure will present itself in the form a rebellion. Typically, he begins to suspect what is happening and has second thoughts about the power and authority he has already surrendered to you. He begins asking difficult questions.

You can, to some extent, deal with a rebellion by restricting discussion to the particulars of the situation but eventually this becomes impossible: he may force a discussion of the larger issues.

Rather than continuing to fight this, you can accept or even preempt it by revealing all to him.

For some men, this can be a very bitter pill to swallow.

Upon Surrender

Rachel: I've always suspected that Dylan was a natural submissive. Everything I did worked like a charm. He never complained, never argued. He just accepted the changes I was making.

Dylan: I don't know about that. I was really uncomfortable with the whole thing for a long time.

Rachel: I knew from our conversations that even though he was having fun he was also growing conflicted about the feelings he was developing.

Dylan: It just seemed to happen so fast. One day I was just an ordinary husband and father then, suddenly, I was craving her authority. I noticed that my attitude toward her had completely changed, that I could no longer stand up for myself. It frightened me. And I felt little ashamed.

Rachel: So I decided to have a talk with him about it. It ended up being several talks, really. At first I just invited him to tell me how he was feeling about the changes our marriage had been going through, as if it were something that just happened to the two of us. He shared his internal struggles with me, his cravings for my authority and shame about them. I told him that I too had been feeling something new, a growing confidence and a desire to be dominant with him in response to his submissiveness. I told

him I thought we were both happier this way. I could see that this comforted him.

Dylan: My fear and shame melted away. The more we talked about it, the less I worried that I was going to lose her respect. It was such a relief.

Rachel: When I saw how comforted he was after the first talk I just kept going. Each talk we had I revealed a little more about what I had been doing and where I was leading our marriage. And each time he just accepted it as the new normal. By the time we were done he knew everything.

Dylan: I felt so liberated after that. Once I understood that this was what she wanted I just embraced my submission wholeheartedly and openly surrendered to her as Queen of our household.

As your husband becomes addicted to your erotic power you may find him becoming more and more obedient and submissive toward you, resisting you less and less, even craving your loving authority.

It actually becomes dangerous at this point to leave him in the dark. He is almost certainly confused about what's been happening and probably unsure of himself. He may even be resisting his submissive feelings and worrying that you will lose respect for him.

In this situation, closure is made around your validation of his submissive feelings. You tell him how much you love the changes you've seen in him, that he is now a much better husband, that you feel closer to him than ever before.

If you encounter no resistance to what you are saying then keep going. Use the conversation technique to learn his true, unfiltered feelings and to encourage his acceptance of them. As the conversation develops, or over a series of conversations, continue to reveal more and

more. Ultimately you reveal that you have engineered all of this from the beginning and that there is no going back.

Even if this comes as a complete surprise to him, he will be relieved by your validation of his submissive feelings. He will feel grateful to you for accepting them, perhaps even grateful for the entire transformation of the marriage.

Upon Need

Ella: Things had been progressing for several months and probably we could have gone on like that for a long time. But I decided that it was time to make a bigger change. I wanted to start a family and since I made more than him and earned enough to support the family I wanted Jack to quit his job and raise the kids.

Jack: We had always talked about kids in the future but I had never really thought about who would take care of them.

Ella: I sort of picked a fight with him, I told him we were spending too much, not saving enough. Everything up to then had been going so smoothly so he couldn't understand why I was making such a big deal about it.

Jack: [Nods] She had me.

Ella: So when he asked me what was really bothering me I started in about how I wanted to start a family but I didn't think he was ready. He insisted he was. So I asked him, what are you willing to do to help out.

Jack: I thought, you know, promise to be a good father. Start saving more money, spend less on hobbies and stuff.

Real Women Don't Do Housework

Ella: Then I told him what I had in mind. I told him he needed to become a stay-at-home dad. He objected, of course, and so I used everything at my disposal to change his mind.

Jack: I put up a fight for a couple weeks but I was so crazy for her that I couldn't keep it up. And, besides, after I had thought about it I started to see the sense of it.

Ella: When he finally agreed, instead of leaving it at that I decided to lay it all out. I took him to bed and told him that he needed to realize that I could always get what I wanted from him. He reluctantly agreed with that. So then I told him that he should also know that I had planned this all from the beginning but I promised that from then on everything would be open and honest.

Jack: I don't think I realized the gravity of what she was saying at that moment, I was so wound up. But later I realized the significance of what I had agreed to. And for some reason it just seemed right.

Ella: There were no more problems after that.

Sometimes closure naturally arises from the necessity for a big change. Initiating a big change may make it impossible to hide your new position of authority in the marriage. At that point it becomes more convenient to get things out in the open in order to make the change.

You should only attempt this sort of closure when you are confident that he is firmly addicted to your domination of him and you are comfortable with all the techniques that caused him to submit to you because this will usually force a crisis and often ignite a rebellion.

It will, though, be the final crisis of authority. Resolution of any rebellion will mean his open acceptance of your domination of the marriage. After he openly accepts your authority once, it will be fairly

easy to suppress any future rebellions simply by reminding him that he already agreed to it.

