

This worksheet is designed to **help you get started** with implementing a Female Led Relationship and help you both with **communication**. The first portion is the worksheet to help you discuss Femdom and set up rules and protocols. The second part is the assessment. **This is the type of communication the two of you need to have.**

**Print this out and go line by line!**

**Communicate:**

- Explain that you have read “Domme School” and let him know your thoughts.
  - If he has read the blog, **ask him his thoughts!** If he hasn’t, make him read the blog before you go any further. **Make him explain what he liked and didn’t like.**
- **Each of you need to answer and discuss the following questions:**
  - Does the idea of a Female Led Relationship excite you?
  - Do you want to implement this relationship style into your relationship?
  - Do you want me to control you? Do you want to control him?
  - Do you want me to discipline you? Do you want to discipline him?
  - Do you want me to require you to follow my rules? Do you want to instill rules for him?
  - Are you both ready to start establishing rules and protocols now?
  - Was there something in the blog that you loved and want to do?
  - Was there something in the blog that you disliked and will never do?
  - What are each of your concerns?
  - What fears do you have?

Setting up the rules and protocols is the main foundation for a Female Led Relationship, **so take your time with this checklist.** **Most of Femdom is simply rules and protocols!**

My suggestion is **he needs to be naked** for the rest of this conversation. You are trying to maximize his level of vulnerability and humiliation. I would have him kneeling in front of me with his knees wide apart, completely exposed. **Never forget, the penis is the greatest lie detector ever made, it never lies!** You may want to stroke his penis periodically as you question him. As you work your way down the list place a checkmark next to the protocols you want to implement. **Protocols are designed to reinforce the dynamic headspace without effort! Protocols create headspace and will put the Female Led Relationship on autopilot.**

For example, simply leaving a cold glass of water next to my sink every morning causes my husband to recognize that he is required to serve my needs and puts his mind in a

submissive state. Protocols should make you feel “**more dominant**” and him “**more submissive.**”

The number one question I receive is, “How many rules and protocols should I start with? The answer is **A LOT!** New Dommies often believe they should start small and add on. **DON'T DO THAT.** It is easier to dial back. **Don't be scared to pile things on.**

Lets assume you have 35 items on your list. **If he isn't following your rules, you punish him!** If he isn't following protocols, you communicate this to him during a maintenance session. If **YOU** believe he isn't completing these protocols because they're too much, then **YOU** can remove or change them. **You evaluate** why it's not getting completed, not him. If it's not getting done because he's playing too much on the Xbox, then take the Xbox away. If it's because he is working 16 hours a day, then **YOU** can make changes to the protocol.

Maybe you change something from daily, to “must be completed once a week.” Maybe you remove it all together. The point is **YOU** make the adjustments, not him. He can discuss concerns with you at the end of a maintenance session, but you are the boss and you make the decisions.

The list of rules and protocols that I shared with you is about half of ours. **He needs to be BUSY serving you! It should be A LOT of work for him!** Remember, this is FEMDOM not teamwork! He's just like a puppy, he will need to burn off all the extra energy he will have from orgasm denial!

If I highlighted it in yellow, I **STRONGLY** recommend you make it part of your dynamic!

**Each protocol question should be asked as a two-part question, like this:**

*Ask each question like this: Does being required to cook all meals and clean up afterwards make you feel submissive to me? Does it turn you on?*

I'm using my protocols just to give you a starting point.

## **Protocols**

Here are some potential examples from our protocol list:

- *Does being required to cook all meals and clean up afterwards unless otherwise instructed make you feel submissive to me? Does it turn you on?*
- *Does being required to serve me tea daily make you feel submissive to me? Does it turn you on?*

