

# Uniquely Rika

*A Practical, No-Nonsense Approach to a  
Fulfilling Female-Led, Service-Oriented  
Dominance and Submission-Based  
Relationship*

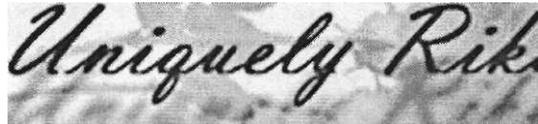
Ms. Rika

# **Uniquely Rika**

A practical, no-nonsense approach to  
a fulfilling female-led, service-  
oriented, Dominance/submission-  
based relationship

*"To my loving husband, with thanks, for giving me the gift of his devotion, friendship, and service. " - Rika.*

Special thanks go to Karen Higgins, whose creativity, generosity, and good taste are evident throughout the Uniquely Rika website. Thank you for being my editor, designer, and friend.



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*"The only ones among you who will be really happy are those who have sought and found how to serve." - Albert Schweitzer*

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Uniquely Rika

## **Introduction**

The fact that you've picked up this book - and have begun to read it from the beginning - indicates that female Dominance and male submission (D/s) is a topic in which you, and/or your partner, have a fairly deep interest. It also indicates you are not interested in pure titillation, or you would have thumbed through its pages, seen that there were no pictures or detailed 'Penthouse-letters', and put the book down.

This book provides a no-nonsense, practical approach to introducing and maintaining a complex, often-misunderstood dynamic to your relationships. The desire for D/s (Dominance and submission) is deeply rooted and often all encompassing. When successfully embodied in a healthy relationship, it is thoroughly enjoyable and can be for some, the ultimate dynamic!

Not surprisingly, many couples have attempted to establish working D/s relationships. Surprisingly, most fail in the long run. Why should this be? What is it about the approaches couples commonly take that make long-termed fulfillment so hard to maintain? Why do we often hear that one partner, or both, has become unsatisfied, uninterested, or even resentful?

### **Why did I write this book?**

My D/s life has been successful for over 20 years, because I arrived at an approach to the D/s Dynamic that my husband and I have found to be enjoyable, fulfilling, and for us, unbeatable! I've been able to share the techniques and approaches with some very select friends and with many others on the web, and have watched it work beautifully for them as well. It is with their encouragement that I write this book. In addition, when I started to explore D/s, there was no one to teach me this approach. I've personally experienced many of the failures we'll analyze. By writing this book, I hope to convey what I've learned from my experiences so that you will be able to avoid the pitfalls and attain D/s-happiness faster.

I've also been frustrated by how few legitimate resources there are on D/s and, in particular, how many of those that are available are structured to sell to the male-centric 'turn your wife into a leather, whip-toting

dominatrix' fantasy that I, like so many women, find oppressive. I've created this book for the realist.. perhaps one who has already experienced some failed attempts at D/s and who would like to introduce a successful D/s Dynamic to their relationship in a way that's agreeable to both partners.

This book covers Service-Oriented Dominance & submission. There is an important distinction between Dominance and submission (D/s) and Sadomasochism (S&M): Whereas S&M deals primarily with inflicting pain, D/s deals with an agreed upon exchange of power; where one partner agrees to give control to the other. In particular, with *Service-Oriented D/s*, one partner gives himself in service to the other, focusing on her wants, needs, and desires. This is the approach this book addresses.

I should also note: I've written this from the female dominant / male submissive perspective. This is what I know best, as it is my lifestyle. Whether the same approach will work in male dominant, male/male or female/female relationships, I have no frame of reference to support, though I expect it should. Interpret the information within according to your needs.

### **How does this approach differ from the others?**

Well, for one thing..this approach works.. long term. It does so, because it's based on very practical concepts that are natural extensions to the more traditional relationships we grew up imagining. It's more a way of life than a game to be played. It addresses the need for a power exchange without losing the underlying drive present in all healthy relationships; to give and feel the love and respect of your partner. Following this approach, neither of you are 'play acting' roles. You remain yourselves. It is designed for life.

Service-oriented D/s is rooted in the desire to please; not in Gestapo tactics and psychological dependence. The 'submissive' partner does not need to be a subjugated, weak-kneed, mindless object for long-term success. In fact, it only works if he isn't! A woman does not need to 'trick' a man into serving, or blackmail him, or hypnotize him, or break down his will, or any of the other 'techniques' you may read about. Instead, it starts with a very simple, but highly effective communication.

He voluntarily and openly commits himself to serve the needs of the dominant partner.. .and by accepting, she fulfills his need to serve. Where things go from there will vary from relationship to relationship depending on the mutual desires and unique personalities of the partners.

In this book, we will delve into this starting point - the communication and commitment of '*intent to serve*'. We will discuss why some approaches to establishing D/s relationships fail...and why this one will succeed. I will share the basic tenets of the approach and we'll explore the immutable logic and laws of common sense that will govern where you and your partner mutually take your unique relationship. You will be able to view 'Dominance and submission' as a layer on top of your existing relationship. There will be no confusion surrounding being 'in or out' of character because you're never in character; D/s extends you, it does not replace you. You will never need to be anyone else other than yourself. We will explore the separation of fantasy and service.. .of playtime and real time. Once we've established the appropriate context for 'scenes', I will share some of my favorite activities. You will understand the difference between gifts and rewards - and recognize the pitfalls of rewards. I will take you through several real-life examples of successes.. .and of failures. Lastly, I will provide some resources and references to help you go further in your exploration.

No one can provide a cookbook for your relationship. Alone, you and your partner each have your own needs, likes, and desires. Together, your relationship will require its own unique success formula. No one recipe can work for all. I will, however, provide a basic understanding of how these mysterious ingredients work together. I will show you combinations many people find 'delicious'; for you to try if you like. You'll certainly have enough of a foundation to invent your own dishes. When you've completed this book, you and your partner will have enough knowledge and confidence to enjoy this wonderful journey of discovery together.

I wish you the greatest luck and joy on this adventure!

Love,  
- Rika.

## D/s Questionnaire

The following questionnaire is designed to give you a snapshot of the types of activities you may enjoy and to start you thinking about D/s (even if you're already thinking about it). You will fill in the questionnaire twice: Once now, to give you a 'Before reading the book' baseline, and again, at the end of the book, to give you an 'After' snapshot. Be as honest as you can and don't worry about getting answers right. There are no 'right' or 'wrong' answers. There is no scoring system. The comparison of your before and after answers may well be enlightening. I've provided a chart to help you keep track of your answers. It can be found on the page following the questions.

Start now, recording your answers in the 'Before' column on the chart. This will establish your baseline. Towards the end of the book, I will suggest you answer the questions again, putting your answers in the 'After' column. Your new answers may surprise you! Once you've filled your answers twice, take a look at the first appendix where I have provided my answers (no cheating - wait until you've read the book and filled in the questionnaire the second time!). You can write my answers into the final column. My answers are no more 'correct' than yours are. They are simply my opinions, likes, and desires. Compare yours to mine if you like!

Sharpen your pencils.. here we go!

**I have fantasies of men at the beck and call of women**

- a. Often
- b. Occasionally
- c. Never

**I would prefer a good full-body massage to an orgasm**

- a. Most of the time
- b. Some of the time
- c. Never

**I feel the use of limits and safe words are an important feature of a D/s relationship**

- a. Agree
- b. Disagree
- c. True during playtime

**The dominant partner should be in control of the submissive partner's sexual release**

- a. 24 hours a day / 7 days a week / 52 weeks a year
- b. Whenever we're playing
- c. Never, he should be free to orgasm whenever he wants

**Situations where a woman is orally pleased by a man who is compelled to act is a huge turn on and increases satisfaction of both partners**

- a. Strongly Agree
- b. Agree Somewhat
- c. Disagree

**I think I would enjoy, as a form of playful torture (check all/any that apply):**

- a. Whips
- b. Nipple clamps
- c. Wax
- d. Electric Current
- e. Teasing
- f. Denial
- g. Hunger / Thirst
- h. Strict bondage
- i. Tickling
- j. None of the above

7. **The submissive partner should be financially dependent**
  - a. Agree
  - b. Only on an allowance that the dominant partner controls
  - c. Disagree
8. **A woman being pleasured orally by a man who has been denied his own orgasm is a turn-on and a strong fantasy I'd like to fulfill**
  - a. Strongly Agree
  - b. Somewhat Agree
  - c. Makes no difference
  - d. Disagree, it's really a turn-off
9. **It is ok for a dominant woman to limit what she requests of her partner by concern over his reaction and feelings towards the request**
  - a. Agree Always
  - b. Agree Sometimes
  - c. Disagree
10. **A woman can tell how well she's executing her role as a dominant by gauging the submissive partner's reactions**
  - a. Agree Always
  - b. Agree Sometimes
  - c. Disagree
11. **If a man does not react quickly to a request, is moody, or sluggish in his response, the dominant partner should**
  - a. Ask him more nicely and less demanding
  - b. Find a way to snap him back into a submissive mood
  - c. Become adamant, but do it herself
  - d. Become adamant and insist on his obeisance
  - e. Punish him
12. **If the submissive partner has achieved some pre-set goal and has earned an orgasm, the dominant partner should**
  - a. Give it to him - he earned it and to deny him would reduce his enthusiasm to reach goals in the future
  - b. Sometimes deny him anyway just to prove who's boss
  - c. I do not believe in rewards for pre-set goals

- 13. One should view a submissive partner as a real person with real feelings and opinions**
- Always
  - Sometimes it may be enjoyable to treat him more as an object with no feelings or opinions that matter
  - Never, he should always be considered an object
- 14. If a dominant partner should need to seriously punish her partner, a good punishment is**
- Whip / cane him
  - Make him sit in the corner
  - Do not allow him to serve her
  - Make him go without orgasm for a long time
- 15. There is increased pleasure if a submissive man is uncomfortable or having difficulty performing as a result of some predicament his partner created for him**
- Agree Strongly
  - Agree Somewhat
  - Disagree
- 16. A submissive partner has the right to challenge his partner**
- Agree Strongly
  - Agree Somewhat
  - Disagree
- 17. It is possible for a woman to love her partner, yet still want to humiliate him or make him suffer**
- Agree Strongly
  - Agree Somewhat
  - Disagree
- 18. Making a man perform an act he doesn't really enjoy, adds to the pleasure of both partners**
- Agree strongly
  - Agree Somewhat
  - Disagree
- 19. It is most exciting for a woman to be sexually served**
- After her partner has had his orgasm
  - Before her partner has his orgasm
  - After she told her partner he will not get an orgasm
  - Knowing she is going to deny him his orgasm, but he doesn't know it yet

**20. The greatest turn-on in tying up a submissive partner is**

- a. Seeing him helpless, completely at his partner's mercy, knowing he cannot stop her from putting him through whatever she chooses
- b. The woman is free to fuel his desire for her, knowing he can not fulfill those desires without her allowing it
- c. The mental power trip of leaving him in an increasingly uncomfortable predicament until she decides to release him
- d. I do not really like men in such a helpless state.. .but it's ok for her to do it if he likes it and she likes his reaction

**21. A submissive should ask his partner's permission to**

- a. Do something that is not a result of an order she has given him
- b. Do something in his own interest, but he need not ask if he truly has only her interests in mind
- c. Do something in the context of a game they're playing
- d. Never. Men should not need to ask permission unless directed to do so

**22. If a submissive partner indicates discomfort or pain as a result of a predicament or treatment the woman is applying, and she determines he is in no danger of harm, she should**

- a. Feel sorry for him and stop the predicament
- b. Adjust the treatment to reduce his discomfort
- c. Continue as before, ignoring his comments
- d. Increase the treatment, making him beg her to stop

**Questionnaire Answer Sheet**

Use the following chart to record your answers. Use the column marked, "Before" if you're answering before reading the book. Use the second column when prompted to answer the questionnaire again, later in the book. The third column is provided to let you fill in my answers (from Appendix A), so you have them all in the same place and you can determine what, if any, influence the book had on your opinions. Enjoy!

| Question Number | Before | After | Rika's Answers |
|-----------------|--------|-------|----------------|
| 1               |        |       |                |
| 2               |        |       |                |
| 3               |        |       |                |
| 4               |        |       |                |
| 5               |        |       |                |
| 6               |        |       |                |
| 7               |        |       |                |
| 8               |        |       |                |
| 9               |        |       |                |
| 10              |        |       |                |
| 11              |        |       |                |
| 12              |        |       |                |
| 13              |        |       |                |
| 14              |        |       |                |
| 15              |        |       |                |
| 16              |        |       |                |
| 17              |        |       |                |
| 18              |        |       |                |
| 19              |        |       |                |
| 20              |        |       |                |
| 21              |        |       |                |
| 22              |        |       |                |

Introduction

Uniquely Rika

# I

## **Service-Oriented Dominance and Submission**

## Chapter 1 - Why Are You Here?

How did you end up investigating D/s? Are you an otherwise 'vanilla' woman whose husband approached you with this insane idea of submitting to you? Are you a submissive man who's tried time and again to get his wife to dominate him? Or, are you an adventurous couple who have heard about this D/s thing, maybe even played around with some 'kinky stuff, and now think its right for you, longer term? The reasons you may end up here are numerous. Whatever the reasons, however, here we are. There's no denying it.

No matter how many people I talk to, it always fascinates me how different men and women are - particularly with their views of sex and, by extension, D/s. One key to the success of my D/s approach is being able to take a common sense look at what your partner is seeing. This is critical in understanding where they're coming from. In particular, being able to differentiate between what they're asking for, what they want, and what they really need. While these three things may seem to be identical, they are usually vastly different.

There is a great deal of literature dealing with power exchanges between couples. Much of this literature is written by men, for men. Much of it falls into the realm of Sadism & Masochism (S&M), where the infliction of pain is of primary focus. S&M imagery is carried through pornography and sex-media directly into our minds and fantasies. For better or worse (you will see, I feel its for the worse), we are influenced by this imagery whenever we think about power exchange and relationships that overtly deal with Dominance and submission. D/s need not be about pain, rather about a power exchange between two people, where one agrees to turn over control to the other. You will see that avoiding the S&M stereotypes is key to achieving a strong D/s Dynamic.

We're going to start by taking a look at some initial interactions; some of which you may have experienced already and all of which fail miserably.

### ***The male-initiated approach to failure:***

It is most common for men to initiate the foray into D/s, so let's take a man-initiating scenario first. I have found this particular scenario to be

by far the most common I've come across. See if it matches any of your experiences.

The man confronts his wife or girlfriend with this great idea. He's excited, nervous, he may be even sweating. In his mind he's built up this moment for some time. He's weighed the possibilities of outcome, maybe for months! He's going to ask her to *dominate* him. He's afraid of her reaction.. .afraid of rejection.. .and, even though he finds the idea that she may belittle him a bit exciting, the reality of uncontrolled embarrassment is a bit much to handle. Still, he gets physically and emotionally excited just thinking about it. In short, this is a big deal for him.

He's had the need to mitigate his risks; he'd prefer it to be her idea.. .eliminating the chance of ridicule and rejection. Therefore, he's already taken one or more precautions over the past few days, months, even years. He may have deliberately lost a bet (or took one he knew he couldn't win) to give his partner the upper hand unknowingly. Or, perhaps he's been doing a bit more housework lately - kind of serving on the sly - what is termed, 'stealth submission'. Or, maybe he's suggested she be his slave for a weekend and then swapped it the next weekend. His strategy is based on a hope that she'll get a taste of this dominance thing, fall head over heels for it, and then demand it of him full time. Interesting strategy.. .fails 99 out of 100 times.. .but hey, he tried.

### Offering up a 'slave'

So now, he's gotten up the nerve to approach her about it straight out. In his mind, he's going to become for her, what *every woman could ever want: A SLA VEX* "Wow. Just think about all the things that *she 'll be able to do to him*! Just *imagine* how she'll be able to rule over his every movement, control him at every turn, and make him do everything she wants! *Who wouldn't like thatV.T* - Can you see where this is going?

Now he approaches his partner. She can tell he's excited.. .there's something really important he's bringing to her. She listens intently.. .and the words start coming.. ."I want to be your.. .*slave*, blah, blah, blah, *mistress*, blah, blah, blah, *dominant*, blah, blah, blah, *submission*.'" If he's really gung-ho, she'll get the 'privilege' of learning

all that she can do with him! "I will *kiss your feet*, blah, blah, *request permission to speak*, blah, blah, *call you mistress*, blah, blah, *obey your every command*...on and on.

You can bet the last words she hears clearly are 'I want to be your'.. .and then everything else is a blur.

The image of the leather-clad, whip wielding bitch, towering over a bound, naked man as he licks clean the stiletto heels of her thigh-high boots is almost exclusively a male fantasy. It is also, unfortunately, the image most 'vanilla' people think about when they hear the words 'Dominance'and'submission'. So, what is she to think? Do you think this is what she really wants? Do you think she sees his offer as something that benefits her? *Chances are excellent she has never* considered this the image of the man she loves, perhaps married. Do you think he is even considering what she's thinking? Maybe, if she's open and adventurous, she can see this temporarily - in play - but full-time: 24/7/365? I'd bet not. In fact, if this is what she really wanted, she'd probably have already gotten it!

So, his approach is already way off base. The things he's describing as advantages aren't even remotely close to what she equates as things she would like. Without having to consciously acknowledge it, she already knows this fantasy is not about her and her needs; it's about him. This is a request (perhaps another of many) for his fantasy fulfillment.

### **Let's just try it**

Let's assume she doesn't tell him where he can put this suggestion, or just get scared off by his request and the imagery it conjures, and chooses to go along with it. Maybe she's feeling particularly generous or maybe she's just in a playful mood. Maybe she doesn't realize what 24/7/365 means to him. Maybe, during those 'trial' periods, she saw how much he loved being in the slave role, liked his reaction, and decided to give it to him for a time being. Maybe, she accepts his offer.

