

# Real Women

## Don't do housework

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Take the

## *Marriage Quiz*

"At first I thought this was fantasy or role-playing but you've helped me to genuinely transform my marriage."--Wife

"Your understanding of men and how we think is scary."--Husband

"Now we have the excitement of dating and the intimacy and commitment of marriage."--Wife

"I would never have believed how happy I could be submitting to my wife but...I am!"--Husband

"I had almost given up on my marriage but now my friends all envy me when they see how much attention I get from my husband."--Wife

"My whole world has been turned upside down, I never know what to expect from her anymore, and I love it!"--Husband

"I just wish I'd found your website twenty years ago when we were first married but it's never too late to teach an old dog new tricks."--Wife

"Sometimes I get excited just doing the housework for



"I just started trying your technique on my hubby and am amazed at how well it works! He has figured out exactly what I am doing, but, just as you said, he seems compelled to submit. It's wonderful!! THANK YOU!!"--Wife

**"You too can become the undisputed Queen of your household. Let me show you the way."**

**--Lady Misato**

[Deutsch](#) | [Dutch](#) | [Italian](#) | [Russian](#) | [Other](#)

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## Introduction

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There was a time, you'll remember, when your husband would bring you flowers and open doors for you and generally offer you his open and sincere heart. But 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. A familiar 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 consequence of something that most couples leave behind when they marry: Courtship.

Courtship is the act of wooing in love; it is a man seeking the affection of a woman with an 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 passionate 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 website is to explore them as fully as possible and to enable you to

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rediscover courtship in your marriage and thereby bring back the excitement and passion that has been diminished or lost.

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.

But there is a simple solution to the conflict of will in marriage: If one side submits to the will of the other then conflict is avoided altogether. You might continue to disagree but one partner 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. But I will show you how you can become the prevailing partner so that it is your husband who submits to *your* will in every aspect of your marriage. Henceforth, *you* will make the final decisions in your household. *You* will wear the pants. *You* will become the head of your household.

This is not fantasy. This is not theory. The wisdom I share is derived from 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 ideas. Later I will show you how you can take small steps to gain confidence and satisfy yourself that what I say not only is true but applies to your specific situation.

Finally, make no mistake, this is fun. F-U-N fun! You and your husband can really spice up your marriage and turn everyday experiences into an passionate and erotic drama. But be clear: you can genuinely transform your marriage. Many wives actually:

- turn over their housework to their husband in part or whole,
- take control of family finances informally and 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.

The title of this website is intentionally provocative and somewhat tongue-in-cheek. But 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 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 strengths you never knew you possessed.

If you believe in equality of the sexes either as a condition or a social goal, you will be offended by this website.

If you believe that sex is sacred and special, not something to be used as a means to an end, you will be offended by this website.

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

This website is for emotionally strong couples in a stable, loving marriage. You are responsible for the consequences.

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## An Object of Worship

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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 goal. 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 worshipful 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.

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. But 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

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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 pursuit. Just as you desire to be courted so your husband desires to court. It's our nature as human beings. You need only exploit that desire.

The nature of his desire is, fundamentally, sexual. Sex is his primal goal. Sexual desire is what stimulates his romantic passion. And, therefore, it is your means.

Male sexual desire is, in turn, stimulated by challenge. Yes, that's right. The greater the challenge, the greater the sexual desire. 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 both of you.

You have, within you, a power. An erotic power. That power was not lost with your youth. It is there still 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 your erotic power over your husband.

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## Erotic Power

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Erotic power is the key to igniting passion in your marriage. Erotic power is a strength and force which you can exert to arouse sexual desire in your husband. Erotic power is your capacity to exercise control over your husband through his sexual desire for you. Erotic power is your femininity unleashed against boredom and familiarity in marriage. 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.

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 it. As noted before, male sexuality is oriented on the chase. Like a thoroughbred horse which enjoys nothing more than a hard run, the typical male enjoys nothing more than 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

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pursuit of you.

Exercising erotic power is as simple as placing hurdles for your husband to overcome in your sexual relationship. For example, you might require that you husband wash the dishes before sex. Of course, its great that he does the dishes. But that is not the point. The point is that he will be excited by the challenge you have put in front of him and you will be excited by his efforts to overcome that challenge.

Erotic power is irresistibly effective because 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!

Erotic power provides the male ego with an excuse for giving in to you. Instead of arousing his urge to fight, you are arousing his urge to surrender. When you exercise power over your husband erotically your husband will not recognize this as a challenge to his ego. Instead, he will rationalize that your power over him is of such a nature that it is understood that males are not expected to resist.

For example, many men regard doing the housework as a woman's chore and therefore resist accepting this chore and even if he accepts the chore he will regard it as a sacrifice and a favor to you. But if you put your demand in the context of erotic power then his feelings about it will be entirely different. He will be thinking about his goals and your touch, not the "indignity" of the chore or the "sacrifice" to your demand.

How far you take your erotic power will be entirely up to you. But 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. For many wives the main difficulty is getting comfortable with their own erotic power. Because of social taboos regarding the exercise of power in relationships in general and marriage in particular it can be difficult for some wives to become comfortable with their erotic power. Add to that the taboos surrounding sex and you can see why this is such a misunderstood and underappreciated marital secret.

Make no mistake about it: erotic power is extremely manipulative. To wield erotic power you must overcome your own inhibitions.

The converse of your erotic power is your husband's submission to you. As you wield your erotic power over your husband he will yield and surrender himself to your will and authority. It is in his submission to you that he is once again in a position of challenge and pursuit.

You will find that this new relationship goes far beyond the courtship that you experienced when dating. By virtue of the intimacy of your marriage, your familiarity with one another, and your shared lives, you can establish a deep and close relationship with your husband that could never exist outside of marriage.

Why would any husband willingly submit to his wife? Why don't husbands resist? Some do, in fact, but only a very small percentage. If your marriage is like most you will find that your husband will become addicted to your erotic power in very short order. If resistance is offered at all it will consist merely of token rebellions from time to time for the sake of his ego and to test your resolve and seriousness. In actuality, he will enjoy this as much as you do and he would be extremely disappointed if you were to back away from your new expectations of him.

Of course, not all men are alike and you will need to experiment with your erotic power to learn what works best for your marriage.

Your husband will discover an incredible joy and happiness in his submission to your erotic power. Erotic power taps a deep and primal nerve in the male psychology. Once you learn how to tap that nerve you will have him forever wrapped around your finger.

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## Getting Started

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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.

This chapter provides an introduction to a very powerful but low risk technique for getting started in your marriage. I will describe this as gradual as is possible. If you feel that you don't need to take it so slowly then you can plunge ahead more quickly or skip forward altogether.

Prepare ahead of time by having a tube of [KY](#) or similar water based lubricant and a cup of water at your bedside.

### Step One: Offer to Experiment

Probably the best cover for this approach is to present it under the guise of sexual experimentation. 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. (Tell him you read about it in a women's magazine or heard about it from a friend or just tell him you read about it on the web.)



## Step Two: Assuming 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 just above his knees 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, with your legs curled or toward his head.)

## Step Three: Manual Stimulation

Dab a generous amount of KY lubricant in the palm of your hands. (If this seems too messy or otherwise unpleasant you can use latex gloves.) Spread the gel to both hands by rubbing them together. Now grasp his member in your hands and, if it is not already erect, work it until it is.

Once his member is erect, stroke it gently but firmly. Vary the pace and watch his reaction. Experiment with tighter and 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 it becomes dry just dip your fingers into the cup of water to reactivate the KY Lubricant.)

This technique is, for him, much like receiving oral. But 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: Conversation

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 most

peculiar. So talking about whether he likes it and what you can do to make it better is very unthreatening and easy. But the real purpose is to move on to more serious conversation.

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 are stimulating him. Talk about your marriage. Talk about your plans for the future. Talk about his childhood or his early dating experiences.

## **Step Five: Consumation**

At this point you are ready to consummate the conversation. This is the climax that your husband has been waiting patiently for. You have a number of options here but generally the idea is to release him from your firm grasp and to bring things to a conclusion for the night. You can bring him to climax while you are still on top, or you can direct him into a missionary or other position, or you can manually finish things off.

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

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## Sexual Psychology

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Sexuality so 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. Scientific research on human sexuality is rarely embraced much less exploited.

Our approach here is rather different. Here we are deliberately wielding sexuality in a carefully planned direction toward the specific goal of transforming the marriage. Of course, that doesn't make this a clinical exercise by any means. On the contrary, this is more fun than you can ever imagine. Nevertheless, you must appreciate always the deliberate nature of this approach.

In time wielding erotic power will become second nature to you and you will gain an intuitive understanding of your new role in marriage. But in the beginning it is helpful to have a more explicit understanding of the psychology and physiology that effect the changes.

## Behavioral Conditioning

A *primary reinforcer* is any reward your husband will work to get, and which will increase or maintain a behavior. Of all the rewards that you could offer your husband, sex is far and away the most powerful. Sex, therefore, serves as the core, primary reinforcer. Simply put, under the right circumstances, your husband will do virtually anything to have sex with you. A

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*secondary reinforcer*, or a *conditioned reinforcer*, is any previously neutral stimulus that acquires reinforcing properties through an association with a primary reinforcer over a period of time. Lingerie a secondary reinforcer, albeit one that he has almost certainly already associated with sex. As a practical matter, you cannot use sex to reward your husband for every good deed. Secondary reinforcers are therefore critical to an effective training program.

There are two types of behavioral conditioning: *respondent conditioning* and *operant conditioning*. In respondent conditioning, a neutral stimulus, such as words of praise, is paired with a primary reinforcer, such as sex. Through a repetition of the pairing, the neutral stimulus takes on the ability to elicit the response, it becomes a secondary reinforcer. Note that a secondary reinforcer may be paired with still another neutral stimulus to create a tertiary reinforcer but such a reinforcer will tend to be weaker than one paired with a primary reinforcer. It is therefore always better to associate new secondary reinforcers with your primary reinforcer, sex. Note that operant conditioning refers to behaviors that are not under your husband's control. Your husband is naturally aroused by sex. Use the secondary reinforcer to mark the exact instant of behavior for which your husband is going to be rewarded. If, for example, you pair sex with words of praise then the words of praise will come to arouse your husband by themselves. When your husband learns that words of praise are always followed by sex, the words of praise are said to be conditioned.

Operant conditioning is the process in which the frequency of occurrence of a behavior is modified by the consequences of the behavior. It is the process by which 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.

Once your husband has learned a behavior well, you will want to start rewarding intermittently. Not knowing when the reward will come, what the reward will be or how big the reward will be strengthens the behavior. Think of it like rolling a single six-sided die. The number you would get would be variable. Example: You might want to reward a behavior after 2 times, 6 times, 4 times, 1

time, etc. You might want to offer sex one time, words of praise the next time, a wet kiss the next time, a flash of your nipple another time. Note: 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.

Your husband's penis is the most sensitive area of his body. It not entirely without exaggeration that we say that a man thinks with his penis. Think of your husband's penis as a magic button you can press at virtually any time and deliver pure pleasure to him. The one obvious exception is that your husband's sex drive will fall off entirely immediately after he has achieved an orgasm. Depending on his age and physical condition, it may take minutes, hours, or days for him to recover his sex drive.