- *Does being required to serve all meals to me and clear the plate when I am finished eating make you feel submissive to me? Does it turn you on?*
- *Does being required to shop for food, track food usage, and keep the kitchen stocked make you feel submissive to me? Does it turn you on?*
- *Does being required to keep the entire house clean to my expectations make you feel submissive to me? Does it turn you on?*
- *Does being required to make my bed as soon as practical make you feel submissive to me? Does it turn you on?*
- *Does being required to do the laundry and handwash, iron, fold, and put it all away, as soon as practical make you feel submissive to me? Does it turn you on?*
- *Does being required to take my cell phone from my purse and put it on the charger, and then put it back in my purse, turned on, in the morning make you feel submissive to me? Does it turn you on?*
- *Does being required to open the windows, blinds and shades in the morning make you feel submissive to me? Does it turn you on?*
- *Does being required to have my slippers next to the bed when I wake up make you feel submissive to me? Does it turn you on?*
- *Does being required to brush my hair when I ask make you feel submissive to me? Does it turn you on?*
- *Does being required to turn down my bed at night make you feel submissive to me? Does it turn you on?*
- *Does being required to ask me what clothing I would like laid out when I wake up make you feel submissive to me? Does it turn you on?*
- *Does being required to prepare my baths or run the water for my showers make you feel submissive to me? Does it turn you on?*
- *Does being required to pick up my shoes from the front doorway and carry them to my closet. You need to ensure they are always clean. Does this make you feel submissive to me? Does it turn you on?*
- *Does being required to put away my clothes, including taking my coat from me as soon as I enter the house make you feel submissive to me? Does it turn you on?*
- *Does being required to wash and fuel my car weekly make you feel submissive to me? Does it turn you on?*
- *Does being required to get my approval on your meal selection when we are dining out together make you feel submissive to me? Does it turn you on?*
- *Does being required to clean the litter box daily make you feel submissive to me? Does it turn you on?*

- *Does being required to, before you get into bed at night, kneel on my side of the bed and ask me, if there is anything I would like to discuss make you feel submissive to me? Does it turn you on?*
- \_\_\_\_\_ add any protocols that you think would enhance your dynamic and does it make you feel submissive to me? Does it turn you on?

So now write down the above protocols that you are going to implement!

### Let's set up some rules:

**Each rule question should be asked as a two-part question, like this:**

*If I require you to stop what you're doing, and walk to me when I call your name from another room, does it make you feel submissive to me? Does it turn you on?*

Keep in mind, it doesn't really matter if it turns him on or not, **IF YOU WANT TO SET UP THE RULE!** If he likes the rule, it's just icing on the cake. My husband HATES the \$10 a day allowance rule, but I love it, so it makes absolutely, **NO** difference what his opinion is about the rule! He may love the thought of the control, but he often doesn't like the reality. Turkey sandwiches can get boring, oh well! **REMEMBER THIS:** If you like something and want to control it and want to make a rule about it, then **DO IT!** He doesn't get to pick and choose in Female Domination.

### Rules

Here are some potential examples from our rules list:

- *I will never force my wife to repeat herself. When she gives me instructions I will immediately comply. If she tells me something such as, "go get my cane," or "stop," or "take your clothes off," I must immediately comply. Delay tactics such as "huh?" or "are you sure" are not acceptable. **Does this make you feel submissive to me? Does it turn you on?***
- *If I ask my wife a question and she gives me an answer, that is the end of the discussion. An example is, "may I have a couple scoops of ice cream? If she replies, "no" there is no further discussion on the topic. In addition, if she ends a sentence with the words "do you understand," that will be the end of the*