Now the trouble begins.. .she starts to take on the role of the dominatrix and he starts to revel in the role of the slave. He sees this as a dream come true; she sees it as a favor she's doing for him. She does a good job of playing the role - maybe she gets dressed up and starts to act like

what she thinks a dominatrix acts like. He likes this and reacts...really, really excitedly. His attention is multiplied; he's focused on her every word... Of course, she internally knows he's not really focused on *her* words...he's focused on the words of the *dominatrix she's playing*.

Sooner or later, she stops playing...you can't play a role forever - even if you wanted to. He recognizes it immediately and reacts. He takes away his attention, tells her she's not dominating him 'properly', and admonishes her for losing interest. His reaction is really punishment. She grows quickly to resent him...after all, she gave him a gift, and now he's criticizing her for not giving him more. The situation spirals and dies, leaving everyone unhappy.

I'll bet this scenario sounds familiar to many of you.

### ***The female-initiated approach to failure:***

There's an abundance of literature and web sites related to techniques for women to 'enslave' their men. My guess is they are written by men for men...or written by clever women who will capitalize on the male fantasy to make some money. These 'instructions' advise a woman to either trick or manipulate a man into becoming her slave. There's the 'Control him with sex' school, the 'Blackmail him into submission' school, the 'Condition him like Pavlov's dogs' school, and even the 'Sissify him into slavery' school! All of these are titillating male-fantasy fodder. Ok...it is just my opinion, but consider this: The submissive man's ultimate fantasy is to be trapped, without option, into serving a woman they find desirable (until he actually is for some period of time). Anytime he is made to be out of control it feeds that fantasy. These techniques have a chance to work short term, mostly because they feed the fantasy, but what happens long term? What happens when he's fulfilled the fantasy, had a couple of orgasms under the terms of the fantasy, and really would like to go out and play some golf?

Let's discuss these techniques individually.

### **Bad Technique 1: Control him with sex**

First, the most popular of the techniques: Enslaving a man through sex. Here, the woman takes control of the couple's sexual timing, restricting when, and if, a man has an orgasm *as a means to 'enslave him'*. She

may also choose to control the type of sex, saving things he enjoys as rewards. This can be done with, or without, physical devices such as chastity devices (yes, they have them for guys too).

**Note:** I manipulate and control sex with my partner and I enjoy it immensely. I do not, however, believe in sexual control and manipulation *as a means* to controlling a man's submission or service to me. This chapter focuses on popular beliefs regarding techniques used as a means to control / create a submissive partner.

The obvious limitation to non-device techniques is that the man is free to fulfill his needs elsewhere, whether alone or with another partner. If orgasm control is the only control, he can take control 'into his own hands' - at any time.

The response to this freedom, is to make the sex so enjoyable and to his liking, that he would never want to stray - since it's so perfect at home.. .and, since he'll only get it that way when he's a 'good boy', he is 'enslaved' by his desire. Ummmm.... No. It will become obvious as you read in this book that this will fail.. .and fail miserably. Why? Since the woman would have to make the reward good enough to warrant the good behavior, the onus falls on her - supposedly the dominant partner, to decipher whatever he wants and needs sexually and to figure out a way to give it to him! Not very dominant, is it? By the way, what a man wants sexually - particularly with respect to D/s scenarios - will always escalate; what used to turn them on isn't enough after a while and they start to look for diversity and increased stimulation. That ultimate sex target changes from time to time and mood to mood.. .so the woman will have to keep up on the latest trends! Hey.. .who's dominating whom?

So, the next answer is a physical device; a chastity device. They come in different styles and levels of seriousness. Some are full belts and others are cages that attach around the penis and scrotum. Some are designed to be worn full time, some only during scenarios. Some are even made of plastic, with plastic locks, so they can pass through metal detectors at airports. They have a number of negative points, like cleanliness, comfort, and security and there are usually trade-offs on these in the designs. Ultimately, they can make unauthorized sex difficult, if not impossible. I will be discussing chastity devices in greater detail later in

the book, but now, let's focus on the pitfalls of physically controlling sex as means to enslave a man.

The concept of physically forcing a man to comply has interesting ramifications. Here the woman literally 'holds the key' to a device which physically prohibits a man from having sex. Some devices even prevent so much as an erection. He is forced to wait until she deems it appropriate for him to get sexual relief. On the surface, this seems to be a perfect situation: He cannot stray and cannot find relief without her. He is totally dependent on his partner for any sexual gratification and completely at her mercy. He'll be the perfect partner, kind, doting, and will certainly do anything she tells him, after all, he knows he better not make her mad or displeased, or she'll make his life a living hell!

So what is the problem? Actually, there are a couple of them. First, the use of physical control eliminates the man's responsibility. He doesn't submit to her because he wants/needs to, he does it because he HAS to. Initially, he may be very happy 'having' to submit, but assuming the woman has a mind of her own and isn't going to be catering to the guy's every need, there will come a time when he would rather not be captive. At this point, she is forcing him to do something he really doesn't want to...and he will resent it. It's an interesting problem...when things are going well, *he submits to the device*, but when things go bad, *he resents the dominant partner*. Either way, it's not great to be the dominant partner in this type of arrangement.

Consider: Who really has ultimate control? Yes, she has the key...but, while it is unlikely he will go outside to have it removed without the key, it is possible. It is *his choice*. What about the times when the device comes off? What do you do then? How do you assure he gets back into it? In the fantasy version, the woman binds the man, ties him down for the purpose of removing the cage, has sex with him while he's bound, then puts the device back on before releasing him. In reality, that's a lot of work for the dominant partner and is this really the kind of sex she wants? Personally, I don't want to always have sex with a man who can't use his hands! He's got two good hands to please me...I say, let him!

My final thought on this matter is its basic premise. The success of controlling a man with sex is totally based on **his** sex drive. Only he knows his real sex drive. His mind can control it (to some degree). He can act as if it doesn't matter to him whether he orgasms or not. Or, he may become particularly non-submissive for days after you allow him to have a climax! Then, maybe as his libido starts to come around again, he'll submit again.. .submitting to obtain orgasm; playing the game and potentially gaming the system. This technique is fraught with pitfalls.

### **Bad Technique 2: Blackmail him into slavery**

This is another technique often brought up in men's fantasies. Here, a woman who desires a man as a slave, records him in some compromising position, or obtains other such sufficient material as to force him to do her bidding (like finding his stash of female-dominant magazines - a very popular fantasy). He is at her mercy in fear of disclosure / exposure, which would ruin his life.

Here again, we find several flaws which prohibit long-term relationships.

Again, the man is not responsible for his submission.. .the onus of responsibility falls on the dominant partner. Because of this, she must make sure he never becomes so uncomfortable that he prefers the consequences of the blackmail to her service. She must assure the safety of the information she has obtained and holds. She must make sure he does not get collateral information on her - which he could use to counter-blackmail her. She also must assure nothing bad happens to her 'by accident' - blackmailing someone puts your own safety at risk.

Secondly, let's consider the practicality of the consequences of blackmail. If a woman wants to enslave her husband, can she really follow through on a threat to ruin his reputation or 'out him' to his family? Since the underlying relationship is one of husband and wife, ruining his ability to earn a living, show his face in public, or attend family events directly impacts **her** life. Could such a threat be perceived as anything short of empty? Such a technique could only work on someone about whom she doesn't care. The underlying relationship can only be that of an acquaintance. Not very useful for the long-term relationships we're trying to foster.

### **Bad Technique 3: Conditioned Response**

I promise not to dive into a long dissertation on Pavlovian theories! In a nutshell, Pavlov believed that when you repeatedly associate a non-specific stimulus (like a bell) with another stimulus that normally evokes a specific response (like the sight of food - which stimulates the salivary glands), the subject will begin to react to the non-specific stimulus just as it would the specific one (the salivary glands are stimulated by the sound of the bell, even if food is not in sight).

We are all animals, and we all react to conditioned response. The Pavlovian theories are proven true. However, are they truly applicable to something as complex as a relationship onto which Dominance and submission are layered? I think not.

I have heard the story of the man whose wife subtly would make sure her hair was in his face whenever he had an orgasm. Within several months he would get an erection just by smelling her hair and within a year, could not get an erection without the smell of his wife's hair. She then withheld her hair from him, explaining to him how dependent he was on her and he became her slave. Seems a little contrived, no?

Still, the fantasy is a common one; the artificial creation of a fetish: The man is repeatedly sexually stimulated while performing meaningless or degrading tasks until he is so conditioned as to be unable to be sexually aroused without the stimulus and is thereby enslaved by it.

Sorry.. but I'm not buying it. A man is not a dog (ok, well, men *are* dogs..., but that's a different story). Even though men are most often led by the pair of brains they have between their legs, they do have some control up between the ears. They can recognize Pavlovian techniques and are not fooled unless they choose to be. Even if a man cannot orgasm unless he is licking his partner's feet, he can find other feet, imagine her feet, take photos of her feet, steal her socks, or condition a whole new reaction! This is not going to work for long.

Moreover, once again, the onus is on the dominant partner. She has to maintain the conditioning, assure the stimulus remains in place, keep a count of her socks, etc.! It's a lot of work for the so-called dominant partner!

#### **Bad Technique 4: Sissify him into slavery**

This fantasy confuses and even offends me. Here we have a man, forced to wear women's clothing, makeup, etc. by his partner. At first he is embarrassed and ashamed. Over time in this 'gear', he feels so submissive, that he naturally becomes the submissive partner - the house domestic. In many fantasies, he is so freed by this transformation, that he never wants to go back to being male and lives the rest of his life as his partner's submissive girlfriend.

The only good thing about this fantasy is that the man has 'chosen' to be submissive and therefore takes some of the accountability and responsibility upon him. Nevertheless, that's where it ends! Since when did dressing as a woman make you submissive? Why would I want to support the notion that being more feminine makes you weaker and subservient? Having a husband as a 'girlfriend' does not mean he can now clean my house! My girlfriends don't clean my house...my service-oriented partners do!

#### ***Why am I here? What do I want?***

These impractical manipulations behind us, let's now address my outlook on D/s relationships. I have a very clear view of what I want and what I don't want. I know why I'm in a D/s relationship and I know what I want out of it. The approach outlined in this book is extremely practical and directly supports these needs. If your tastes are similar to these, I know the approach will work for you as well.

- I'm not with my partner because I wanted a girlfriend. I don't want him to be conditioned, or blackmailed, or manipulated to serve me against his will. I want him to *want* to serve *me* - the individual person I am - not some role that I'm playing or some fantasy that I'm acting out
- I don't want a mindless, spineless, weakling as a partner. I want him to be intelligent, creative, strong, and masculine...However, I want him to use all those magnificent traits for only one thing - to serve my needs, my desires, my life
- I want my partner to be enslaved by his love of serving me, not to serve me because he loves to be enslaved

- « I don't want to have to work harder to be the dominant partner. Having a submissive partner ought to make my life easier, not more complicated. He should focus on things that remove obligations and obstacles from my life, not on things that add tasks and responsibilities for me. Let him focus on what he can do **FOR** me, not on things that I might do **TO** him
  
- I enjoy playing with S&M-type activities. I enjoy controlling, teasing, and toying with my partner. I am willing to do a scene every once in a while, but on my terms and my timing. Any 'fetish-tic' things I do, I do as gifts to my partner, because I know he enjoys them, but I don't want him to expect or demand them and they certainly don't define his service to me

I hope these feelings ring true for you as well. Now that we've set the stage for the goals of a D/s relationship, it's time to get into the approach. It starts with a firm definition of what we're trying to achieve.

## Chapter 2 - Dominance and Submission Defined

### *True submission*

The first step along the path to a successful D/s Dynamic is to define submission. What does it mean to serve? What does it mean to be a dominant or submissive partner? Here we will explore what I've termed, "True Submission".

We live in an age where D/s is just beginning to peek out from under the bedroom covers. BDSM images are rampant in music videos, TV shows, and movies. Access to scene magazines has never been more prevalent and acceptable. Now the internet is bringing BDSM chat rooms and web pages into our homes. Great, right? Not necessarily...

There is a fundamental problem with things we learn through the media. It's called advertising. We show what sells. We learn who our audience is and cater to their interests. In the case of D/s-related materials, the target audience is men. Videos, books, and magazines are riddled with the male masturbatory fantasy of the dominant woman. It's what sells. The center of focus in this media is the man. A man submits to a woman and what does she do? She whips *him*. She punishes *him*, she puts *him* in a cage! It's great aerobic exercise...but who's the subject? Who really benefits from the actions? The answer is simple and proven when you look at who buys the material.

Some men (wonderful men) believe they have a real desire to be submissive. They read the books, study the literature, and whack-off to the pictures of men with their tongues pressed to the sole of a woman's boot. Their desire and interest in this BDSM-oriented submission is the primary image in their heads. It rules their minds. Every woman they see in the street or on TV is a potential dominatrix, capable of reading their minds and subjugating them. These men honestly believe they are submissive. However, only a handful of them truly are.

There is a difference between being submissive and wanting to be 'done' while out of control. The true submissive gives himself to the service of the dominant partner...for her pleasure. His fantasy needs, wants,

desires, and weaknesses are not in play; only the desire to serve. The man who wants to be out of control is looking for a relationship where he can be inflicted without the power to resist. To him, the more outrageous the act he allows done to him (or he is forced to do), the more his devotion is proven. I argue this is not lifestyle submission...it is something else. From my experience, I believe this man will be happier in a scene-based relationship. His partner will certainly be happier (and wealthier), as this would be a lot of work for the average partner to maintain over a long period of time.

*True submission is not about what the dominant partner does TO the submissive partner. It's about what the submissive does FOR the dominant.*

### **True dominance**

I define dominance as the acceptance and leverage of submission. It's necessary to do both in order to be a dominant partner. It's not dominance to say, 'Oh, ok, you can serve me... now let's just go along our regular daily routines'. It's equally not dominance to manipulate a submissive partner without openly accepting his intent to serve.

If you accept and leverage a man's commitment to serve, you can be considered a dominant. Are you less of a dominant if you choose to forgo the ritual kissing of the boots, whipping of the slave, or teasing of his genitals? What if the major activity you want are hour-long backrubs? Suppose you don't have a 'kinky' bone in your body? Can you *still* be a dominant?

Not only can you still be a dominant, but by defining the D/s relationship according to *your* needs, *your* likes, *and your* wants and by excluding things that you do not want or desire, you're actually *more* dominant than a person who gives in to the norm and becomes someone she's not!!!

### **The power exchange - Rika Style**

Some argue that the great paradox of D/s is that the submissive is really in charge. While this is true in the cases of scene-based S&M where players set limits, use safe-words, and negotiate activities over a

predetermined period of time, the submissive is NOT in charge of a service-oriented D/s lifestyle. The definition of 'service' implies who is truly in charge. There are no limits to service; no need for safe words.

Service-oriented D/s is about long-termed relationships in which both partners operate under an agreement of power transfer. This 'power exchange' agreement creates a dynamic on top of the traditional relationship. In lifestyle D/s, both parties are in charge of maintaining the dynamics of the 'power exchange'.

What is this power exchange thing? It's an agreement between partners. As with all agreements, there are two sides; two commitments that are made and must be kept for the dynamic to work. The power exchange is an open *communication of the intent* of one partner to serve the other. It must be comprised of two very specific reciprocal commitments:

The first commitment is made by the submissive partner. He promises to dedicate himself to the needs of his partner. He commits to serve her in any way she would like. He promises to put her wishes ahead of his own and to commit all his mental and physical resources to her alone.

She, in turn, makes the reciprocal commitment to her partner: She agrees to accept his service, allowing him to serve her. She also agrees to provide feedback and to help him learn to serve her to his best ability.

Once these two commitments are honestly and openly made and accepted, the relationship immediately takes on a new dynamic and is considered a D/s relationship.

### ***D/s as a layer on the relationship***

Since the Power Exchange commitments represent the defining moment, it is clear to view a D/s relationship as being made up of two levels. The first is a *foundation* of a standard ('vanilla') relationship. On top of that foundation, the second level - the *D/s Dynamics* brought about by the power exchange - are layered.

### ***The foundation needs are critical to all relationships***

If they are to last, all healthy relationships (D/s or not) require focus by both parties on the basic needs of the Foundation Relationship; things

such as **open communication, trust, honesty, and respect**. Many people writing on D/s relationships make it seem as though D/s creates a greater need for these attributes than other types of relationships. In reality, they are not made any more important by the D/s Dynamic, for they *are* **foundation** needs. It is safe to say, no healthy D/s relationship can exist without the proper foundation. We cannot afford to assume that, because we share an open communication channel regarding D/s, we can neglect the fundamental needs of our relationships. Foundation needs are no more or less important to a D/s relationship than they are to one without a power exchange agreement.

### ***The responsibilities of the roles***

Now that we have had an open communication of the intent to serve, we can discuss the roles to which each partner commits.

#### **The role of the true submissive is to make his partner's life easier.**

Unless the dominant partner prefers to control his every move, the submissive needs to think ahead of every situation and learn to anticipate what his partner will need. Otherwise, he will unnecessarily burden her with details of his actions. He needs to devote his energies to removing obstacles from her path and providing assistance to making her desires fulfilled. He needs to generate his own energy. He cannot just sit around awaiting orders (unless that's what she requests). Good submissive partners act **ahead** of their partner's needs. Of course, while her word is final...that's part of the power exchange and a natural offshoot of his desire to see her happy.. his goal is to try to make her life **easier**. If a true submissive receives an order, he might be saddened; as he has already failed to anticipate and has made his partner go out of her way to think up the order.