While husbands enjoy intercourse immensely, it is not the most practical way to deliver stimulation and reinforcement. Intercourse, whatever the position, is generally too distracting for you. And if your husband is on top, he, not you, will tend to control it. You should reserve intercourse as a final reward and the end of the training session and for constructing secondary reinforcers.

At the same time, you should be developing secondary reinforcers. As and when you stimulate his penis, deliver additional stimulations. These additional stimulations may be sight, smell, touch, and sound. Some such stimulants will necessarily be more precise than others but all will acquire a positive association with the stimulation of his penis. The sight of your breasts is an example of a visual stimulation. You can add a smell stimulant by wearing a special perfume during your training sessions. He will come to associate the smell of the perfume with sex. Touch is a more precise stimulation. As you stimulate his penis, you can touch him in other, non-sexual ways. For example, you might give him a quick double-pat on his thigh. Similarly, you can add sound stimulation by delivering specific words or phrases along with the stimulation of his penis. For example, "very good" or "what a wonderful husband you are." You can take it further by using a unique, i.e. sexy, tone of voice.

In addition to such training sessions in bed, you should begin to reward his behavior out of bed. For example, if he does the dishes, you should reward him. Your primary reinforcement is

sex. So rewarding him for doing the dishes with your primary reinforcer would involve inviting him, then and there, to go to the bedroom with you to make love. Obviously, this is not a very practical course of action.

Instead, this is where you introduce your secondary reinforcers. If, for example, he washes the dishes, you give him a double-tap on his thigh or whisper in his ear, "what a wonderful husband you are" in your special, sexy voice or flash your bare breast. If he has made a big effort to prepare dinner for you, you can go and put on special perfume for dinner.

In the beginning, you should consistently reinforce your husband for the desired behavior. Once you have trained your husband to perform a desired behavior on a regular basis, though, you should switch to a random reinforcement. While true randomness is ideal, it should be adequate to simply vary the reinforcement according to your whim. It is crucial, though, not to otherwise raise the bar. You can teach him to do new things for you but you should not reduce the reinforcement over time. You must maintain at least a random reinforcement of each desired behavior or the behavior will become extinguished.

Interestingly, while doing chores is a behavior that you are encouraging through positive reinforcement, it may also happen that certain aspects of doing the chores will become secondary reinforcers themselves. For example, as you train your husband to wash the dishes, and reinforce that behavior, your husband may come to indirectly associate the experience of washing the dishes with sex. The more consistent and powerful the reinforcement, the more likely and strongly will be that association. Your husband may actually become aroused by washing the dishes. Thus, over time, washing the dishes may become its own reward.

Once such an association is made between a chore and sex, you can use the chore as a reinforcer. For example, if your husband fails to do the dishes and he discovers you doing them, this will be a punishment. By doing the dishes you are depriving him of something which gives him sexual pleasure.

I often find I have become sexually excited at the darnest times. I may be ironing her clothes,

cleaning the bathrooms, preparing dinner, washing dishes -- you name it. And I realize I have an erection. I get excited every time I think about her. I get excited sometimes when I am doing the most mundane of chores for her. She may not even be at home and yet I have become excited just knowing I am serving her in some fashion.

Similarly, you can create an association between general submissive behavior and sex so that he becomes aroused by his own expressions of submission to you.

Unless your husband is a complete moron, he will figure out what you are up to sooner or later. But the training, of course, is very pleasant for your husband. If you are careful to match the pace of training to his receptivity, it is most likely that your husband will cooperate in his training. Simply back off when he objects. Press ahead when he is enthusiastic.

What is most intriguing about these training techniques is that they work even if your husband is entirely aware of what you are doing. The behavior modification techniques will affect him at a deep, subconscious level. You will fundamentally change the way he thinks about doing the chores.

Indeed, some husbands have likened it to creating an addiction. As the training progresses, the husband becomes addicted to the reward system such that, even though he understands, intellectually, why he craves to do the chores, and even though he is entirely aware that you have used sex to train him, still, he will feel a deep, irrefutable craving to do the chores for you. Doing the chores becomes an enjoyable experience for him.

You are, in effect, rewiring his brain to enjoy doing the chores for you. Your husband might initially be willing to make the personal sacrifice to do the chores for you. But as the training progresses, doing the chores will become less a personal sacrifice and more a self indulgence. A wise husband who has committed to serving you will therefore eagerly cooperate in the training.

## **Submissive Response**

Most people are aware of the basic animal instinct when facing a threat or challenge to fight or flee. What is less well known is that there are actually four options among which social animals choose in intra species conflict: *posture*, *fight*, *flight*, and *submit*.

Note that 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 website.) The vast majority of husbands will react peacefully at most offering passive resistance to your assertion of authority.

Any difference in preference that requires a resolution and a choice between them is a conflict for purposes of this discussion. Choices like what color to paint your bedroom (pink or beige). What to eat for dinner (French cuisine or steak and potatoes). Who does the dishes and the laundry. Where you go for vacation. All these involve different preferences and require one or the other to yield. 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.

But if the conflict continues then a harder choice must be made. The choices of *fight* and *flight* are well enough understood 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 it's claim in the conflict. (A familiar animal example is when two dogs confront one another and one turns 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 most primitive parts of the brain apart from any rational evaluation of the situation. The submit response exists in large part for the sake of peace within the social unit.

But there is more to this than mere response to conflict. 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 and submissive and ready the dominatrix is hard and demanding. For reasons that are not entirely clear, the dominatrix elicits *both a sexual* and a *submissive* response from a man. Indeed, it is probably safe to say that it is the *sexual* response which facilitates the *submissive* choice to what would otherwise be a threat. A man would not typically choose a submissive response in the absence of the sexual aspect.

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## Seduction

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Seduction. The very word is titillating. It's 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. But seduction also implies guile and cunning, even skillful deceit, toward a desired position. You will seduce your husband into submission to your will and acceptance of your role as Queen of the household.

The idea behind the seductive approach is to:

1. allow you to discretely gain confidence in your erotic power,
2. allow your husband time to adjust to your new position in the marriage, and
3. addict your husband to your erotic power before he is aware of what you are doing.

## A Gift to Him

Naturally a seductive approach is somewhat sneaky. After all, you will be initiating an important change in your marital relationship without his prior knowledge or approval. If this sounds unfair then consider: with only one or two exceptions, I have never heard of a husband resenting such seduction. Unless your husband 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. And if your husband is like most

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men, once he discovers what you are up to, he will thank you for taking the initiative to transform your marriage.

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. Sooner or later 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 all the more.

The road is rockier for some couples than for others and all will depend on your husband's disposition. Usually your husband will become aware of what you are doing after he has already become addicted to your erotic power. At that point there may be a crisis during which your husband is angry not with you but with himself because he will then understand how much he enjoys your erotic power and desires to submit to your will. For some men raised on a macho image of themselves this can be difficult to accept. At this point that you will need to offer reassurance to him of your love and respect for him. Eventually even the most stubborn husband will come to terms with his newfound desire for submission to you because the lure of your erotic power will be overwhelming.

Ideally, by the time he figures out what you're up to he has already embraced his submission to you. Then it is simply a matter of your openly acknowledging this new reality in your marriage.

You may 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 off. 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 objective 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 through respondent and operant conditioning. 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 off with the right conflict. And 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.

In most marriages it is the husband who initiates, controls, and directs sex. But this is far from ideal.

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 (and provided that you commit to having your way) he will starved for sex which is an enormously powerful negative reinforcement on his position. Conversely, by submitting to your choice in this matter he is rewarded with sex. How this conflict resolution unfolds depends on your particular circumstances. But the mere act of giving up control of when sex occurs is very challenging for most husbands habituated to sex on demand from their wife.

Men are almost always in the mood for sex. That is a fact of life. And men don't fail to have orgasms. With a minimal stimulation, a man's orgasm is inevitable; men orgasm as a matter of course. By contrast, a woman's orgasm is subject to the circumstances and the nature and duration of stimulation. So it simply makes no sense for the man to decide when and how sex occurs.

The problem is that while your husband may genuinely seek to satisfy you sexually, his natural, innate tendency is to achieve his primal goal, consummation of intercourse, with a minimal expenditure of energy. After all, that's precisely what evolution has bred him to do, that's how the male of the species maximizes its genetic contribution.

Clearly these goals are in conflict and more often than not, in the passion of making love, it is the primal instincts which win out. He doesn't mean to be this way, but he is. Only you can change this.

But much more is implied here than mere timing. Taking control of sex means directing it toward your own fulfillment. It means doing what you want to do. Some husbands, for example, expect to receive but not to give oral. (Many men regard giving oral to a woman as "unmanly" or "dirty".) Turning this around creates a powerful conflict in an area, sex, where you hold all the cards. Few husbands can long resist a wife who is committed to having sex her way or no way. The longer he resists the more he will be tortured by his sex drive.

Once you are controlling and directing sex you can apply very powerful techniques of respondent and operant conditioning toward every other aspect of your marriage.

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### Control of Sex

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Taking control of sex entails training your husband that sex is for your benefit, not his. It is not the case that he is no longer to be allowed to enjoy sex. On the contrary, you will find that under the new arrangement he will be more excited and satisfied than ever. It is simply that men want to please women in bed and that when sex is directed at your satisfaction, your husband will inevitably be satisfied as well.

### 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. 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:

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- let your husband propose sex but wait for you accept, or
- reserve initiation of sex to yourself.

## Your Acceptance

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 for the first part will be to summon the courage to say "no," "not yet," or "not until." Once your husband gets it in his head that its 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.

For the second part, you simply need to avoid initiating sex and tell him, repeatedly, that you don't want to initiate sex. 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.

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. Additionally, you can accept his proposal for your own sexual satisfaction but still withhold his own until another time.

## Your Initiation

If you choose the first option, then you need to do two things:

- Discourage your husband from initiating sex, and
- Encourage your husband to respond to your initiation of sex.

To accomplish the first, you must avoid all appearance of enthusiasm whenever your husband initiates sex. You can say you "have a headache" or you can go along but stare impatiently at the ceiling or at your finger nails. Don't help him with suggestions as to what you desire but lay quietly and passively. And 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. Or 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, sex is boring and degrading. He will feel impotent, figuratively and perhaps literally, 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 both partners. 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**

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, he also prefers more frequent sex 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 take you out occasionally. 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 the desired behavior.

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.

## **Your New Routine**

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. Everything so far has been mere preparation. Preparing you to take charge of your marriage. Preparing your husband for your ascendancy. Later chapters will elaborate on why and how these techniques work and offer additional options and choices. But this is central chapter where you learn the key techniques.

The key to establishing your power and authority in marriage is to introduce conversation into sex. It is the coupling of intellectual and physical, physiology and sexuality, expression and consummation. Through these techniques you will open his mind and 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.

These techniques are divided into graduated steps. Depending on your situation you may move quickly through the steps in the first night or you may need to move gradually over the course of months. The pace may vary but the essential process remains the same. Eventually, you will step casually through each step; they

will become your routine sexual activities, as natural as anything you do today.