- discussion. Same goes for, “this is what you are doing.” **Does this make you feel submissive to me? Does it turn you on?**
- *I am not allowed to interrupt any woman while they’re speaking. If she begins to speak, I immediately stop talking and actively listen. **Does this make you feel submissive to me? Does it turn you on?***
  - *I am required and expected to make every effort to immediately answer her phone calls and texts. I’m expected to step out of a meeting to say, “hello sweetheart, I’m in a meeting, may I call you back as soon as I’m finished? Not answering your phone will be a RARE exception and it will be discussed if it occurs often. **Does this make you feel submissive to me? Does it turn you on?***
  - *I am required to actively anticipate my wife’s needs. I am required to actively think of ways to provide her with better service and ask her for her input. **Does this make you feel submissive to me? Does it turn you on?***
  - *I am required to keep Life 360 active on my phone at all times. **Does this make you feel submissive to me? Does it turn you on?***
  - *I am required to wear panties every day. I am able to choose the style and color unless otherwise told. **Does this make you feel submissive to me? Does it turn you on?***
  - *I am required to walk next to her (very slightly behind). I will walk in front of her only to open her doors. **Does this make you feel submissive to me? Does it turn you on?***
  - *I am required to stop what I’m doing and walk to her if she calls my name from another room. This rule works in the opposite if I need to ask her something. I’m never allowed to yell at her, and I’m expected to walk and find her. **Does this make you feel submissive to me? Does it turn you on?***
  - *I am not allowed to eat sugar, drink soda or consume any alcohol without permission. If I call or text for permission, and no response is received, consider the answer a “no.” **Does this make you feel submissive to me? Does it turn you on?***
  - *I am required to leave my cell phone on my nightstand whenever I am home. I am allowed to check messages and answer calls as needed, but otherwise the phone remains on the nightstand. **Does this make you feel submissive to me? Does it turn you on?***
  - *Unless otherwise told, I am allowed one hour of free time daily to do as I chose. I am expected to keep track of the time. **Does this make you feel submissive to me? Does it turn you on?***

- I am not allowed to spend more than \$10 without permission. If no response is received, I will use my best judgement as to what my wife would have approved. **Does this make you feel submissive to me? Does it turn you on?**
- I am required to go to the gym at least four days a week. I am also required to keep my weight between 215 and 235. **Does this make you feel submissive to me? Does it turn you on?**
- I am NEVER allowed to open ANY drawer in my wife's nightstand. I'm also not allowed to look at her phone, without permission. **Does this make you feel submissive to me? Does it turn you on?**
- I am required to be out of bed 40 minutes before my wife to take care of my morning chores. I will be cautious before I ask her for an exception to this rule and if I need to ask, I will only do so before bed. **Does this make you feel submissive to me? Does it turn you on?**
- I am required at all times to urinate sitting down and will always use toilet paper to clean myself. Using a urinal and "shaking" are never permitted. **Does this make you feel submissive to me? Does it turn you on?**
- If I ask for an exception to a rule or protocol and it is denied, I will receive (5) very hard hits with the cane! **Does this make you feel submissive to me? Does it turn you on?**

#### **Sexual:**

- I am not allowed to masturbate without permission. **Does this make you feel submissive to me? Does it turn you on?**
- I am required to notify my wife on the evening of the 21st day of orgasm denial and every 7 days thereafter. This is so I know how long it's been, and I can make my decision if I'm ready for him to have an orgasm. **Does this make you feel submissive to me? Does it turn you on?**
- I am NEVER allowed to insinuate or ask for an orgasm. **Does this make you feel submissive to me? Does it turn you on?**
- I am never allowed to ask to place my penis inside my wife. Does this make you feel submissive to me? Does it turn you on?
- I am never allowed to have an orgasm in bed. The bed is reserved for my wife's orgasms. **Does this make you feel submissive to me? Does it turn you on?**
- I am required to lick up all my semen, with enthusiasm, regardless of where it is (floor/cup/ass/sheets etc.). This will be done promptly and thoroughly. **Does this make you feel submissive to me? Does it turn you on?**
- When I am permitted to orgasm, I must promptly thank my wife for her generosity. **Does this make you feel submissive to me? Does it turn you on?**

- \_\_\_\_\_ add any rules that you think would enhance your dynamic. **Does this make you feel submissive to me? Does it turn you on?**

So now write down the above rules that you are going to implement!

\*\*\*\*\*Once you decide on a rule or protocol, it is CRITICAL that you enforce it\*\*\*\*\*

If a Domme is not going to enforce it, DON'T make it a rule or protocol. This is where Female Domination "comes together."