This approach is much harder for the man. The responsibility of success in the D/s Dynamic of the relationship is suddenly placed further onto his shoulders. He is made accountable. The dominant partner will judge how happy he makes her; how well he serves her needs. This is a difficult challenge for him.

Still, men report that this is far more rewarding than being ordered about, and I believe them..I've seen it. There is something very special about the look in your partner's eyes when he's really pleased you...really

succeeded - and not because you told him to do it - but because he was able to figure out what you really wanted and was able to deliver it. When he's found inner happiness in true submission, he releases and satisfies his true inner need to serve.

Contrast this with the guy who wants to be 'done' when out of control. He has no responsibility in the success of the relationship. He just needs to follow his partner's orders. She is the worker. She needs to test him, stretch him, check him, and think of all possible outcomes. If the session is not a success, it is her fault. That's a lot of work and responsibility; more than anyone should have to handle...especially when you're the 'dominant one'...the one being 'catered to'! In this case, the dominant partner's life is made *much more difficult*.

The submissive partner needs to learn how to submit to the unique needs of his dominant partner. In this text, I cannot teach a man how to serve his partner. I would need to get to know her personally. What I can teach him are ways to learn. I can discuss things that my partner does for me; perhaps these will give him ideas. Ultimately, however, open communications with his unique partner are the only way he will determine what works and what doesn't work *for her*.

**The role of the dominant partner is to give direction and feedback**

This is a simpler job; which is how it should be. The woman accepts her partner's offer of service and agrees to provide feedback and direction. This is fairly straightforward. If a man does something well, we tell him so. If he makes us happy, we do not hide that fact. If he could do something better, we tell him how. We do not play the 'no matter what you do, it can't be good enough' game. We do not play the "you're a worthless piece of sh#\$!" game either. His job is to please us, ours is to make it clear how he can succeed - and to acknowledge him when he does.

There may be times when he repeatedly fails to please: Perhaps just not getting the message of how to do so, or just not being attentive enough to be able to do it right. Open communication is the best practice. Sitting him down and explaining how making you repeat yourself is not serving you. Punishment is an option, though you'll see as you read on, not a desirable one. A good submissive, who truly wants to serve you to the

best of his ability, can be motivated simply by having been made aware of your displeasure.

The approach puts the woman in the 'assessment' position. She judges how good a job he's doing and help him to correct it to your satisfaction. There is a lot of self-discipline expected from his part. This will be difficult for him.

To help him with this challenge, we go back to *accepting his 'submission 'from a position of 'dominance'*. By now it should be clear it does NOT mean she should dress up in leather, make him kiss her boots, and call her 'Mistress' (unless that's what she wants). It means that taking on an *attitude of expectation*. She expects him to carry out his side of the agreement. If he fails to succeed, she communicates displeasure. When he succeeds, she communicates her satisfaction.

Letting a man know you recognize and appreciate his efforts is a very important aspect of accepting from a position of dominance.

One of many ways to let a man know his efforts to serve are recognized and appreciated is to have him give thanks for each and every opportunity he gets to serve. This may seem silly, but the irony is very effective. Sometimes it's hard to get used to as it will not be natural at first.

**For example:** Let's say a man wakes his partner up one morning and surprises her by serving her favorite breakfast in bed. Her initial instinct will be to thank him for it, right? However, imagine how he will feel if, after taking the initiative to prepare this for her, he finds himself expected to thank *her* for the opportunity to serve! The conversation may go something more like this: She says, "This is wonderful! This makes me very happy!"...and his reaction should be, "Thank you...I love to make you happy. I hope I can do this for you more often"..."Of course you can"..."thank you, Goddess".

There is no doubt in this scenario who is serving whom...who is thankful and who has expectations. It's not that she's not thankful, she clearly is..., and she's clear about how happy it makes her (feedback)...but it's

also clear he is expected to try to please her. She openly recognizes his efforts and he shows his appreciation.

### ***Serving the Queen***

The way a man should treat his partner is analogous to the way a knight serves his queen. He demands nothing, and acts not only according to her will, but also independently, in her best interests. He represents her outside of her presence, taking that responsibility with deep reverence. His world revolves around her. His every action is in her service. She cares deeply for her knight, relies on him to carry out and enforce her will, and trusts him to act in accordance with her laws and desires.

This is what service-oriented D/s, is about. The innermost need of a submissive man is to see the happiness his service brings to the woman to whom he has devoted himself. He finds pleasure in pleasing and truly submitting to a woman who accepts his submission from a position of dominance and expectation. She is doted on, desired, and lusted after. If she wants to lead, he will follow. If she wants him to be more aggressive, he will be. I cannot think of many women, even staunch 'vanilla' ones, who wouldn't want that kind of life!

## **Chapter 3 - Adding D/s to Your Relationship**

Having defined what service-oriented D/s is about, it's now time to put it into action. Where do you start? How do you do it? What kind of a conversation should you have with your partner? You already know what to avoid, so here is some advice and a few techniques to help you succeed where others have failed.

### ***Advice for men***

Many of the men I talk to, both in real life and on the web express an interest in adding the D/s Dynamic to their relationships. More often than not, they've tried - and failed with their partners. Many express disappointment and even resentment towards their partners' seeming inability to take on the dominant role and to "use" them as a subservient. What's most interesting is how many of the men cannot understand why their wives and girlfriends turn them down or are turned off by the idea! In somewhat typical machismo, they blame their partner for being 'unable' or 'unwilling' to take on the dominant role. What most of these men fail to realize is that their partner, most likely, is more than capable of dominating them and loving it! For the large majority of men, the greatest challenge is stepping outside their fantasies and focusing on the underlying aspects of the power exchange agreement.

Here are six steps designed to focus a man's efforts and make them more effective. Gentlemen, I will show you what to look for and, most importantly, what to look out for. I will attempt to explain why some approaches work while others are destined for some of the failures above.

### **Step 1: Know yourself**

Before you can make a request that your partner dominate you, you have to be honest with yourself as to what type of submissive you are. You must be aware of your real needs. You've read about True Submission (if you haven't, you must go back and read up to this point). If you're NOT a True Submissive or are only interested in scene-based BDSM, you may not want to continue reading, for you may waste your time. If your goal is to serve, continue with deep focus.

## Step 2: Avoid the common mistakes

At the risk of being redundant, I give you this scenario again. You can't hear it too often:

"I offered myself to her. I told her she could spank me and dress me like a woman. I told her I'd kiss her ass and service her orally whenever she wanted. Why doesn't she like it?"

By now you should understand the problem. I'm sure there are some women out there who would love to spank a guy dressed as a woman, have her butt kissed and always initiate sexual relations...but chances are excellent, if your partner hasn't already approached you about it, she *isn't* one of them. Chances are, she thinks those things are sophomoric, male-oriented dribble...or maybe even disgusting. If she's not predisposed to those activities, all you've done is request activities which are really for yourself, disguised as submission to her. She may not even understand what you're asking for, but she'll know it's not really for her. This does not mean she doesn't have "domme-potential"...it means she isn't directly into your fantasy. If you're both to be happy, you'll need to find common ground.

In the scenario, the man requests a dominatrix of his partner. It isn't her nature. It's not who she defines herself to be. Still, she loves him, so maybe she's willing to try. She acts out some of his fantasies. He shows her what he likes. He points her to web sites which discuss it. They both get on-line and chat. She play-acts. The role she's playing isn't really her personality...it's a role...it's a game. Like all games, it's fun, perhaps...but when it's over, she stops playing and goes back to being herself. If that's all he wants, and she's happy making him happy, maybe it's over...but he doesn't really want the game to end, it's not 24/7 submission if it stops after each orgasm. So they try weekends, or weeks at a time. They try to expand the level of play. She resists and she feels unfulfilled. She takes less and less initiative. She starts not being "into it" and he gets discouraged.

Let's return and explore the route cause of this failure. Understanding it will help you with the correct approach. The fact that she's doing something which doesn't come naturally, in an attempt to make him happy, immediately undermines her authority. In terms of D/s, it's a no

win situation for both of them. She is put in a position where the measure of her success is how happy *he* is. She is graded on her "domination skills" by *him*, whether he intends it or not. Who's the dominant here?

In addition, as soon as he reacts to the role she's playing, he creates a conflict in her. She feels his reaction is to the role she's playing rather than to her (since she's not being herself). She may feel that he needs the role more than he needs her. In fact, when he starts showing her all those pictures of dominatrices in magazines and movies; artfully skilled women immobilizing their "victims" and easily controlling degrees of pain; she could quickly start to feel inferior and resent what she's being asked to do.

For the man, the trick in finding happiness in a D/s relationship is to understand what makes his partner happy. Their mission together is to find the dominant role which is completely within her character, to which he can submit. The key to a successful D/s relationship is to ADD the exchange of power to the dynamics of the Foundation Relationship rather than to replace it. The idea is that when he submits, he does so to *her unique identity*. Her domination will be different than any other he has ever read or dreamed about, since she is different than anyone else he's ever met. Because he is submitting to the unique person she is, with her unique style, there will be no doubt it is her he desires. She is his lover, to whom he submits...not an object in leather with a whip.

### **Step 3: Understand your partner**

I don't know your partner, but I'm willing to guess that if she loves you (Lord knows why), she has two desires:

- 1) To see you happy
- 2) To feel your desire for her

These are two natural human needs common in all healthy Foundation Relationships. If you think your partner should only care for her own happiness (to hell with yours) and be an 'ice-woman'...you probably shouldn't be in an intimate relationship to begin with. Wanting to be desired is not a weakness; it's a cornerstone to one's sexuality. Catering to your partner's needs, by showing your desire openly and often, is one of the most basic responsibilities of the submissive.

Men often equate submission with giving up initiation of sexual activity. They tell their partner, "You can decide when we have sex". NEWS FLASH: I married my husband because he's a man...he's aggressive in bed...I like that. He wants me and I enjoy his desire. Should I give it up because I'm now "in charge"? Hello guys! If I wanted a wimp, I would have chosen one! My husband initiates sex often...the 'power-exchange' difference is I decide if he's successful and, a bit more advanced and covered later, I decide if he gets to come!

You must keep the needs of your partner as primary importance. She must satisfy *her* needs in taking you on as a submissive partner. Chances are good her needs differ from yours. That's ok. It's healthy, but both of you will need to modify your expectations in order to be satisfied.

**Note:** Keep this in mind: **You** cannot teach her how to be dominant. You don't know enough! You only know how *you think* a dominant partner should act. Only *she* knows what she wants, needs, and desires. As the submissive, your role on this earth is to help her achieve her desires. **YOU** need to learn. **YOU** need to learn to serve.

#### **Step 4: Communicate your desires**

Ok...you've figured out what kind of submissive you are. You've avoided approaching your partner with your vision of the perfect dominatrix and you've thought about the needs of your partner. You've gotten up your nerve and you're ready to broach the subject. How do you do it? What do you say?

Each person will have their own approach based on the prior thoughts and the uniqueness of their partner, but here's one which I promote and have seen work over and over:

You approach your partner and communicate your desires:

- You have a deep need to strive to please her and put her needs above yours
- You would feel even more fulfilled in your relationship if she would let you treat her like a queen

- You would deeply appreciate it if she would help you by:
  - o Allowing you to try to anticipate her needs
  - o Helping you to identify when you've failed and providing constructive correction to help you avoid repeating your errors
  - o Making recommendations as to how you can make her life easier

NOTE: As I've emphasized before, I have avoided several 'trigger' words: submission, mistress, slave, punishment, dominatrix, B&D, S&M, etc. You now know these words evoke the mental images of the stereotypical commercial S&M relationship, which may prove to be an impediment or worse, may be perceived as 'directing' her even if you're not trying to do so. Words like 'queen', 'princess', or 'Goddess' have less of a connotation and are better choices.

Following this advice, what is accomplished? You have communicated, in no uncertain terms, your desire to submit (true submission). However, you have left the door open as to the 'hows' of the exchange. She is free to be herself. The only request you have made of her is to accept your submission. She may not understand it at first, but even if she doesn't, she is probably motivated by a desire to see you happy. If you think she's receptive, tell her it's what you want. She may not believe it, but she will most likely give it a try.

Many guys believe they treat their partners this way already, but it doesn't feel like D/s to them. I once heard a guy say, 'I may as well submit to a chair!' The difference lies in an *open communication of intent*. She needs to understand why you're doing it. Not just that it makes you happy to see her happy, but that it also makes you happy to be striving to make her happy. Some of what you do for your partner might be found in a book on chivalry...but chivalry is not submission. The difference is the *intent to execute the power exchange*.

As she accepts your submission, you need to show her how fulfilled it makes you. When she indicates you've made her happy, show her how satisfied it makes you...and how turned on. Don't be shy, tell her how much you appreciate her allowing you to please her. Show her how much she is desired and how lucky you are to have found someone as receptive as she. Don't overplay it; just let her know how you truly feel.

At the beginning, you can suggest some things which you feel might make her life easier. Use the list of suggested services I've included (later in the book). These are basic and will give her a flavor of some of the benefits of having you at her beck and call. If she likes what you choose, make it a permanent activity. Read the chapter on 'Routines'. She doesn't need to say anything...those are your responsibility. Spoil her. Just make sure what you choose is for HER and not for YOU (for example, if you have a foot fetish, polishing her shoes and putting them away is not really for her, it's a gift from her to you - more on gifts later). Treat her like the queen she is.

### **Step 5: Execute**

Fight yourself. You will need to focus on her needs: try to anticipate them. Don't be a sniveling little worm...Be the same guy she fell in love with...only far more attentive. Unless she requests it, don't try to kneel, or grovel, or any of those classic ditties. Focus on her happiness; shower her with attention and desire. Always think from her perspective.

Ask her how you're doing. Take any corrections to heart and commit yourself to avoiding the correction a second time. Pride yourself when she tells you you've accomplished a task appropriately and let her know you're thrilled she's happy with your service.

Now look at what happened.. .suddenly, the only criteria for success are whether or not she's happy with your actions! Sounds a bit more like submission, doesn't it?

### **Step 6: Self discipline**

Many guys have the tendency to try to test their partner by misbehaving or not properly anticipating, then waiting to see how she will react. Often they try to be punished. While everyone knows this is wrong, many do it anyway, sometimes subconsciously. You need to be aware and avoid it. It's a recipe for disaster. It's called 'topping from below' when you manipulate her into your fantasies. It's certainly not in her best interest. Don't make her bring you into line, it's more work for her and your responsibility is to make her life easier!

Don't allow yourself to slip. Be openly disappointed in yourself when you fail (which you will). At first, you may be harder on yourself than she, but over time, she will begin to expect your performance and will become quick to point out when you haven't done all that you can. You will be truly successful when you no longer receive adjustments.

## **Conclusion**

If you think you're going to miss out on some hidden dominatrix lurking inside your partner, think again. Since you've established your role of pleasing her needs, if your partner has fantasies of owning a slave boy who dresses like a woman, accepts whippings for amusement, and licks the crud from between her toes after she works out at the gym, you're going to find out about it rather quickly! Chances are, however, those games will not enter into the relationship from the context of submission. These types of activities may be relegated (at her discretion) to the 'gift' category; things she may choose to give you out of the goodness and playfulness of her heart. I will cover much more on gifts in Section II.

The concepts of True Submission extend your existing relationship. If you are truly submissive, the odds are in your favor that you don't have to look beyond the other side of your bed to be completely fulfilled beyond your dreams. You need to learn how to submit to your unique partner. You need to show her how much you love submitting to her unique needs and desires and thank her for how much she brings to the table.

New York had a mayor in the early 80s who would often ask, "How am I doing?" You can never fail if you come to her and ask, "Is there anything I can do for you?" or "How can I do that better?"

## ***Advice for women***

Your partner has approached you with a request. You know it's important, but you have no idea what it could be. He's flushed, excited, nervous, and a little hesitant. Clearly this is very important to him...and most likely then, to you! Then he pops it. "He wants you to be his 'Mistress'. He wants to serve you...as a 'slave'...forever.

The words alone, 'Mistress' and 'slave', dominance and submission, may run chills up and down your spine. They conjure up the movie

images of dungeons, chains, racks, and whips...of weak, pathetic men getting whipped and tortured by cold-hearted, leather-clad women with whips and stiletto heels.

Perhaps you've discussed this sort of thing before, perhaps you've even taken on roles during sex play, or it could even have hit you from the blue. Your reaction can range from, "I'm repulsed.", "Isn't this a little weird?", "My interest is piqued for some kinky fun!", to "I've always wanted a slave, and it's about time!!!" As such, your initial words can range from, "Ewww, get a backbone!" to "Wait until you see what I've got in store for you!"

Odds are, your reaction is somewhere towards the more conservative extreme. In fact, if you've always been waiting for a man to be your 24 hour / 7 day-a-week 'slave', you probably have already found a man suited to your desires. This chapter is targeted to the otherwise "vanilla" domme; the woman who might not ever have considered her partner to be her subordinate, certainly not 24 hours a day, seven days a week... forever.

### **What do YOU like?**

You may dislike the imagery of the words 'dominance' and 'submission', 'Mistress' and 'slave'. However, you might like the idea of your partner doting on you, alert to your needs, totally turned on by you, giving you massages, pulling his weight around the house (and then some), focusing on your thoughts and ideas, in short, treating you like a queen. Personally, I have no interest in hurting my partner or having him kneel when I come in the room, but I absolutely adore the thought that it was his idea to sit together and chat after he cleaned up from the lunch he prepared - and that he gets physically turned on by folding laundry!

Try not to blame the guy for using those other types of words. They're what he's been fed in the magazines and movies he's seen. He just may not know any better.. .yet.

Successful relationships of any kind rely on compromises. What I am attempting to provide in this book, is a tested approach to finding a happy medium with your partner. By getting to the *root of what he's*

*asking for*, the two of you will be able to quickly turn his interests and energies into productive actions that will be desirable to both of you. Through this approach, you both will be able to reach greater levels of fulfillment in your relationship.

