

She's IN CONTROL



A guide to finding
and developing your lover's inner
Domme.

by **MsNN**

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THE GROUND RULES

This book is for entertainment purposes only. It's written for consenting adults who understand the concept of consent and recognize that they are responsible for their own actions, behaviors and the consequences thereof.

All behavior involving physical restraint poses some risk of injury. This is also true of any physical punishment. The author and publisher of this book accept no liability for the consequences of your actions.

If you're unsure about any of the practices described in this book (or about anything else, for that matter), seek professional advice from a qualified individual.

And if in doubt... don't do it.

This book also contains straight-talking and discusses explicit non-mainstream adult themes to do with sex without shame. If these things offend you, don't read them.

INTRODUCTION

To the men: You're reading this because you know what you want. You want to serve.

Thing is, she may not yet be ready to be served. It's kinda strange to some women to have the man they dated, fell in love with and even married to suddenly want to change the rules.

At this point, the best advice I can give to you is this: It's ALL about her. Making her comfortable, pleasing her, and showing her that there is nothing here to be wary of.

Yes, I know you want things. We all do, and we deserve to get those wants and needs met. Patience is your friend right now.

Make much of her. She'll thank you, and you'll get more in the long run.

To the women: This book can change your life for the better, starting today. Your man wants to share something very special with you, and it may be different from what you're used to, but it may also be amazingly, wonderfully good.

Keep an open mind, and give it a try.

A LIFE IN BLACK AND WHITE

One of the biggest challenges in relationships today is the idea that men and women are the same.

We're not. We're not even always equal, and that's a good thing. You know why? Because when you have two people in a relationship, and both have the same say in every decision, conflict is a sure bet.

Of course, if your relationship is based on open communication and willingness to compromise, you're already a step ahead (and actually, the following steps will be easier). No relationship can be successful if both partners don't agree 100%. You'll find the same discussions cropping up over and over, taking up time and creating frustration.

Yes, all that work is worth it. Your relationship is worth it. But, OMG, what a pain!

The original solution to this challenge was the male-dominated household. And many live it still to this day. That's great, if that's your thing. But it's not right for everyone, and I'm guessing it's not right for you, because you're reading this.

So, what's the alternative?

She's In Control, of course.

Now, before we go too far down this road, let me say this: D/s relationships (BDSM, Mistress/submissive, Mistress/slave) are above all else HUMAN relationships. No amount of fantasy, spanking, role playing and serving will change the fact that you are two people with your own thoughts, feelings, physical limitations, needs, finances, and everything else that can cause strife between people.

This is why this book is 100% Anti-Won-Twoo-Way (read that out loud, and you'll get it).

No matter what you've read before, no matter what movies you've watched, there is no one-size-fits-all (or one true way) solution to creating the relationship of your dreams.

Your relationship will start off messy. It'll start disorganized, and it may even stay that way. But more importantly, it'll be personal, unique, and suited to the two of you. Anyone who tells you differently should be taken with a generous amount of skepticism.

It's not that I won't give you examples. We all use them, and learn from them and grow beyond them. But those are not your only options. The only limits are

those the two of you impose on yourselves, and choose to make a part of your dynamic.

Sex And Power

Sex and power have long been tied together. Not just in history, although some try to suggest we are evolved beyond all that, but in everyday life.

In the movies, the sexy woman makes the man stutter and stammer, looking for words. The man in the sharp suit with a commanding tone sets the women to day dreaming. The couple with the sexual energy battle it out, lover against lover.

It's always been this way, and it always will be. The difference in your life, if you let it, will be that you recognize the shifts of power in your relationship and choose to control them, making them what you wish for, and shaping them to what works for you.

Power And Sex

The reason power and sex are so closely entwined is because it is a huge rush taking control (or releasing it) during the most primal of human acts.

No matter how charming, sophisticated, powerful, collected, or delicate we may be, the potential is there to become a snarling, clawing, biting beast in the bedroom.

And that kind of release is fun.

And it's fun to leave power behind, or to take power up at times. It can be as simple as playacting a part for a fun evening, or taking over and rewriting your life, starring you in your own role as submissive or slave.

Meet Your Dommies

Through this guide, I'll give examples of female dummies/masters and male submissives/slaves. Here is your cast of characters (scene names are used and details are changed to protect identities):

Msn, Nookie

That's me. My "scene" name is NookieNotes, and I'm a switch. I am dominant in my relationships, and I can top or bottom.

I'm an alpha personality in my day-to-day life, and that carries over in my sexual play, mostly. However, there are times when I prefer to let go and put someone else in charge during fun activities.

I am the writer of this book because I have the skills and willingness, and I've

been trained and have trained others. I have a lot of lifetime experience, and I believe in people finding themselves and becoming more of who they are with BDSM.

I'm a researcher, and enjoy looking at many points of view, and I hope to present those to you.

Mrs_mf, Aka Karis Devanira

Mrs_MF, short for Mrs. Motherfucker, is a born-dominant. What that means is, she's never led the submissive lifestyle, except as a learning experience, and now is 100% domme.

She is tough, demanding, and a bit scary. All that you probably imagine in your dreams.

And yet, she is also a human, with happiness and grief, who makes mistakes and sometimes doesn't know what to do.

Mrs_MF is here to provide her viewpoint from the perspective of an experienced lifestyle domme.

Lizbet

Lizbet was "turned." LOL! I love the sound of that, like she was bitten and became a domme, like becoming a vampire.

It wasn't quite that easy, but Lizbet saw herself as a submissive woman until her partner Jack got a hold of her, and introduced her to the joys of topping and domination.

She once remarked to me, "I can't imagine not being in control of at least one man, every day for the rest of my life."

See Jack. See Jack Squirm.

Of course, we also want to give credit to the male submissives and slaves. Although we are focusing only on one main submissive (who all three dommes know well), I will mention others as examples throughout the text, to give you an idea of the many types of slavery and submission available to you.

Jack

Jack is your stereotypical boy-in-a-grown-man's-body. He is responsible, has a young son, is divorced, and can be devilishly handsome. He is charming, and southern, and manages his life responsibly.

Jack is Lizbet's. When they met, he had a need for submission, and he helped

Lizbet connect with her own power in their relationship.

He guided her from one side of the spectrum to the other, submitting to her, yet still helping her find her path as his dominant.

To his chagrin, her path often makes his more difficult than he ever could have imagined.

Why I've Written This Guide

In the course of a casual conversation with a friend, the topic of male submission came up, along with the sentiment that it's very hard to feel a need to submit, while married to a woman who has expressed no interest in taking control.

At that moment, I realized that I've heard this many times, from different men over the years.

Heck, I've even been there. When I wanted more from a relationship myself, and I felt like I just had no voice to speak when I was trying to force the words from my lips.

Even more, my friends had been a couple like this, and Jack has brought Lizbet around, giving her immense pleasure in taking control and bending him to her will.

So, I started casually asking around about my idea, to judge the interest. When so many men jumped at the idea of learning more about communicating their desires and transforming their relationships, I knew I had to try.

Because I believe in love. And I believe in the power of exchange.

About This Guide

This guide is written to give you the tools you need to start realizing the life you want.

I'm not going to sugar-coat things for you here. I won't promise sunshine and candies, with sex for dessert. It won't be that way.

As I said in my interview with Jack, there is a reason we have two different words for fantasy and reality. It's because they're two different things. In this book, I propose to help you shape your own reality, to look and feel more like the fantasy you crave, while warning you that they will never, ever be exactly the same.

I can say, though, if you follow the ideas laid out in this guide, with love and compassion for your partner, you will find your fantasy changing as well, to mesh with (in some ways) and grow from your reality.

You've heard the phrase, "Be careful what you wish for," right?

You're putting someone else in CONTROL of your life.

If you're serious about this, you will not like everything she does. Period. But if you really, really want it, you will love your life, and get more from it than you ever thought possible.

Whom This Guide Is For

This guide is written primarily for men who want the woman in their lives to take control, however, I welcome women who are interested in learning more from the submissive male's point of view to read it as well.

I won't promise you won't be offended. I'll be offering up some pretty sneaky advice here, but if you read with an open mind, I'm sure you'll realize that everything I suggest is intended to benefit both of you in the relationship, and the relationship bonds as well.

As a note, this book could also be effectively used by women in D/s relationships with men or women, but it's not written for them. It's a different mind-set, especially for male dominants, and I'm focusing here, to provide the best knowledge to the men who need this book, because it just hasn't been written.

Pronouns N'shit

I'm talking to you. Most of the time, I will be talking to the male you, with your partner (wife, gf, lover) referred to as she.

I don't have the time or the energy to change that voice every page for political correctness, so suffice to say that I am not intending offense.

If you are easily offended, please get your refund now. I don't have time for that crap.

I'm also going to use she/he, his/hers, etc. I know there are other pronouns out there; cis/ze etc., and I respect transgendered people the same way I respect gender/genitalia aligned people (how's that for political correctness?)—they earn it individually.

If you are a mtf submissive to a woman, this book is also for you. I will still refer to you as male, just because this book will not magically change for each member of my audience.

Rest assured though, if you prefer to be known as her, and we ever get the chance to go out for coffee, I've got your back.

Oh, and capitalization. On BDSM chat boards and websites, many people make a big deal about capitalizing (or not capitalizing) titles. For example, Master would be capped, while slave is not. Dominant or Domme is capped while submissive is not. Slaves and submissives go so far as to always use lower-case “i” when referring to themselves, or not using the “I” pronoun at all, but avoid it by referring to themselves in the third person:

Instead of “I would like to point out,” this might be stated as, “he would like to point out,” or “this boy would like to point out,” neither of which will be in use in this book.

I think it’s silly.

I write (mostly) English correct, and that means capitalizing I in sentences, capitalizing the first letter, and NOT capitalizing other words in that sentence, just because they are referring to a dominant. Master, dominant and domme are not proper names.

I will capitalize BDSM, D/s and M/s, because they are (in my view) established concepts that have formed with the capitalization as part of the written expression.

Like LOL! For me, it’s just not the same written as lol or Lol. If I’m laughing out loud. It’s in caps.

I’m quirky. Deal with it. *smiles*

When BdsM Is Not Right For You

BDSM is not right for everyone. It may not be right for your partner.

That would be hard to learn, but there you have it. You may still find incredible fulfillment in your life together by simply being the person you desire to be, without forcing her to conform to your vision.

Actually, I’ll be talking a lot about that as we go.

D/S: YUR DOIN IT RONG.

As you start your journey (or perhaps you already have), you'll find that there are hundreds of thousands of people out there doing BDSM, and every one of them does it differently.

Here are a few examples of the range of choices you have:

Collars

- Wearing an actual (obvious) collar every day.
- Wearing a symbolic collar (special necklace or other jewelry item signifying ownership - like wedding rings).
- Wearing no collar at all.

Permissions

- Requiring permission to leave the house.
- Requiring permission to do things beyond the regular daily schedule.
- Requiring no permissions at all.

Clothing

- Dominant has complete control over all clothing, in and out of the house.
- Dominant has control over all clothing worn in private.
- Dominant sometimes makes suggestions or doesn't care at all.