## **Step One: 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, by oral or other non-intercourse means. You may abbreviate this step early on but ultimately this may be drawn out for hours at a time.

## **Step Two: Conversation**

Once you are sexually satisfied you are ready to begin the conversation.

To do this stimulate your husband's penis manually, with your hand. Position your husband in bed, on his back. Straddle his thighs with your legs so that your rear is resting just above his knees or simply lay beside him. Dab some [KY Lubricant](#) on your hands for lubrication or use your own natural lubricants by rubbing his penis into your crotch. You can then easily stimulate his penis while you engage him in a face-to-face conversation.

As you stimulate him you will notice his breath growing shorter and his concentration wandering. This is the sign that he is tipping toward an orgasm. But with the right touch, you can keep him in this state almost indefinitely. It is in this state that he will be most suggestible. All his rational thought will be focused on achieving orgasm.

In this state:

- he will more freely answer any question you put to him;
- he will tend to agree to anything you suggest to him;
- he will quickly promise anything you ask 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 to him. Ask him to make promises to do or not do specific things. Whenever he does as you ask, you increase the stimulation of his penis. Whenever does not do as you ask, you reduce or halt the stimulation. It is that simple. But be careful, over stimulate him and the session will come to an abrupt and messy end.

Conversations during manual manipulation are extremely effective for a number of reasons. First, you are employing behavioral modification mechanisms to shape his behavior toward 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; he will rationalize that this is just pillow talk of no significance.

What to talk about? Here are some suggestions:

- Questions: You have many questions that he's dodged and avoided your entire marriage. Now is the time to ask. And each answer he gives will open new questions. Don't be satisfied till you know everything. He, in turn, will realize he cannot hide anything from you and truth will prevail in your marriage. Find out if he's ever cheated on you or thought about doing so. Find out his sexual fantasies and deepest desires. Find out his darkest secrets.
- Requests: Tell him what you need of him. Housework? Nice clothes? Control of the family finances? For him to stay home and run the house while you go earn a paycheck? Anything is possible.
- Suggestions: "Obey me", "submit to me", "do as I say", "surrender to me", "satisfy me", "give me everything you have", "work for me", "love me", "worship me".

### **Step Three: Consummation**

At this point you are ready to consummate the conversation. This is the climax that your husband has been waiting patiently for. You have a number of options here but generally the idea is to release him from your firm grasp and to bring things to a conclusion for the night. You can bring him to climax while you are still on top, or you can direct him into a missionary or other

position, or you can manually finish things off.

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.

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## Conversation

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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 wife. But 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.

## Cracking the Oyster

Think of your husband as an oyster, and his emotional being as the pearl. You cannot create what is not there to begin with. But you can get him to open up and reveal himself to you. Just as you trained him to perform simple gestures and chores, so must you train him to open himself up to you emotionally.

Cracking the oyster is something to be approached gently. We will discuss first the seductive approach and then the more obvious, but effective, approach.

As your husband loosens up in conversation, he will eventually

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venture to reveal himself. You *must* react swiftly and positively to such revelations. Of course, this can be difficult depending on what is being revealed and the circumstances of the conversation, but ideally, you should endeavor to initiate sex with him. The first few times, you should do this consistently. But as soon as you are confident that the behavior has been learned, you should pull back to random reinforcement supplemented by symbolic sexual gestures as discussed previously.

A good routine to have with your husband is to allocate time at the very end of the day when you are both in bed for a conversation. Use the same technique of manually manipulating his member as described in [the previous chapter](#).

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.

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.

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, everyday.

You can take this one step further by using these sessions to explore his desires and fantasies.

Also, you can use these sessions to reinforce and affirm his surrender to you by whispering commands to him while stroking him: "love me", "worship me", "obey me", "surrender to me". These suggestions, during stroking, will penetrate and burrow deep inside his mind..

# Promises

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 which 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 foreplay. When your husband anticipates that sexual satisfaction is imminent, he will do or say anything. When extracting promises, directness is best. Just before allowing him to enter you, tell him what you wish of him and ask him to promise.

You can combine interrogation techniques with promise extraction to powerful effect. As one wife wrote:

He did everything I asked, but the dinner didn't taste as it was supposed to taste. After he did the dishes and gave me several climaxes (orally), I handled him while we had a little "talk". I asked him if he loves me. He said that he worshiped me and that he would do anything to please me. Then I asked him if he would take cooking lessons to make me very good meals. He hesitated a moment and I began to stroke his member more intensively. He finally said: "I will take lessons to cook you meals that you

deserve". It's amazing how he behaves when I'm handling him. He's very like a little boy; he stares at my hand like there was nothing else in the world.

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 sex.

When you are having sex again, 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, sex may be delayed for a discussion of the broken promises. This delay might be minutes, hours, or even days according to the circumstances.

Training your husband to open up emotionally is more difficult and complex than training him to bring you flowers or clean the house but with patience and love you can accomplish it. You'll find it well worth the effort.

## **Follow Through**

Once you have established suggestions, you must be prepared to reinforce it. When, for example, your husband does the dishes, you should initiate sex. You should not do this consistently but randomly. It is better to reinforce randomly because you do not want to bind yourself to an implicit bargain, sex for dishes. Instead, you simply want to encourage the behavior of washing the dishes by allowing that such behavior may lead to sex.

Having said that, you should consistently give your husband a symbolic sexual reward. I recommend a whispered "thank you" or

"good job" in his ear as you rub your hand roughly across his crotch or a similar arousing gesture. Such a gesture, consistently given, reinforces the association between the behavior and sex and therefore reinforces the behavior.

By introducing suggestions during foreplay, consistently thanking him with a pat on his crotch, and randomly reinforcing the behavior with sex, you are establishing a psychological link between the behavior and sex. As the behavioral conditioning proceeds, your husband will begin to view the behavior, washing the dishes, as a form of sexual foreplay. He may, in fact, become aroused by it.

It goes without saying that once your husband is becoming aroused by washing the dishes, the chore becomes its own reward. He will be eager to do the dishes because it arouses him. You can then reduce the frequency with which you reinforce the behavior with sex without harming his eagerness to do the gesture or chore.

Frequent sexual gestures during the day are the best way of rewarding your husband. 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.

After your husband has been trained to attend to your needs, you will want to reserve his sexual satisfaction to the end of the day. Throughout the day, you should be giving him sexual gestures when he does the right thing. These gestures serve both to associate the behavior with sex thereby reinforcing it as well as to arouse him to further efforts on your behalf. At the end of the day, if you decide that he has performed adequately, you can allow him to satisfy you sexually. And then to satisfy himself.

## **Power Grip**

When you are making important statements to your husband you should assume the power grip. In the power grip you hold his member gently 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 pain and discomfort depending on the point you are trying to make.

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## Sexual Management

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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 a means through which you can manage, control, and direct his behavior. His member, while still attached to him, will become your property in the practical sense that you, not he, decides what is done with it. And through your ownership of his member you will practically own him.

You will begin to manage his sexual release as you might manage his exercise and diet. This concept of sexual management, of determining when and how he is allowed sexual release, is not only a result 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

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. You absolutely do not want to frustrate your husband for too long. If your husband becomes overly frustrated, he will be tempted to seek relief outside the marriage either by himself or worse. On the other hand, you do not want to oversatisfy him either. A husband who is oversatisfied

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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 controlling his sexual release. Finding the right frequency is tricky and requires experience shaped by trial and error in your own marriage. Also, the right frequency may change over time or vary with the circumstances.

Every marriage is unique but you can begin with the following rule of thumb:

- If he is learning: four to seven days
- If he is cooperating: three to four days

While your husband is still learning about your erotic power, particularly if your husband is not yet aware of what you are doing, then start with an interval of once every four to seven days.

Once he has explicitly surrendered to you and begun to cooperate, once he is addicted to your erotic power and focusing on you, you can increase the frequency to once every three to four days. A higher frequency smooths his long-term commitment to submission to you. Naturally, if he needs a reminder of who is in charge you can fall back to the longer frequency to reestablish your authority.

But if he is actively resisting your influence then you should not be concerned with the irritability that might result from sex deprivation and push him to his limits. You can deny him for weeks, even months, to make a point.

In seeking out the right balance, look for irritability as a sign of too low a frequency and laziness as a sign of too high a frequency. When a man is not getting enough sex, especially if he begins to lose hope, he will become irritable and resentful. If you find yourself in such a situation, give your husband constructive tasks and then satisfy him upon successful completion. If you find

yourself in a situation where he has become lazy and inattentive you can simply pull back and wait for time to take effect on him.

Needless to say, you do not need to limit your own sexual activity to this schedule. You can, for example, have him bring you to climax orally or with a toy ending the evening at that point. Just as it is your option when and how to have sex, so it is your option whether to continue sex after you yourself are satisfied.

Frequent sexual gestures during the day are the best way of rewarding your husband. 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.

## **Controlling Climax**

A technique for keeping your husband on edge and controlling his climax is to apply one or more layers of condom during intercourse. I recommend at least two and I recommend that you apply them, rather than having him put them on, to emphasize that his member is your property, not his.

The first condom should be one which includes a desensitizing lubricant. The last condom that you apply should be a ribbed condom for your pleasure. Depending upon your husband substantively you might want to apply one or more intermediate condoms.

With these condoms in place your husband's member becomes essentially a playtoy for your pleasure and puts you in total control of intercourse. You can have as many climaxes as you please while he will be frustrated in his own efforts to find relief. How and when you remove the condoms is up to you but one idea is to remove one condom each time you achieve an extraordinary climax until, finally, he finds relief himself. Alternatively, you can precondition the removal of condoms on promises, one condom for each promise.

## **Interruption**

As noted previously, overstimulation can result in a messy end to a conversation. And some men will simply not last a useful period of time. Sooner or later you'll 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 an expression of fluids through the duct running along the base of the member. If you constrict this tube with your thumb, while gripping his member 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 is known as "choking the chicken".

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. But remember men do not regard pain the same as we do. 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." That is the essential context of the technique.

There is no health harm in occasionally blocking expressions so long as there is an eventual release, say, at least once a month. But use this technique sparingly and with purpose.

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## Punishment

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Up to now we've mostly discussed the use of positive reinforcement as a tool for shaping and transforming your marriage and exercising erotic power. Here we will discuss the flip side of the coin, negative reinforcement or punishment.

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

## Penance

But 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 rituals 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.

Ideally, you should always have a punishment available for any given wrong. Thus there is always a means for restoring the

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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.

## Removing Opportunities

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've been aggressive about forming erotic associations with chores this punishment will also server to rob your husband of stimulating tasks. Finally, you place him in the position of begging to serve you again.

## No Sex

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 let him satisfy you but postpone his satisfaction for another time. You must beforehand have established the policy that his satisfaction does not automatically follow yours (you don't want to trick him into anything). To prepare for this, you should always hold a discussion following your sexual satisfaction about whether he will be satisfied that night.

Or you can 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.