### Safe Word

- **You MUST establish a safe word to stop all play! This is NON-NEGOTIABLE. You must have one!**
- **Our safe word will be** \_\_\_\_\_
- **If either of you use this word, EVERYTHING comes to an immediate halt to figure out why it was used.**
- **Femdom is based on power and control!** You want the control you have over your husband to be authentic and real. He doesn't "turn it on and off" nor does he pick and choose what he is going to do. **He does everything you tell him 100% of the time, or there are going to be repercussions.** You lead, he obeys! Safe words are not an option for him when he doesn't want to do what you told him. **His actual choice is, he can choose to have Femdom or No Femdom.**

## Assessment Portion

This assessment is **DESIGNED** to make him “think” and also be uncomfortable. It’s also designed to make it difficult for him to know what the next question will be. **DO NOT** change the order of the questions!

All the questions should be read out loud unless the question is in **RED**. **If it’s RED, only read it to yourself.**

**If the question is in GREEN, both of you should answer it. It keeps the assessment interactive!**

- Does it turn you on at the thought of me controlling your orgasms?
  - At times I may make you wait three months to orgasm, does that turn you on?
  - Does the thought of me not allowing you any pleasurable orgasms turn you on?
  - Do you understand that you will give up any right to expect an orgasm.
- Would you rather have a threesome with me and a Playboy Bunny or spend the weekend being my slave? Both should answer.
- Do you want me to be mean and cruel when I regulate how and when you orgasm? Both should answer.
- Have you ever masturbated to Playboy Magazine?
- I will routinely limit you to one orgasm a month, does that turn you on? Both should answer.
- Would you rather me snap my fingers and say kneel, or ask you to kneel?
- Have you watched Pornhub or XHamster? What are your search terms?
- Does the idea of me making you wear a chastity device excite you/me?
  - **As a Domme, do you want him to wear one? (if yes, implement the 4-month plan)**
  - Do you understand that you will have to learn to wear it because I am demanding you learn how to?
  - Do you realize how uncomfortable and frustrating it is to wear a chastity device 24/7? Does it turn you on that I will not be concerned with your whining and begging and will punish you if it becomes excessive?
- Have you ever masturbated to the “Sears Catalogue.”
- Would it turn you on if I ignore you when you bring me a beverage?

- Do you have an Onlyfans account? Log into it now so I can see what you watch.
- Do you understand that I have the authority to discipline you, in any form that I choose. You will have **NO INPUT** on the process and will submit to whatever discipline I decide to administer. Discipline is designed to be unpleasant. Do you understand this?
- Do you understand that safe words are not to stop punishments because they hurt? Both should answer.
- What age did you first masturbate to Femdom porn?
- Have you ever worn panties without me knowing?
- Have you ever masturbated to “Dominant Mystique Magazine?”
- Do you understand that I expect promptness when I tell you to do something and may punish you if you delay doing what I ordered.
- Have you ever masturbated to Penthouse Magazine?
- During a punishment you will remain in the position I tell you. If you move out of position, it either will not count, or I could restart the entire process over. What I decide is the only thing that matters. Do you understand that?
- Do you agree or disagree with this statement; “Having to do really disgusting things for my partner's pleasure sounds pretty arousing.”
- We will set up a maintenance meeting (weekly?/bi weekly?/monthly?). This will include a spanking and a “check in.” We can discuss issues that need to be addressed at the end during the “check in” portion. Do you understand that?
- Did the story about needing permission to go out with friends and then being disciplined for being late turn you on? Tell him if it turned you on as well.
- Have you ever tasted your own cum?
- Do either of you have any health concerns the other needs to be aware of? Both should answer.
- Does it excite you if I make you obtain permission from me for you to do things? Tell him if it turned you on as well. Both should answer.
- Does it turn you on that I am going to require you to ask me permission to go golfing?
- Have you ever masturbated to Penthouse Variations? Tell me about it.
- True or False: The idea of being tortured sexually, is appealing?
- How does the power and control make you feel when I tell you, “You are not allowed to go golfing this month because I want you to spend that time getting the garage organized, the way I want.
- Did the story in the blog about “needing to come when called” turn you on? Tell him if it turned you on as well. Both should answer.