As you can see from these examples, there are many valid ways to practice your lifestyle. You may want the most restrictive of all of these for yourself, or you may think, 'I can't wear an obvious collar, and I don't want to ask permission to just leave the house, but I would like her to choose all of my clothing.'

What feels right for you is what works. Not what anyone else does or says.

The Won Twoo Way

Despite what I just said, most everyone out there has their own personal version of the WON TWOO WAY. It's human to choose the best path for ourselves,

then have a hard time seeing why others would choose differently.

It's kind of like politics. Or religion.

So, if you do research beyond this book, realize it's a jungle out there.

There will be pronouncements. There will be denouncements. Not everyone will agree with what you do, and you won't agree with them.

That's cool.

I'm betting you live your life that way now, and you've managed to survive and (dare I say?) even thrive despite all that.

This journey is no different, and don't let anyone tell you otherwise.

See what I just did? I just told you my version of the WON TWOO WAY is that there is no WON TWOO WAY, and I am as passionate about that as any WTWer, so I urge you not to blindly follow me, either. I'm not the BDSM messiah.

It's All About You (Two)

This may sound repetitive, but this is a critical point.

When you have this fantasy, this idea about how you want things to be, that is all about you.

Sure, I bet you imagine her getting pleasure from walking you around on a leash, caging you in the dog crate, and making you beg to be paddled, but that's still you.

Let me give you an example. Ever had a girlfriend who just knew that if you gave opera (shopping, tennis, chick flicks) a try, you would like it, possibly even love it?

I bet you have.

What would you say if I told you that you are that person?

Yeah. Ick.

So, because you are in a relationship, it's not about just you. It's about you TWO. Not just what you want and need, but what she wants and needs to be happy.

To be perfectly accurate, if you truly want and need to be her slave or submissive, then her wants and needs are far more important than yours, and satisfying those are what will make you happy.

But more on that later.

What Is D/S?

Simply put, D/s is the part of BDSM that happens in the head.

It's the "other" complement to bondage, discipline, sadism and masochism, the primarily physical pursuits.

D/s is the conscious power exchange within a relationship. One person ceding control to another for a period of time or for the long haul.

In traditional society, the female-led dynamic would be comparable to a stronger, more aware version of matriarchy.

D/S Vs M/S

D/s stands for the dominant/submissive dynamic, while M/s stands for the master/slave roles.

As to the differences, you could ask ten people and get ten different answers, but I'll give you my definitions, so you know what I mean when I use the terms.

D/s to me means a negotiated power-exchange relationship. The submissive has the power to say "no," and has possibly even stated hard-limits, or things that he will not do, and not be asked to do as part of the dynamic.

M/s, however, is total control. There are no limits. Trust is required and absolute. The premise is that the master knows the relationship and her slave well enough that she will never ask anything of him that he cannot give and be happy and healthy for it.

To be perfectly clear, a true M/s relationship in its purest form is impossible in most developed countries, as laws get in the way. That said, many have chosen to give themselves to this lifestyle and live happily.

D/S Vs Top/Bottom

These are the roles that I think have the most potential for confusion and misunderstandings. As a bit of a word geek and researcher, it hurts my heart to see people abusing these terms, so I'm going to clear it up here once and for all.

Dominance refers to the mental headspace of being in control in a relationship. Topping refers to taking control of a scene or giving the pain, being the 'doer'.

In the same vein, submission refers to the mind-set of relinquishing control in a relationship, while being a bottom is taking the pain or giving up power for a scene, being the 'doee'.

A dominant may enjoy being flogged, and control and direct her submissive during his "topping." It does not change the dynamic between them.

Or, as I like to say, "Getting a hard pounding in the ass does not change the fact

that I am in control of my relationships."

grins

Bdsm Play, It's Good Stuff

Because I'm a geek, and I want you to know what you're really getting into, I'm going to walk you through some of the scientific reasons sex and power (or power and sex) are so closely linked in our brains.

I'll state it right out, I'm a laywoman with no medical training. Heck, I hate even going to see a doctor.

What I know about how the brain works, what chemicals it releases and why is a direct result of my research over the past 10 years into love, sex and romance and their causes and effects, and actual experience in many areas of BDSM, which validate the scientific research I've done.

Neurochemicals, Yay!

Why do we, normal, every day people who enjoy going for walks, eating ice cream, and feeding the ducks at the local lake enjoy, even crave something as bizarre as giving and/or receiving pain, chastisements, even restraints on our very actions?

Physiologically, our bodies are an amazing stew of chemicals that rewards us for liking what we do.

There is danger to this, and I will warn you now. Neurochemicals are nature's drugs, and you can become addicted.

On the other hand, it also means you can shape or be shaped into something more than you are now. Something better, something worse. Something more pliable and willing, or more dominant and controlling.

We are not stuck with who we are.

If you were to have a conversation with your significant other about your desire for BDSM in your relationship, you are probably going to say something along the lines of, "It's not about the pain."

Now, if you have done some research, the second half of that statement may well be, "It's about the endorphins."

Thing is, endorphins play only a part of the overall complex feelings of pleasure and release that come from this kind of play.

You get an amazing chemical cocktail during intense physical or mental scenes that includes enkephalins, dopamine, prolactin, cortisol, and oxytocin.

These contribute to the concept of subspace, or flying, as some call it. It's a feeling of drifting, of time stretching out or meaning nothing, where the real world recedes and all there is is you.

Sound like a trip? Yeah, that's what I mean by nature's drugs.

Have you ever wondered how a person can push themselves to run an entire marathon? Or how a woman who cries when she stubs her toe can go through the birth process not once, but three times?

Thank our bodies' painkillers for that. Lucky for us, endorphins and enkephalins are produced naturally by the body to fight pain and keep us moving.

What's pretty cool is that they not all that different in structure from morphine, so it's not surprising that they produce the effect that they do.

It's because we have are affected by endorphins and enkephalins that we can even use morphine for fighting pain - it mimics our own resources.

Our internal pain management system makes physical play, even when it gets painful, pleasurable. And because so much of it is located in the brain, it's also been suggested that it can be controlled by how we think, and even by hypnosis.

Think about that for a moment. We can learn to get pleasure from thinking. We can learn to get pleasure from serving others. We can learn to get pleasure from dominating others.

Everything is possible.

Including getting pleasure from pain.

The short story is that endorphins sort of regulate the signals of pain from the body. If it seems the pain is to be getting to be too much, endorphins "shut off" the nerve receptors in the frontal cortex, reducing or inhibiting the feelings of pain, and the area floods with dopamine, causing feelings of euphoria.

To put this in perspective, a rise in blood levels of endorphins is measurable after exercise and sexual activity, two very life-affirming events.

Now, we've just seen how we can get that same feeling in a different way. Is it any wonder that so many people are attracted to it?

Dopamine floods the brain, either in response to endorphins, or from climax during sex.

When it recedes, the euphoria associated with the dopamine tapers off. As the dopamine dissipates, another neurochemical called prolactin rises in an inverse relationship.

Prolactin performs many functions, appearing to play a prominent role in

regulating sex and keeping dopamine in check, acting as a sexual satiation mechanism.

Women sometimes complain that men tend to roll over and fall asleep immediately after sex, and prolactin is the reason. It slows you down and gives you a sense of relaxation.

Think about it. The more intense the dopamine, the more prolactin. The better the orgasm, the louder the snore.

Which can be wonderful. Balance is critical for our bodies to function, but the higher the highs, the lower the lows.

Thus the reason for what is often known as subdrop in the BDSM community. It's like crashing after a drug high, or after a sugar and caffeine binge.

It's very real, and can range from a simple lackluster attitude to a bout of depression or moodiness.

Love, Sex & Romance

We don't like to think about it, but even love is a basic chemical reaction.

Take for example, oxytocin, also known as the "love hormone".

Oxytocin bonds us with each other in relationships when it's released into our systems. Oxytocin is the chemical behind deep love, parent/child bonds, friendships, even love we feel for our pets.

In fact, we could not fall in love without Oxytocin. It's responsible for our feelings of intimacy, caring, comfort, and emotional attachment. It is an anti-stress hormone that comforts and has a calming effect. It's also been linked to monogamous relationships. Interestingly, it counters the effect of prolactin and cortisol, and best of all, there's no drop in effectiveness as with dopamine.

Intermission

There is a reason I'm telling you all this. Really knowing what's going on in your body and your relationship is the key to making it work.

Some people have suggested that D/s relationships are more intimate, or deeper than other relationships.

I don't feel that is true. At least, not necessarily. However, there are a few reasons that can make it seem that way.

1. We talk about intimate things. If someone is going to intentionally hurt you, you want to trust them 100%, and talk about what you enjoy and don't. Many relationships never get to the point of discussing these things in detail.

2. Remember prolactin? Remember how I said it can cause subdrop or depression? Ok, and oxytocin causes feelings of love and contentment, right? So in D/s relationships, because we know this, we can counteract the drop with hugs and care, because we know it may be coming and what to watch for.

A heightened awareness, if you will.

And because we are watching, we are ready to give love and affection when it's needed.

In non-BDSM relationships, people rarely watch for signs of subdrop in their partners, expecting that they will say when something is needed, assuming they recognize it themselves.

So, that's why I tell you this. So you know. And so you can share it with your partner, and she can know.

And Now, Back To Our Regularly Scheduled Program.

So how do we get and give more of this love drug called oxytocin?

We can cause the brain to release oxytocin through caring touch, especially stroking, and selfless giving or nurturing each other, as a parent would a child.

Some experience a similar release when being tied up tightly, or bound. Like getting a bear hug. That releases oxytocin as well.

Oxytocin isn't about sex, but sex can be included in the process. The more oxytocin you give, the more you receive in return, and the better you both feel as your oxytocin levels rise in unison.

Let's give a few examples from the submissive's and dominant's points of view:

Submissive

- You get petted when you perform a task correctly.
- You get a hug when you make her happy.
- She beats you hard then gives you aftercare.

Dominant

- You get back rubs or foot rubs whenever you ask.
- You get cuddled when you want it, and sex when you want that instead.

- You get the rush of adrenalin when you paddle his writhing bottom.

Scene Vs 24/7

A scene is just like a scene in a movie or a play. It's a small piece of time set aside to play out your roles.

24/7 is a lifestyle. You don't play your roles, you are your roles. It's woven into the fabric of your every day routine.

Scenes are often called "bedroom BDSM," where the BDSM is relegated to specific times and situations, and some look down on it, or pooh-pooh it as not being TWOO enough.

I don't give a crap about what other people think of my relationship, and you don't need to, either.

If your relationship is stronger with a scene every few weeks, rather than living a lifestyle day in and day out, more power to you.

After all, we may enjoy drinking and dancing, but it's not something we have to make a lifestyle choice about. It's something we use to add fun and excitement to our lives when we can fit it in.

BDSM is no different.

Other Useful Terminology

24/7

A full-time relationship with rules and protocols in continuous use.