## Extra Chores

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

## **Humiliation**

Humiliation can be tricky so it should be used carefully. In most cases, the threat of humiliation is more effective than the actual deed. For example, by requiring your husband to wear panties as his underwear he will always be at risk of humiliation. Public disobedience can be met with public revelation of this tender fact. The panties will be a constant reminder of the precariousness of his situation in the marriage.

## **Physical Punishment**

Physical punishment, usually spanking, is perhaps the most extraordinary form of punishment. Spanking can be very cathartic for both parties. Men are particularly fond of enduring physical pain in their devotion to love or in the service of an important cause. For men enduring physical pain can be a powerful symbol of manhood. All the 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 that you find that 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 your husband. Vent your anger against his buttocks until you forget his transgression and feel sorry for him.

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## Merit System

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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.

But 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 will.

## Keeping Track

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

If you trust your memory or if you simply do not 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.

## Nightly Review

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In a journal that you keep summarize your husband's behavior for the day.

Assign a score for your husband's behavior that day:

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

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.

The ideal time to review the day is after he has satisfied you but before you have released him. (Obviously if you do not desire satisfaction that night you simply skip straight to the review and whether or not he will be satisfied will depend on the review.)

## Reward

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

If you are managing your husband's sexual release then 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 acceptable 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. So a good rule is that, in addition to any other expectations, an exceptional day is one which you end in the mood for sex. And 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.

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

## **Punishment**

In addition to rewarding based on merit and punishment at the time of a violation, you can give out punishment at the end of the day based on your evaluation of the day. For example, if the day has been unacceptable you might have him bring you to orgasm, raise his excitement level, and then turn and go to sleep. This will be a very powerful reminder of what he is missing and it is unlikely that he will get much sleep that night leaving him a lot of time to think about how he can improve his behavior.

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## Head of Household

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As noted in the introduction, 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 female led marriage.

## What Does It Mean?

But what does it really mean to be a married female head of the household?

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

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's one

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of his responsibilities to share his opinion when you ask for it or when he thinks you expect or need it. But you should ultimately retreat to the privacy of your own mind to form your decision and own that decision once it's made. Say, "thank you for sharing your opinion. Let me think about it and I'll give you my decision when I'm 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've decided this. I want you to do this and do it this way. Let me know when it's 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. For example, 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.

As head of the household, you control the family finances. He is required to justify his expenses to you. But 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.

In many ways, time is money and so it is that his time is yours to budget or manage as you see fit. 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 with respect to his time.

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'll 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's am halfway through, you change your mind and choose blue, it is his duty to follow your new decision without complaint.

## **When You Stay Home**

You can become the head of your household even if you are the partner who stays home to care for the kids. Although in this situation you will probably be doing some 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**

With more and more women pursuing their own careers, 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 partners working full time but his losing his job in a layoff. In other cases, it may be your career that is flowering by comparison to his and so it might make economic sense for him to stay home when you decide to raise a family.

Getting your husband to embrace a role as househusband may be easy or hard depending on your situation and his background. Here are two websites that will help him:

- [Slowlane: Support for stay at-home dads, primary caregiving fathers, men and their families](#)
- [RebelDad: A Father Puts the Stay-at-Home Trend Under the Microscope](#)

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.

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I offer couples the Queen/knight metaphor. Some alternative approaches center on a Mistress/slave metaphor. 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.

For this reason and others, Queen/knight metaphor is just plain more romantic than that of a Mistress/slave. A knight is a votary, a person who takes vows to live a life of service. A knight as protector acting always in the interest of his Queen.

Exercise of erotic power leads naturally and inevitably to matriarchy. You will be able to train your husband to do virtually anything you wish. And you'll have the most incredible sex life you can imagine.

When you wield erotic power to dominate your marriage, you are happier and your husband is 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 have someone to talk to and to do the chores for you and because you are finally enjoying sex with your husband.

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- Indulge your wildest fantasies. Set yourself upon a pedestal and watch your husband worship at your feet as you lead him around by his sexual desires. It's amazing how many aspects of your life your erotic power will touch.

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### Take the Marriage Quiz

Question: Do you . . .	Rarely	Sometimes	Frequently
Consider yourself more competent than your husband to manage family issues?			
Feel frustrated talking to your husband?			
Commiserate with other wives about your husband?			
Hear yourself say "I told my husband..."?			
Think things would be better if your husband would just do what you tell him?			
Listen in on your husband's conversations to make sure things are handled correctly?			
Feel that you are the only adult in the family?			
Feel overburdened in parenting your children?			
Find that it is impossible to rely on your husband for help around the house?			
Have recurring anxiety or depression?			
Feel exhausted?			
Find you are disinterested in sex?			
Feel angry or resentful about your husband's inattention to you?			
Feel jealous about your husband's hobbies, friends, and other interests?			
Fantasize about divorce or life with a man who would treat you better?			
Wonder why you chose your husband in the first place?			
Feel hopeless about your marriage because your needs have gone unmet for so long?			
Have a hard time trusting your husband to do things right without your oversight?			



Find yourself frequently wanting to control your husband?

Get angry with your husband when he makes a poor decision?


## What Does Your Score Mean?

### 50 Or Less

#### **It's time to trade in your apron for a riding crop.**

You're probably wondering what the heck you ever saw in him! But before you call a divorce attorney you should try taking responsibility for your marriage and fixing it. With some effort, patience, and persistence, you can have a better marriage than you ever dreamed was possible, one that will be the envy of everyone who knows you or sees you together.

[Start today!](#)

### 51 To 75

#### **Life is short, why settle for anything less than you deserve?**

Your marriage is tolerable, even pleasant at times. But you know it could be much better. You should [experiment](#); make small improvements to your marriage and prevent your marriage from deteriorating.

### 76 and Up

#### **Congratulations!**

Either you are still on your honeymoon or you have very low expectations. Come back and retake this quiz in a few years.

## Share This Quiz

Share this marriage quiz with a married friend. She'll thank you in the end!

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## Frequently Asked Questions

Dear Lady Misato,

How can I get my wife to take charge of our marriage? I don't have the courage to ask.

Chicken

Dear Chicken,

It's always better to ask if you can muster the courage but here are some other suggestions that tend to work:

1. Point your wife to ["Real Women Don't Do Housework"](#) as a conversation starter and ask her opinion.
2. Buy her the set of [books](#) I recommend.
3. Join our [husband's forum](#) to pose questions and find tips.
4. Start doing the chores around the house on your own initiative.
5. Lavish your wife with affection and praise at every opportunity, not just when you want sex.
6. Try to be the first one home from work and prepare dinner. Clean up afterwards.
7. Draw her a bath and wash her hair.
8. Send her flowers. At the office.
9. Stop arguing and fighting. Offer your opinion but give in to her when she makes a decision.
10. When your wife asks about your new attitude as she inevitably will, point her again to ["Real Women Don't](#)



**Good luck,  
Lady Misato**

---

Dear Lady Misato,

I like your ideas but I'm not into S&M and neither is my husband.

Concerned

**Dear Concerned,**

**I don't practice S&M or anything that involves pain or humiliation and I don't recommend it. This is about psychological domination by the wife over her husband in everyday situations. You don't need to be into S&M to enjoy it.**

**Enjoy,  
Lady Misato**

---

Dear Lady Misato,

I'm not sure if my husband will accept my domination of our marriage. How can I tell if he is inclined?

Hesitant

**Dear Hesitant,**

**Most husbands are more willing that you realize. There are some, however, who will not accept domination by their wife. Husbands who are insecure or who seek domination of the household for its own sake are less inclined to give up or share power. But such men are not the rule.**

**The misconception arises from the assumption that only naturally submissively men will submit to a dominant wife. But there is another category to consider: men who are strong and confident in their personal and professional life. Such men accept domination by their wives as a *balance* in their life. They freely give up power to their wife out of love and adoration and to explore a side of themselves that they might not otherwise enjoy.**

**So don't assume that because your husband is not a weak-willed pansy that he will not accept your domination of the marriage.**

**Go for it,  
Lady Misato**

---

Dear Lady Misato,

My wife wants me to submit to her. I'm willing to give it a try, it sounds like it might be fun. But I'm worried about what other people will think. I can only imagine the ridicule I'm setting myself up for when friends see me doing the dishes.

Fearful

**Dear Fearful,**

**I always urge wives to keep their dominance private. In general, our society is not yet ready to openly accept female dominated marriages.**

**It is true that if you and your wife truly practice this others are bound to notice your power arrangement. Ask your wife, as a favor to you, to keep her domination to a minimum in public situations. But, still, there will be enough subtle clues for anyone that spends time with you two to put two and two together.**

**I would suggest that you consider the risk of embarrassment and ridicule, however you wife might minimize it, as part of**

**the package. Assuming the risk of embarrassment and ridicule from friends and family is part and parcel of your submission to your wife. You will demonstrate your devotion to her in how you handle embarrassment and ridicule when it arises.**

**You will let your wife see that she comes first in your life by the sacrifices you make for her. Submit like a man.**

**Relax,  
Lady Misato**

---

Dear Lady Misato,

I'm single in search of a woman who will practice your methods. Where do I look?

Searching

**Dear Searching,**

**Here is what I recommend:**

- 1. Find a woman you love, and who loves you. She should be a demanding woman but need be nothing more. Trust me, that's not hard to find. See [Dating Club](#) and [Matchmaker](#).**
- 2. Submit to her by proposing marriage. They don't call it ball and chains for nothing.**
- 3. Point her to "[Real Women Don't Do Housework](#)" for encouragement and refinement.**

**You'll have a 24x7 Domme in no time. Now, if you insist on hard-core stuff, you're hunt will be more difficult.**

**Happy hunting,  
Lady Misato**

---

Dear Lady Misato,

I have recently learned that my submissive husband enjoys wearing women's undergarments. How can I use this to increase my dominance over him? He isn't aware that I know his little secret.

Domesticator

**Dear Domesticator,**

**It is surprising how many husbands secretly fantasize about being "forced" to wear women's clothes, not just undergarments. This is just one facet of an urge to submit to a stronger will.**

**Wearing women's undergarments is a kind of secret that you and your husband can share, a physical manifestation of his submission to you. He is constantly reminded by it that a) he is the submissive partner in the marriage, and b) this might be revealed at any time as for example if he ended up in the emergency room at the hospital.**

**Anytime you can force your husband to admit something that he is reluctant to admit you have increased your power over him. In this case, it is his secret fetish for women's undergarments. I'd suggest that you begin the conversation as innocently as possible, during a night "hand session". Build slowly to the real issue with questions such as "do you ever think about my undergarments?", "have you ever thought about wearing women's undergarments?" The goal is to get him to admit his fetish. Get him to ask you for permission to wear panties, for example.**

**The next step, of course, is to fulfill this fantasy for him. I suggest that you take away his underwear and replace it with appropriately sized panties. He may offer some token resistance to this but it should not be difficult to "persuade" him to wear them. Indeed, you might go so far as to explain to him that you know that this is "what he wants" and that his protestations to the contrary insult your intelligence. Forcing him to admit his desires in this regard can be very powerful in**

**and of itself.**

**The first effect of the panties will be to constantly arouse your husband and cause him to constantly think about you and his submission to you. You will immediately notice an increase in his attentiveness to you. They will be a constant, gentle, reminder, of his submission to you.**

**The panties will serve as a Sword of Damocles hanging over your husband's head, so to speak. In any public situation, if you are unhappy with your husband's behavior, you can hint at your "little secret". This is a delicious device for keeping him in line, one that he too will enjoy.**

**Finally, revealing this fetish is the ultimate humiliation. You might require, for example, that he reveal them an act of penance. But once that can of worms is opened, it is difficult to go back. Alternatively, you might simply take the relationship to the next level by casually revealing this fact publicly and forever casting him as the submissive partner in the marriage among your mutual acquaintances.**

**Lady Misato**

---

Dear Lady Misato,

I would like to know how I should go about achieving more control of our finances (by that I mean his) to ensure his dependence on me. He has a high-paying job, I stay home and take care of the house. I know he will put up resistance to any change in that area but I feel I will never achieve true and lasting authority without "holding the purse strings". How should I proceed?