### **Why entertain his request at all?**

Something you ought to know: Guys who want to be your 'slave' usually have been thinking about being one most of their sexual lives. They fantasize about it regularly. They read about it, watch movies about it, and literally dream about it. They often equate sexual relations (and the power associated with sex) to Dominance and submission. Every woman they see on the street (especially if she's wearing leather or boots) is a potential fantasy dominatrix. They see submission in the acts of chivalry. They have most likely tried out many aspects of their fantasies either with you, a previous partner, a professional mistress, or even just by themselves. By the time they've gotten to you, they could have earned their doctorate in the 'submissive arts'.

*You can Vpretend it doesn't exist. It's not going to go away. ..if you don't handle it; it will fester and look for a release.*

The irony is that the same intense focus men put on Dominance and submission (D/s) throughout their lives is usually the root cause of repeated failures when they try to turn fantasy into reality. This is because they develop a very vivid, and unfortunately rigid, image of what they believe D/s to be. Ask any guy who's tried to act out his submissive fantasies and he'll tell you the stories of failure: Women who never were interested, who lost interest, or "who couldn't dominate him correctly" (my personal favorite). The reasons why are many, but at the core, his view of submission is most likely a male-centric, self-serving fantasy - bolstered by the media designed to sell men what they want. Every woman who's ever tried to fulfill a man's dominance fantasy eventually realizes this and grows to resent it (unless she gets paid to do it). The good news is, by the time he's come to you, he's ready to try anything.

### **Two ways to handle the request**

You're faced with his request, you know what you want, and you know you probably shouldn't simply ignore it. In fact, you may not be able to.

So assuming you're not totally turned off to his ideas, you may be tempted to try to give him what he wants. You have two choices:

1. Try to learn how to be his dream dominatrix and love it
2. Turn his desire to serve into something that both fits your personality and can be mutually enjoyed

I'm sure you know where this is heading; however, let's discuss the first option, just to see why it's generally a bad idea.

### **Becoming his dream dominatrix - why not?**

You decide to become his dream dominatrix. How will you know what to do? How will you "learn"? Who's going to teach you? Chances are your best friend or family is not going to be much help. Chances are, you're going to go to the source... your partner... after all, he knows what he wants, and he appears to be the expert - and besides, he's more than anxious to share. You turn to him for ideas, techniques, and sources of information where you can do some research. Of course, these ideas, techniques, and sources will be the same ones he has been studying for years... so your research will bring you to the same level of understanding... *his* level of understanding.

Now here's the first basic problem. How are you going to determine if you've learned your lessons properly? How will you know if you're a 'good Mistress'? He's the teacher. Is *his* satisfaction the judge? I can't tell you how many times men have told me, "She doesn't know how to dominate me!" That certainly sounds a bit backwards, doesn't it? I mean, here he is claiming to *serve you*, and yet *his* happiness is the indicator of how well you're doing!!! This is a recipe for failure... and it's downright wrong.

**Note:** *Don't let him convince you this is one of those paradoxes for which you've heard S&M and D/s are famous. The concept of the submissive being the one who's really in control applies to S&M scenes and cyber play. It does not need to apply to service-oriented relationships. Any man who attempts to limit the degree or control the extent of **service** is deliberately falling short of his service potential. You do not have to tolerate this in the name of that paradox.*

On to the next problem: Let's say you've learned to play the game. You now know how to treat a 'slave', learned what he wants, and how to give it to him. What happens now? First of all, check out his reaction! It's

very tempting to enjoy the reaction you get when you don the leather, hold the whip, and extend the boot. Guys flip out! You feel like you've really succeeded. But, is his reaction to you, or just what you're wearing and how you're acting? Will that bother you? Since what you're wearing and how you're acting may not really be the person you are inside, the enjoyment can be very short-lived. This becomes even more evident as you compare his level of attention when you're not in character. Even subtly, you begin to feel he's only interested in you • when you're playing the game. It's easy to grow to resent the roles, and besides, it's tiring!

Problem three: Perhaps you've gotten past all that. You've mastered 'Mistressing' (I like that), have fulfilled his fantasies, you're comfortable with his reaction, and everything is fine. A week, a month later he seems to want more! D/s fantasies are like a drug addiction; they escalate. Men often need the escalation to keep their interest piqued. He needs more to get the same level of arousal and interest. Part of the thrill of an S&M scene is being pushed past his boundaries; but every time you push past one, the next one gets a bit further away. You start to feel the dynamic failing. Since you've accepted the criteria of success being defined as how he feels and reacts, you may find you need to experiment to figure out what he wants now.

***There is NO WAY to compete with a man's imagination  
when it comes to things he likes***

A man's imagination has the inside track on how he's feeling, what he needs, and what he wants at any given minute. If you go down the path of trying to be what he wants, you'll forever be playing catch-up.

Last problem: The man he's trying to be might *never* be attractive to you. He's asking for things he has readily associated with his lifelong fetishes and interests. Things like foot worship, cross-dressing, whipping, bondage, chastity, money slavery, or complete dependence. That's not the guy you fell in love with. It may be fun to play with a man helplessly tied like a turkey, but is that what you want to be with every day for the rest of your life?

Can you see why trying to be his dream dominatrix is a bad idea???

## **Turning his request into something that fits your personality and needs**

Here's the challenge: How do you keep your sense of self and identity, retain respect for your mate, find self-satisfaction, gratification, and enjoyment, all while satisfying his needs as well?

### ***What does he really need?***

Luckily, what he asks for is not necessarily what he needs. Not all men are created equal; however submissive men have a few common inner desires. They want to make you happy, they want your attention, they want you to be an interested and active partner, and mostly, they want you to openly recognize the power of being a woman. There is nothing more attractive to a submissive man than a woman who demonstrates openly how confident she is in her sexuality ***and its effect on him.***

Now does any of that sound like a dominatrix? Of course not.. .you see nothing to do with whips and chains, ropes, and a good old-fashioned butt whipping. All you see here is ***awareness*** and ***attitude.*** Domination is psychological, not physical.

So, awareness and attitude are all that's necessary, right? Actually.. .no. There needs to be ***communication of intent.*** You can be as confident and aware as can be, but unless you both agree on your roles, there's nothing D/s about it.

## **How to be a domme**

You are now in position to take the next step. I explained this earlier in the book:

***All you need to do to be a domme is accept his offer of submission...but do it on your terms.***

This is not a 'cop-out'. It's a fact. Just like Newton's theories that state every action has an equal but opposite reaction.. .accepting his submission from a position of dominance ***is*** dominance.

## The one-sided compromise

Remember I said all relationships require compromise? The D/s Dynamic is very much a compromise; however, *you* don't need to compromise *as much as your partner does*. It may seem like a contradiction, but he must compromise to your position. This is one of those rare times in life when you can enjoy the topside of a one-sided compromise. You are going to agree on everything your way. Even if the terms of this compromise don't seem fair, he won't fight them. He fully understands the immutable logic that dictates the dominant partner in the power exchange has the right to insist on things her way. He *wants* it that way. Even if he's not getting what he originally hoped he would, he'll be happier getting what he gets, as long as you insist on things going your way. He must compromise his vision so it comes into line with yours. He sees it as a compromise because you are giving in to his request and allowing him to submit to you, however, the devil is in the details.. details *that you* get to set.

### *The Deal*

Here's the deal you strike: You agree to accept his submission (your part of the deal) provided he offers it *only With your* definition of what submission means (his part of the deal). You offer him the choice to accept your terms or leave them. You detail what you want him to do, and he must then make a decision. Can he live with your terms or not?

Your terms should not be based on what he thinks domination should be, or on what will please him, or even the image you may have of domination. The terms you choose should suit your life, your interests, and your desires. This is not the time to think of doing things *to* him or *for* him.. this is the time to think about things he can do *for you*. End of negotiation!

Here, for example, are my terms (yours may differ but feel free to use mine if you like):

- 1. If I'm going to be served, make my life easier:**

I encourage and promote only those ideas that make my life easier. He says he wants to serve me. What good is making my life more difficult or complex?

Things I consider to be more difficult include: punishment, giving orders, arguments, overcoming laziness, inconsideration, pestering, nagging, and insisting. These are things to be avoided at all times.

Things I consider beneficial: Removing obstacles, reducing workload, increased consideration, attention, chivalry, honor, service, and obeisance. These things should be incorporated into every day life.

**2. There's a time for pleasing and a time for being pleased**

Since he's submitting to me, the amount of time he spends pleasing me will greatly outweigh the amount of time I spend on gifts for him. If he can find his happiness in knowing he's served me well, he will be greatly pleased simply by pleasing me. Those ideas he has about fetishes and slavery make wonderful *gifts I may choose to give him* for short periods of time, just for the sake of pleasing him (more on gifts later). However, he must base his decision to serve me on the possibility that I may *never* fulfill them; if that's what I choose.. .and he must be willing to *never* try to coerce me to give them to him or let the quality of his service be based on them.

**3. Only active submission, never passive submission**

I prefer an active sub. I don't want my partner waiting around for me to tell him what to do. I don't want to order him around. I'm not in love with him because he hasn't a spine and can't think for himself. I love his mind, love his 'independence', and love his self-motivation. These are wonderful attributes he can put to work *for me*. I certainly don't want to get in the way of that.

My terms are simple: His job is to think and act in my best interest. In a way that he feels will please me. I want to see his creativity. I want to feel his intensity and motivation.. .all to please me. I want him to strive to anticipate my needs and act accordingly, before being asked, told, or ordered. I know he won't succeed every time, but I want to know he's trying all the time.

#### 4. **Creativity helps define 'routines'**

I encourage him to come up with ways he feels he could help me. Since I expect him to strive to anticipate my needs, it's natural for him to come up with things we can turn into routines. Routines are nice because once set, they require no effort for me to effect them. We'll talk more about routines soon. He is responsible for following his schedule. It makes my life much easier to have him worrying about when things are supposed to get done. The more chores, tasks, challenges, and ideas he can come up with, the better. However, these should be things to which I agree I will enjoy.

#### 5. **I agree to help**

I make the reciprocal commitments to him. This is not a one-way street. I promise:

- 1) I will *accept and recognize* his efforts to serve me
- 2) I will give him honest *feedback* on how well he's doing and *help him to learn* to serve me better
- 3) Lastly, I will remain an *active and interested* participant in our unique power exchange

#### *Why the deal works*

There are a couple of benefits of this focus. Since his goal is always to please me, I will have the final word on things; if I want it. Reality check here, he may disagree with me on mundane things, and we may even argue! But a quick reminder of his commitment to my happiness will bring about his concession if I don't choose to change my mind.

Also note, with the focus of his submission being service to me, *I judge success based on how well he manages to please me*. I am the judge and jury of how well he is doing. This is a far more natural mechanism than for me to try to anticipate his needs.

#### **Closing thoughts on the compromise**

I warn you now, guys who have their PhD in the Submissive Arts do not naturally think of this kind of service-oriented submission. They need to be helped to understand it. The best way to help him is to remain adamant. Insist on his submission your way, or no submission at all.

Fall back on the irrefutable logic: As the dominant partner, things should go your way. Look for the one-sided compromise.

Notice also, this arrangement does not turn him into a spineless, mindless puppet. In fact, it's quite the opposite. He's encouraged to think. It also doesn't make him passive in bed. As I mentioned, I like a man to be aggressive and to show his desire. This doesn't stop him from doing so.

He can even initiate sex...of course, I reserve the right to be pleased on my terms - which may, or may not include an orgasm for him! If it pleases me to have him seduce me and take me to bed, give me an orgasm orally, even have intercourse, but stop short of his orgasm...and then have him rub my back until I go to sleep...and then go to sleep himself all hard and frustrated - then that's what he must do! Sound like he'll hate it? Well, yes...he will at the time, but I know he'll be thanking me in the morning when he realizes how dominated and 'used' he feels. Are you getting the picture?

### ***Advice for all: Routines***

We've strongly established that the role of the submissive partner is to provide the ultimate level of service directed at the needs of his partner. Her role is to accept his service, providing direction and feedback. She wants to do this, however, without making her life more complicated. Frankly, thinking up tasks, remembering them, directing their execution, and tracking them can easily become a full-time job!

Since the goal of both partners is to simplify the dominant's life by offloading complexities to the sub, his available time may quickly become a gating factor on the number of things he can take on. His ability to organize and remember tasks will put a limit on his effectiveness in serving.

To overcome this limitation, he should aim to standardize and organize his tasks to increase his bandwidth and enable him to take on more and more responsibilities. I have found that turning tasks into *routines* is a very effective way to streamline my partner's responsibilities and free up more time for unique services. Routines are tasks that have a recurring schedule associated with them. You determine the schedule once, and

they become an automatic assignment which requires no thought. Additionally, by organizing his routines into commonly executed groups, he will increase his efficiency.

### **Initiating Routines**

The first step is determining which tasks become routines. As I mentioned earlier, I like my partner to think up ideas and present them to me. Rather than forcing me to dream up every possible activity, I challenge my partner to surprise me with tasks that he believes make my life easier: removing obstacles, fulfilling commitments, doing chores, etc. The more creative he gets, the better.

We then organize his ideas into three categories: ,

1. Ideas I enjoy and would like to make routine
2. Ideas that are really for him, but I don't find distasteful
3. Ideas I absolutely do not like

He writes these down.

We then assign them as follows:

1. Ideas I do not like: we mark with an 'X'. These will not be done.
2. Ideas that I feel are more for him than me - but are things I don't dislike: we mark with a 'G'. These become gifts I can give him whenever I feel in the mood
3. Ideas I enjoy: Get a checkmark. These I assign a frequency and a priority. They are then turned into routines

We repeat this process whenever he comes up with a new idea. The obvious benefit is that we end up with an ever-expanding, prioritized list of tasks for him to do and a schedule for him to follow to get them done. Once on the list, I can put the task out of my mind. I just get to enjoy the benefits. It becomes his responsibility to track the list and assure things get done. Additionally, the organization of having the schedule increases his efficiency and frees up his time to take on more tasks.

## **Some routines that may work for you**

Here is a small list of some tasks we've turned into routines. You can use these as a basis for your own initial list; kind of a 'kick-start' to help you get going:

### **Housework:**

- Cook all meals and clean up afterwards
- Prepare a weekly menu and review it with me
- Do the shopping for the food, track food usage, and keep the kitchen stocked
- Clean the bathrooms (with real brushes, not his tongue)
- Make the beds (including the pillows)
- Do the laundry, iron, fold, and put away
- Dust and vacuum and yes, do the windows too

### **Daily Activities:**

- Prepare a set of print outs or tear sheets of all current event articles in which I may have interest
- Go on the internet and research the Dish schedule and print a schedule of shows which are of interest to me
- Process my email and delete all the junk mail
- Bring me late night snacks while I watch TV
- Give ME the remote!
- Take my cell phone from my bag and put it on the charger (and then put it back in my bag, turned on, in the morning)
- Draw the blinds and shades (and open them in the morning)
- Put toothpaste on my toothbrush
- Fill my glass with water
- Bring me my slippers
- Give me pedicures when needed
- Brush my hair
- Take down my bed (including the pillows)
- On cold nights, get into bed ahead of me and warm the sheets
- Sit on the toilet seat before I need to go in (in the winter it gets kind of cold)
- Lay out the clothes I select and press them as appropriate
- Massage my back until I fall asleep (every night)

**In the Car:**

- Drive me wherever I need, wait for me to come out and pick me up within 10 seconds of the time I step outside... 5 seconds, if it's raining
- Ask me if I'd prefer to drive!
- Keep my favorite magazines and CDs in the car
- Make sure there's always tissues and Purell stocked

**General:**

- Always pee sitting down (so that the toilet seat is never up and there are no "droplets" left behind)
- Prepare my baths and run the water until it's warm for my showers
- Pick up my shoes from the front hallway and carry them to my closet upstairs, inspect them, and polish them as need be (with real polish)
- Put away my clothes, including taking my coat from me as soon as I enter the house

Routines, like everything else in your dynamic, will be unique to your own individual needs and tastes. If you're the dominant partner, only accept those things that are for you. As the submissive partner, make sure routines you suggest are truly for your partner's benefit. Then execute, execute, execute!

***Advice for all: What to do when he slacks off- On punishment, or lack thereof***

Notice I write 'when', not 'if. He *will* slack off. He will not be perfect. The dominant partner shouldn't expect perfection; however, she has every right to expect a man to *strive for perfection*. He has committed to serve her - to make her happy at all times. He has taken that vow; he is expected to live up to it. Still there may be times when it will be difficult for him. He will have days when he just isn't in the mood to serve. He may have something on his mind and may just need to be refocused to help get him back on track. As the dominant partner, how do you handle this?

Unless I know of mitigating circumstances, I don't let him get away with these slips. If, in my judgment, he has no good reason to be distracted from serving me properly, he will be expected to correct himself; and do so quickly. There are ways to help him regain his proper focus and men will thank you for helping them out of these periods. We will cover the options for those techniques and which I prefer. First, let's address the type of problem, its timing, and possible causes.

### **Insubordination**

Insubordination takes on many flavors: The man may start to act up, or act distant; seemingly uninterested in serving. He may start to forget his routines, or put less effort into his tasks. He may become less considerate, less attentive, and less focused. He may talk back, get sassy, or even yell.

These are all critical times. Failure to react appropriately, quickly, and with confidence will undermine the quality of service. The dominant partner can't ignore any lack of attention to service. She pretty much has to address the issues, one way, or another - we'll explore why shortly. Clearly, this is in the category of *more work for her* and is a *failure* on the part of the submissive partner. It must be rectified as quickly as possible.