Aftercare

The time after a BDSM scene or play session in which the participants calm down, discuss the previous events and their personal reactions to them, and slowly come back in touch with reality. BDSM often involves an endorphin high and very intense experience, and failure to engage in proper aftercare can lead to subdrop as these return to more everyday levels.

Bad Pain

Good pain and bad pain are terms used jokingly by BDSM lifestylers, pointing out the difference between a beating (that you hoped for), which is good pain,

and the aforementioned stubbed toe, which sucks, and is bad pain.

Bdsm

Bondage/Discipline, Dominance/Submission, Sadism/Masochism: a combined acronym often used as a catchall for anything in the kink scene.

Bondage

Physical restraint of a partner. Bondage often refers to total restraint, however it can be limited to a particular body part, such as cock bondage.

Bottom

One who receives physical sensation from a top in a scene; the 'doee' rather than the 'doer.'

Collared

Submissive or slave who is owned.

Collaring

The formal acceptance by a dominant, of a sub's service, or the "ownership" of a slave by a Master. Also the ceremony when a dominant commits to a sub (much like a wedding or other contract).

Consent

Mutual agreement to the terms of a scene or ongoing BDSM relationship.

Consensual Non-Consensuality

A mutual agreement that within defined limits, consent will be given ahead without foreknowledge of the exact actions planned. This is a core tenet of the M/s relationship dynamic.

Contract

A written agreement between the dominant & submissive. It can be either formal or non, and is usually written after much negotiation by the dominant and the

sub, outlining what structure, guidelines, rules and boundaries to the relationship are agreed upon by the two. It is not legally binding.

Dom/Dominant/D-Type/Master

A person who exercises control - contrast with submissive or slave.

Domme

See above. Specifically a woman. Mistress is often used for the female master.

Fetish

A specific sexual obsession or delight in a particular object or experience.

Good Pain

Good pain is pain that is mutually agreed, desired or permitted by the submissive partner to be experienced, and seen by them as enjoyment or value.

Hard Limits

What someone absolutely will not do; non-negotiable (as opposed to soft limits).

Limits

What someone will not do or is hesitant to do.

Maintenance

Weekly spankings or punishments to cover the little breeches of protocol or agreements that may have been missed, to remind the submissive to behave and allow the Dominant to release stress.

Masochism

Act of receiving pain for sensual/sexual pleasure.

Masochist

Person who enjoys pain, usually sexually.

Munch

A group of people that are into BDSM meeting at a public (non-kink, or vanilla) place in street-appropriate attire.

Otk

Over the knee (spanking).

Pain Slut

A person with high levels of pain tolerance who may or may not be submissive.

Prodomme

Female professional dominant (charges money).

Rack

Risk Aware Consensual Kink.

Sadism

The act of inflicting pain.

Sadist

Person who enjoys inflicting pain, usually sexually.

Safe, Sane And Consensual - (SSC)

A credo used by some BDSM practitioners to determine the appropriateness of BDSM play. Sometimes contrasted to RACK (risk aware consensual kink).

Safeword

A code word a bottom can use to force BDSM activity to stop - used especially in scenes which may involve consensual force.

Soft Limits

Something that someone is hesitant to do or nervous to try. They can sometimes be talked into the activity, or preferably it may be negotiated at a trial or beginner level into a scene.

Subdrop

A physical condition, with symptoms similar to a cold, flu or mild depression, experienced by a submissive after an intense session of BDSM play. This can last for as long as a week, and is best prevented by aftercare immediately after the session.

Submissive/Sub/S-Type

Person that gives up control to another.

Subspace

A natural high that a sub (or bottom) gets during a scene or when being controlled. It is critical that a dom(me)/top take responsibility for the sub/bottom and be aware of their sub's well-being if they are in subspace.

Switch

Someone who likes be both top and bottom, either in one scene or on different occasions.

Top

Person "doing the action" (contrast with bottom - person receiving the action).

Training

Either referring to a short period of time (a scene) or an ongoing effort of the dominant teaching the submissive how to act.

Vanilla

Someone who is not into BDSM. Alternatively, sexual behavior which does not encompass BDSM activity. The term is sometimes used in a derogatory sense.

Witwd

What it is that we do. A broad term referring to all forms of non-vanilla sexuality.

Won Two Way

One true way.

How D/S Can Deepen Your Relationship

I've touched on this a bit already, but it's worth going over again.

A good D/s relationship is intimate and close, with a strong bond of trust.

It requires getting to know the other person and their wants and desires in order to serve them better, pleasure them, and to make sure that you both get positivity out of your engagement.

This means talking about what you like, wish for, hope for, and dream of. It also means watching for subtle signs that show something is off.

Now, you are already in a relationship, and it's been going fine so far. I'm not saying that you whip out all of your fantasies in one shot.

That's like the guy who took me out on a first date when I was single, and spent 30 minutes talking about his therapy and "crazy" ex.

That's not the sort of thing you pull out all in one fell swoop.

But, you can begin like Jack did with Lizbet, and just ask some questions.

"Do you consider yourself more submissive sexually, or dominant?"

"Have you ever..."

"How do you feel about..."

The key to this is not to react negatively, EVER. You are not sitting in judgement of your partner. Even if you are disappointed by an answer, it's not the end of the world.

But, this is a good way to begin building the trust of your relationship. Giving her the chance to speak about anything she thinks and feels and still being loved and accepted.

You may not think so now, as your hopes and dreams are being crushed (or so it feels), but just that one thing alone, over time, can effect the greatest changes you can imagine.

So, a D/s relationship gets you discussing things that might otherwise be taboo or uncomfortable.

It also helps you deepen trust another way. As a male who wishes to serve, the best way to do that is to actually serve.

Be aware of her moods. Learn how she likes her coffee. Make her feel appreciated. It may seem mundane, or (gasp, horror!) plain vanilla romantic, but it is the foundation on which D/s relationships are built.

When Catelyn met Jonnan, he impressed her with his strength. He was affable and interesting, and obviously had an interest in BDSM, since they met at a party, but Catelyn mistakenly assumed he was a Dom.

As their friendship grew, and she realized Jonnan was a submissive, she was intrigued. She was a submissive as well, but she enjoyed the way he catered to her, pulling out chairs, opening doors, and acceding to her every request with such gracious charm.

After they kissed for the first time, Jonnan asked her how it would all work, and she shyly suggested that maybe, perhaps she could learn to be his domme.

They have been over the moon as a 24/7 D/s couple for 18 years now, and she still wonders why she ever thought men who serve were weak.

This is how you create deeper intimacy and trust, and it is greatly enhanced when you also open yourself up to her needs.

How D/S Can Cheapen Your Relationship (Words Of Warning)

So there is all that good stuff about D/s. I believe every word. There are some dangers, though.

You see men with a strong desire often lose sight of everything except their goals (Ugh. Me caveman hunter, focused on kill.), and miss the small things I just outlined.

They spend so much effort thinking of and trying to get what they want (a paddling), that they miss everything else, ultimately losing the chance to create their own reality.

Don't make the mistake of trying to create a D/s relationship dynamic just for you. Doing that just casts the most important person in your life into a living doll role, denying her the chance to grow and become her own person, and your domme.

Going into any relationship selfishly is a bad idea. Going into a D/s relationship

that way is even worse.

You're thinking of all the amazing sex and gratification you'll get, but let's turn it around. How would you feel if she truly just cast you into a role, and who you were no longer mattered... and worse, what you wanted and needed no longer mattered, either.

Really think it through. Enjoy caning? She doesn't care. Maybe she develops a taste for and prefers the bullwhip, which you hate.

You know what, she's in charge, so you have to put up with it.

Yeah. It can go wrong.

If you keep in mind that you are both human, and you both have needs and desires that will not always match, you should be able to avoid this trap with ease.

Why D/S?

Because you want to serve. Because you want to make her happy with you.

There are no other good reasons.

Why Not D/S?

Because you want to be spanked. Or caned. Or whipped. Or caged, or... or...

That's walking down the wrong path. Going into a D/s relationship thinking only of what you want and need is a sure way to ruin everything.

Why Masculine Men Love D/S

Oh, I do so love talking about this!

Why do masculine men often love to submit? Many women worry that by taking control, the man they love will suddenly become a whiney little girl-boy.

Bah. If that's not you are, you're not going to change like that, so you don't have to worry, either.

You see, it can be stressful always being in control; at work, with the guys, at home... it gets tiring.

And you know what? Pleasing a woman is not a weak thing to do. It requires that you be 100% aware of who you are and your own worth. It takes strength of character to do things you don't want to do for someone, just because they told you to.

I find it interesting that so many of my co-workers are "manly men,"

fiercely holding on to their pride and independence, yet are unhappy in their relationships, and shut out bedroom-wise, if you know what I mean.

I and my wife have been D/s with her in charge off and on for 7 1/2 years, have two children, and have the most amazing sex life as well. She's loving and affectionate to me in public and private, and the guys keep telling me how lucky I am.

I'm not lucky. I just serve her well. I'm sure you've heard the term, 'happy wife, happy life.' Well, I tell you, it's true.

- WolfDancer

And sometimes, just sometimes, it's nice to not have to make any decisions at all. To give up. There is strength letting go of fear that someone will take advantage, as well.

You know why women respond so well to a man in a pink shirt? Because they recognize a man confident enough in who he is to wear that shirt.

It's the same with a man willing to serve. There is no reason to turn in your man card.

Serve. Be a man. Be masculine (except when she wants you to act otherwise).

Six Benefits To Women To Take The Lead

This is for the ladies. Men, you can use this in your discussions when talking with her.

Let me be clear though. No begging. No whining. Just let her know how fabulous things can be, and if telling her is not enough, show her. And show her again. And again. More on this, later.

1. You Get What You Want.

Seems like a no-brainer, but let's be clear. You get what you want.

You want sex? You get it.

You want a foot rub? You get it.

You want him to run out and get you some Ben & Jerry's. Yeah, you get that, too. Pretty rad.

2. He Really, Really Wants It.

You love him, right? You are in a long-term relationship. Maybe you're married.

So you really want to make him happy.

This will. You trying something that is important to him will make him very happy.

And doesn't that make you happy as well?

3. You Get Gorgeous.

Yeah, one of the great things about being in charge is that you know that he worships you. Not you 5 sizes ago. Not you 25 years ago. You. Now.

You can bring out that gorgeous vixen hiding inside you, and let her play, knowing he loves it.

And what's better is that that translates to more self-confidence, more energy, and more sexiness and beauty for everyone else to see.

Why? Because when you feel desired, you are more beautiful.

4. You Feel More Free.

In many relationships, we suppress our needs and desires. Yeah, a birthday card is nice, but you really wanted a party.

No need to hope for a party. Simply say it. "I want a birthday party with a cake and all my girlfriends."

Let him make it so.

Most of us are not very practiced at saying exactly what we want or what will make us happy. Allow him to give you control, and you get to try it out.

Even if the lifestyle does not work out for you, you have learned a valuable lessons, and practiced asking for what you want.

5. More Intimacy.

A D/s relationship is best when you talk about what each of you enjoys and what you could do better.