Financially Dependent

**Dear Financially Dependent,**

**You can easily take financial control whether or not you are the income earner of your household. As with everything else,**

**I would suggest that you take it step by step, applying an liberal does of erotic persuasion along the way.**

- 1. Make sure that his paycheck is being automatically deposited into your joint checking account.**
- 2. Have him start reporting his spending to you. Make him account for his spending.**
- 3. Put him on a budget. Reward him for staying within his budget. Punish him for exceeding it.**
- 4. Take away his checkbook. Write the checks. (You might have him prepare the bills but require that you sign all checks.)**
- 5. Take his name off the checking account.**
- 6. Cut up his credit cards.**

**You might try things differently but the key is to take it step by step and get him comfortable at each step before you move to the next.**

**Lady Misato**

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Dear Lady Misato,

Most people would consider me to be pretty masculine. I have an athletic build and a prestigious job. I definitely do not consider myself to be unattractive or a "wimp", but I would like nothing more than to be dominated by a my wife.

I think that female domination, such as you describe, is the key to a long and happy relationship. I realize that I need the love of a women (and yes, sexual intercourse) to feel happy and fulfilled. Personally, I get great pleasure from doing things for my wife. I also feel that most women have the need to be in control, to dominate. I think one of the reasons so many of the eating disorders afflicting women stems from a feeling of not being in control and perhaps the unconscious desire to increase their erotic power by making themselves thinner and more desirable.

Well, anyway, I've shared all this with my wife and have shown her your web site. Her first reaction was "I like this" when she

read the part about doing housework etc. She does agree with your concepts of erotic power etc. but does not want a "slave." Me, I want to submit to her totally. I want her to be the boss.

If you have any advice on this I would appreciate it.

Macho Husband

**Dear Macho Husband,**

**Let me begin by assuring you that both you and your wife are very "typical".**

**It is not the least bit unusual for otherwise "macho" men to desire to submit to their wives. Often "alpha male" types submit to their wife to find a balance in their life, as well as to express their love and devotion.**

**This is related to your wife's preference. Very, very few women want a "slave" as a partner. The slave metaphor is most unromantic. A slave is not a willing servant; he does not submit by his own choice.**

**In contrast, I offer the Queen/knight metaphor. This is by far a more romantic metaphor. A knight *willingly* submits to serve his Queen. He is macho and brave and defends her to the death. But at the same time he bows before her and submits to her will.**

**Tell her you wish to serve her as a knight, not as a slave.**

**This in turn relates to a very common situation: women crave to be in control but don't want to be seen as craving to be in charge. Thus they are reluctant to openly acknowledge their dominant tendencies. What is required is to constantly reassure her that you not only are willing to serve her as a knight but that you desire it, crave it. That she would be granting you a huge favor to dominate you. You must say this over and over in every conceivable way.**

**I would therefore advise against discussing her domination of the relationship until she is more comfortable with it. Instead,**

**just submit without talking about it. Live it and then let her get comfortable with it.**

**Lady Misato**

---

Dear Lady Misato,

With regard to marriage, I plan to follow your advice and ask her on Valentine's day if she will marry me. I'm still not quite clear how it is the ultimate form of submission, but I feel that it is something she would like, and I certainly don't want to loose her. Maybe, I just answered my own question.

Mariagephobe

**Dear Mariagephobe,**

**Indeed, you have.**

**Lady Misato**

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Dear Lady Misato,

Are you for real? I expect a giant gaff to descend from the ceiling at any second. My husband wonders if you might be pullin' his leg?

Skeptical

**Dear Skeptical,**

**I once had another husband email me with a similar skepticism. He thought this was all just some web joke. He bet me that he could not be brought to heal by the techniques I described (or else I could publish his name and personal information with a public apology from him).**

**He showed his wife the site and dared her to do it.**

**A couple weeks later he emailed me to beg me to let him off the hook. He had not been entirely broken yet but he was smart enough to see the writing on the wall at that point. He was going down and he knew there was nothing he could do to stop it precisely because he was enjoying it so much. He had found joy in submission to his wife.**

**The techniques work amazingly well in large part because they tap into something very deep within the male psyche. I don't pretend to understand it entirely but it works, that much I know. Even when the husband is fully aware of what is going on, he is compelled to submit *and* he thoroughly enjoys the submission.**

**Tell your husband to settle in for the ride. His life is about to change radically and when it's all done, he'll wonder why he hadn't begged you to do this for him a long time ago.**

**Men are born to serve; women need only step up and seize their rightful place in marriage at the head of the table.**

**If your husband and you have already shared the website and discussed it and you just want to see for yourselves how well it works, I suggest that you skip directly to the conversational techniques described at [Conversation](#). Don't be shy, take his penis firmly in hand as described.**

**I guarantee you'll learn things you never knew about your husband and he'll be shocked at what he tells you.**

**Of course, I could still be pullin' your leg but there is one way to find out: try it!**

**Lady Misato**

---

Dear Lady Misato,

Thanks to your site I am now the Queen of my household. But I

am looking for ideas and guidelines for suggestions as to ways I can keep my husband on the edge without letting him release. I have found that when he is on the edge he is very attentive to me and I like that. Do you believe in chastity belts? If so what one would you recommend?

NeoQueen

**Dear NeoQueen,**

**Probably the ideal "chastity belt" for men is something like the [CB-2000](#), a plastic cage made of a series of rings which enclose the penis. This device is comfortable and practical and can be worn 24 hours a day, 7 days a week for an indefinite period of time. It allows for urination and showering. It cannot be detected under loose fitting clothing. It is very light weight. The device includes a plastic lock which is tamper proof. So you can lock him up and then let him out to play when he has earned his reward. You literally hold the keys to the center of his universe.**

**This device makes self pleasure (not to mention infidelity) entirely impractical. If wives knew how often their husbands were seeking their own private pleasure every husband would be so fitted.**

**Lady Misato**

---

Dear Lady Misato,

What does it mean to "see the rabbit?" I heard this phrase in a conversation at the office from women who were talking about their husbands doing the household chores.

Curious

**Dear Curious,**

**Men are naturally protective of their macho esteem. Men are told by society to be the head of the household or, at a**

**minimum, to share power equitably with their wife. Men assume that they must be dominant to be happy. Men do not naturally associate submission with happiness.**

**So a wife typically seduces her husband into submission to her gradually, without his knowledge. The idea is to get the husband addicted to erotic power without his awareness like the proverbial boiled frog. (There is a parable that a frog when plunged into hot water will try to leap out. However, a frog placed in cool water that is then gradually brought up to the boil will sit there until it dies.)**

**But men are not frogs and submission, not death, is the end. At some point your husband will recognize the situation for what it is. He will become aware of the pleasure he is deriving from his submission to you. It is this point of awareness that we call "seeing the rabbit." Suddenly, all his old assumptions are called into question and he faces up to the fact that he is happier when you, not he, is the dominant partner in the marriage. He sees clearly now the previously invisible hand of your erotic power and he realizes that he is powerless before it.**

**It is also at this point that he chooses, willfully now, to continue the new arrangement because he recognizes that he can't go back to the way it was and, indeed, he doesn't want to go back.**

**Once your husband "sees the rabbit" your conversations with him become very open and honest; nothing need ever be held back again.**

**Lady Misato**

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Dear Lady Misato,

I've been married for five years At first he treated me like a Queen. It seemed so easy to get and keep his interest. Lately he has been much less attentive and the friction in our relationship is reaching a critical level. When I saw your website I felt this might

be the answer I was searching for. Will your techniques help me to capture his undivided attention once again?

Forgotten

**Dear Forgotten,**

**Believe me, this is the most common story in the world!!! Please, don't blame your husband. And don't blame yourself. Just realize that you have the most common marital problem since the invention of marriage *and* you can do something about it!**

**Wives who use my techniques *truly* transform their marriages. Not only are they happier but so are their husbands. Believe me, this is a lot of fun for both of you. I don't call my husband's forum [Wife Worship](#) for nothing.**

**You can regain his undivided attention by assuming a dominant role in your marriage and you will hold his rapt attention thereafter.**

**All that required is that you are willing to mercilessly apply the techniques I describe. Your husband will be back at your feet in no time.**

**Lady Misato**

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Dear Lady Misato,

My future husband showed me this website not too long ago. I am very new to this but find it interesting. This is a wonderful website. The question I have is how to control my husband's self pleasure. We both have agreed that we need to stop his habit, but he has done it for so many years it is a routine to him (sometimes he will even do it at work). Is there a way to bring this habit completely under my control? I feel if I can really control this I can really be in charge in the bedroom.

Disciplinarian

**Dear Disciplinarian,**

**You are not alone. Few wives realize how frequently their husbands self pleasure. You are lucky that he has shared it with you.**

**Probably the most radical but effective method is a [chastity device](#). This will certainly bring this habbit completely under your control and control in the bedroom will follow that and control of everything else will follow that. Given that your husband showed you the website, I would take that as a green light to pursue this path.**

**An alternative is to control your husband's overactive libido through regular prostate milking (until such time that he is able to control himself) as described in [Seduction](#).**

**Lady Misato**

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Dear Lady Misato,

I have read your information on "how to begin". One question remained: What is the best strategy when I want more often sex than my husband? Yours with best regards.

Randy Wife

**Dear Randy Wife,**

**This will require some patience in the beginning but ultimately you will have your desire.**

**First I want to clear up a common misconception: It is not necessary that you each have an equal frequency of orgasm. For example, you may have your husband bring you to orgasm (orally or with a toy) two or three times a day while you allow him a release only once a month.**

**Second, husbands who submit sexually to their wives invariably have greater sex drives for a number of reasons. Mainly, though, by eroticizing your marriage you will have him constantly on edge.**

**The best strategy is to begin by reducing your frequency of "normal" sex. Use my techniques to seduce him into submission after you have starved him for a while.**

**In the worst case, you can shame him by making love to a vibrator while he is beside you in bed. This is powerful in a number of ways and usually drives men wild (with passion and jealousy).**

**Lady Misato**

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Dear Lady Misato,

My wife and I have been experimenting with the techniques on your website. One thing that concerns me is that there seems no limit to her power over me. If I try to resist her then she denies me sexual relief until I can bear it no longer. I seem always to lose these contests of will. Do you think it's possible for a husband to endure this abstinence and in the mean time try my darneest to arouse his wife that she eventually changes her mind?