Why does a man become insubordinate? There can be several reasons; some of which are subconscious; however, some are quite deliberate. This is by no means a complete list:

- If the man's previous idea of submission was the 'do me while I'm helpless' approach, he may be acting up in dissatisfaction for not getting enough scenes.
- He may be trying to hang on to the last vestige of perceived freedom; demonstrating that he isn't really out of control.
- He may be testing you by failing to perform just to see if you'll notice. Men sometimes want to know that you're still interested, still paying attention, and still an active participant in the power exchange. He may be trying to force you to react.
- It may be the infamous rebound time: The first 24 hours after his last orgasm. This is the time when his concentration and

dedication to you may slip, since his desire is diminished due to lack of sexual build up. He may not even realize he's doing this.

As a dominant partner, I do not tolerate tests and *never, ever* allow myself to be bullied into giving him scenes or S&M-style attention. My advice to the ladies out there is to be confident and to stand your ground. You will need to address the situation without allowing yourself to be manipulated into a fantasy-fulfillment session.

My advice to the men is to become aware of your actions; understand why they are occurring. This is a choice you're making; choose open communications rather than insubordinate behavior. You'll have a much better chance of being happy with what you get.

### **Addressing a negative situation**

So how does the dominant partner handle insubordination? She needs to help him bring his attention back quickly, but do it in a way that doesn't reduce his accountability to the power exchange. Here are three alternatives that might come to mind.. .In practice, only one will work long-term:

- 1) Punish him
- 2) Do nothing - ignore it
- 3) Have a talk with him

The first alternative is not a very good one. This is what some guys want. They want to be punished. Punishment is more work for the dominant partner. It makes her life more complex. Even if she enjoys doing it, there isn't anything she can do to him for punishment that she can't do to him anyway; for no reason other than her pleasure. There is no benefit to punishment. Instead, it encourages bad behavior in exchange for fantasy-type activities. Fantasy activities should be reserved for playtime, and only when she deems it should be. It undermines her position if she gives it to him in response to something he's done (either positive or negative).

I've heard guys say, "If the punishment is something they really don't want, it's not enjoyable", arguing they would never act up just to get it. I disagree. They *love* to have you so focused on them that you want to force them to do something - or endure something - they really don't

want. It's male-centric ego stroking ... even if they don't enjoy the actual activity. I won't do it.

*"If you want a man to act like a child, act like his mother"*

I don't recall who said this, but it's a great rule of thumb. Punishment is something a parent does to a child. Personally, I'm not interested in another child. I'm interested in a grown man, focused on my needs. If he's not focusing correctly, I need to take action that will get him there.. .not because I force him to, but because he wants to. As far as I'm concerned, physical punishment is not an option.

The next alternative, ignoring it, may seem to be an easy option, but it will not work in the long run. If his actions are ignored, he will interpret it as a lack of caring about the power exchange. If the woman is not insisting on his service - expecting it and demanding it - then he will feel she has abandoned it. This is a major demoralizer for a submissive man. Furthermore, if she wants him to know that serving her on her terms is something that pleases her, she shouldn't appear satisfied if he doesn't do it.

The third option, open communication, is best! It's the only option that's serious, practical, and cannot be interpreted as a game. The woman sits him down and puts her cards on the table. She tells him that she's not pleased.. .that he's failing on his end of the bargain. She enforces that this is what **he** wanted. **He** said he wanted to serve and he's been given that opportunity. If he can't do it whole-heartedly, then don't do it at all. He's given an option of coming around and serving fully, or not taking on the roles. The worst consequence to a true submissive is not being allowed to serve. This is a serious threat.

During this conversation, the more he says the better. Words that come from his mouth will have more impact than anyone else's will. She can get him talking by asking questions to which she knows the answer, such as, "Who came to whom to ask for these roles?" "What effect does your behavior have on the ease of my life?" "Which of my terms does your behavior violate?" "Should I need to be sitting you down for these conversations?" "What can YOU do to be better?" These kinds of

questions engage him and make him more responsible for the outcome. Throughout the discussion, she should remember:

- Be stern, but calm
- Remain in control
- Do not tolerate excuses
- Never be willing to accept blame
- Do not 'negotiate'; this is not the time for bartering

She has these rights based on the irrefutable logic of the one-sided compromise.. it's very powerful.

Some advice to the dominant partner: If he isn't getting the point, try taking away his right to serve for a while. Tell him that for the next **24** hours he is no longer your 'slave'. Let him feel what it was like before you engaged in D/s. Be confident. He may try to convince you he doesn't care. If he takes an 'I don't care' attitude, call his bluff: double it to 48 hours, or a week, or until he begs you to do it again. When he comes back, which eventually he will, you'll be even more in the driver's seat. Your confidence is backed by the knowledge that this is something he's been dreaming about his entire life and he knows he's lucky enough to have found someone with whom he can share it. He can't live without it and will, eventually, give in to your will. Patience!

My advice to the submissive man: Don't ever let it get to this point. You don't want to cause this much chaos and additional work for your partner. You don't want to run the risk that the D/s Dynamic disappears. It's in your power to avoid that.

Bottom line: Communication and participation are the cornerstones to any successful relationship. If he wants an enthusiastic and actively participating partner in the D/s Dynamic, the submissive man will need to play by his partner's rules. The sooner he realizes it, the better behaved he will be.

### ***Making sense of 'being nice'***

I've had many people ask me, Should a dominant give pleasure for the sake of pleasing their partner? Should a submissive communicate his wants and needs? In short they're asking, "Does it weaken a dominant's

position to be nice?" - "Can a submissive partner say what he likes without 'topping from the bottom'?"

To address these types of questions, I return to the initial definition of D/s. We defined it as the ***D/s Dynamic***, governed by the power exchange, layered on top of a regular 'vanilla' relationship (the ***foundation***).

With respect to the needs and expectations of the partners, we can separate the emotions and actions related to the D/s Dynamic from those of the underlying foundation. In day-to-day activities, the line between these may be blurred; however, it is valid to enforce this separation when focusing on the ***intent of actions*** and the ***setting of expectations***; both of which result in greater satisfaction and longevity in any relationship. I urge you to stand back and consider your daily interactions in this light and to monitor your actions accordingly. Try to separate the intent of your actions into ***Foundation intent***, and ***D/s Dynamic intent***. This will both help determine whether an action is appropriate, and also identify what each of you are gaining from the actions.

### **Foundation intent**

The aspects of every healthy Foundation Relationship include (but are certainly not limited to): loving, caring, honesty, openness, trust, desire, attention, commitment, and respect. It is important to realize that these attributes are ***mutual***. Both partners can (and should) ***expect*** these from each other. In fact, a failure to deliver any of these fundamental aspects by either partner will almost certainly result in the eventual destruction of the relationship. Notice that nothing about these aspects is either dominant or submissive. They are attributes of mutuality...of equality. For a relationship to be strong (D/s or otherwise), these basic attributes must be present.

### **D/s Dynamic intent**

Aspects of the D/S dynamic are more ***one-sided***. The submissive commits himself to his partner. He strives to meet her needs, make her life easier, and dedicate himself to pleasing her. His partner, in turn, accepts the submission, agrees to be the object of his efforts, and commits to help him learn to satisfy her. Notice that the attributes of the D/S dynamic are not mutual. By virtue of the power exchange

agreement, *the submissive cannot not expect or demand* anything more of his partner than her assistance, whereas the *dominant partner has every expectation* that the submissive will do whatever it takes, without limits, to fulfill her needs. The D/s Dynamic is a direct result of the shift in power and control.

### **Intent of action**

Since you've read and understand the definition of True Submission and have reviewed techniques for adding D/s to your relationships, you've seen the word *intent* used two ways: Intent of service, and Intent of action. Intent, above all else, defines the submissive act. As I addressed early on, a person who serves for reasons other than his own free will (e.g., by force, by coercion, by trickery, etc.) is not actually submitting - regardless of how 'submissive' his acts may appear, since the intent of his actions are in response to an artificial stimulus. Furthermore, acts of chivalry are not considered submissive by the 'vanilla' person, yet the same acts performed by a 'slave' are. The difference is the intent of the action.

To be properly understood, intent must be defined within the context of either the Foundation Relationship or the D/s Dynamic. The same intent can source from different contexts. For example, gifts from the dominant (to be further addressed in Section II) are acts of generosity intended to please the submissive partner. When coming from a dominant, this *intent to please* is clearly based in the context of the underlying Foundation Relationship. Contrast this with a submissive who; acting in accordance with his commitment to the power exchange, does whatever will please his partner. The context of his *intent to please* is obviously the D/s Dynamic.

Why is all this academic discussion necessary? These definitions of 'contextual intent' provide a very convenient mechanism for balancing and justifying dominance and 'vanilla' emotions. You can use this framework to make sense of your behaviors and to react to your partner's as well. If you quickly assess the intent and determine its context, it is then clear how to react.

When faced with a submissive partner's needs, likes, and desires the dominant partner can still deal with them from a position of dominance,

by acting with intent sourced in the context of the underlying Foundation Relationship. In other words, if she's going to give him a gift (for example, allowing him some down time or modifying a predicament to make it easier on him) the intent of her action is within the context of the Foundation Relationship; and clearly not from the D/s Dynamic. This means, she has the freedom to be nice, *if she wants to*. She even has the freedom to do male-centric activities if, she wants to, *without* compromising the commitment she and her partner made to the power exchange.

Therefore, the submissive man should understand that any male-centric activities that come his way - gifts and the like - are not D/s. They are *not submission* for him. He needs to understand these are intended from the foundation and that he should avoid confusing them with true submission...his service to his partner's needs.

For service-related behavior, the dominant woman must be careful to frame all acceptance of his submission within the context of the D/s Dynamic: Appraising him in terms of her satisfaction (rather than his 'correctness'), and apprising him of ways to improve. His submission is graded by her opinion, his performance by her happiness.

As complex as we are, we don't act from only one context at a time. Therefore, our goal is to mutually understand the origin of the intent of each of our actions. In this way we can answer those earlier questions in a way which will allow us to feel comfortable in our roles: Should a dominant give pleasure for the sake of pleasing? Should a submissive communicate his wants and needs? Based on all we've just discussed, the answers are both, "Of course! So long as the context of the intent is the Foundation Relationship" In both cases, neither party should consider the intent of these actions sourced by the D/s Dynamic.

#### **One last example to help this make sense:**

As strange as it may sound to the uninitiated, it is possible for me to have a man naked, on his knees, with clamps on his nipples, clothespins on his scrotum, and masturbating, begging me to let him kiss my feet, and it's *not about submission* to me! It's about me satisfying *his* needs. It's not about power exchange; it's about two lovers playing in each other's head-space. It is foundation intent; a vanilla, albeit very kinky, act! However,

if that same guy, fully clothed, got into the car at 5 AM, without being asked or ordered, drove to buy me a cup a coffee and had it ready for me exactly the way I like it, when he woke me up at 6, all because he knew I had a tough day ahead of me and could probably really use a great cup of coffee.. and I *know* he did it because he's committed to anticipate and serve my needs, then *that's wonderful submission!* It's D/s Dynamic intent.

### **What to do with all of this**

This all may strike you as a bit academic, but I assure you it's much more than that. I recommend you try this exercise: If you're currently in a D/s relationship, look at the activities you both participate in and identify the source of the intent. Discuss it with your partner. Come to an agreement as to whether these actions are 'Foundation-based' or 'D/s Dynamic-based'. Once you've come to that agreement, you can set expectations as follows:

Foundation-based expectations must be *mutually* met. This is done through the use of compromise. Gentlemen: Don't expect that just because it's foundation-based, she *has* to do it for you. You are in 'vanilla' territory. You may need to settle for, "I'll take it under advisement, but it makes me uncomfortable." Be happy with what you get. Settle through compromise and understand what you're getting.

D/s Dynamic-based expectations are *one sided...to her side*. That's what you sign up for when you make the agreement. The submissive is permitted the expectations stated before; to have their submission accepted and to have feedback and help in learning how to serve correctly. As a submissive, you cannot expect any quid-pro-quo or 'rewards'. Yours is the giving role.

Service-Oriented Dominance & Submission

Uniquely Rika

## Chapter 4 - Why is this section here?

In reading the first section of this book, you've been exposed to the basic concepts and tenets of my approach to service-oriented D/s; which I hope you are anxious and ready to incorporate into your relationships. I have drummed into you, on repeated occasions, the notion of true submission, and how it focuses on things the man can do *for* the woman, not things the woman does *to* the man. Now you've come to a rather long section on male-centric activities. Why?

I've included this section because there are three things about me that I suspect may be true about you as well...and if they are, this section will come in handy. If not, feel free to jump into your relationship armed with what we've covered so far.

- I don't believe you need to put yourself on the pedestal in order to stand on one in your partner's eyes. I have no delusions that I am God(desses') gift to the world. Life does not revolve around me being served. I believe there needs to be a balance, based in the context of that underlying Foundation Relationship that needs to be served as well.
- I love my husband and I enjoy pleasing him too. I know he's most fulfilled serving, and that's important to both of us, but I also know he likes certain 'kinky' things that I do not consider service to me. I don't find them particularly exciting, but I'm not nauseated by them either. In fact, some of them are downright fun. I appreciate his openness with respect to his fantasies, fetishes, and desires and from time to time, out of sheer generosity, I like to accommodate him.
- My personality has a bit of an explosive combination: I'm a perfectionist and a power-freak rolled into one. I enjoy seeing and experiencing power and control. Moreover, if I'm going to do something, I'm going to do it well. So, if I'm going to play in his fantasies, it's my nature to want to blow his fantasy circuits out of the water!

This section contains concepts, ideas, and techniques surrounding a number of non-power exchange practices. Its most important aspect is that it demonstrates how the dominant woman can accommodate her partner's non-serving needs *without* sacrificing her true position of authority. The approach, which must be understood by both partners to be valid, allows her the freedom to give, without fear that her actions will be interpreted as male-fantasy dominance. I have found that, when approached in the light of this section, I feel free to actually enjoy some of these activities myself! I hope you find the same freedom.

### ***Rules of engagement***

As the dominant partner, if it doesn't totally repulse you, it's ok - feel free to engage in some of the things he likes. The important distinction is to ***make sure he doesn't confuse the playtime activities with submission.*** You should come to a joint understanding that:

1. You decide *if* and when you play
2. These are *gifts* you're giving him. He neither earns them, nor is he ever owed them
3. They should never be confused with his service to you...these are things *for* him, out of the goodness of your heart
4. When you're done playing, ***things go back to normal*** - with him serving you your way

In the context of the last chapter, this section deals with activities whose context of intent lies within the Foundation Relationship; don't lose sight of that.

## Chapter 5 - Gifts vs. Rewards

There is a subtle, but critical, difference between a gift and a reward. You may not be aware of the difference consciously, but we all react to the difference in our behavior and our attitudes. You need to be careful about the terminology used when giving gifts and I strongly recommend *against* giving rewards; here's why.

A *gift* is something given randomly; for no particular reason. It is usually unexpected and never demanded. It is given out of the goodness of your heart.

A *reward*, on the other hand, is a payment for an action. It implies a quid-pro-quo; a 'this-for-that'; "You are getting this favorable activity BECAUSE you did this action so well..." Rewards are incentives for good behavior, usually agreed upon before the action. There is an implied contract associated with rewards.

The message delivered when giving a reward is that, *at least one reason* for being good is to gain the reward. When it comes to service-oriented D/s, this is an incorrect and detrimental message to send. You don't want a man to serve you in the hope of getting something he wants. You want the service to be the benefit.

Consider this: When someone receives a reward, he is told he *earned* it. In other words, it's *due* him. *He* created the opportunity...he has himself to thank. Contrast this with a gift...given for no reason. He is *thankful* to the one who gave him the gift, for *she* is the sole reason he is enjoying the activity.

The devil's advocate will ask, "Isn't it true that I'm more likely to give my partner a gift if he's behaved well and I'm feeling good about him?" Of course!!! However, with a gift, there is no promise, no commitment on my part. There is no implied contract, no quid-pro-quo. If he begins to feel that there is - that he's *owed* a gift for good behavior - he can immediately write out getting gifts for a long, long time.

Some may say this is semantics, but I have found that men react to the subliminal messages. The messages *gifts* deliver are:

- I recognize and appreciate that you're working hard to please me and I'm going to give you something I know you like, but are not demanding or expecting
- This is not owed to you. I just feel like giving it to you
- I'm in total control and can give, or take away any pleasure
- Even though I'm giving this to you, I'm still thinking about our roles and I'm still within the power exchange

### ***Some tips on 'gift giving'***

Very often, the things guys ask for seem unbelievable. How can they really want to have clamps put on their nipples and weights on their scrotums? Keep in mind these are ideas they've cultivated throughout their lives in movies, web sites, and magazines. They are not directly related to you - and certainly not related to service. For whatever reason (usually the attractive nature of any open expression of power and control), they are mental stimuli that physically turn him on. The good news is that, once you know what they are, you can choose to give them to him, or not. The intent of a gift is found in the context of the Foundation Relationship (oh no, not *that* again!). You could give them to him even if you weren't in a D/s-oriented relationship! This is no different from catering to a partner's fantasies. So, feel free if you like.