These kinds of talks naturally lead to better understanding, more acceptance and deeper intimacy.

6. Your Girlfriends Will Be Jealous.

So, let's say you do this. Now, I'm not one to tell everyone in the world my

business, so I probably wouldn't tell my non-lifestyle girlfriends about the D/s, per se, but I would drop teasers, like:

“You know, he woke me up this morning with the most amazing orgasm and breakfast in bed.”

“Yeah, he treated me to dinner and took me to see that new Nicholas Sparks movie. And didn't complain once!”

“He made the most delicious chicken piccata last night, and even did the dishes.”
I'm sure you can see what I mean.

A Few Truths To Keep In Mind

D/s is many things to many people, but there are a few truths that I accept into my life that I'd like to share with you (both).

D/S Creates Intimacy. Intimacy Creates Vulnerability.

Verbalizing your truth – how you really feel, what you really want – puts you at risk of rejection, and that risk is frightening.

Not All Submissives Are The Same.

Some are douchebags, some are sweethearts. Some are shy – and some chat up every person they encounter in life. Some are inexperienced sexually, and some have tried everything at least once. Some are out (and beg to be paraded down the street in a blonde wig and ballgown), and some are too paranoid to post even a body shot online.

Who you are is not different if you submit. Who she is is not different if she dominates. They are simply behaviors, not our core.

Keep that in mind, as you are both human, and you are together because of that. Not your roles.

There Is No One-Sided Relationship.

Even as a switch, I am approached by men who want to serve me.

They swear devotion and declare that under my ownership, they would expect nothing in return for their services – as houseboys, as human furniture, as ashtrays, as toilets, as skilled workers, as personal assistants, as sex toys, as punching bags, as pets, etc., etc.

What a stinking pile of horseshit.

It's my belief that relationships fail when the people in the relationship refuse to acknowledge their own needs as much as when they ignore the needs of their

partner.

A slave's or submissive's wants and needs must be addressed for a D/s relationship to work in the real world, just as all parties must contribute work and gain reward in their own way to any relationship.

It's Not So Serious.

Remember when you were young, and all you had to do each day was play to learn the world around you?

Well, play is still the best way to learn things, so don't ever stop enjoying your D/s play.

CUTTING THROUGH THE CRAP: D/S MYTHBUSTING

There is a lot of crap out there about D/s. I'm going to delete a few from your brain right now.

“Submission/Slavery Is The Best Way To Save My Marriage”

Bullshit. If your marriage is on the rocks, it MAY save your marriage, but only if your marriage is not really broken.

D/s is best practiced between two people who love and care for one another, and if you each have enough individual issues that your marriage is in jeopardy, you probably shouldn't add learning a new relationship dynamic on top of it.

“I Have To Look Like The People In Porn”

Oh, gawd, no! Your wife won't lounge around the house in full leather, makeup and 7" heels with a platform. Or at least not for long.

It's just not as comfortable as jammies. Or yoga pants.

Think of the most uncomfortable thing you could wear, and imagine being forced to wear it to “look” a part.

Yeah, don't expect it of someone else, either.

That's inconsiderate, and one of the reasons (that we already discussed) that D/s may not be for you.

“My Wife Forces Me To Grovel”

LOL! Well, she might. And you might like it.

But if you don't like it, and she is making you grovel out of spite, and not just for punishment (more on punishment vs. funishment later), then there is obviously negotiating to be done.

It will not be all fun and games. I guarantee that. But you should also not feel broken, but more whole living your new lifestyle.

“Only Sissy Men Like To Be Bossed Around”

Some of the most delightful, masculine men I have known are submissives.

In fact, I know a very domly-dom type whose wife (not submissive) gets all of her meals cooked and packed for her, gets to dress him up, and hands him her purse, her packages, and her dog (!) when they are out shopping.

And he pays.

And he acts that way with other ladies as well.

Because he believes that is how a man treats a woman, whether he paddles her late at night, chokes her with a blow job, or makes her sob from twisting her nipples.

Some may call him an asshole, but no one calls him a sissy.

“Dominant Women Are Ice Queens”

Even writing this damn near makes me snort my tea through my nose.

Dominant women are women. Plain and simple. Some are icy, sure. But so are many crazy bitches without a dominant bone in their body.

Dominant women are just like every other woman. Each has her own personality and her ways of doing things.

Some are nurturing, some are strict, some deliver exquisite pain for your own good, while some giggle as you thrash and moan.

One of my friends had this to say related to the idea of the feminine dominant archetypes:

I enjoy living in a happy, nerdy household that is full of belly laughs and warm loving feelings, where I am the head of household and ultimate authority, but those under me are brilliant and efficient and earn my respect. Think ‘mentor to mentee’ kind of relationship, or ‘alpha dog to pack’. My toys are smart, sexy and funny, and they serve me with grace and dignity, through their own choices. They don’t need or deserve to be denigrated, because they are made of win and awesome and are the most amazing people. Why would I want to own them if they were not?

- Natalie

I ask you, does that sound like an ice queen?

“She Won’t Respect Me Once She Beats Me”

Well, that’s up to you, isn’t it?

Once she beats you, will you suddenly become someone else? Have you been hiding who you really are for so long, and presenting a false version of yourself that she will recoil in horror when she finds out who you truly are?

I hope not. Because then her loss of respect would be because she finally sees the lying sack of shit you are, and not because she paddled your ass.

Do I feel strongly about this?

Yeah, maybe a little.

If you're a loving, strong, caring man, spankings will not change that for a strong, caring woman who loves you.

GETTING A LITTLE DEEPER

So, after all this, you still really want to know HOW to take that first step towards the life you really want with her.

Have you spoken to her about it all? Have you even broached the subject of her interest?

Perhaps she's actually shut you down. Perhaps she even said something like this:

“It’s Kinky/Dirty/Perverted And You’ll Go To Hell If You Even Think About It!”

Some people do think this. Obviously, they tend to be religious folk, but even the non-religious can be understandably wary about unknown sexual activities.

After all, sex is one of our most private, intimate acts, and with many it's associated with shame and repression (even when we don't know it).

Heck, the first time someone told me they got pleasure from eating raw fish, I was horrified, and that's not nearly as intimate as sex.

I got over it, because I opened my mind, but even more because the people around me just kept really enjoying it, and I wanted to enjoy it with them.

The Practicalities Of D/S

If and when you enter into an official D/s relationship, you'll want to have some discussion about what you like, don't like, are open to, and absolutely will not want to try.

A good start is the chart I'm including in Excel format with the purchase of this guide.

You may also want a written agreement, or contract. I've also included an example for you of several contracts.

However, if you're intending to bring your loved one around to your way of thinking, or into a D/s relationship dynamic without actually coming out and saying it, asking for it, or even letting on what you're doing, a bit more stealth is in order.

Lucky for you, I've interviewed quite a few men and women who have been in that position, and I have some excellent suggestions for making it work.

What If Your Partner Really Is Not Into D/S?

It happens. Sometimes there is just not a meeting of the minds.

That doesn't mean your wishes for a happy life where you get beat regularly or serve are over.

It may mean that, if you love her enough to give it up, but there may be other ways.

Set It Aside

You love her. So, you're willing to do what it takes. Does that mean forever?

No, not necessarily.

Thing is, often needs and wants like this come out in a relationship when others stressors are bearing down.

Unfortunately, that is the absolute worst time to deal with them.

You know why? I'll tell you. There are a bunch of reasons.

- You just sprung it on her. I bet there are a lot of things you like now that you didn't like or didn't like the idea of the first time.
- You are already on shakey ground. Don't make it even less stable by changing things.
- When your relationships hits a challenge, there are things said that erode trust and love. You need a lot of trust to make a D/s relationship work. You may not realize, but the dominant needs to trust you as much as you trust them.

Also, your timing may be off for other reasons. We all come to different points of view at different paces.

You may want it more now because you're stressed by a move across country, but she is not ready to take on the challenge of learning something new.

Do It For Her

This is the most reliable method of changing someone's mind in my experience and from the interviews I've done.

Even women who were all for the idea of a D/s relationship from the start often need to be led a bit here and there.

With the mind-set that you are doing for her, you will avoid the trap of thinking of yourself as the most important person in the dynamic, and also showing her (rather than telling her) how amazing it can be to have someone adoring, loving

and serving her.

Find It Somewhere Else (With Communication And Permission)

Let's say that what you really need is to get beat. Or to be humiliated. Or to be bound and gagged.

And she is just not into it.

Well, there are people who provide these services at a cost. That might be your best option.

Most professionals will not include sex. That's a good thing. Even if the act is sexual, you are in a relationship, and you want to save all that you have for her. But, if you can find someone who can do what you need, and you can afford it, and you can make sure that she has 100% of your love and affection, then you should at least try that out.

Your First Steps With D/S

So, let's say that she does agree. Where do you begin?

Well, let's not jump into 24/7 just yet, ok?

Your first few times through, try something simple. Something not too far from things you have already done.

Also, make sure to plan the foray to please both of you.

I'm sure you understand that if she does not have fun, and a lot of it (especially if she's a bit unsure), she is less likely to try it again.

So, ask what she would like, add a bit of what you would like (baby steps), and make a night of it.

For Example:

daveyBOY is totally into being spanked. He loves it. His long-time girlfriend was not so sure, though. She did love manicures and pedicures, though, and they were trying to cut back on spending, so he made her a deal.

He offered to give her a manicure and pedicure on Wednesday night, complete with massage and polish, and she would find something not perfect about it and yell at him for it.

Yes, he wanted a spanking, but he knew he had to take small steps.

The first night, it was very easy for her to find something wrong. It was his first time giving a mani-pedi, after all. And her yelling was a bit tentative, more like loud complaining, but it was a start, and they both laughed about it after and had a good time.

They made it a weekly ritual, while a favorite show was on.

As daveyBOY got better at his services, Shawna got better at finding things wrong, and better at yelling. In fact, she began enjoying it.

Five weeks later, when she seemed really incensed about a small mistake that he had made the week before as well, daveyBoy suggested that maybe he deserved a spanking.

She agreed! And sent him for her hairbrush. In fact, her enthusiasm was a bit scary for daveyBoy, as he got the walloping of his life.

He had had no idea his fantasy would be quite so sting-y (his word, not mine, LOL!).

Now, immediately after, Shawna saw how much she hurt him and was terrified. He told her how much he loved it (he really did, even though he ached), and said it was perfect.

He made a point to send her flowers the next day (he'd been putting aside some of the saved mani-pedi money), and joked with her about not being able to sit still at work.

She laughed, and got more comfortable with the idea, and they grew in their relationship.

It was a small step they took at first, and it led to BIG rewards.

Is D/S Right For You And Your Partner?

Now, it may seem that D/s is just what you are looking for, but if you really just want the physical sensations and sex play, without it blurring into your daily life, then perhaps it's worth considering just trying some kinky sex with pain.

It is easier to find someone to spank you than it is to find someone who will love you and take responsibility for you as your dominant.

Is D/S The Answer? Please Take This Seriously

On the other hand, your lady may feel more comfortable taking control of your relationship without the sexual aspects.