- If I told you to go box up all your underwear and put them in the attic, because I am now going to make you wear panties from this point forward, does this make you feel more submissive to me? Does the thought turn you on? Tell him if it turned you on as well. Both should answer.
- Do you get turned on at the unfairness of this relationship? Tell him if it turned you on as well. Both should answer.
- If I made you wear my used menstrual pad, would it turn you on?
- Would you want to go on a Femdom vacation like the one in the blog?
- Do you agree or disagree with this statement? “It's no big deal when you try out new things and it doesn't turn out as planned. It's part of the risk and it's a necessary part of discovering what works, and what doesn't.” You should answer this question as well.
- Would you rather me be mean or nice to you? Explain.
- Did the ruined orgasm video turn you on?
- Would you prefer me to be completely in charge, in the bedroom, ordering you around and telling you how to please me? Tell him if it turned you on as well.
- Have you ever masturbated to Whap Magazine?
- If I tell you that I'm only going to allow you to go out with “the boys” once, every few months, and I will limit you to three hours turn you on?
- In your mind, describe to me what a “day in the life” for you looks like as my full time submissive.
- I may go out dancing and drinking every week and make you stay home and do chores. Does that turn you on? You should answer this question too.
- Would you rather watch the Super Bowl or spend Super Bowl Sunday catering to my needs, while I binge watch Gossip Girl?
- Do you want me to take away your right to masturbate? Does this turn you/both on? Both should answer.
- Did the story about Miss Jen leaving Sam's Club when it was raining and getting into the car without helping turn you on? Why?
- Have you ever smelled my dirty panties without me knowing? Describe what turns you on.
- Would you agree or disagree with Sometimes, watching people have sex is more fun than participating. Both should answer this question.
- Do you get turned on by me ignoring you like a servant? Describe what turns you on?
- Do you get turned on by acting like a pet or animal?
- Do you agree or disagree with this statement; I couldn't be “always dominant” or “always submissive”, I need both. Both of you should answer this.

- Do you agree with the following statement? “When it comes to sexual acts, my own discomfort is irrelevant if it allows me to give my partner more pleasure.”
- Would you rather me to be polite, rude or indifferent to you, when you’re providing service to me?
- Do you want to take control of what your husband spends your money on? Both should answer.
- Do you want to handle the finances or delegate them to your husband? Both should answer.
- How does it make you feel when I force you to obtain permission before you spend money on yourself.
- Would you like to serve in a formal setting with explicit slave training, prescribed physical positions and rituals?
- What food do you find disgusting?
- Do you want me to play a part time role or Domme you 24/7?
- What toys and tools would you like to add to our relationships? Both should answer.
- Would it hurt your feelings if I told you that I’ve slept with other men who are better at fucking me than you? Why?
- Does it humiliate you, if I force you to wear a butt plug for two hours a day to stretch you out, so I can fuck you in the ass with a strap on more easily?
- Do you have any idea how bad a cane is going to hurt you when you misbehave?
- Do you think if I take control of your free time, it will enhance our relationship? Both should answer.
- Do you understand that you will not pick and choose when I take control of your free time.
- Do you think you could be sexually submissive now, and be sexually dominant at another time?
- Have you ever had anyone watch you naked? What about watch you have sex?
- Let’s assume that I was caning you because you misbehaved and you stood up and said “I’m not doing this.” That would end our Female Led Relationship. You will submit and obey me, regardless of what you want to do. Being in a Female Led Relationship means you obey me 100% of the time or you will be punished. Do you understand this?
- Are you willing to try anything once, even if you don't think you will like it? Both should answer this question.
- Would you rather go out with your friends or be forced to stay home doing three hours of my handwash?

- Do you like taking naked photos of yourself? Sharing naked photos? Both should answer.
- Does the thought of me limiting your video games and sports shows turn you on?
- On a scale of A to an F, what grade would you give yourself at fucking me.
  - Follow this question with, why did you rate yourself that grade?
- Would you consider yourself a “minute man”?
  - Ask him if he would like to know what you think?
  - When/If he says yes, either say the truth or tell him “I don’t want to answer that” and move on to the next question.