Whipped

**Dear Whipped,**

**The answer is "no". And it's probably important for you to understand why.**

**Men and women differ physiologically in a fundamental way. To put it most simply, men are driven by biology to impregnate as frequently as possible while women are driven to choose a mate carefully. Thus there exists a tremendous asymetry between the sexual drive of the male and female; the male sex urge is overwhelmingly powerful not easily subject to rationality.**

**It's not that women can't enjoy sex as much as men. Arguably we can enjoy it more since we are not "expended" by it. But a woman is never driven like a man to have sex urgently. Rather, for us, it is a general desire that can be satisfied sooner...or later.**

**It is precisely this difference which gives rise to a woman's erotic power over her husband. A woman who understands this difference and who is willing to exploit it to transform her marriage cannot be resisted by a normal, healthy, virile man.**

**Lady Misato**

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Dear Lady Misato,

As long as we have been married, I have done my "wifely duty" to provide him oral. Meanwhile, he has refused to go down on me because it is "unmanly," "unsanitary," or worse. I have never enjoyed swallowing his pecker snot and I'm ready to make a change. What's the best way to go about it?

Gag Lady

**Dear Gag Lady,**

**On the matter of ending your provision of oral to him, you need only substitute your hand for mouth. With a generous amount of KY jel the sensation will be the same or better for him and he will not protest the substitution if you are as firm with him as have been with me in your note.**

**As for training him to go down on you, that's a bit more challenging but it can be accomplished with patience.**

- 1. Take a bath, let him know you took a bath (have him wash your back or something).**
- 2. When you are together in bed, take out a bottle of [flavored jel](#), open it, put a drop on your finger tip, then put your finger in his mouth. Let him taste it.**

3. **With another drop from the bottle, put a drop on your lips and let him kiss you there.**
4. **Work your way down, slowly, neck, breasts, waist.**
5. **Lastly, pour a very generous amount in your hand and smear it in your crotch.**
6. **Grab his hair and direct him with your hands, gently but firmly, and be free with your expressions of satisfaction. Don't let him up until you have climaxed and let him know that you have and how great he was!**

**When you reach step 6 he will probably offer at least token resistance. But if he refuses altogether you have several options:**

- **You can declare "I lost my mood." and get dressed.**
- **You can be firm and insist and hold up further sex at that time.**
- **You can act hurt and offended that he won't even try it.**
- **You can firmly "force" him overcoming his resistance.**

**Use your judgement as to the situation and personalities. But you should not accept defeat. Don't worry if he is unenthusiastic and clumsy or worse the first time. It's all about getting him over the psychological hump. Have confidence that in time he will come to crave it.**

**This generally works because it removes the main inhibition he has, strange taste and smell. Use this technique for several months but gradually use less on your crotch. Eventually, he'll be acclimated to your taste and smell and he'll take the initiative before you even have the flavored gel out.**

**Lady Misato**

---

Dear Lady Misato,

My husband has a porn addiction. He often stays up late using his computer to visit porn sites. It almost seems as if he prefers his virtual world to our real marriage.

I've confronted him in the past on this but only succeeded in driving his behavior underground. He denies that he still visits porn sites but I recently discovered that not only is he visiting sites, he's also involved in online discussions. And for all I know he may actually be meeting women. But even if he's not, I want to put a stop to this. It's ruining our marriage.

Snooper

**Dear Snooper,**

**Porn addiction has become a very common problem in marriage. The internet makes it so very easy for him and temptations abound. Men who are addicted to porn, and we use that term loosely to include those who simply act inappropriately as well as those who truly struggle with their desires, tend to withdraw from the intimacy of marriage. Some even experience performance problems, their sexual orientation being directed at their fantasies instead of your reality.**

**The first thing you need to do is find out exactly what he's doing behind your back. There are many products available that let you monitor the activity on the computer. Several software products are available at [Catch a Cheater](#). Install one of these products and patiently build your evidence.**

**Your next step depends upon the level of your husband's addiction and his openness to your involvement in changing him.**

**If your husband is mildly addicted, or simply indulging himself against your wishes then you can explore the basic techniques presented on my website to displace his interest in porn with an interest in you. Once you have established yourself as an object of worship you can shape his behavior away from porn. You can use the information you collect from the monitoring tools to force a confession from him during [conversation](#) and elicit promises. You can use his shame to convince him that he needs you to manage his sexuality and the marriage in general.**

**It often occurs that a husband will be seriously addicted but open to your assistance. You may find that he "accidentally" leaves his browser open to a porn site, for example. In this situation you should directly confront him with your collected evidence and force a sharp change in your marriage with an emphasis on reorienting his sexual attention from porn to you. In such situations a formal written agreement can be useful to capture his confession and his promises. Be explicit about the consequences of relapse on his part but be generous about creating and fulfilling sexual fantasies that involve you.**

**In the worst case, though, your husband may be so addicted that he will not be open to any effort on your part to correct his behavior. You will not have sexual leverage because he actually prefers his virtual world. In this case, you must find something else to leverage and gain his attention. For example, it might be that only the threat of divorce can compete with his addiction. Or perhaps he will worry more about public humiliation. If you suspect that this is the case then you should collect sufficient evidence to support your case. You may want to seek the assistance of an attorney to advise you what you can and cannot do legally.**

**Lady Misato**

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Dear Lady Misato,

I recently learned that my husband has been having an affair with another woman. I can't express my anger and hurt at this betrayal. And yet, as tempted as I may be to throw the bastard out on the street, we have four children so I don't want to abandon our marriage. I wish I had found your website sooner but do you have any ideas on what I should do to repair my marriage?

Betrayed

**Dear Betrayed,**

**It is indeed sad that you have been so betrayal by your husband. And it is certainly true that things might have**

**turned out differently if you had found my site sooner. Wives ought to treat this very real risk more seriously. But you are absolutely right to want to repair your marriage.**

**However, you must first recognize that a man who has cheated once is very likely to cheat again. That means that you must assume responsibility for making sure that it doesn't happen again. You don't just brush this under the rug and trust him to change his ways. (Yes, he's sorry. He's sorry that he got caught!)**

**There are many women's groups that address this issue but I can't recommend them because they are far too accepting of defeat and eager to pursue divorce. I don't believe that you need to accept defeat. Divorce is an option best left for last because once you start down that path it's very hard to turn back.**

**The first step is to end the affair. You should be as aggressive as you possibly can in making sure that his affair is dead. Remember that if he truly preferred this woman he would have left you already and you would not have the option of repairing your marriage in the first place. The challenge is to make sure that it is not going to continue in the background of your marriage. If the other woman is married, make sure that her husband is made aware of the affair. If this was an office affair, tell the boss. If you are religious, involve your minister. Ask his parents for advice on saving your marriage. Strip the affair of all secrecy and romance. Visit the woman at her home or office with your children in tow not to attack her, verbally or otherwise, but to attach your face and the face of your children to your husband and thereby remove his image of availability. Indeed, you might find that this other woman was also a victim in the affair; many men in an affair do not reveal their married status.**

**The next step is to send your husband out of your home to stay in a nearby hotel. Explain to your husband that he must earn his way back into your house. Explain, honestly, to your children that you are having a problem but that you intend to work it out. If that is too radical, then send him out of your bedroom to sleep in the guest room or on the couch. Place the burden on him to earn his way back to you.**

**It is also prudent, in this age, to have your husband tested for sexually transmitted disease. You should personally accompany him to a physician of your selection and receive the results directly, obtaining from him any consent that the physician might require. The more humiliating this experience is for your husband, the better.**

**Finally, you must deliver an ultimatum to him. This ultimatum is designed to repair the marriage and to prevent a recurrence of an affair.**

- 1. Henceforth, you will manage the household finances because you cannot rely on him not to divert family resources to his affairs. (As a first step you should open your own account and have his paycheck automatically deposited into it. Leave him his credit cards but deprive him of cash. In this way you can keep track of, and control, his spending.)**
- 2. Henceforth, you will manage his orgasm because you cannot rely on him not to share them with another woman. (You may want to invest in a chastity device or manually satisfy him each day before leaving for work.)**
- 3. He will do penance and court his way back into your heart because you cannot enjoy a marital relationship with someone you hate. (Here is where you must be creative to find a way to spend your anger and hurt. For example, you might have "property of" your name tattooed on his penis. In any case, you can let some time pass before you resume sex with him while he earns his way back into your heart.)**

**You must be firm that the alternative to the above ultimatum is a humiliating and financially devastating divorce.**

**If he accepts your ultimatum then the burden falls on you to fulfill the bargain and accept him back into your life. Obviously, however, the terms of the ultimatum will place power in your hands.**

**Lady Misato**

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Dear Lady Misato,

I would love a copy of the picture you use on your web site.  
Where can I obtain a large poster size?

Art Fan

**Dear Art Fan,**

**The painting is called "The Accolade" by Edmund Blair-Leighton. Search for "Accolade" on [AllPoseters.com](http://AllPoseters.com).**

**Lady Misato**

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Dear Lady Misato,

I am an attorney and my husband is a teacher. After I made partner and our incomes started to diverge we sometimes joked about having a non-traditional marriage. Nothing ever came of it, of course.

But I recently found your website and have begun to experiment with your techniques and the results have been fabulous! Even now I am amazed at the power that I've discovered in myself!

I am so encouraged that I have begun to think seriously about how to get him to stay home and be a househusband. We share responsibilities now but I know the kids would be better off with more attention and I think I'd really enjoy having a hot meal when I come home from work! I earn more than enough to make this work financially.

Is it really possible to get him to embrace this change? How do you suggest I go about it? How will he face his friends and deal with the blow to his ego?

Career Woman

**Dear Career Woman,**

**I think by now you realize that you have the power to effect this change in your marriage. If it makes economic sense and if it's in the best interest of the children then you should pursue your desires.**

**The approach you take to persuade him should be a combination of rational discussion and erotic power applied at different times. Open with rational argument to establish the discussion and to express your preference calmly and plainly. Then follow up your rational arguments with "conversations" in bed. These may cover the same ground but they will help him to adjust emotionally to what you are asking of him. Be patient but persistent offering both rational arguments and wielding your erotic power. You will find that his resistance to the idea will dissipate over time. Eventually, you will persuade him.**

**To learn more, read about becoming the [head of your household](#).**

**Lady Misato**

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Dear Lady Misato,

May I take the liberty of publishing a translation of your website in my native language?

Evangelist

**Dear Evangelist,**

**I greatly appreciate translations of my work provided that your site is free and that you:**

- **Acknowledge my original work and copyright,**
- **Make a hyperlink reference to my original site with both text and banner,**

- **Notify me by email and provide the URL of your translation, and**
- **Include the phrase "Translation published with the permission of Lady Misato."**

**I reserve the right to revoke this license to publish a translation at any time for any reason. For an example of a translation see [Dutch](#).**

**Lady Misato**

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# Real Women

## Don't do housework

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## Legal Issues

Many wives (and husbands) are interested in taking things a step further with formal legal agreements. Such agreements are known as "interspousal" agreements, "spousal" agreements, or "post-nup" agreements.