If that's the case, would that be enough for you?

Knowing is the first step to being honest with yourself and her, and can help you avoid potential mistakes and even more potentially ruinous, avoid misunderstandings.

Negotiating Your D/S

Some D/s relationships build on trust and shared experiences, and never really rely on negotiation.

Others start off on a solid foundations of rules and expectations, and grow from there.

I am part of a local FemDom group, and there is a couple, Carey and Gypsy, who just celebrated their 20th anniversary as Master and slave at one of the monthly parties

Not only was it amazingly touching seeing their obvious affection for one another (he helps her dress when they arrive, zipping up her boots and lacing her corsets), but it was a bit funny as well.

You see, Carey had brought along their original M/s contract from 20 years ago, and said, "So if you'd like to read through it, you can see what we thought was important back then."

They had a new contract that they signed at the party and everyone witnessed. It was a brilliant event.

If you choose to start off with rules and agreements in written form, you can do whatever you like.

My suggestions are to be as realistic as you can, and set yourselves up for success. Also challenge yourselves to be more than you are going in, so that you encourage growing together in your relationship.

I've included sample contracts in the bonuses, so you can get an idea of how other people do it.

Know Your Options

Service agreements and contracts can cover many different areas, from punishment types to expected behaviors and more.

Here are a few things to think about:

- Will you wear a collar? A tattoo of ownership? A brand?

- Will your safeword be discussed and included?
- Will there be daily/weekly/monthly tasks to complete?
- How will you behave in public or around family and friends?
- How will you dress?
- How will you serve, when not given direction?
- At what times will you call her by her name, versus her title (like Mistress, or Ma'am)?
- What chores are you responsible for?
- What things are not a part of your agreement, or are hard limits?
- What are considered funishments and rewards are what are considered actual punishments?

Those are just a few of the things that you should be considering when creating an agreement or contract.

Wii-Fm - They're Playing Our Song

WII-FM is the most fascinating radio station in the world. It's the one station that no one will ever get tired of listening to, no matter their taste in music.

How can this be?

WII-FM stands for What's In It For Me?

This is yet another reminder to make everything you do fun and valuable to your mate. This will keep her interested and happy with you, which is what you need and the best way to also get what you want.

Bringing It Up For The First Time (Or For The First Time In The Right Way)

So, we've touched on this a bit here and there. I think I've been very clear that you are not to come out and say, "So, honey, I've been thinking. I can't live without wearing a giant diaper and getting spanked for crying at least three times per week."

You see how that would be a shocker, right?

So let's discuss how to do it.

Buttering Her Up

This will take a bit of work from you. But hey, effort=reward, right?

So, here is your task:

1. Get a blank or lined sheet of paper.
2. Draw a line down the middle, lengthwise, creating two columns.
3. In the first column, write your name, in the second, write hers.
4. Start filling out each column with benefits that you will each receive from trying out this new dynamic in your relationship.

Make sure that the benefits she receives are good ones, not just side effects of yours.

For example, “I will be less stressed, so I will smile more” is a benefit for your column, not hers.

Benefits that she receives are:

- Affection whenever you require it.
- Chores get done.
- Orgasms whenever you want.
- I’ll take the children 3 nights a week for 3 hours before bedtime and put them to bed.

Now, you know your woman better than I do (I hope!), but I’m sure you get the picture, here.

A good way to determine what might make excellent candidates for her column is to think about what she has had cause to complain about over the past few weeks/months, and figure out how to relieve those issues by serving her.

Now comes the hard part. Or really, the easy part, since this is what you are hoping to get yourself into for the rest of your life (right?).

Do it. Pick a few of the benefits in her column, and start now. Give her several solid weeks of dedicated work from you, and make sure she notices.

Let her know when you’re taking the kids off her hands, and suggest she watch a favorite show, or take a bubble bath.

Bring up in conversation how you dropped off the dry cleaning, rather than asking her to do it.

You want to not only provide the benefits, but make sure she notices, because you want to make her happy, and you want her to know that you are making an effort.

You want to see her smiling more.

The “Conversation”

So, as mentioned before, the conversation can be as easy as starting off with a few questions, or just coming out and verbally sketching out your hopes and dreams.

Here’s the thing: no matter what she says, don’t get angry, upset or even very disappointed.

Make it clear you love her, and you respect her feelings. Also suggest a compromise, if you can find one.

I’m going to repeat myself, because for some reason, no matter how I say it, men have a really hard time with this:

*Here’s The Thing: No Matter What She Says,
Don’t Get Angry, Upset Or Even Very Disappointed.*

Why? Because it will ruin all your hard work over the past few weeks. I’ll elaborate on this in a bit.

Your timing may be off. It may happen in the future, instead of right now. But don’t get upset.

In any case, end the evening on a positive note. Laugh, show her you love her, and if possible, give her an amazing orgasm (or dessert, or both).

But I’m Not Creative!

This is a common reaction/fear of women asked to become a dominant in a relationship.

They suddenly imagine trying to think up all these intricate scenarios they have read in books or seen in the detective shows (with ties and whips and such), and they freeze, or immediately shut down the idea.

Thing is, creativity is not really creating something from nothing, it’s a way of taking past experiences and things you’ve learned and putting them together in new and interesting ways.

But you see the trap, right? No experience and no learning = no creativity.

So, she’ll be starting from scratch, and that can be terrifying. So, give her time to come to grips with the idea, and refrain from topping-from-the-bottom during your encounters, or scenes.

Some Commonly-Held Beliefs To Get Rid Of Before

Speaking

She does not owe this to you. Your relationship is two individuals choosing to live a life together, rather than apart.

She's not responsible for your satisfaction, your pleasure, or even for putting food on your table. What she does do for you is out of love, and what you do for her should be the same.

If she is making the mistake of taking you for granted or unrealistic expectations about what will make her happy, it's even more important you don't walk that path with her.

Just because you want her to be dominant doesn't mean that she will suddenly and magically transform into that fantasy figure. So, be prepared if she's hesitant.

And go back over those myths about D/s that I gave you earlier in the book as well, there's a gold mine there to remember.

Don't Be A "Do Me" Boy

This is a commonly-used term for male submissives who want, want, want.

It's a prevalent thing, thousands of men online reaching out to amazing, vibrant, women who could be all that they need and more, but instead offer only thoughts and conversation about what that woman can do for them.

Let me give you an example with a conversation I had with a young man online. I always try to give the benefit of the doubt, and respond seriously, but after a while, I was laughing as I read his responses.

Him:

I love your pics ... You are very very sexy and beautiful !!!

Me:

Really? You think so?

What do you think is sexy and beautiful about me?

smiles

Him:

All of you Your beautiful face ... Your super sexy body !!! ... You are a gorgeous and super sexy woman !!! ... It's great to meet you !!!

Me:

Thank you. Likewise.

Do you attend [FemDom Club] events?

Him:

*I never have ... But I would like to ... I know you are a switch like me ...
Would you tend to lean towards being a Domme or sub ???*

*And I know you write erotica ... **I love erotic stories ... They do much more
for me than any porn ever would as far as turning me on ... I would love
for you to write one including you and me as characters ... Would you
consider that ??? ... Thank you !!!***

Me:

*[FemDom Club] has a Valentine's party coming up. Some of us will be
carpooling.*

*I lean towards exploration in all areas, lately, I've been more domme than
anything. I enjoy the toys and the play, but really love the psychological
aspects.*

*As far as erotica, I'd be happy to read what you write. I even work with
several people writing and publishing, so maybe that could happen.*

smiles

Him:

Wow ... That sounds awesome !!! ... I would enjoy that !!!

And can I ask you about the [FemDom Club] parties ???

Me:

*What would you like to know? If you go to [FemDom Club], you are
submissive, at least for that night. All men are submissive at [FemDom
Club].*

Him:

*That's what I thought ... Do the women control all of the men there ...
**Would I be told to take off my clothes and stuff like that ??? ... I would
probably do it ... But I just wonder what goes on at [FemDom Club]
parties/events !!!***

Me:

*Protocol stands. As a newbie, you could go collared to someone you know,
or get a house collar.*

*With a house collar, someone would have to negotiate with a dungeon
master for you. So that you cannot be pressured into things you are not*

ready for.

You would have to be respectful, but no one could command you without your or your collar holder's permission.

And you could probably get a flogging, or traipse around in the panty show, or whatever you feel.

Him:

*So with a house collar ladies would ask a dungeon master if they could play with me ??? ... What or who is the dungeon master ??? ... **Would or could you play with me that way ???***

Me:

There are usually several DMs on duty.

If we got along, and our interests matched, yes. If you were interested in being a service sub for the night, absolutely.

Him:

What kind of different subs are they ... What exactly would I do as a service sub ??

Me:

Well, a service sub would fetch and carry, rub feet, be petted and be used by one, possibly several ladies to amuse themselves.

Then there are pain sluts, into getting whipped and tortured.

And slaves, who want anything their Master/Mistress wants, be it pain or service, or whathaveya.

A service sub is the easiest to start, as it's not too intense, and it can be very playful and fun.

At a party, it super-easy. In other areas in life, it would include carrying packages, running errands, cleaning, etc. But it's just a party, so the work is limited.

Him:

I see ... If I was your service sub would I be dressed normal and just helping do things for you ???

Me:

Well, that depends. Everything is about negotiation. I'd probably prefer a pair of jeans hung low, no shirt, no shoes.

But, if you preferred more or less dressed, that could be arranged.

The whole point of something like this is for everyone to enjoy and get what they need.

smiles

Him:

*I see ... So me shirtless in jeans barefooted ??? ... Cool ... **But if you wanted me to be naked for a few minutes I would do that for you ... I would love to massage you and rub your feet !!!***

Me:

Hmmm. How well do you wear women's panties? I mean, it's not my kink or anything, but there is a panty content this month.

smiles

Him:

*I am not much into that ... I am not a sissy at all ... **I would be your naked slave or servant much faster than I would don a pair of panties ... Lol***

So, you can see from the areas I highlighted in yellow where he was so focused on what he likes to do that it was obvious he was not thinking of me as a person, but as a vehicle for his kinks.

Doing this with a stranger is bad enough, because it's easy for us to ignore you or block you, or even take advantage of you, but if you pull this with your girlfriend or wife, you will alienate her, and have to work hard to regain her trust.

Having Fun With D/S

Yes, I know this is serious. You really, really want this in your life.

But you know, it's not life or death serious. It's not lose your home serious. It's not endangering your children serious, so chill.

D/s should be fun for you and your partner. If you are not having fun, if it does not add positive effects to your life, it will cause more harm than good.

So, when you or she makes a mistake, let it slide (unless you get punished for it). Enjoy learning. It's not a race to the finish.

Yes, It Takes Practice

Don't tell her what to do. Save suggestions and ideas for later, either during aftercare, or during your conversations when you are talking about what you liked, didn't like and what you can do more or less of.

Still, be careful not to be pushy. She needs to come at this in her own way. If you really don't like something she does, say so, but take care not to imply that it's her fault you don't like it.