***These next questions are grouped and color coded by fetishes. The colors don’t mean anything other than grouping them by specific fetish.***

- Would you like it if I sat on your face? What do you like about it?
- What if I told you to stick your tongue in my ass? Would you do it?
- Have you ever watched strap on porn?
- Does it make you feel like a whore if I fucked you in the ass with a strapon?
- Smacking you in the balls hard, turns me on, what about you?
- I had a dream where I put nipple clamps on the glands, at the tip of your penis and watched you wallop in pain! Does this turn you on?
- If I forced you to lick the dirt from between my dirty toes, would you do it?
- Do my feet turn you on?
- Does it make you feel submissive I start making you remain naked around the house, while I’m dressed?
- The next time we are on vacation I want you to wear a bra for me. What’s your thoughts?
- What do you think if I made you my makeup dummy for me?
- Did you watch the video of Ms. Helena making her submissive cum while restrained and then feeding him the cum? Have you seen this video before?
- Have you masturbated to it before? If this is a yes, no need to ask the next two questions.
- Have you ever fantasied about me peeing on you?
- Would you drink it?
- Do you ever have concerns about me leaving you? If this is a yes, skip the next two questions.
- Do you think I fantasize about other men when I masturbate? If this is a no, skip the next question.
- Have you ever watched cuckold porn?

- Do you remember the text message and condom left in the trash bin story in the blog? Did that turn you on?
- I want you to rate your penis. Is it tiny, small, below-average, average, above average, large or huge? Tell him what you think it is! Be honest!
- On a scale of 1-10 how submissive do you feel if I make you stick your tongue in my ass after I get home from working out?
- Does the thought of me making you stand in the corner of our closet with the door shut for three hours as a punishment turn you on to think about? Do you understand how difficult and boring that is?
- Would you like me to handcuff your feet and ankles together and leave you there with a dildo in your ass, and I will punish you if it falls out?
- Would you lick my sweaty armpits?
- Would you rather lick my pussy after I haven't showered for two days or right when I get out of the shower?
- If I had you make a ketchup sandwich and dip it in a bowl of my pee like a "French Dip" would you do it? Does it turn you on?
- I want to watch you give blow jobs on dildos; do you find that humiliating?
- Do you want to lick my asshole?
- Are you curious about when I bleed from my period?
- Would you like me to show you my used tampon?
- Would you taste it?
- Do my dirty panties turn you on?
- Would you like to handwash them?
- (Add in any other fetish you want to ask about)

**This ends the discussion. Everything below is simply for your reference! Keep him kneeling naked and silent while you read to yourself.**

Remember what I said about "Theme Development." **You now know the themes and now have the answers to the fetishes. Connect them together.**

Here is an example of how I would connect "Denial and Humiliation" with face sitting.

We went on a hike this summer and it was hot and humid. I was nasty, sticky and sweaty when we got back home. I took off my shoes and socks and literally had sand in between my dirty toes. I sat in a chair and told him to lie on the floor next to me. I put my foot in his mouth and told him both my feet need to be spotless when he's done licking them. The look on his face was priceless as he had dirt and sand in his mouth from between my toes. I even made sure to ask him how that tasted.

When he was finished, I stuffed my dirty, sweaty sock in his mouth to gag him and then I sat on his face. I told him I wanted to “feel him” inhaling my scent like he was drowning. He couldn’t taste me because he was gagged. I put his nose right inside my labia for a few minutes while he inhaled like his life depended on it. I then shifted back so my sweaty asshole was on his nose, and I told him to breath harder. I want to feel you inhaling me.

**Saying he was turned on was an understatement.**

I tied it to denial because I denied him what he really wanted by gagging him with the sock. He couldn’t taste me! I humiliated him by telling him how hard he was getting, by burying his face into my sweaty ass.

If you don’t remember anything I’ve taught you, remember this, You **CAN’T GO WRONG** when you connect humiliation and denial, and then add in some fetishes. Submissive men are like puppies; all they want is for you to play with them and rub their bellies (or should I say penis) “Will you rub my belly, will you rub my belly, will you rub my belly, will you rub my belly!”