The goal of these interspousal agreements is to cement and formalize the role of the wife as head of the marriage. It is my experience and belief, based on years of research and involvement with many couples, that wife-led marriages are more stable and lasting. Thus, whatever else these agreements accomplish, they will help create a stronger marriage.

While these are legal agreements, theoretically with the force of law, it is their moral force as much as their legal force which is important. Thus there may be some clauses in an agreement which no judge would enforce but which nevertheless might have value between the wife and husband.

The general outline of the interspousal agreement is this:

- The husband gives power of attorney to the wife.
- The husband places all assets in the wife's name.
- The husband gives up all legal claims to make decisions either in the name of the marriage or in his own name (i.e. declares himself legally incompetent to manage his affairs).
- The husband's credit rating/history is severed such that he cannot operate financially on his own (e.g. voluntarily submit report to credit rating agencies to achieve this effect) becoming a dependent for all practical purposes.

## Contact



- If the husband is earning a salary then that salary is deposited directly into a bank account controlled by the wife. The wife has power to demand this directly of his employer.

In cases of a new marriage, the husband will often take the wife's surname.

In return the husband is assured by the interspousal agreement that the wife will not/cannot leave him or divorce him. He is assured that the marriage will remain intact in its present form until death. Thus the wife may be penalized if she initiates divorce without a demonstratable cause such as infidelity by the husband.

Today I got my first taste of the delicious embarrassment of wifedom. I had to deliver a payroll form directing the payroll office to electronically deposit my checks to my wife's new account. It had to be accompanied by a voided check with her signature, which I removed from my wallet and handed to the woman in the office. "This is your wife's account?" she asked. "Yes" I answered, as matter-of-factly as possible. "You understand this means you don't have access to your money," she said. I felt uneasy, but simply said, "Yes. Is there anything else you need?" "No, that's all.", she said and turned and walked toward the secretary. As I opened the door to leave she leaned down at the other woman's desk and said, "I thought I'd seen everything". I told my wife about it after work. She laughed and asked, "turn you on?" I had to admit it did. "Good," she said. "Now go pick up (our son) at his friend's house. Dinner's in a half hour. I did as I was told, and savored it.

## Attorneys

The following attorneys are willing to help draft interspousal agreements. If you practice family law and would like to be listed here please [contact me](#).

Any interspousal agreement will be subject to the laws of the state

in which you reside. Please consult one of the following attorneys for further information.

**California:** [Alison Austin, Esq](mailto:austin@austinlawgroup.com) ([austin@austinlawgroup.com](mailto:austin@austinlawgroup.com), 415-282-4511), [Wendy Rossi, Esq](mailto:rossi1290@aol.com) ([rossi1290@aol.com](mailto:rossi1290@aol.com))

**Washington:** [Susanne Ruiz, Esq](mailto:susanne33@toc-cs.com) ([susanne33@toc-cs.com](mailto:susanne33@toc-cs.com))

Please let me know about your experience with these or other attorneys drafting interspousal agreements.

# Real Women

## Don't do housework

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Erotic Power

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Dear Lady Misato,

I just had to write to tell you, I have been empowered to the Nth degree by using your simple logic and method with my husband. Turns out, its a real big turn on for him. Even though he soon realized what I was doing - that I was becoming controlling and manipulative - that just seemed to make it more effective and sank my hooks in deeper. I have to smile and even laugh when I think of how things were a couple of months ago and how they are now. It is night and day! He was grumpy and ill-tempered and controlling - now he's pleasant, attentive, and obedient. I'm living like a Queen and loving it. I've never felt so alive, sexy, and in control of my life. Thank you for your informational site. Because of it I'll soon be enjoying an afternoon bath, drawn my dearest who wants to please me so much. He'll make our meal tonight too - and clean up afterwards - while I watch TV or read. If he's good, and I feel like it, we'll end the night with some passion. Who knows? I may even let him enjoy it. LOL!

Dear Lady Misato,

It didn't take me long at all to get positive effects with my husband using your techniques.

I personally feel silly for not having realised how much more effective it is to get answers to tricky questions during manual stimulation. Now i know, it seems pretty obvious!

After five weeks of our new routine my husband and i have grown closer than previously. He's opened up about many things, especially as my technique has improved.

## Contact



That's isn't all. This playful approach to getting him to do favours for me works so well, he definitely enjoys it. It's having a very positive psychological effect that i've never witnessed in him before.

I can't wait to see how things improve over the longer term. There's alot more on your website I want to try out, but at the moment i'm happy to be amazed with the results!

If i had some advice for any wives thinking about trying out your techniques, it would be to persevere with it. The benefits definitely build up over time, especially as most husbands will take a little while to adjust to a new situation they find themselves unable to resist. It's obvious that different husbands will take to change in their own way. I found my husband to be quite a difficult 'oyster to crack', taking me about two weeks to get anything really interesting from him. The key to it is being a real women, nurturing him but also being strong and firm at the same time. That's not a combination of characteristics many of my female friends naturally have, but if you're courageous enough to try it out on your husband, you're probably going to be amazed what can be achieved.

---

Dear Lady Misato,

I must tell you that your instructions were dead-on perfect and started something earlier this year that still hasn't stopped progressing. My husband is completely overwhelmed. He talks constantly about the new me and not understanding where this power I have comes from. I have surprised myself actually! My husband is a strong-willed man who enjoys much control and leadership in his field, however, I dominate him with my will and lead him. He is a proud man who never shows much emotion or loses his cool in public, however, behind closed doors I bring him to his knees and even to tears. He is 6'3" while I am barely 5'5", yet, I even dominate him physically as he does not resist my pushing and pulling on him. He is completely seduced and submissive. Thank you so much for helping me to find this power within me and to put it to such use in my home. My husband constantly tells me how beautiful I am and how lucky he is - and

he's right! He too is much happier and is often humming or singing around the house now whereas before he was always stressed out or grumpy. We have a wonderful life together and it so much fun and so liberating to stand alone at the top while he serves me so faithfully. He has become my knight in shining armor as I have become his glorious Queen. Thank you!

---

Dear Lady Misato,

I visited your site for the first time about two years ago. I had already considered within myself that such power could be wielded over a man, but I hardly had the knowledge or courage to begin, until I found RWDDH.

Looking back, it is hard to believe that things were ever like they used to be in my home and marriage. Since I began exercising my power and guiding my husband into a new way of thinking and acting, I have found that not only has he changed greatly, but so have I.

With some personal adaptation and variations along the way, I followed your guidance beginning shortly after discovering your site, and I found almost immediate results. I began to be spoken to in better terms and my opinion mattered more to my husband. Of course, as I have seen remarked on your site, my husband is no dummy and soon caught on to what I was doing, however, it didn't make any difference except perhaps to make him even more affected by what I was doing to him.

During the first months, and even throughout the first year, I slowly and carefully made changes and dealt with his resistance as it cropped up. He even "put his foot down" to stop me and change things back or at least return to a 50/50 type relationship a time or two, but these rebellions were short-lived and easily put down.

I would say that it took a little more than a year for my husband to just flat- out give in and accept that for the rest our lives together things were going to be different.

Fumika, he is a new man. He is everything I ever loved about him and more without the things that were not desired. He is attentive, loving, obedient, accepting, docile, respectful, yielding, romantic, passionate, and just wonderful. He is responsible for a majority of the chores around the house and does a good job taking care of them daily. He gives me a back, neck, and/or foot massage several times a week and, when needed, gives me a manicure and pedicure or does a special treatment for my hair. I control our budget completely and receive his checks by direct deposit into my account; he receives an allowance only. He has a daily to-do list that I supervise and maintain along with him and he cooks about half the meals and always cleans up the kitchen after supper.

Oh, and goodness - sex is great! I never enjoyed lovemaking as I do now. This is a benefit for him as well as we engage in some form of sexual activity quite often. Many times, he only services me orally, but still, he is more sexual gratified than ever and I am, much to my delight, in total control of our sex lives.

I could go on, but I know you are more aware than anyone else what has happened in my life. I am more confident, more sensual, more assertive - and these things have shown themselves in my work and in dealings with my friends and family as well as my husband and with other men I deal with day-to-day.

In all that has changed and all that my husband does, he no longer complains or hesitates. He has given himself over to me and, while he has his own thoughts and desires, my suggestions, demands, and interests supplant his in his thinking and in his behavior.

I wanted to write, even though it has been so long since I've been back to your site, because you were my inspiration and, via your web site, my mentor. Your advice and encouragement changed our lives and now, as we approach our 15th anniversary, we are both happier than we have ever been. Thank you so much!

---

Dear Lady Misato,

Some time ago my beautiful wife showed me your web-site as we talked about how we got from point A to point B in our lives. I have read what you advocate and instruct and I must say that it was quite intimidating. Of course it is true. What you espouse concerning this ability a wife has to make such changes in her husband. I am living proof. No matter what I said or did during the early ventures she took us into in this territory I couldn't stop the changes in myself, my wife, and our relationship together.

I do most of the housework now. I don't consider this a chore but a pleasure. I owe her so much and love her so much that I enjoy doing everything I can. Her sensual hold on me is very real and while sometimes I have trouble distinguishing what is caused by my love for her and what is more guided by my sexual drive towards her, the end result is the same: I listen, respond, obey, and love every minute of it. She has, over time, taken over in every arena making most decisions or at least giving the final word: controlling our financial business, guiding me to have a new attitude in many ways, and restoring our relationship to an exciting and passionate level. My wife is certainly a real woman, one who does only what housework she wants to and no more. And one who has her husband desiring to always be her knight in shining armor giving her the best life and most happiness possible. She gives me such happiness and we have such peace and joy in our lives now. I must conclude by simply saying thank you.

---

Dear Lady Misato,

I have decided to write to you today after having thought to do so several times over the last few weeks and days. You see, my life has been changed forever due to the behavior and actions of my lovely wife. Such are not entirely new in our relationship, but have come to the forefront in the past couple of years and in recent months, culminating with her completely taking the lead in our relationship and our home.

She told me recently, as we discussed where our feelings were coming from, that she always enjoyed thoughts of being in control and specifically in control over or in place of men, but never allowed herself to emerge from her shell and really bloom into the

fabulous dominant woman she has become. Never, that is, until finding web sites such as yours and a handful of others that gave her boldness.

As it turns out Ms Lady Misato, I recently broke down after several months of fighting, to one degree or another, this growing power she has over me. I have given in. I confessed to her my present feelings, that they are contradictory to my outward personality - but that I could not fight them any longer. I told her that she wins. I told her I give in. She already knew she would win/had won, and I knew that she knew even as we talked.

I also confessed by fantasies of being dominated, and controlled by sexual women or a sexual woman. And it was during this conversaton that she revealed to me that she had her own feelings, from young womanhood, that only grew during our early/middle married years, that amounted to a kind of secret wish to be dominant.