If you decide to give him the gift of acting out one of his S&M fantasies, there are a few things you can do to make the gift more enjoyable for him. Consider these thoughts that my husband shared with me:

- He will enjoy it more if you also give him the gift of appearing interested in the activity. Even if it's his idea, act like it's yours too.
- If he wants to do something that you can't imagine he really wants, or if he acts as if he doesn't want it once you start and tries to beg-off doing it, he probably wants to be 'forced' to do it. He is most-likely hoping you won't let him back off...so make him go through with it, talk to him afterwards, and if he really didn't like it, you don't have to give it to him the next time
- If he wants to be made helpless, help him to feel helpless. If you tie him up, make him uncomfortable: tickle him, ice him, play with his breathing, hurt him a little, anything to help him realize

he can't escape. If you've never been tied up, you may not realize that the act of struggling heightens the sense of helplessness, increases the compression of the bondage, and increases the sensations. Make him struggle and he'll enjoy it more

- Verbal taunting is very effective. Telling him how helpless he is, or how out of control will help him to feel more so
- Get him to talk as well. You'd be surprised how effective - making him talk about how he feels heightens his experience. Making him admit how helpless he is and that he realizes he cannot stop you from doing anything to him may increase pleasure for him
- Put him in predicaments. Making him choose between discomforts is a great way of increasing his feeling of helplessness. By having to admit he'd prefer one form of discomfort / humiliation in exchange for another you drive him deeper into his 'sub-space'
- Don't ask him if you're doing it right, just do it. If you want suggestions, tell him before you start that it's ok for him to suggest things. Then take them under advisement. Confidence is important!
- You won't know his boundaries until you pass them. Just pass them carefully. If pain is involved, slowly and carefully bring him to the point of asking you to stop. Then take him a bit further before you give him relief. It will not as enjoyable to him if you don't make him work for your mercy
- Guys love to beg. Prolonging anything pleasurable and dragging on anything uncomfortable while he begs away, is a sure-fire way to make a pleasurable experience of your gift

### ***Simple Gifts***

Sometimes a gift can entail a prolonged scene with complex predicaments, however, gifts can also be quick, simple, and easy to give, yet still leave a lasting impression.

Below, I've listed a number of gifts, which require no forethought and are can be delivered with minimal effort (keeping life simple even when delivering gifts). Still, they pack a wonderful short-term sub-space punch. In most of these, the key to effectiveness is a *seemingly*

*arbitrary delivery.* The less sense a gift makes the more effective it will be. Remember, these are not acts of dominance, these are sub-centric activities. They are 'simple gifts'.

### **1) Have him give thanks**

When we give a man a number of things to do...or, if he is merely carrying out his normal routines, it is a gift to make him take the time to stop and thank you for the opportunity to serve you. For example, the other day, my husband came to me for approval of a grocery list, a cleaning list, and a schedule to get our house ready for company. I approved the lists then, as he turned to begin execution of the tasks, I stopped him and told him he could kiss my feet in thanks before starting. This was a gift for him...simple, small, but a real treat nevertheless. We both knew the intent was from the Foundation Relationship because he has a strong foot fetish and I don't particularly find it important to make a man kiss my feet. The smile that crept onto his face as he sank to his knees was priceless. In the midst of the chaos of getting the work done, this simple, non-extreme gift let him know I appreciated his efforts, gave him something we both know he enjoys - clearly demonstrating the generosity of my dominance, and demonstrated my awareness of our roles - all in 2 seconds.

### **2) Take control of his body**

Capricious application of power over the natural body functions of another - for no apparent reason other than whim and delivered completely unexpectedly - is a very effective and easy method of giving a gift. For example: Tell a man to hold his breath for no reason...then have him breathe quickly, or slowly. Walk in on him when he's urinating and tell him to stop the flow...then start it again on queue. Have him get erect and keep himself erect for as long as you want...even when you're doing other things. Tell him to start doing jumping jacks, or sit-ups, or squat thrusts. Have him stop his chores to come across the house and count backwards from 100 by 7's, then return to his chores. Have him stand on one leg, hop and sing like a bird, bark like a dog...*anything*. The sillier and less meaningful the task, the more effective it will be. As ridiculous as it seems, these types of 'simple' tasks will be perceived as true gifts for they demonstrate *capricious control*. He is powerless to deny your seemingly arbitrary whims and the attention is on him. They require little or no effort on your part and he will appreciate them.

### **3) Use his mouth**

The adage: "the way to a man's heart is through his stomach" misses an even more powerful stop along the route! We usually control what we put in our mouths. Having someone else determine what goes in your mouth is a violation of personal space. There is no end to the harmless things you can make your man taste, suck, chew on, swallow, or just hold in their mouths. Of course, the more disgusting the act, the stronger the sense of power he will experience. The stronger the sense of power, the better the gift will be perceived. The balance is in your hands and subject to your comfort level.

If the item placed in his mouth is of a personal nature, the treat gains in sexual importance. Spitting a wad of chewed gum (or just spitting) into a man's mouth will be perceived as intimate contact. Having him swallow the clippings from your precious toes or drink from the footbath water after he's given you a pedicure are gifts requiring no effort but are high in intimate contact, especially for a foot fetishist. Having him kiss your hands, fingers, feet, ass, breasts, armpits, etc. are obvious sexually charged treats. The point is, if you're comfortable with it and you feel like making his day, these will work without putting you out too much. The idea is a quick, simple, unexpected, and very effective taste treat!

### **4) Give him obstacles**

Another simple gift for a man is to make it more difficult for him to get a task done. If the task is not something where time is of the essence, you might want to create a challenge for him to serve you properly. Again, this is a gift for him - since he's trying to serve you, he's trying to do your bidding as efficiently as possible. You counter by forcing him to follow a potentially difficult set of instructions on your whim. Like all these techniques, the key to this kind of gift is delivering the requirement in an apparently arbitrary manner.

Some examples: If he's ironing, make him iron with only his non-dominant hand. Have him stand on one leg. Clean the toilet...blindfolded. Take out the garbage...in small paper bags. Have him clear the leaves...with a toy rake...or with a pair of tweezers.

**Note:** You need to be careful with this type of gift. Don't lose sight of the fact that the activity which he is attempting is one which serves you. Don't sacrifice

service just to give him a gift. You'd use this type of gift only if you don't really care how long it takes him to do the task. Also, don't reduce your expectations for completeness or neatness just because he has an obstacle. Remember, obstacles are things you see when you take your eyes off the goal!

### **5) Quick but painful**

The last category of simple gift is one which men really love. This can be linked to any of the techniques above, or can be used alone. The goal is a quick, effortless, yet somewhat painful situation given as a gift. It can be as simple as a slap in the face (or for a real treat, 10 slaps in succession). Perhaps flicking his nose, bending his fingers, twisting his nipples, half-kneeing his balls, or slapping a wrestling hold on him and forcing him to say 'uncle'. Again, the best benefit is to do this in an unexpected, undeserved, and arbitrary manner. There is no reason for this pain other than your whim.

Going back to my 'give thanks' scenario: It would have been completely appropriate if, after having my sub thank me for approving his lists while kissing my foot, I had him kneel up straight, put his hands behind his back, and then smacked his face hard, back and forth a few times before sending him on his way. He clearly would perceive it as a valuable gift.

These are just a few ideas. It's my hope you get the idea from these, but will pick those that are of significance to you and your partner. Since they are so male-centric we must recognize they run the risk of 'spoiling' the service nature of the D/s Dynamic if we do not intend them from the context of the foundation. Don't confuse gifts with service and they will become a very effective way to let your partner know you love and understand him.

## Chapter 6 - Using Scenes and the Power of Irony

There is a good chance that a submissive partner will consider a 'scene' to be a wonderful gift. He has modified his approach to D/s, divorced himself of his preconceived notions of dominant women, and committed himself in service to the unique needs of his partner. He probably would still enjoy a scene as playtime. If you choose to give the gift of a 'scene', you may as well make it a worthwhile and learning experience for him. By structuring your scenario with a lesson to be learned, the male-centric fantasy can be 'gifted' yet still support the roles of the D/s power exchange. One effective mechanism is to recognize and leverage the ironies and paradoxes surrounding this approach to D/s. Here's how it works...

### *Irony and paradox in the D/s context*

In scene-based, S&M relationships, the paradoxes are obvious. The most common is that the sub is the one actually in control. In the S&M context, it's true: Contractual limits are often set as guidelines for the dominant and safe-words are given to 'bottoms' so they can end a scene should it become too intense yet remain in character and beg for mercy without really meaning it. Actions carried out by the submissive or done to the submissive are termed "forced" or "ordered"; yet, by virtue of his ultimate right to free will and laws prohibiting abuse, the sub is actually the one who determines if the acts are going to be performed. In most cases the sub desires the tasks he is being 'forced' to do. The term "Safe, Sane, and Consensual" is the mantra.

Service-oriented D/s also has paradoxes and ironies although they present themselves in a much more subtle manner. By now you should clearly understand, in a lifestyle D/s relationship the focus is on what the man can do *for* the woman rather than what the woman does *to* the man. In this context, the concepts of limits and safe-words do not apply; there's no need to limit how much you can please someone! With the understanding that D/s is an extension of the underlying relationship, formalities which exist in the scene world (e.g., collaring, protocol, etc.) are superseded by more traditional attachments such as love and commitment.

The most powerful of paradoxes which exist in the lifestyle D/s relationship is that of mutual benefit. A true submissive learns to derive pleasure in pleasing. His needs are satisfied by subjugating his perceived wants and desires to those of his partner. This concept is the hardest for the novice 'submissive' to grasp. The guy who is hell bent on 'being done while he's helpless' can't imagine that he will get his satisfaction, perhaps deeper than what he would get were he to get what he craves, by being the one who does the satisfying. Add to that the paradox that things done to the man are gifts and not submission.

In building strong D/s relationships, the successful dominant partner realizes the power of these ironies. She understands that when her partner is forced to confront the truth of the paradox, and rationalize his reaction to it, he feels more deeply involved in his role in the power exchange. Any exercise which fosters this confrontation can be used to strengthen the relationship.

### ***Using scenes: The gift of playtime***

As I stated, I do 'scene' as a gift of playtime for my submissive partner. By structuring these scenes carefully, I make them an educational experience for my partner. The scenarios are carefully constructed to provide conflicts which the submissive must face and in facing them, learn about himself. The manner in which he resolves the conflicts makes apparent where his preferences lie. He must ask himself why he chooses the options he does; and internally justify his reaction. Aside from feeling pleasure, he is, by the nature of his participation in the direction of the scene, forced to learn a little bit about himself and learn to appreciate the level of satisfaction he gets from real service-oriented D/s..

Ultimately, the most valuable lesson to be learned in a treat/playtime scenario is that the activities he is enjoying are for *his* benefit. He should be brought to realize that he is being given a great gift. His partner is giving him pleasure, not sourced from the power exchange aspect of their relationship, but out of the foundation: caring, trust, and respect of their relationship.

### ***Using irony to help a man 'self-educate'***

One technique for structuring a scenario is to take an activity which the man feels is "submissive" or "humiliating" and use it as the *ultimate goal* of the session. This is worth restating. Something that your partner thinks is a submissive or humiliating act is structured to become the thing he's going to work very hard to obtain! The paradox here *is* the lesson. By forcing him to work through a set of challenges - some painful and humiliating - in order to obtain an S&M-oriented activity, the man has to reach the conclusion that such activities are *for* him. There is no other logical conclusion.

To take the concept a little further, we add in a probability. We don't *promise* to give him the target activity; we only offer the *chance* to get it. Now we structure a scenario where the man is forced to accept greater humiliations or experience more pain in exchange for the *chance* to perform the act he considers humiliating or submissive! Such a scenario presents the irony to the man whereby he is forced to realize that he *needs* the ultimate act and is willing to do virtually anything to get it, even if he's not sure he's going to be able to get it! This feeds his fantasy, because he realizes that you fully understand him, perhaps better than he understands himself (which is a common desire among submissive men). He then realizes that you have the power to give or deny him that pleasure. You are doing it for him; because you care about him...if s not about his submission to you. He will never consider the ultimate goal action an act of submission again. Mission accomplished!

### **An example**

A real-life example of this is a scenario I produced for my husband, a submissive foot fetishist who, early in our relationship, admitted the desire to 'humble himself by kissing my feet. He found kissing feet a 'humiliating action'. The next time I felt like giving him a gift, I decided to teach him a valuable lesson. My first step was to withhold my feet for several weeks; they were off limits to him in any way. When I gave him the treat, I introduced a scenario which slowly and methodically introduced greater and greater humiliating and painful tasks for him to do IF he wanted the chance to kiss my feet. I started by dangling the chance first to kiss my shoe, then the other shoe, and then escalated to removing my shoes, smelling my stocking-covered foot, removing my

stocking, smelling my stocking, etc. During each escalating step closer to his objective I made him beg for a new price to pay: "If you want to smell my foot, you'll have to offer your other nipple and beg me to put a clamp on it!" This progressed for quite some time, each time getting him closer, yet not quite to his ultimate goal of kissing my bare foot. By the time I sent him away to make dinner (without the honor of performing the 'humiliating' act of kissing my bare foot, by the way), I had him naked, on his knees, with clamps on his nipples, clothespins on his scrotum, masturbating, sniffing my toes and sticking his fingers into his own rear end! All for the chance to do that '*humiliating*' act of kissing my foot! Ha! During the short debriefing at the end of the scene (while he cooked - after he washed his hands!), I asked him to reflect on what he learned. He thanked me profusely for helping him understand how badly he needs to worship my feet and how much he loved me for some day allowing him to do so. He has never considered kissing feet humiliating again ... he feels it's a privilege; one which I now feel comfortable giving him as a gift when I'm in a benevolent mood.

## Chapter 7 - The Joy of Denial

Men seem to feel that the ultimate control a woman can have over them is to control their sexuality. They fantasize about a woman who can get them up and off with only her words. They fantasize about being fitted for a chastity device for the remainder of their lives and being forced to go months, or even years, without the pleasure of a full orgasm. As gifts go, *Denial* is a nice one! It happens to be one I enjoy too!

### ***Controlling his orgasm***

If the idea of controlling your partner's orgasm goes against your view of his masculinity, consider this: There is a distinct difference between controlling sexual activity and controlling sexual release. Therefore, controlling his orgasm does not necessarily mean you are responsible for when, where, or how you have sex (unless you want that); it only means you alone will have the final word on whether or not your man will climax. That's a bit more interesting, right? You can either control everything, or just control the results. You can let and even encourage your man to initiate sex; show his desire, lust, and masculinity - even penetrate you.. .but the final word on his orgasm is still yours. Yes, even after all that preparation, you can arbitrarily deny him an orgasm.

There are several ways to do this. Some women tell the guy not to orgasm without permission. Personally, I hate whole the 'may I come' thing. It sounds so wimpy. I rather require my partner to ***request that he be allowed to stop***. He must request this just prior to reaching his 'point of no return'. He does this whether he's in me, being stimulated by me, or masturbating himself for my pleasure. There is a kick and a great deal of irony to hear him beg, "Please let me stop" and me saying, "OK... Stop"!

Trust me on this one, the first time you're lying on the bed drifting off to sleep, having already enjoyed your orgasm(s) during sex that your partner initiated and he's there, rubbing your back as you drift off to sleep, having been denied his release on your whim - and he's ***thanking*** you for giving him the privilege of making you happy - you'll be hooked!

## ***Tease and denial***

Four hours ago, you started a game. It was a harmless little game; an exercise in control. He voluntarily submitted to gentle bondage. He allowed himself to be spread-eagled to the four posts of the bed. He was already aroused by the time you had taken off your clothes, changed into a thong and a bra and took up a position next to his head. You stroked his chest hair, allowing your hands to lightly brush against his nipples. You kissed deeply. You went down on him, moistening him, and sensitizing him to your touch. You mounted him, helping yourself to his desire. As his body approached climax, you could feel him increasing what little thrust his bonds allowed him and you started to rise. He rose up to meet you, to keep him inside of you..but, tied as he was, he could not stay inside. You rose off his penis, letting its tip stay just at the entrance, and then pulled completely off, leaving it reaching and throbbing helplessly in the air. You allowed yourself to linger there, just inches from the tip of his penis as his body, arched up towards the ceiling, eventually gave out, and collapsed back on the bed.

During the next few hours, you repeated the process using all forms of stimulation. He has arrived at the brink of his orgasm dozens of times, each time left with nothing but air, in a vain search for friction. In the mean time, you have enjoyed several orgasms; orally, manually; even one you gave yourself with a vibrator while he licked any part of you that you put in front of him. Only one thing remains..his desire for release. You stand back, looking at his delicious body; sweating and trembling, and consider if you'll allow him to reach his desired orgasm. Should you take pity on him? Show him mercy? Or, should you do what he's been begging you to do for the last 30 minutes, and just 'leave him alone'? The decision is all yours.

### ***There is no denying the joy of denial***

If you find any excitement in power and control, even for just a little while, you will adore the rush of Teasing and Denial games (T&D). T&D is an enjoyable gift you can give your partner. You will be spending a large amount of time focused on him and his body, so he should be thankful for your time and effort. In this chapter, I will discuss many tips and techniques and explain why they work. I recommend you try them out; see if you like them. I think you will!

## **Why tease and deny?**

Two words: power and control. In the realm of harmless fun, nothing approaches the rush of power you can enjoy by playfully sexually frustrating a man. Nothing compares to the control you have when you create a sense of sexual desperation, and then, at your whim, delay gratification of that desire.

Your submissive partner will love it as well. It plays into his fantasies, since you're demonstrating a keen interest and focus on him and on his sexuality. Your confidence shows and grows right before his eyes. He can spiral in his desperation as each new activity brings him closer and closer to over-stimulation. You play him like a puppet, and he is helpless to resist. What more could he ask for?

## **A little bondage goes a long way**

I recommend that initial T&D sessions incorporate (where applicable) some form of restraint. Given enough time, even a well-trained man may break down and try to take matters into his own hands. A little bondage goes a long way in preventing interference and in promoting a feeling of resigned helplessness. It also allows you to linger in places a little longer than he may desire.