And the nature of the change, itself will often help to cement his acceptance of your authority. If, for example, he agrees to become a househusband then he must give up his job and his career and it becomes very impractical for him to regain them. The situation, itself, provides him with a very practical reason to embrace his surrender to you.

Negotiated Surrender

John: It was, for me, a very interesting journey. I enjoyed most of what Emily was doing to me but I started to worry about where it was all leading. I mean, she really had me wrapped around her finger. I had become so crazy for her that I no longer trusted my own judgment.

Emily: Things had gone really smoothly for me. Once I got past my own skepticism and fear of erotic power it kept becoming more and more natural to me. I was just so amazed at each step forward that I hadn't really thought about where it would ultimately lead.

John: I finally worked up the courage to confront her about it. I asked her straight up: where did she see our marriage ending up?

Emily: We talked it through. He made some good, practical points and expressed some, well, interesting concerns. I was very respectful of his opinions but I could see that he was really pleading more than demanding.

John: I was pleading because I realized at that point that I could no longer demand. I saw it as my last chance to save a shred of my dignity [laughs]. So I said, essentially, "you win" but let's agree to set some boundaries.

Emily: That was pretty much it. I agreed to almost everything he asked and that was enough for him to put his total trust in me. He's never questioned anything I've demanded of him since.

Closure may be easy. If your husband is naturally submissive, you are naturally dominant, or if you have simply learned to unmercifully wield your erotic power, you may find that closure entails nothing more than an open and mutual acceptance of the new reality.

Or closure may be difficult. If your husband raises objections then you may decide that the best way to bring about a final closure is to concede some points to him.

In other words, you may find it reasonable in your situation to accept a negotiated surrender rather than holding out for an unconditional surrender.

A negotiated surrender is simply a surrender with conditions attached. After the changes you have taken your husband through, he may be worried where it will eventually lead. He may imagine absurd or fantastical scenarios you would never contemplate. Or he may wish to draw the line at things you might actually consider. In the former case, you can easily assure him but, in the later case, you may need to think carefully about it and weigh your options.

Remember, though, that time is always on your side. A negotiated surrender need not be easy or quick and you can easily hold back your agreement if you think he is demanding too much.

Finality

Closure is the final step in the transformation of your marriage. When you bring closure you reveal all subterfuge and establish a policy of domestic honesty and openness. What you are after is not simply to answer his questions but to give him the opportunity to directly face the transformation of your marriage and willingly embrace it.

What you are asking of him, in the end, is to openly acknowledge that the changes you have initiated were for the better, to formally surrender to you in all aspects of your marriage, and to accept that he is happier under your domination. By openly acknowledging this he is giving up any right to complain about what you have done and where have lead your marriage.

But once you bring closure, once everything is out in the open, then you will both experience a marital bliss that is difficult to imagine. Through the conversation technique you will have access to his deepest thoughts. And you will be free to share your own thoughts with him. Your marriage will be the envy of your friends and a model for all to admire.

Afterword

This work began with my own marital crisis as I described in the preface. As I gained confidence in our evolving marital arrangement, I began searching for similar marriages and theories that might explain what we were experiencing. But I found nothing more than what can charitably be described as prurient material catering to male fetish in non-marital situations. And so, in 1998, I published the first version of RWDDH on Geocities with what was then a unique focus on wife-led marriage.

You would think that a deviation from traditional norms (both patriarchy and egalitarianism) that produced such consistently good results (passionate marriages) would attract some level of attention from marriage counselors and psychologists if only out of curiosity. But their response has been disappointing. None has explored this new direction, at least not openly; none has published formally on it. And so the theories I've offered, inadequate as they may be, remain the only explanation for the success I've seen.

Today, the terms "wife-led marriage" (WLM) and "female led relationship" (FLR) are gaining some popular traction. Many other writers have ventured into the field on the web and print, some copying my work literally, others borrowing and building on my original ideas, directly or indirectly.

But altogether it remains an obscure cultural niche. Even today most women are ignorant of this option in marriage and, as a result, divorce rates remain stubbornly high. Worse, some of the most intelligent and ambitious young women mistakenly believe that they are not suited to

Real Women Don't Do Housework

marriage and childbearing because it has never occurred to them to take a husband as a homemaker.

This book represents my magnum opus. But there is much work yet to be done.

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Coaching

Nothing is more important to me than rescuing marriages from failure. And nothing gives me greater pride than the divorces I have prevented.

Reading this book is an essential first step in transforming your marriage both to see what is possible and to comprehend what is required but also to adopt a conceptual language, a new way of thinking about your marriage.

It will help too to experiment with first steps. And as you experiment with these methods you should occasionally reread the book. In doing so you will discover new insights that escaped your attention on the first reading and you will realize new possibilities that you may have previously dismissed as unrealistic.

But if after all that you feel you need some extra help, I am available. If you are encountering obstacles that you fear you cannot overcome on your own or if you just need some validation and encouragement, I can help. If you are at your wits end and would like some help saving your marriage then don't hesitate to contact me.

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