Looking back, I can see where she already had a lead in areas of our relationship, and she herself pointed out times when she manipulated me to agree with her, and the like in the past, though I had not really picked up on it previously. Now, however, everything has changed. What once was sex play and bedroom fun has crept in and now taken over in all areas of our lives. The only thing that really remained was for me to verbalize that I fully recognized and accepted what had happened and how things would be from now. This I did only this past week, in part here and there, and only yesterday and last night in totality.

Having visited your web site myself, and seeing for myself and learning from her that your guide was the most single beneficial thing for her in bringing us to where we are now, I thought you may be interested to hear about our relationship and its new direction.

I am completely hers; her faithful, obedient knight and she my Queen. Our relationship is new all over again, and exciting like never before.

Good day Lady Misato. Thank you.

---

Dear Lady Misato,

About four months ago my wife began to implement a plan; a plan formulated in part with help and advice from your site. A plan that I was completely unaware of until very recently. What I believed was simply a new and exciting side of her sexually was actually her beginning to exercise, as your site defines it, her "erotic power."

Rather than go into details, it is sufficient to say that progressively and subversively she began to manipulate me by limiting and controlling our sexual activity. She also excited me increasingly by becoming more sexual in general and by introducing new "elements" into our routine.

In retrospect, I can make out a breakdown of the steps we took to get where we are today.

For about a month I simply enjoyed fabulous sex in frequency and degree never before experienced. Then, sex became less frequent, and even less frequently full-blown intercourse. At first, I didn't think much of it, believing it to be an inevitable ebb following the upswing of the previous month. As time went on, however, I found I was increasingly wanting sex and being satisfied less. When I eventually complained about this, my wife started arguing with me briefly and then stormed out of the room. (This was all planned.) As I sat in the living room, she changed into socks and a sleep T-shirt (super hot, believe me) and then came back in. She said she wanted me to come to bed so we could talk. Our talk went nearly as described in your site. She manually stimulated me as she began to manipulate my mind. She had me apologize for the whole incident and to agree that it was really my fault. Now, I look back and know this was the beginning.

Over the next few months, sex became a very calculated plan for her. She withheld from me when she needed to gain my compliance or weaken my resistance to what began as suggestions and ended up as orders; and blew my mind with wildly erotic sex when we did engage in it. In a sense, I began having to "pay" for sex, as she placed demands upon me, including housework, extra money, tasks such as doing her nails, and even just making me

reveal private thoughts before "rewarding" me with the "payoff."

Ok, I picked up on it. I realized she was manipulating me, but took it as a game. I didn't take it seriously, but considered it as a type of roleplaying where she and I became something else in the bedroom than we were otherwise. I even talked to her about it; stating that since in other areas I was head of the house, etc., that in bedroom, she could rule. Could rule? She was already ruling, and she knew it. Still, she played coy and acted like it was no big deal, and things pretty much continued as they were.

I never imagined it would go this far. What was at first exciting became addictive. Her sex was something I had to have and when I went without it, I would do anything for it. And she knew this too. I have washed dishes and cleaned the bathroom consistently for about two months now. Besides this, I now often find myself serving as her ottoman, as she props her feet on me, not allowing me to sit on the sofa beside her or as her go-for, getting her drinks or a pillow. I have barked like a dog and told her private and sometimes embarrassing secrets. I have given her money and bought her expensive gifts. I always have to do her nails and on demand, I am required to give her shoulders a rub or provide a back massage.

Beyond these menial tasks and the like, she has gone from having nothing to do with the finances to keeping up with them with me to taking them over with my involvement to cutting me out and handling them herself and providing me an allowance. And this is just one example of what has happened.

I am not one of these men who absolutely like this arrangement. What I mean is, I get hard as a hammer when she turns me on and her dominance of me does turn me on; however, for most of the time I want to change our relationship. I have spoken to her before and said, "That's it. We're not having things this way anymore." She smiles, shrugs her shoulders, kisses me deeply, and says, "Whatever." I find I can say nothing. I keep telling myself this is a phase she will pass through, or it is something I will eventually grow so weary of that she will not affect me as she does, but I don't know that either is true.

She has changed the nature of our relationship. It scares me. I

don't know that I like it. But I don't know what I can do about it. I do not have this power over her, nor do I seem to anything with which to counter her exercising this power over me. I love my wife, and always have. But now...she rules me. I guess I am what some would call whipped. I don't know what to say. I cannot help but submit to her will. She is clearly my superior sexually. She has taken control outside of the bedroom using sex to condition me to her will. In a way I feel badly that she was able to do this to me and that she did it rather covertly, but it does not change anything.

Do you know what you have done? My life has changed, perhaps forever. My wife is wonderful. I am amazed at her "erotic power" and her skill at wielding it. I do not thank you for aiding her in this though. I simply stand amazed. Your method is powerful and her implementation, flawless. I am hers to do as she will, and she knows it. Do I like to admit that? Not one bit! Can I do anything otherwise? Not at all.

Amazing.

---

Dear Ms Misato:

Of all the things to happen to a man after years of marriage. A mostly happy marriage at that! Of all the men I've seen who've been whipped, henpecked or whatever we call it and thought, man, how do they let that happen to them? All of that and on top of it all my wife, my sweet, shy wife who everyone knows is just a quiet little mouse - she is the one who did it me! I am whipped. Whipped like I never imagined possible. She has me under her spell, under her thumb, and at her feet. Now she reveals, after my recognition that this has happened that she's been up to this for more than a year! She showed me your web site and told me that she had already begun to realize this 'erotic power' but that your info really solidified to her what should could do with it and how.

And how!

This quiet little gal who used to be afraid to share her opinion openly now dictates from her perch on high and commands me at

her whim. Don't get me wrong. I didn't want a shy little mouse person. That is, I always wanted her to come out of her shell and be who she was and let the two of us together carry on our direction in life.

But that's not what we have now. What we have is a Lordship. A dictatorship. A one-woman, word is law, rule! Though much of our life is kept at home and private, it can't help but be picked up on by those close to us. My friends pick on me because I call my wife to tell her where I am and to ask if I can spend money or go somewhere. I do it gladly. I do it because she wants me to. But I know I'm whipped and they know it too.

Tonight is a fine example. I came in from a half-day's work on the weekend, and there were nice little piles of clothing. Clothes I was told to wash, dry, iron, and put away. While the clothes washed, I washed up the dishes and cleaned the kitchen. Now, I am sitting at the computer while my lovely takes a bath I drew for her. All of the washing used up too much hot water, so I had to cook up some warm water for her. I did so gladly. After she gets out I will be doing her nails for her. I know because the cosmetic bag and files and such are sitting on the counter. She won't even ask or tell me to do it, she'll just sit down and look at me and I will get up and get to it. This is her power and I can't resist it, nor would I, I love it.

I'm rambling now I guess. But I just wanted to tell someone. Someone like you who I assume knows how this all works. Your site had a message from some man saying that it was scary how you how us men pegged and how you knew that control like this is in every woman's scope of possibility. I would have never believed it if I didn't live it. I serve my wife. I am her husband still, and she respects me and loves me, but I serve her like a goddess or something and I enjoy every minute of it. She loves to live this way and does so quite well.

So, count this as another victory for your site and your method. I can keep no secret from her and she loves for us just to sit and talk now. She likes her control and practices it with every opportunity day in and day out. I think about her a lot. I love her deeply and know she loves me.

I've got go now. It's time to do her nails don't you know!? I'm so whipped! LOL I'll probably massage her legs and rub her shoulders tonight too. What probably? I know I will. And who knows what else!? Whatever she says.

---

Lady Misato,

I just wanted to tell you that what you speak of your web site is powerful and, in fact, overwhelming. I am one who did resist when my wife began to exercise her 'erotic power.' I recognized, after a while, that she was seriously approaching and calculating each step, manipulating me, and I put up a front against it. Everytime I tried to defy or resist, she only took some time or stepped up her approach, and dealt with me on her terms. Each time this happened, her hold on me grew stronger and more sure.

Now, Ms Misato, there is nothing left for me in the area of defiance or in attempting to hold on to a sense of control or equality with her. I long for her constantly. She smiles and her eyes tell me that she knows all the time that her word is my law and her wish is my desire. When she snaps her fingers or makes a demand I perform it. I feel drugged sometimes. Her voice, her smell, her power, overwhelms me and I love it.

Does this seem like what you expect when women follow your directives? I assume so since you indicate that this force is irresistible, even to those who defy it for a time. My wife is not an aggressive woman. She is not outspoken nor do we engage in leather, handcuffs, etc. but the fact remains, I am her servant and she is my Queen. We love each other very much, but there is no question who is in charge in our house. There is nothing I can do it seems, and nothing I would change either.

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# Real Women

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## Worshipping Your Wife

If you wish to add a link it to my home page use this banner:

**Real Women**

I don't promise link exchanges ever. Send me your website and I'll consider whether it is a positive resource for wives.

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## Forums

Please note that we are in the process of moving the groups to a new host. If you were a member of a group you will need to reapply. If you would like to join, please contact the moderator but be patient.

[Marital Bliss](#) (for wives)

[Wife Worship](#) (for husbands)

[Premarital Bliss](#) (for unmarried women)

There are three private closed forums, one for wives, another for husbands, and a third for unmarried women seeking a wife-led marriage. These are open by invitation only. To join the wife's forum, send an email to [ladymisato@mail.com](mailto:ladymisato@mail.com). To join the husband's forum, send an email to [danw1960@yahoo.com](mailto:danw1960@yahoo.com). To join the unmarried women's forum, send an email to [ladymisato@mail.com](mailto:ladymisato@mail.com). When writing you must describe your current marital situation in sufficient detail to allow us to decide if your membership is consistent with the goals of the group.

Here are the forum rules:

- Respect others confidentiality. Keep what's said in this forum in the forum.
- All discussion must be centered on your own monogamous marriage. Cuckholding and extramarital affairs are not topics for these forums.
- No profanity or graphic sexual content. If you need to get

## Contact



specific, keep it as clinical as possible. We don't want the forum to become an attraction to porno addicts.

- Respect other's situation and opinion. You are welcome and encouraged to disagree and even to criticize but you must do so civilly.

Violation of any of these rules may result in expulsion from the forum at the sole discretion of the forum moderator.

Well, that should about cover it. If you have any issues with what you find in this forum, please contact me directly.

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Legal Issues  
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[ladymisato@mail.com](mailto:ladymisato@mail.com)

Dear Wives,

By now you realize that you can choose to be the Queen of your household. You have the power, an erotic power, to transform your marriage and impose your will at home for whatever purpose and toward whatever goal your heart desires. You will become the center of your husband's world.

My mission is to help wives transform their marriages. The techniques I describe on this website are general and apply to the most common situations. But if your situation is unique, if you are not obtaining the results you desire, or if you would just like to share your thoughts on transforming your marriage, please feel free to contact me.

Of course, I also appreciate hearing wives brag about their success at home. Send me your story, sanitized of any personal details that might identify you or your husband. If this story is sufficiently instructive, and with your permission, I will post it on my website for others to learn from.

I look forward to hearing from you.

Yours truly,  
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