Let's discuss the three basic approaches to tying a man for T&D:

1. To maximize access
2. To minimize comfort
3. To create a predicament

## **Maximizing access**

Here you will find your spread-eagle positions. Arms and legs stretched out in a big 'X', either lying down or standing up. In such a position, access is maximized; the man cannot protect his vulnerable areas (balls, penis, anus, nipples, armpits, etc.). If stretched, his ability to shift away from (or more interestingly towards) stimulation will be greatly reduced, if not eliminated. He is totally at your mercy. If he's standing, you will be able to access both sides of his body, adding potential areas of stimulation. These positions are basically comfortable for him and his focus on the stimulation can be fairly dedicated for long periods of time.

If I have tied a man in this manner, I like to spend a lot of time between his limbs. I'll sit between his thighs, right above his head, across his chest, just below his armpit. It's nice to be so close and yet so untouchable. The proximity also helps to make him feel more helpless. Of course, not being able to stop the teasing makes him feel pretty helpless as well!

### **Minimizing comfort**

These are positions in which his comfort is not your concern. In this category, you'll find tight hogties, backward-bent positions, long-term kneeling, and some suspension positions. In general, you will not be leaving him in these positions for very long, although the longer you leave him, the more uncomfortable he will be. He may find it difficult to concentrate enough to actually have an orgasm if his bondage is sufficiently uncomfortable. That's an interesting problem for him to resolve.

The double whammy of being held in an increasingly uncomfortable position and concurrently being teased and denied is unmistakably effective. It is not practical, however, if you want to create a long session during which you'd rather not take the time to retie him.

### **Creating a predicament**

Personally, this is my favorite type of bondage. It's a mental trip - a journey. The idea is to create a situation, in which the man is motivated to obtain one thing, but held back or otherwise dissuaded from the motion that would allow him to obtain it. It is, in and of itself, a tease.

The motivating item can be just about anything. If he has fetishes, you can use this item as part of your tease. For example, let's say he has a foot fetish; you can tie him in such a way that, in order to reach your foot, he has to move away from a vibrator, from which he's getting his only stimulation. In a sense then, he is forced to tease himself - spin off his own stimulation - in order to make contact with his fetish item.

You can use pain as a price for reaching his desired goal. For example, you can have him on his back with his scrotum tied to the footboard of the bed, and then stimulate his penis at the underside of the tip. Moving your stimulation towards his chest will force him to extend up to

maintain contact with the stimulation, pulling the rope connected to his balls, causing the conflict. If you continue this long enough, he'll eventually have to stop trying because he's hurting himself. At that point you can vary back and forth and enjoy his straining and efforts.. forcing him to spin himself off rather than accept the pain.

Another, very nasty thing is to tease him for hours, then rub Ben Gay on his hands (or Icy Hot or Tiger Balm). Leave his legs bound and tell him, if he wants to, he can make himself come. Give him a time limit and if he doesn't come during that time limit, he doesn't get to come at all. Nasty.. very nasty. Use caution with this one, it apparently generates a lot of pain.

### ***Breaking the 'ice-man' syndrome***

Some men, especially those who've been through T&D sessions before, will try to act as though they don't want to come. They'll try to take control of the situation by lowering their body's reaction to the stimulus. They'll try to remain flaccid. No erection, no tease.

The combat for this is multi-dimensional. First, realize that time is on your side. I find that men break down the facade when they're forced to become actively involved. So, if you're playing with fantasies, use them. If you're attacking fetishes, use them as well. Keep him verbally involved. If you keep him talking and begging it will help to break down his resistance. First, make him beg to be stimulated. Then, make him thank you when you stop. Then he must beg to be started again. By the time the 6<sup>th</sup> or 7<sup>th</sup> spin-off is completed, guys become conflicted about starting again; they don't know if they want to go through the cycle another time. That's a good sign.

### ***How long can this go on?***

Here's the beauty of all of this. There is *no* set time period. It's virtually endless; not because you can stimulate a man forever (because you can't); it's endless because the tease does not need to be resolved in one session! *Cross-session T&D scenarios*, where you stop the teasing without allowing an orgasm and pick up again sometime later (an hour, a day, two days, etc.), are very effective; for it leaves the man feeling no sense of finality, and with everything, yet nothing, to look forward to. You can easily cross days or even weeks with a single tease.

Keep in mind, no matter how much men tell you they ache, you won't break them; I've made my husband experience substantial stimulation and denial - about three times a day, every day for *Jive* weeks - before allowing him to orgasm!

There will come times when nature will stop you. Guys can eventually become raw to the point that stimulating them will cause more pain than pleasure. They also may lose their erections. Don't take it as lack of excitement; it's natural. Try the soft touch to see what happens. Take his mind somewhere else (work over his nipples, balls, face, mouth, etc.). Once his erection starts up again, use a soft touch to get it straining, then resume masturbation or other stimulation. If he's too far-gone, stop the tease for a while, and resume it at another time. You'll get the added joy of watching his face react as he realizes he's not coming.. .and has no clue when he'll get another chance.

T&D generates a cycle of conflict for the man. He realizes his body is reacting in a way his mind doesn't want it to; that he's on autopilot and can't stop himself from getting teased. The longer you keep it up, the worse it gets.. .the more powerless he feels.. .the more power you get to enjoy.. .the more openly you enjoy your power, the more his body deceives him and so on and so on. I find it exciting to watch a man as he recognizes he's hopelessly in the cycle!

### **Avoiding patterns**

It helps to be aware of patterns. We all have natural rhythms and tendencies. The longer we know our partners, the more we become in-tuned to their patterns. When it comes to T&D patterns, unless you're consciously hiding them, the man will probably pick up on yours very quickly. You can take advantage of this if you recognize your patterns and then use them to create tension. Just when the guy thinks he's figured you out, you change your pattern. It keeps them off balance and keeps you in control.

One pattern you can use is the *rule of threes*. There's a natural tendency towards the number three within English-speaking cultures. We tend to group things in threes. Low-Medium-High; Ready-Aim-Fire; On your mark-Get set-Go. For example, it's far more comfortable to see 'A, B,

C...' than ' A, B...', or even ' A, B, C, D...' There's an implied rule that motivates the phrase, "third time's a charm." So work it to your advantage. In general, men internally feel that the third time they're stimulated, they'll be allowed to reach orgasm. You may even naturally feel that "it's time" to finish him. Use this natural tendency to create an empty result. It's more effective to take him beyond the three; creating tension and anticipation.

Once you start changing your patterns you'll notice his confusion. His body will show both the anticipation of the pattern as well as the frustration of the change. It's very powerful.

### **Take a break...but keep him working**

All this male-centric attention is a lot of work. Not only can his penis get tired, but you might get tired as well. This is a hassle. Luckily, you can always take a break. Of course, this doesn't mean *he* has to. Try these techniques to keep him at it without wearing yourself out.

### **Keep it hard for me**

I love to play the 'keep it hard for me' game. With this game, I simply tell him to play with himself and to keep himself hard until I tell him to stop. He knows there are no orgasms in this play for him. He is free to do whatever he needs to in order to maintain his erection. If I'm feeling benevolent, I may throw him a boot, bra, or a pair of panties, or even a video to help him keep himself stimulated. Whatever it takes, he simply must stay hard.

During this time, I can relax, read a book, or watch TV.. anything I please. I can stop by at any time to see him nice and hard. I can do this as I drift off to sleep...I just tell him he's to keep it hard for 15 or 30 minutes before he can go to sleep. No permission for orgasm.. just a prescription for frustration.

### **Working with fantasies and fetishes**

A man's fetishes and fantasies are his Achilles heel. To know how to blow open a man's fantasy circuits is to have a key to his body. There is nothing more effective than to leverage a man's fetishes to heighten his arousal, then spin him off. The combination of an uncontrolled reaction

to stimulus with the inability to achieve climax is maddeningly frustrating for him.

You can play with his fetishes without much effort on your part. Tie a fetish object over his face, or force him to worship it. He can play with himself during this time, making it down time for you that results in *up time* for him! If his fetish involves a part of your body, give him access to it while you're doing something else, or while you're relaxing and paying no attention to him. Or, put him in a predicament bondage whereby he will be unable to reach his object of desire. Then go about your business.

### ***Techniques for spinning off***

The phrase 'spinning off' takes its name from the feeling guys sometimes report they experience when you stop stimulating him *just* before he has enough contact to have an orgasm. Often they report their heads swim as if they're drunk. Some even say the room spins. The impact of spinning a man off is cumulative: Hit that moment a few times in a row and he'll be sweating and trembling. He'll both crave and fear your touch...delicious!

### **Timing is key**

There are many techniques to timing the spin off. Some require a bit of skill. The exact signals that appear just prior to your man's orgasm will differ from other men. You'll need experience and observation to determine that exact moment when you can stop stimulating him and he will not be able to have an orgasm, yet if you continued even a second longer, he would not be able to stop one. Regardless of the methods you use, practice will make perfect. If you hit the spot perfectly, a small bit of ejaculate will crest the top of his penis and then subside. It might even dribble over the edge a little. It's not an orgasm, just really, really close to one.

Different men will have different 'tells', but there are a few subtle physiological things that *generally* happen right around that point of no return:

- His balls roll up higher into his scrotum
- The whole on top of his penis becomes effaced
- His penis gets suddenly harder
- There's a quick twitch under the penis near the balls

There are a few things that will fool you, so don't use these:

- Don't take verbal clues from him - men are notorious for saying they're ready to come before they actually are. They try to avoid that last second spin-off by lying about being ready to come
- Don't use audio clues - Men will quickly learn if you're taking your stop queue from certain grunting sounds, breathing patterns or movements he's making. These movements and sounds are under his control and guys will fake them as well
- Don't use timing from past experience - Each orgasm will be different. You can't judge the timing on one orgasm from that of a prior one

Trial, error, and observation is the only reliable way to determine your partner's unique 'tells'. Besides, it's fun!

So how do you spin off his orgasm? Depending on how you're stimulating your partner, you can spin him off in several different ways. The goal is to provide absolutely no stimulation at just the moment when he needs it in order to get over the top and begin an orgasm. The closer you get to the point of no return, the more effective the spin off will be.

### **Manual stimulation techniques**

If you're manually stimulating your partner, you have the most options for spin off. You can simply stop and let go of his penis, or if it's relatively early in the process, you can switch your pressure to a light touch. By opening your hand and just rubbing up and down the top of his penis (along the side which presses against his belly), leaving the sensitive underside untouched, you will create an empty sensation for him. He'll be wondering what happened to the friction.

You can reduce your grip to a feather-light grip just barely touching the surface. Warning: A guy can definitely come this way, especially if he's very well teased at that point, so be careful to pay attention.

You can switch stimulation to his balls. Sliding your hand off his penis but keeping a pulsing pressure on his scrotum, pulling them away from his body. Then, you can run a fingernail down the underside of his penis very lightly, or prod with your fingernail at the tip of his penis.

Sometimes just blowing on his penis while you pull his balls will give him the desired agonizing sensation.

Then there's the 'pop off'. This is a great technique when you're hitting the moment perfectly. You've got a firm grip and you're pumping away and he's getting right to the point of no return when you tighten your grip and pull you hand off the top like popping a cork! Your hand will fly off the top of his penis and he will go from steady pressure - to suddenly firm - to absolutely nothing in a heartbeat. Of course, it's the *nothing* that will linger as he searches for friction.

### **Intercourse techniques**

There aren't as many spin-off options with intercourse. If it's early in the tease and he's not really that close to an orgasm, it's ok to sit all the way down on him, pulling him all the way inside you and not allowing movement. However, if he's close to coming, that motion and any other stimulation he'll get inside you could easily trigger an orgasm even though he's not moving. Be careful with this maneuver.

If he's been teased a bit already and is truly close to coming, you'll need to disconnect and do so quickly. You can do this by pulling off of him (if you're on top). You can pop off the top rapidly, or you can linger with just the tippy-tip of his penis flirting with you; just out of his reach. If he's bound he will try *very* hard to get back inside you, but won't be able to. Popping completely off the top is certainly the safest bet. If he's on top of you, you can just tell him to stop and pull out.. if he's well trained or fearful of the consequences, he'll have to stop. This is particularly tough for him and requires quite a bit of self-discipline.

Of course, as he recovers for his next bout with stimulation and denial, you can use him anyway you like.. what's his mouth doing?

### **Self stimulation techniques**

As you can tell, I love irony. As such, I enjoy having a man deny himself an orgasm. Having him masturbate in front of me and then having him stop on my wishes just toys with my sense of unfair play. It takes a lot of trust and experience with a guy to try this. Many men will not have the self-discipline to actually stop when you tell them to.. especially after a long tease.

As I mentioned before, I personally hate hearing a guy ask me if he can come. I prefer to have him beg me to give him permission to stop. I want to hear, 'please may I stop stimulating myself. I love the irony of saying, 'ok...you can stop' and knowing how it's killing him to obey, even though all I gave him was permission to carry out his own request!

Once again, be aware that men will try to avoid extreme frustration. When spinning themselves off, they're likely to request that you stop them long before they're really near the point of no return. Take your time in answering him. If he's really close to orgasm and you haven't given him an answer (permission to stop), he'll have to stop himself or change his grip to avoid orgasm. This is actually a terrific indicator that he is really just short of the point of no return.

### **Timing spin off the easy way: Countdown and Control**

I play a game that simplifies timing the spin off. You practice this game **PRIOR** to being in a T&D session and then use it during one. The game helps your partner recognize his orgasm's point of no return and learn to hold it off as long as necessary.

The objective of the game is for your sub to orgasm on a count down. After stimulating him for a period of time, you pick a number and then start slowly and *steadily* counting down while he is being stimulated (or stimulating himself). His instructions are to orgasm at the *exact* time you say *zero*. If he fails to achieve orgasm at zero, all stimulation stops. If he feels he's going to orgasm prior to zero, he must request that stimulation stops before he comes.

Before they become in tune with their bodies, men will think they're on schedule for an orgasm at zero only to find themselves a few seconds away. By stopping the stimulation right at zero, you help them learn where their true point of no return is. The next time (which could be a minute later), he'll try even harder to get the timing right.

Some guys will reach the point of no return too soon. The rules say he's supposed to beg to stop. However, if he has the orgasm anyway, you can make it an unpleasant mistake. You can decide he won't have another orgasm for a month, or whatever will scare him. He needs to learn to

recognize his orgasm coming and give just the right amount of warning to allow you to stop stimulation.

As I mentioned, you practice this game during non-T&D times. This way, you can feel free to let him reach his orgasm. You start the countdown after a warm-up period of stimulation. In the beginning, you should start with the same number; ten or fifteen seconds should work well. Once a man is routinely having his orgasm by countdown at zero, you can start to vary the starting number; decreasing that number close to zero, or increasing it greatly, will increase the challenge and help him develop greater control. You can also begin to eliminate the warm-up period. My husband can go from limp to orgasm in a 5 count or make it last for several minutes after a prolonged warm up.

Next comes the fun part: You can *stop him prior to reaching zero*, and you know *exactly* where he is in his orgasm cycle. You know that, if he's going to reach orgasm at zero, he's close to that perfect point of no return around 1 'A. Stopping him at 2 or right after 2 is an easy way to spin him off. No need to anticipate 'tells', no need for visual cues. You know exactly where he is.

Once again, guys will try to avoid the frustration of being stopped too close to their orgasm. If they think you're going to spin them off by countdown, they'll avoid being in the right place at the count of two; figuring you're never going to know, since you're not getting down to zero anyway. If you suspect that's the case, go ahead and count to zero and then stop. If he doesn't have an orgasm, you know he's manipulating you.. .and you can take appropriate action. The trick is to never let him know when you're going to actually complete the countdown, so he knows he has to be ready to come at zero each and every time (watch your patterns!).

As a side benefit, once he's got this technique down, he'll be a better lover in general. He'll have a better sense of his own orgasm limits and will be able to last longer. Conversely, if he's one of these guys who go on and on forever (ouch!), you can count him down whenever you want him to finish!

It's easier for guys to stimulate themselves on a count down. Aside from being less work for you, the guy has more control of the friction and can regulate himself better. Your control factor comes in when he knows he can't stop without permission. If he feels himself getting close he has to ask you if he can stop stimulating himself. You can then say 'yes' or 'no'. If you say 'no', he'd better come right away; otherwise he's manipulating the count. As always, varying the pace and watching your patterns will keep him honest.

### ***How to handle the surprise orgasm***

It does happen. You're playing close to the edge, really pushing his frustration, and he accidentally has an orgasm. Guys do get to a point where, no matter what they do to try to stop it, his orgasm is on its way; they will orgasm without any further stimulation. If you think you've gone too far, you can try a couple of techniques to stop it. I say try, because they don't always work.

### **Squeeze the head**

Apply *very* strong pressure just below the head of the penis on the underside. Pinch this area as hard as you can and hold it. Don't shake or slide your fingers or his body might interpret it as stroking and he'll orgasm. If you catch it early enough, his urge to come will quickly subside and you will be able to safely continue.

### **Drive the thumbs**

Drive both of your thumbs into the sides of the urethra from on the top of his penis with a steady and firm grip. This is an extremely uncomfortable thing for him and often will stop the orgasm (but not always, so watch where you're pointing!)

### **Minimizing recovery time**

If it's too late and his orgasm begins against your wishes, you're in a tough situation. First of all, realize that the tease does not necessarily have to be over. This is a setback, but if you want it to continue playing, you'll need to minimize the effect his orgasm will have on the remainder of the tease. You can do this by limiting the completeness of his orgasm so it minimizes the time it will take him to recover. Here are some techniques that will help.

### ***Choke it off***

One technique to minimizing an orgasm is to choke it off. You grab both the top and base of the penis, squeezing very hard, making sure you close off the channel along the underside of his penis. Hold it closed throughout the contractions of his orgasm. Very little or even no fluid will come out of his penis. Don't worry; you won't blow up his balls! The ejaculate will turn around and flow back up his urethra and into his bladder. This is harmless. It does, however, minimize the extent (and pleasure) of the orgasm, allowing him to recover faster and be ready for further teasing sooner.