No dominant wants to hear things like "You weren't dominant enough," especially one new to topping.

Instead try responding positively to the things that really work for you, and only neutrally to the things you don't like.

Also, keep in mind that dominants have different styles.

Take Ms_MF and I. We could not be more different. She is very physical and violent. When she's done with a boy, he is battered and bruised, and sore.

She is a stickler for setting rules and protocol. She expects a certain level of behavior.

I'm very different. When I work with submissives (male and female), I allow them to serve as they would naturally, making requests as needed, and watching how they respond.

I then praise them highly for the things I enjoy most, and ignore the rest, or simply comment, "That's not necessary."

I look at each submissive as an individual bringing their submission to me, and I look to shape and polish them to their very best selves.

Ms_MF has a specific idea of what a submissive is required to do, and molds her submissives to that.

Both of us have valid ways of working with the submissives we spend time with, but they are very different.

Some submissives are flexible and can work with both styles, some are too soft for Ms_MF, some need far more direction than I am willing to give.

If her training methods are different from your preferred submission methods, then you're in a pickle.

I suggest you learn how to love her differences, and find your satisfaction, since this is your need and desire.

smiles

Yes, He Loves This

This is for the ladies.

Yes, this is pleasurable for him.

He wants this. He needs this. He is putting himself and his heart in your hands. You can seriously damage his psyche right now if you reject the man that he is over something like this.

He is trusting you.

Trust him to tell you if you go to far, if you really hurt him, or if he can't handle it.

So whale on him. Wallop him. Do your damndest.

No, You Won't Break Him

Just saying it again.

THE SNEAKY STUFF

So this is the part of the book that may help you get what you want, even when you have been turned down, possibly repeatedly.

It can help you get what you need, even if you don't have the courage to stand up and ask for it (although I highly suggest you do—your relationship deserves it).

It's also the section of the book your wife or girlfriend will probably be most offended by.

Use this section with care and consideration. It is a powerful behavior-shaping technique, and it can be used for evil.

That sounds cheesy, but it's just truth.

Lose The Vending Machine Mentality

One of the biggest mistakes I see men in your position making is the idea that your wife or girlfriend is a human vending machine.

Put in one romantic dinner, some sweet nothings, and a bit of longing gazes, and you get sex.

It sets a very bad precedent to think this way for two reasons:

1. It will eventually stop working, because you are missing the big picture.
2. This is your dominant. Thinking of her in any way other than an amazing, intelligent woman deserving of all of your worship will make your path so much more difficult, whether she is willing or not.

There are so many men in your exact same position. And I have given many of them this advice for free.

But you know what? It doesn't work. Do you know why? Because they cannot lose the vending machine mentality.

Heck, even regular guys in regular vanilla relationships can't seem to let go of the idea that if they just find the right combination of actions, they will get what they want, reliably and effectively.

It's part of your problem-solving natures, I think. You look at your relationships and women as problems to be solved, instead of something to be learned and understood.

But let me give you a few examples.

A friend's husband texted me with a question about something. I don't remember exactly what it was, but he asked, "What would you do?"

I thought about it for a few minutes, then responded, "Apologize sincerely. Tell her you love her and give her a hug, if you can (his wife has a disease that sometimes makes hugs very painful), and ask her how you can make it up to her."

Simple, right? Well, maybe, if you do not take the vending machine approach to love and romance.

You see, I heard later from both sides. He did exactly what I said, and his wife was feeling better (although still cranky for reasons that had nothing to do with him), but she wasn't able at that time to tell him how he could make it up to her.

Here's where he sabotaged himself.

He thought I had given him the magic combination of emotional coins to unlock joy and happiness in his wife. His expectation was that she would then give that to him, with a task (remember problem solving) that he could complete to make everything better.

And she probably would have. Later.

But everyone knows that if you put in the coins, vending machines vend. They're not savings accounts. They're vending machines.

You pay. You get goodies.

He didn't get goodies. So, he pressed the button again, asking "But what can I do to make this up to you?" Her answer was the same, "We'll talk about it later."

He was confused. The vending machine was obviously malfunctioning. He pressed the button again. And again. And jostled it a bit. And smacked it. And kicked it. And still no goodies. WTF?

So, he didn't actually hit her. Or kick her. He stepped up his anger. His disbelief that she didn't do as expected when he tried to make nice.

The vending machine of love didn't work, and he blew his top.

Funny thing is, she was happy with him after he apologized and told her he loved her and asked her how to make it up.

Then, he broke her trust by getting upset with her.

Another friend's wife was not putting out. She was stressed and upset, and

he wanted to know what to do.

I gave him some generic advice, suggesting he help her out around the house (she'd complained about that several times), and pamper her a bit.

Well, of course, he took that as a challenge, and took a day off work, cleaned the entire house, made dinner, and prepared a massage for her.

She was exhausted when she got home, but surprised. While she had expected (and hoped for) a quiet evening, the house looked amazing, dinner was delicious, and the massage was perfect, until...

Of course, wrapped up in the vending machine mentality, he was thinking to himself that all the hard work he just put in should earn him a little slip and slide.

The evening ended in an argument, and things were worse than before.

Can you guess why?

Don't you think women understand, deep down inside, when you are in vending machine mentality? We do.

We love it when you do things because you love us, like pick up the kids, do the laundry, or make dinner. When you do it because you love us. That's the key.

When you do it because you think doing it will get you something you want, we resent that. We don't like to be used for what you can get out of us.

We want to be loved, adored and appreciated for who we are. What you get out of us should be the icing, the bonus on the cake of our relationship, not a transactional affair with the warmth and charm of a pinned beetle collection.

I bet if you think back, you can find at least one scene in your life when the vending machine mentality tripped you up.

So, lose it. It's unhealthy for you. It's degrading for her (and you want to be the submissive, huh?).

Encouraging The Dominant In Your Wife

The best way to encourage the dominant in your wife or girlfriend is to be her submissive. It's really that simple, but so many men (even submissive men) fail at this in spectacular ways.

And I think I've figured out why.

Because some of what we might ask you to do seems to you to be you being dominant. And so you don't do it. So, because you want to avoid being dominant, you also end up being a crappy submissive.

Ever had this conversation?

Her: *What would you like for dinner.*

You: *I dunno. What do you want?*

Her: *I don't care. Just choose a place.*

You: *Well, I don't care either.*

Yeah. I know you have. It drives us crazy.

And do you know what a dominant asking your opinion expects?

Come on, this is easy.

That's right. We freaking expect your gawddamn opinion.

We don't care if you think it's too forward, or if you (heaven forbid) don't want to make a decision. It's not up to you. We asked. You answer.

It's so simple. And yet, somehow even the most subbiest of subs miss this.

Or, how about when you're out shopping, and she chooses a dress shirt for you in a deep purple—a color you would never wear.

What do you do?

Another easy one. That's right, you try it on. If she loves it, you buy that one.

No hesitation. No buts. You do it.

I can hear your thoughts now.

“But that's not real submission. Real submission is being naked in the house, scrubbing the bathroom floor on my hands and knees, getting spanked for not doing things correctly...”

No. That's not submission. That's sex games. At least in your head they are. You know what makes the difference?

Because that is the kind of submission you want.

It's the kind of submission that will fulfill your fantasy of what being a submissive or slave TRULY is.

If you want a dominant woman. Submit.

Let me give you a few positive examples.

Remember back in the chapter “Buttering Her Up”, I gave you some steps to take to think through the benefits to your lovely lady of becoming your dominant?

And I told you to start right away? Well, this is like that method on crack.

First, start with that method. Then add to your required tasks when she asks you

for something.

For example, let's say that in her column of the page, you wrote:

- Take over picking up Kimberly from school.
- Do dishes.
- Clean the house.
- Have daddy/daughter time one night per week, so wifey has girl time.

Ok, so you've gotten started. And things are going well. She's smiling more, and she's noticed that you are taking up some of the slack around the house.

Perfect!

So, today she mentions that the yard seems to be getting kind of long. You know it only needs to be cut every two weeks, and tomorrow will be one week since you cut it last.

Do you logically point that out?

Of course not. You simply make plans to mow the lawn. Tell her you've made plans, and make her happy.

That's what submission is.

But you want whips and chains, right? And kinky stuff, not household chores.

Again, do you really want a dominant, or do you just want a sexy play partner who will fulfill your fantasies?

Decide that now, before you do yourself or the woman you love (and possibly your children) harm.

Yes, It's Work.

And it will be hard. And you'll make mistakes. But if you want this thing, you CAN have it.

Patience & Positivity

Here's where we get sneaky. We are going to do some topping from the bottom here, all in the name of good for your relationship.

We're going to use the basic tenets of behavior management to train you (yes, you obviously need training too, or you wouldn't need to read this book) and your amazing goddess the ins and outs of a D/s relationship with her in the lead.

Four Principles of Positive Manipulation.

1. People repeat behaviors that are rewarding and avoid behaviors that are not.
2. You both already know everything you need to know about how to act.
3. Focus on what you want, not what you don't want.
4. Choose love and commitment over anger every time.

The principles are very simple. In fact, they are similar to the core foundation of animal training.

I train dogs, myself, and it's highly rewarding. The bond that grows between a trainer and her dog is deep and affectionate, when the training is done with love and patience, and never done in frustration and anger.

But, let's go through these tenets together.

People Repeat Behaviors That Are Rewarding And Avoid Behaviors That Are Not.

You want to be a submissive. Which means you want her to be dominant to you.

If she is not currently dominant, or not as dominant as you would like, it's because at some point in the past (perhaps many times), when she asserted herself, she got a negative reaction.

And I don't mean it was necessarily as negative as a backhand or anything like that.

It could have been as simple as asking you to take out the trash, and you putting it off so long it never got done.

Because when something like this happens, many women feel that they have two choices:

1. Ignore it and keep the peace.
2. Bring it up again and be seen as a nag.

So, a pattern of behavior on your part (or a previous boyfriend or from watching her parents) can lead to getting the exact opposite of what you want.

If you really truly want her to be in charge, you need to provide her with only positive reinforcement when she makes requests of you.

Eventually, those requests will become expectations, and expectations may then be forged into demands.

How?

Imagine that she usually says, “Honey, could you take out the garbage, please?”

You happily take out the garbage, immediately, or as soon as possible.

One night, she’s a bit frazzled and stressed, and instead she says, “Damn it, the garbage is full, and needs to go out now.”

You may suddenly feel like she’s being rude, but isn’t this what you want? Jump up, take it out, and playfully give her a big hug and a kiss (choose the appropriate time), and tell her how sexy she is when she yells at you.

It may embarrass her, but if you convince her you like it, she’ll try it again sometime. Watch for it, and respond positively.

So, you can see how your actions shape hers. But that means that you also need to consciously shape your own actions.

You want a dominant woman. You can’t afford to let resentment show when you are asked or told to do something you don’t want to do.

You are training yourself.

And sure, it may take time. However, if you also make an effort to enjoy the time together, and look for ways to serve and please her, while building your relationship bond, it’s worth the time, right?

Right.

You Both Already Know Everything You Need To Know About How To Act.

This is simple.

You know what to do. Submit. Stay calm. Love and adore and worship her.

She knows how to boss people around, even if she’s a sweet, shy woman. She’s done it before, even if it’s only while baby sitting.

You both just don’t know how to do it with each other.

That’s what this book is for.

Focus On What You Want, Not What You Don’t Want.

According to the law of attraction, what you focus on is what the universe will send you.

I think that’s a bunch of woo-woo silliness. The reason the idea has lasted so

long throughout human history, though, is because it is based on a kernel of very important truth.

What you focus on is what you will see more of.

Does that sound the same? It's not.

You see, those things are out there, and your brain filters them out, based on what you tell it you need right now.

If we were aware of every event, every sight, every sound or every person around us at every moment of our lives we would all go crazy. It's not possible to listen to every noise all at once.

Our minds filter out our surroundings of things that are not important in the moment. This filtering device is better known as our Reticular Activating System, or RAS.

Let's say you buy a new car that you never really considered before. You hadn't seen them on the road, but it seems just perfect for your needs. As you drive it off the lot, you begin to see the same make and model, even the same color, everywhere.

This is how our mind's filtering system works. It has a filter that filters out things that aren't important to us. When they become important, our RAS lets them through.

What I'm trying to tell you is that when you focus on certain things, they have a way of coming to the forefront of your reality, whether positive or negative.

If you focus on how much you love to serve, and how amazing and dominant your wife is, you will see those things and have the opportunity to reinforce them.

If you focus on how much of a burden it is to bring her around, and how much you resent her, you will see more of that, and lose the opportunities to get what you really want

Your RAS doesn't know any difference between good and bad focus. So be careful what you think about, and focus on what you want.

Choose Love And Commitment Over Anger Every Time.

In behavior shaping, there are two schools of thought.

One school suggests that positive and negative reinforcement is faster and more effective than just positive reinforcement.

It is. It's also more potentially dangerous. If it doesn't work, you've broken trust that you may never recover.

If it does work, you may have taken it to far and become a true dominant yourself, rather than the submissive you want to be.

The other school pooh-poohs the idea that negative reinforcement is necessary at all. They point to those who train killer whales at Sea World. Puny, edible humans can shape behaviors in killers of the sea entirely through positive reinforcements.

Even better, there is never any potential for harm.

Every choice is made by the individual because they want to make that choice, not because they are forced by fear or apprehension.

In training submissives, I choose the second approach. In fact, in all training, I choose the second approach, with one exception.

If there is a potential for danger or harm that I deem is great enough, I will use negative reinforcement.

It's like when a small child is playing near the pool. I would give negative reinforcement until the child is safely away, then positive reinforcement when she is ensconced playing happily elsewhere.

Otherwise, getting angry or frustrated is merely a block to effective training.

Now, you're being all sneaky here, so you have no control over your lady (and you don't want it, remember), so she may get upset or angry and yell at you.

That's fine. Take it. Do not yell back. Do not get angry in return. Love her. Accept her thoughts and feelings. Validate her.

And if she tells you to go jump off a cliff, do it.

Kidding!

But if she tells you to get out of her sight, do that. Say, "I'll be back in 3 hours, unless you call me first," and leave without getting upset.

You can blow up your friends' phones with text messages, if you'd like. But don't take it out on her.

And, let me just state for the record, this is good advice for any relationship style, even for male-led D/s relationships.

The person who wants to improve or mend a relationship is the one responsible for controlling their emotions, and showing their love.

You Have To Let Go

And here's a danger: These techniques do work well. They work very well. But once you get to a certain point, you have to let go, and just be.

There may be temptation to use your power to shape your lady into your perfect dominant. And she will love every moment, because you used only positive reinforcement.

But the thing is, then you are not the submissive, and you've built yourself a lie. A big, fat, puss-filled lie that is bound to burst in the most nasty way.

Don't do it.

Let her become her own dominant. Let her explore what she loves, and take you along for the ride. Don't hold on.

Don't become that mother with a 29 year-old who nursed until he was eight and still lives at home because mom does all the cooking, cleaning and he doesn't have to get a job.

Don't be that guy.

Do everything with love. Build a better life for BOTH of you, not just you, or you will find that the life you built is not what you wanted.

YOUR FIRST SCENE

It's finally here. Your first scene. She's agreed to try this with you. Hallelujah!

Negotiating The Scene

Set Limits, Time Is Important

Just as you wouldn't push a baby to run a marathon on a first step, you don't want to push your new domme into hours upon hours of demanding effort, where she probably feels every move will be scrutinized.

Make it for 1 hour, tops, and even that ONLY if you are taking the play very light, as in the previous mani-pedi example.

Make It Easy

When I say easy, I mean for her, of course. You know what you want. You've gone over this in your head dozens of times.

She is brand-spanking new to this, and not only has no idea what she's doing, but is probably super self-conscious.

Make your first scene a semi-formal service scene

Rand served MsJessamyn a meal by candlelight that he prepared, only eating after she gave him permission, and she had all she needed.

He cleaning up after, and drew her a bath to relax while he did the dishes.

He brought her a flute of champagne and some chocolate covered strawberries for dessert, while she was still in the tub.

A year later, they celebrated their anniversary with essentially the same plan, but he shaved her by her request, then after, she made him give her oral pleasure until she came, then she pegged him for both their pleasure.

What a difference a year makes!

You can see, though, how their first scene laid the foundation for the service Rand and MsJessamyn enjoy.

Plan something that you know you can pull off that's not too far from your everyday encounters.

A successful first scene will go a long way towards calming fears and nerves.

Bedroom Casual

I know you really, really want to see her in that get-up.

Unless you've done a lot of dressing up in sexy clothes in your relationship so far, though, let's not pile it all on tonight.

To learn to be a domme and look amazing all at once can be too much pressure. However, if she suggests it, by all means, go for it, and make her feel really freaking amazing.

You Will Probably Feel Silly (That's Ok)

It's your first time. You're bound to be awkward, and even feel a bit silly about it all.

First times are often endearing, despite the bizarre mistakes we make. It's the love and sincerity that add meaning to what we do and the experience.

After Care

Ahhh. Aftercare. You probably won't need too much at the end of your first scene. After all, if you follow my instructions, it should be a breeze, no matter how nervous you both are.

But, just in case. After all, some people do like to jump in the deep end. Let's discuss the basics.

What Is Aftercare?

Aftercare is all about that chemical high I've mentioned a few times, and how to stave off the sometimes horrible effects of a crash.

In very heavy impact scenes, aftercare might include getting wrapped up in a warm fuzzy blanket, first aid, and a bottle of water, along with some affection from your dominant.

More often, it will be about evening out your intimacy, re-establishing your relationship bond after the scene, and making sure you are both A-OK.

Cuddle

The best aftercare for a light scene is to cuddle and talk. Cuddling and physical closeness release oxytocin, which helps the love feelings rise, staving off a mood swing toward lethargy or depression.

LilBadAzz hates cuddling after a scene. Her boyfriend LBA_Jamez gives her multiple orgasms on command, and her high is so intense that her body feels like even a breeze can set her off again.

Instead of cuddling, they lay on their own sides of the bed, reaching out and simply laying hands on one another.

No movements, no sexy stuff.

They lay there until she comes out of her faraway place, and then they talk. That's what LBA_Jamez loves. That's what gives him what he needs after a scene. Discussing it with her, knowing where he did well and what he can do better. That is why he serves.

There is no one right way for everyone.

Talk About It: Like, Love, Hate, Meh

Communication is critical. After your first scene, either during aftercare or sometime else, discuss the evening.

What was successful? What needs practice? What rocked your world, and what just doesn't do it for you.

This gives you the chance to see things from your partner's perspective and to compromise on things that she may love that you didn't and vice-versa.

THE D/S “LIFESTYLE”

When we fantasize, we often go all out. Why imagine an hour of hot sex, when we can imagine it a part of every day?

Well, yeah. That’s fantasy. And it’s cool. Just know that it’s not the real thing, and the real thing is still pretty damn satisfying.

Keep Trying New Things

Just as in any relationship, getting into a rut can stale your enthusiasm for D/s. Worse, even if you’re happy and satisfied, if she gets bored, she may lose interest.

So, keep exploring together, trying new things.

Perhaps if your daily protocol is working, add something to mix it up.

Instead of staying in, why not go out to a club. Or meet a BDSM group?

Or stay in and search the interwebs for something you can try tonight.

Daily Protocol

Ah. The daily list or standing orders.

If you choose to use it, this is the daily set of tasks required for you by your dominant.

Lizbet requires Jack to wake her every morning with coffee. Playtime at night always begins with his collar on, and him kneeling on the floor in the bedroom.

This could be as simple as waking her yourself, instead of allowing the alarm to go off. Or warming up her car for her when the temperature is low.

It can be more complex, like always stripping when you get home, and wearing nothing except your collar and a few pre-approved items.

For a very strict set of protocols set by a male master for female slaves, take a peek at the 128 Basic Slave Rules

(<http://www.getdare.com/bbs/showthread.php?t=13732&highlight=Rules>).

A word of warning, many people find it a bit silly and overdone. I suspect the writer is primarily an internet wannabe, but I have no absolute proof.

That said, there might be some interesting ideas in there, and if nothing else, you and your domme may enjoy many laughs, reading them out loud to one another.

In any case, as with everything else, your protocols are yours alone. I suggest

you start with a few, then allow them to live and grow with you as you live and grow together.

When Should You Write Your D/S Contract?

It's up to you. Write it when you both feel comfortable.

D/S In The Real World - With Kids, Work, And Life

In fantasy land, it's easy to balance D/s, kids, work, family and friends.

In the real world, it's more complicated.

Creating specific nights that you play, or rituals with your kids that allow you to break away and have adult time for yourselves in the privacy of your bedroom.

If you wear a collar, and you have to have to work in a professional atmosphere, you may have protocols in place for taking your collar off when you leave the house for the office, putting it in your briefcase, and putting it back on when you leave the office for home or out with friends.

If you have rules in place about getting permission before eating, but you're dining with family or friends who are not in on your relationship, there are ways with a glance, a squeeze to the thigh, or a hand gesture to allow you to keep up your rituals without other people catching on.

Non-Stop Sex And Kinky Fun - Lol! As If.

So, I bet you understand that being beat can take a lot of energy.

Did you realize that topping/dominating also takes a lot of energy? It does.

Think about it, that's why you want to let go yourself, and not be in charge. To get that time when you don't have to make the decisions, and you can relax.

Especially when you're getting started, kinky fun time and sex sex sex won't be happening. It may eventually get there, if both of you really get into your roles, and you manage to balance your life with your needs.

However, as with anything else, even a 24/7 D/s relationship has it's high and it's lows. Be prepared. Love every minute that you have, and don't sweat the ones you don't.

Why It Should Be Fun For Both Of You

I can't stress this enough. If it's not fun for both of you, you won't keep it up.

WHAT GOES BUMP IN THE NIGHT - SOME ODDS AND ENDS

We're getting close to wrapping up, but there are so many things that just don't fit elsewhere in the book.