### ***The friction less orgasm***

Another technique is to let his orgasm occur with absolutely no friction. This will be undesirable to him and he's really likely to complain about it. It's often called a 'spoiled orgasm'. I don't find this technique allows for as fast a recovery as choking the orgasm off, but it's certainly more effective than helping his orgasm along and guys hate it. I know some women who only allow a frictionless orgasm, never allowing their partners to enjoy full pleasure. I think that's a bit cruder than is needed.

### **Maintaining the control factor, even if surprised**

If he's stimulated past the point and cannot stop his orgasm, you do not need to lose control of the situation. Apologizing for taking him too far defeats the control aspect of what you're doing. Try not to show concern. Personally, I pretend to get annoyed at him. After all, it is HE who's ruining MY fun! He could have begged me to stop earlier (even though I probably wouldn't have listened to him). I'll have him eat his ejaculate and then start the tease all over again. Internally, I chalk it up to experience and vow to avoid it next time.

### ***Ending the tease***

Contrary to all you've been taught about relationships, there is true joy in denying your man the most intimate of pleasures. He will love and respect you for it, simultaneously look forward to it and dread it, and in the long run thank you for it as well!

Here comes that warning again: The topic of Teasing & Denial, while fun, is quite male-centric. The woman is spending so much of her time

and energy playing with and centering her focus on the man. It is easy to forget the source of the intent of this play (intent to please from the Foundation Relationship). The man should not lose sight of his real commitment. Provided both of you maintain the proper perspective, T&D can be lots of fun.

Once you determine it's time for the tease to be over, the inevitable' orgasm must take place. By now you probably know I'm a firm believer in re-establishing your authority after the guy has his orgasm. In his mind, the orgasm represents the end of his ordeal and with it, the end of your reign of control. There has never been a better time to re-exert your complete authority and leave no doubt who's still in charge. Snap him back to reality with some good D/s Dynamic activities (remember those?).

### ***After his orgasm***

When a man's sexual energy is released in the form of orgasm, he undergoes a change that's both sudden and appreciable. The fact is, men have natural biological reactions (like sudden tiredness) that, although they probably have some evolutionary advantage, are an obstacle to overcome with regard to a man's service to his partner.

When sexual energy is heightened - as when he approaches an orgasm, a man's view of the world seems slightly 'dumbed-down': He feels less pain, considers less consequence, has more singular focus, and even enjoys the thoughts of some rather unpleasant activities. Immediately after the sexual energy is dissipated (i.e., he has an orgasm), these illusions disappear and things return to their natural state with alarming quickness. This very often includes a precipitous drop in focus and attention; particularly to those things which have sexual context. Unfortunately, D/s has sexual context, so the problem can easily affect his focus and attention to service.

Although this reaction is natural in men, it is controllable. No matter what they may tell you, men *can* control it voluntarily. It is not easy and it takes additional commitment, but it is completely within their grasp. Therefore, his commitment to serve must not be allowed to wane.

Luckily there's irrefutable logic to support why he must put in the extra effort to avoid this gap in service: The fact that he was allowed an orgasm is a gift in and of itself. It would be selfish to allow that gift to have a negative impact on his service. Selfishness is a direct violation of the commitment he's made to his partner; a commitment to her needs that has no time boundaries or parameters.

Inexperienced men will often have trouble with service after their orgasm, even when their intentions are good. To counteract this, take some action immediately following a man's orgasm to 'snap him back' to his service orientation. Often, I will do something which further humiliates or hurts him...and while I admit, these are clearly male-centric activities; I view them as extensions to the gift I'm already giving him. Additionally, I'll have him to do something/or me as well...something which reestablishes his D/s commitment to the power exchange. It doesn't have to be much, it can be a massage, cuddling, getting me something to eat, or, if I'm in the mood, giving me an orgasm (or another orgasm). While these things seem rather tame, they are being carried out at a time when he really would prefer to just roll over and go to sleep! I certainly will not allow that! He is forced to summon up the energy to do a good job at whatever task is in front of him...and he has no choice but to execute it.

## **Two special post-orgasm activities**

There are two activities that have a special place after his orgasm. Remember, these are certainly male-centric and are *treated as a continuation of the gift*, but they provide somewhat of a bridge back to the day-to-day D/s commitment. I find both of these uniquely unpleasant for the man after orgasm and particularly effective in pushing a guy's submissive nature back into line. I use them regularly, sometimes together, and usually in-concert with other, more service-oriented tasks.

These two techniques owe their effectiveness to an amazing phenomenon about men before and after orgasm. Before a man has his orgasm, the mere idea of carrying out one of these tasks may be so exciting to him; it may even push him over the edge of his orgasm. Yet immediately after he comes...and I mean *immediately* afterwards, he will find the concepts so repulsive, he'd prefer to do almost anything else!

Personally, I play with this fact. I let my partner know before he comes, that he will be experiencing one or more of these activities after his orgasm. Very often, he can no longer hold back his orgasm just thinking about it..then, when he's done and is dreading the consequences, I take great delight in holding him to his commitment, and reminding him how excited he was just minutes before! This must be a very difficult paradox for him to rationalize.

This paradox also opens another interesting opportunity for you. The next time, before he orgasms, you inform him he'll be experiencing one of these techniques - if his reaction is excitement (which it will be) - you can point out how his body is reacting and point out that he really must love this treatment to be looking forward to it so much! Talk about having a hard time coming to grips with what's going on in your own mind!!! Try giving him an option not to come.. ."would you rather not come?"

Consider using these. See how you and your partner react to them.

### **Consuming**

With this technique, the dominant partner requires her partner eat his ejaculate. If you find this repulsive, consider: Most guys would love to have (and probably already have had) a woman perform oral sex on them - and will want her to let him orgasm into her mouth. If it's acceptable to the man, why not let him experience it as well? I have found this to be a particularly difficult thing for guys to do. Still they consistently demonstrate heightened excitement when being told, before they orgasm, they're going to have to consume.

Personally, I find it fun to play with this activity and make it more interesting. I devise ways to be more creative when it comes to having him consume. My husband has a foot fetish, so I may ask him if he'd like to lick my foot early in a scenario, then have him come on my foot and finally give him his wish and let him lick it...clean. Or, I may contrive bondage whereby he ends up ejaculating directly into his open mouth.

I think the nastiest thing I do is the 'dice game'. I have my partner roll 3 or 4 dice (depending on my mood). The number that shows on the dice represents the number of minutes after his orgasm he must wait before eating his ejaculate (3 to 24 minutes). During this period of time, I may have him massage my back, run some errands or the worst, just have him stare at it with a timer running. I know this is an effective technique because I can see his reaction when he spots the dice on the nightstand!

The last piece of advice on consuming is to be tough. Guys may *really* beg-off of this activity. Their pleas can be very heart wrenching. Always deliver what you promise and they will respect you more for it.

### **Continued stimulation**

This is another effective technique that works with many, but not every man. The trick here is to continue to stimulate his penis long after his orgasm has subsided. For many men, the stimulation will become so intense it can become painful. By making the man unable to stop you (either because of bondage or some remarkable self-control), you can continue this activity as long as you wish; certainly well through his pleas and cries. The technique does not work with every man; some are more sensitive after orgasm than others. Try it once and watch what happens. If he's one that's sensitive, put it in your arsenal!

Once again, when you tell a man you're going to do this, he may be excited by the prospect, but once the post-orgasmic stimulation begins to grow, he will very quickly backtrack. Subsequent times you apply this technique, try asking him if he really wants to orgasm - knowing what's coming up next - and see him try to justify to himself that the orgasmic pleasure is worth the price he will have to pay!

This practice can be executed from any position. Generally though, manual stimulation is the final technique. You can even make him do it to himself, although that's nearly impossible to enforce. Concentrate on stimulation of the head of his penis; particularly on the rim. Be firm and aggressive. Simultaneously pulling his nipples or massaging his scrotum will increase the effect.

The last piece of advice is that once you stop stimulating the penis and allow him to rest, the technique is over. The body goes through a change

and it becomes very difficult to start him up again. To be effective, you should stimulate him straight through his orgasm and beyond, with minimal delay. Don't stop stimulating him until you're really ready to let him relax.

## Chapter 8 - Male Chastity Devices

There is no question that placing the control of one's pleasure solely into the hands of one's partner; refraining from orgasm for as long as your partner chooses, is an extremely exciting act to a submissive.

Additionally, we've discussed how some schools of thought recommend the use of a chastity device as a means of enforcing submission. It may well seem logical that the use of a chastity device would be a natural extension of the submissive act, but true submission does not require a device.

I have played with a couple of styles of these devices and have been active in online groups where chastity is discussed. I am convinced that while chastity devices are excellent toys, great for playtime, fun, and titillating, they are *not* related to true submission in any meaningful way.

### ***The Chastity Fantasy***

The multitude of chastity fantasies generally have common themes, usually revolving around the attachment of a device (voluntarily, coerced, or forced) and the use of the device over extended periods of time (I've seen stories of 5 or more years). In most of the fantasies, the man requests or feels he deserves to be in chastity (he has been unfaithful, can't control his masturbation, etc.). Sometimes he is drugged or wakes up to find himself locked in the device.

Almost unanimously, the fantasies state the man becomes a better partner: More attentive, more caring, etc. In short, thanks to this device and his partner's control of his testosterone level, he suddenly becomes submissive. There are web sites, supposedly written by and dedicated to women, to educate us on the benefits of keeping our men in chastity devices (I suspect these web sites are written by men in the hopes that their wives might read them...but I have no proof of that).

These devices make for great fantasies and playtime *gifts*, but they have nothing to do with true submission. The fact is, a truly submissive man will retain his chastity without such a device, and he will work hard to avoid letting his testosterone level affect his performance as a submissive. The dominant woman should expect all the 'benefits' without needing to resort to the use of artificial or physical means of

'enforcement'. Position chastity devices in the 'toy' category and play with them as gifts. If you choose to use them, here's some information you should know:

### ***Using the devices***

#### **Additional physical control**

There are features of chastity devices, which introduce elements of control beyond mental discipline. For one, most chastity devices physically limit the amount of erection a man is able to have. Men have described the sensation of not being able to get fully erect as "maddening"...which is a rather nice description! Some devices prevent any touching of the penis or scrotum at all. Most devices force the man to urinate sitting down, again limiting their freedom even outside the household. Men also have mentioned the 'continual reminder' effect of having the device facilitate their partner's physical controlling of their genitals, even when they're apart.

#### **Tease, tease, and then, tease some more - It's all in fun!**

From the moment it goes on, to the moment it comes off, the goal is to make him feel the effects of the device. It starts right from the click of the lock. Law enforcement officers will tell you, the most dangerous moments, when apprehending a criminal, are between the application of the first and second handcuff. There is a strong mental impact on a man when the lock clicks and he knows there is no turning back. It's the same with a chastity device. No matter how much self-discipline the sub has mastered, the physical reality of a device will shock his system. So use this moment to gently enforce his vulnerability. I make sure the lock makes a nice loud click, I pat the device once it's closed; squeeze his balls a little (depending on the device and whether or not I can touch them). I'll say something cute like, "there now...no more erections for you...", or, "No telling HOW long we'll keep it on this time!" Sometimes, I'll have him kneel deeply with his hands behind his back, then put my foot under the device and tap it from the bottom with my toes and slightly slapping his face from side to side while he thanks me for using the device; always playful, but always playing on the impact of the moment.

## Wrapping It Up

## Chapter 9 - Conclusions

It's time for you to put the theory into action. Since you've reached this point, you can be confident you have a strong foundation and a practical approach to service-oriented D/s. You have an understanding of the easy-to-make mistakes of other common approaches. Maybe you've even recognized your own experiences in some of those failed scenarios. You understand how to avoid them.

You also have a set of steps to establish your own D/s Dynamic; starting with the open communication of intent to serve, executing the power exchange and its one-sided compromise, and establishing the starting list of your routines. You can feel comfortable with the actions you and your partner take because you can identify the 'context of the intent' and understand whether they are based in the D/s Dynamic or established in the underlying Foundation Relationship. You understand the difference between real time and playtime and, if you choose, can feel confident playing with fantasies and male-centric activities without compromising your D/s commitments. If you do choose male-centric activities, you now have a larger arsenal upon which to draw.

At a minimum, you now have a different way of looking at Dominance and submission. The images associated with S&M are certainly no longer the only ones you imagine when thinking about D/s. You should be more comfortable with the words 'Dominant' and 'submissive'; no longer seeing them as game-playing roles, but now viewing them as two sides of an agreement. A 24/7/356 service-oriented D/s relationship may now feel very practical and very much in reach.

**To my women readers:** That strange request your partner made may not seem all that strange anymore. It no longer needs to be a threatening, and self-serving assault on your personality. Moreover, if you're the initiator, you now know an approach which really will work and which won't exhaust all your energy or land you in jail! Regardless, keep asking yourself, "should / be the one responsible for satisfying **him**, or is it the other way around?". Have confidence in yourself, insist on what you want - *it's your right* as the dominant partner!

**To the men out there:** You have the tougher job. You need to look inside yourself, decide what will really make you happy. Your desires, fetishes, and kinks may support your needs, but they're not one in the same. If your inner need is to serve a woman who you love, you need not look further than the other side of the bed to find the object of your dreams. You will, however, need to fight that lifetime of imagery, divorce yourself of any preconceived notions of that fantasy dominatrix, and *learn to serve* your unique partner! If you keep asking yourself, "What can I do *for her?*", you will find a deeper satisfaction than you ever imagined.

**As a last word to both of you:** The key to a successful D/s relationship is no different from that of a non-D/s relationship: Communication; open, non-game-playing communication. The thing that sets D/s apart is the topic of that communication; the communication of intent to serve. Keep open lines to discuss "how you're doing" and enjoy the ride together!

Now would be a great time to go back through the D/s Questionnaire you answered at the beginning of the book. Re-enter your answers in the 'After' column. Have your feelings changed? You can enter my answers from the Appendix A. How do your answers compare to mine?

At this point there's nothing stopping you! Go forth and conquer (or be conquered)! I'd like to know how it works out for you. I encourage you to contact me through my email and tell me how you're doing or ask any questions! My email is: [MsRika@hotmail.com](mailto:MsRika@hotmail.com).

The best of luck!



# Appendices

## Appendix A - Feelings of Dominance My Answers

Copy my answers to the "Rika's Answers" column on the score sheet and compare your answers to mine.

1. A - I pretty much always feel this way
2. B - Sex is great.. .but a good body massage.. .yummy!
3. A - Limits are not needed in a D/s relationship. This is about what he can do for me.. .there is no need to restrict that
4. A - For me, this is absolutely true. I do not want him gaining release without my approval. He gave me his orgasm.. .it's mine now!
5. A - I'm a control and power freak
6. All but G - I can't see starving someone I love. I will, however, control what goes into his mouth.
7. B - I cannot be bothered with him having no money at all; managing it is more work for me. However, he creates his budget that I then approve and provide him the money he needs. I know there's not a lot of slack for extraneous spending.
8. A - I really like enjoying myself when he's been denied
9. C - No. I may consider his feelings, but I'm not going to be inhibited by them
10. C - D/s means he is striving to please me. *His* success is based on my reaction to his efforts, not the other way around.
11. D - The first step is to insist he do the task and shape up about it. If that still doesn't work, I will punish him only to remove his right to serve me. I will not be bullied into giving him a 'scene', even if the 'punishment' seems harsh
12. C - I don't operate on a rewards system. He never is promised or earns a gift. This was a trick question.. .if you answered C for this reason, you're well on track!
13. A, or B - I always treat him as a human being - the underlying Foundation Relationship dictates that. However, I enjoy sometimes objectifying him.
14. C - The only serious punishment is to take away his right to submit. Any other punishment on the list has the potential of playing to his fantasy world and misses the importance of

maintaining my position of dominance in the power exchange. This is a very serious punishment and would be used as a last resort. I would first attempt to make him understand how his misbehavior is making my life more difficult, certainly not pleasing me, and not showing well for him as a submissive.

15. A - I just like it!
16. B - It's ok for a man to challenge me from time to time with three conditions:
  - a. It's not habitual
  - b. I can turn it off at any time, including in advance
  - c. My word is final and I fully expect him to capitulate to my will if I don't see his reasoning
17. B - There are limits to the amount of humiliation and suffering I really enjoy dishing out. These can tend to be a bit of a male-centric activity so I don't always use it.
18. A - Ok.. .just yummy.
19. D - Almost a toss up with C, but there's something special about the surprise I know is coming
20. A - No mercy. That look in his eyes is priceless.
21. B - I prefer to give my partner the freedom to take actions he truly feels are in my best interest. I'm not interested in controlling his every thought and action, so long as those thoughts and actions are focused on serving my needs. On the other hand, if he's thinking about doing something for himself.. .let him ask permission.
22. D - Once he indicates he's uncomfortable and I know he's not in any danger, he's broken down a bit. Then it's time to turn the screws. He's already talking, he's already prepared to beg...all he needs is a little more "incentive".

## Appendix B - Resources

My Here are some resources for continuing your exploration into D/s:

- Read "Erotic Power" by Dr. Gini Graham Scott: An excellent synopsis of the D/s Dynamic, which had a great deal of impact on my lifestyle.
- Join and participate in my website forum accessible from [www.fflsrika.cora](http://www.fflsrika.cora): come here to post your ideas, thoughts, concerns, and questions. It's a welcoming community of like-minded individuals of all experience levels. I check-in there daily.
- Send me an email at ms [rika@hotmail.com](mailto:rika@hotmail.com). Ask me a question, let me know how you're doing, or just say hello!