So, I'm going to do what any self-respecting writer would do, and just tack it all in here at the end.

Punishments And Funishments

Ah. Punishment. I bet visions of canings dance through your head, and you imagine that you'll get them as the result of an infraction, cleverly disguised as accidental...

Stop right there, buddy.

Never Confuse Them

They are not the same. And your beautiful, wonderous, amazing new domme will soon figure that out, if she hasn't already.

And you know what? You don't get something you want when you screw up. At least not when you really screw up.

Color outside the lines a bit the first few times giving a mani-pedi, and you might get a beating, for fun and as a reminder.

Do it after you should know better, and you're likely to get yourself a real punishment—something you don't actually enjoy.

Be Careful What You Wish For

Yeah, that's the chance you take when you give someone else control over you.

Sucks, doesn't it? Yeah. It does. But it's also transcending. It takes those fantasies of yours and turns them upside down, shaking them until change falls out of their pockets.

*So, you like to be paddled? Well, I like to have my car cleaned. With a toothbrush. *smiles* - NookieNotes*

Yeah, kneeling in raw grits while reciting your transgressions and apologizing profusely is one of my favorites. - Ms_MF

You think you'll be beat like a schoolboy? Not a chance. You'll write like a schoolboy, "I will not forget Mistress's coffee in the morning," 150 times.

By hand. In crayon. - Lizbet

It just makes real life so much better, because you get the funishment and the punishment, and all is right in your subby little world.

Mistakes Vs. Willful Disobedience

I say to you, women are not dumb. I know you don't really think that, right? At least your woman is not stupid, I bet. She is all that is good and wonderful, and...

Well, I'm sure we all get it.

So, if she's not stupid, why do you think she'll fall for that intentional mistake? Sure, sometimes we may let you get away with it.

Or, we may be letting you hang yourself. You never know.

So, unless you are intentionally being bratty, because that's your thing (and she enjoys that), don't do it. Remember, this is about pleasing her, and if you do that, you'll get what you want.

She may love that you're being bratty, if that's her thing, too. But check with her about it.

Never Punish When You're Upset

For the ladies.

Never, ever punish when you're upset. It results in over-punishment, the wrong lessons being learned, and a loss of control that you want to avoid as a dominant.

You are in charge. You are in control. If you are angry or upset, feel free to stop a scene and walk away to calm down. When you are sufficiently calm, determine the punishment, and mete it out.

Timing

There are three primary ways to punish on a schedule.

Punish Immediately. When she sees an infraction, she punishes it. She lets you know immediately what is wrong, and that she does not approve.

Schedule Punishment. She may see something that deserves a punishment, but will punish you later. Some dommes will tell you, give you a look, or send a signal (for example, when you are in public), and others will keep it to themselves.

Maintenance. In addition to pre-planned punishments, you may get a certain amount of punishment each week, just to cover minor infractions and assert

dominance.

What she chooses is entirely a matter of her style as a domme and what you respond to best.

I have had men tell me that they wish the transgression and punishment were closer together, while others seem to enjoy the delicious anticipation of knowing there is a punishment coming.

When It's Not All Fun & Games

It's not all sexy lingerie and come-hither looks, unfortunately.

I Feel Silly, Oh So Silly!

No matter how awesome you and your lady are, or how good you get at the whole D/s thing, you are going to find yourself in situations where things go just slightly left of intentions.

You may fart. She may fart. You may lose your balance, she may miss your ass and get your balls, causing a lady-like shriek.

Whatever happens, there will be time in D/s that things will just feel vaguely silly.

You know what? It happens to all of us. Laugh, if you need to. Sometimes it helps.

Other times it's best to just carry on. You can laugh about it later, the two of you.

Most of all, realize we're all human, with flesh and bones. It will happen. Don't let it get you down, and don't let it stop you trying that new position.

It's Not All Fun And Games

D/s is fun. It's also deeply intimate, and baring to the soul.

That means a simple misunderstanding can leave scars that are not easily mended.

Again, I reiterate, you are two real people, no matter your roles. She cannot always be your perfectly in-charge domme, and you will not always want to follow her lead.

It can get dark and scary.

The best thing to do when these things happen is love each other strongly, accept each other (and yourselves), and make sure to keep the lines of...

Communication

Open. Communication will be your touchstone. Your realness in a world of possibilities and maybes.

You will speak the truth with each at least about this aspect of your relationship, and you will not judge.

This. If you only do this, will get you farther than all the beatings in the world.

Of course, sometimes a beating is a pretty damned effective method of communication.

It Takes A Village

So, most of the BDSMers I know are part of local groups.

Which makes sense. Most of the BDSMers I know because of local groups.

Those who simply keep it all to themselves and only play in the privacy of their own homes, are not as easy to meet.

Finding Like Minds

There are several social networks and websites devoted to meeting people into what you're into and sharing thoughts and ideas.

Here are a few:

<http://fetlife.com>

<http://bdsmfriendbook.com>

<http://collarspace.com>

<http://alt.com>

<http://twitter.com> (of course, not BDSM-specific, but there is a large community of twitterers who tweet about events, news and such related to the kink and sex-positive community)

In many of those sites, you can search groups that are focused on what you're into, do research, ask for help, and find local people in your area.

Talking Online

There are many opinions about online versus real life. Because it's so easy for someone to present themselves as other than they are online, many local groups will require that you meet in public places the first few times you join them, so they can get to know you before inviting you to an event.

On the other hand, it's easy to develop friendships and even relationships online quickly, because all that in-person stuff doesn't get in the way.

I know of what I speak. My ex-boyfriend (dominant) and I met online in

2008. We were states apart.

We spoke online for 6 months before meeting in person, and we lived together for 4 1/2 years.

Online gave us the chance to really get to know each other without the physical interfering, but then again, we were both single at the time, and looking, so be careful not to get sucked in, if you're just looking for friends.

Your First Munch

A munch is a get-together of the kinky folk in a public, usually vanilla (non-kink) place.

It's relaxed and fun. Restaurants are often chosen, as people can eat and chat after work. Our local groups also do coffee, bowling, karaoke, water park, and circus meets, among other things.

It's like a big family.

And that can be pretty intimidating the first time you attend. Here's 10, 20, 30 or more people who know each other and the two of you.

Still, it's worth it. It's not high-pressure, and you get a chance to meet people in a more "normal" situation before seeing them disrobe for a beating at a play party.

It also give you a chance to learn about other peoples' dynamics and how they do things.

Finding A Mentor

If you are really into WIITWD, then you may want to find a mentor.

Women may mentor men and vice versa. Submissives can mentor doms or vice versa there as well. The important thing is that you be a good fit with your goals and philosophies.

Look to your local groups after you've met some people and had a chance to see them in action, or to really talk to them about their own dynamics and preferences.

You could also have an online/chat mentor, but it would be harder to learn specific techniques.

When You Prefer Your Privacy

Let's say you don't want to share this thing you have with anyone.

Don't. That's cool, too.

Or, if you're just worried about it getting out in your town, you can visit clubs and events when traveling to other cities.

There is no right way.

Keeping It At Home

Whether you go out into the wide world or stay in the privacy of your house, do make use of the internet and social media sites to keep growing your understanding of yourself and your relationship.

BLAH, BLAH, BLAH. YADDA, YADDA.

I still need to shove a few dry and boring things into this text, so I'm going to do it here.

It won't be fun, and you might be tempted to skip it, but I suggest reading it through, just so you know some of what there is to watch out for.

A Few Boring Words About Day-To-Day Health & Safety

This is going to be a pretty basic list, but one I think needs to be said. If you want to know, do a bit of searching the webs and educate yourself.

Now, at least, you know what to look for:

- Stay away from pthalates in your sex toys. It's been linked to cancer in studies, and some people are sensitive to it. Many upscale sex toy manufacturers have banned them.
- Leaving a penis ring on too long can cause "penile strangulation."
- When using toys in the back door, make sure they have a flared base, because they CAN get sucked up there and get lost.
- Speaking of back door, if you enjoy ass play, be careful of where your mouth, fingers, or toy goes next. Transferring bacteria to the va-jay-jay, eyes or mouth can be troublesome (can you say, 'pink eye?').
- Be careful if you enjoy using very large toys or fisting. Don't just shove it in there. Especially in the anus. It can cause tearing, where bacteria can enter your bloodstream, and too much large-toy play back there can lead to diapers as you age.
- Consider glass and other non-porus toys, so that you can sterilize them after play.
- Ask the sales person which lube is best for use with your toys. Some lubes may interact unpleasantly with certain toy materials.

More Boring Words About D/S Physical Safety

What you plan to do can help you determine what types of physical safety you need to take into account.

I'm going to make the assumptions here that you understand safe sex and that you already gotten past this with your lovely lady.

But there are certain things to keep in mind as you plan a bondage scene (for example), or some heavy impact. Here are a few jumping off points:

- Skin allergies
- Other allergies
- Asthma
- Heart conditions
- Joint pain
- Taking medications
- When you last ate
- Alcohol or drugs (including caffeine)
- Past surgeries
- Epilepsy
- Pain tolerance

Emotional Safety In D/S Relationships

Again, you probably know your wife or girlfriend well, but both of you are making changes here, and you never know what exactly might come up and bite you in the ass (in a Bad Pain way), if you ignore things in the exciteable flight towards your fantasy of service.

And it's not just you. It's her as well.

I have a friend I've known for well over two decades, and who I adore.

One night at a local party, he consented to get up on the cross for me to flog him. I didn't even get hard enough to leave anything beyond some reddening, and he certainly enjoyed himself.

However, when he left the dungeon area, he found his partner visibly upset. Since they are not a monogamous couple, he was confused and a bit hurt.

Eventually, it came out that his partner had been beat with a belt when young, and it brought back extremely painful memories. It was completely unexpected.

Emotional safety is a concern for everyone involved. Not just the submissive.

So, take some time to discuss and consider how various issues from your past may affect you and she in the plans you make together.

- Past trauma
- Phobias
- Anxiety
- Trust issues
- Need for reassurance
- Triggers

Both physical and emotional safety conversations should happen before engaging in BDSM activities, even if your partner already knows about them. Why? Because you and she may not realize how a medical condition can affect your play until you really think it through and possibly research it.

It's OKAY to say, "I need time to think about this." It is OKAY to say, "I need time to do some research about this potential risk."

CONCLUSION

As the great wabbit often said, “Eh, that’s all, folks!”

I’ve had a wonderful time sharing these thoughts with you, and writing this book. I hope that you enjoyed reading, and listening to the bonus audios.

Most of all, of course, I wish you all of the best in creating that amazing life that you envision in your head.

If you have any questions at all, you can reach out to me at: msnandrg@houseofgreed.com

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She's In Control

by MsNN

Published through House of Greed
2nd edition

*Dedicated with great love and affection to my Pet,
my submissive, my slut, my sweetness, my beast, my satyr, my my whore, and my
Golden God.*

All of whom are the same man.

Thank you for allowing me the honor of owning you.

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