When someone describes a guy as “Pussy Whipped” it’s because his woman has realized just how powerful her vagina is. **Use your secret power!**

This worksheet is only to help you get started!

Here is another suggestion to help you come up with ideas (I stole this from a Domme in my Femdom group) Require your husband to send you five, short porn videos every month, that **turn him on!** Pick a night and the two of you watch them together. You will get an inside look inside his brain!

Here is the GREAT part about this! He is forced to search for and watch porn that turns him on, **BUT he can’t relieve the arousal** since he isn’t allowed to masturbate. **It’s a hamster wheel!** If it were my husband, I would make him write an essay on each video and describe what turns him on! **Use this for new ideas!**

**You finished the worksheet and assessment, now what?**

First thing you should do after completing the worksheet and assessment is create a Fetlife account. [www.fetlife.com](http://www.fetlife.com) This can be completely anonymous. If you need help, your husband “more than likely” has an account of his own and can help you. If he doesn’t, have him set up his own account. You want to set up your own account and link it to his. (this will make more sense when you see how the profile pages look).

Treat it like an anonymous Facebook. I recommend you spend five dollars a month for membership because the user experience is better. You will be able to get ideas and anonymously communicate with other Domme woman.

After you create an account I recommend that you use it to find groups and meet people. Finding a mentor is a great way to become more efficient.

## Follow Up

**You need to schedule follow up conversations at least once a month!** Here are the questions that you need to be asking in the future:

What do you think is going well? (Both need to answer)

What do you think is not going well? (Both need to answer)

Do you have any health concerns or any changes to your health that we need to reevaluate? (Both need to answer)

What has turned you on? (Both need to answer)

What else do you want to discuss? (Both need to answer)

## How to make it Authentic:

Femdom becomes authentic **the moment you realize how much power you have!** A Female Led Relationship is based on power and control. When you tell your husband something he must obey it! What happens when you tell him to do something that he truly doesn't want to do? For the sake of argument, let's use a Prince Albert piercing as an extreme example. If I tell him he is getting the piercing and he doesn't want one, I'm sure you're thinking he is faced with two choices. Comply with my wishes and get it, or not. This would be incorrect.

His actual choices would be to comply with my wishes or "we will no longer do Femdom!" **This is when Femdom becomes authentic.** My husband hates the cane, and he hates having to bend over and take it, but he has no option but to comply, because he knows he needs Femdom. All he ever wanted in life was to live in Femdomville and now that he lives there, he doesn't want to move away. So when faced with the choices of, "do what I tell you to do" or "there is no Femdom" he will listen to what I tell him 100% of the time. He has to bend to my will.

## Final points to remember:

In Femdom, treat everything as a BIG DEAL. As a Domme, you do need to address the little things before they become big issues. Do you remember when I told you about the issue I

noticed when my husband wasn't paying attention to detail when he was folding and putting towels away. In Femdom, he doesn't just provide service, he serves with perfection! He needs to be focused on doing it right and if he doesn't do it correctly, I'm going to correct him.

He doesn't get to sit down in front of a TV and watch sports often, because he is always busy (usually he has it on in the background while he is cleaning or doing laundry). I had told him once previously that the towels were not folded to my liking. The second time I noticed it, I made him waste his precious free time, on a meaningless chore like ironing towels, instead of watching the Seahawks game. This was a very effective way to address his lack of attention to detail. He fixed the issue immediately afterwards. If you tell your husband he needs to fold your socks with the toes pointed to the left, and then folded in half, in rows of three, then that is the way he will do it! Do not let little stuff slide.

### **Four Seasons**

The Four Seasons hotel is known for impeccable service. From the way the beds are made to the placement of the napkins on the table during breakfast. The rule in our house is that my husband needs to provide me with "Four Seasons" service. For example, when he serves me tea, the handle is to the right, the spoon is to the left and the extra brown sugar is on top. When he makes my bed in the morning, I want it to look like I'm staying at the Four Seasons. My panties are folded in my drawers. My shirts and blouses are ironed and in the same spot every time. Make him focus on his presentation as if he is working at the Four Seasons.

### **Why did you establish the protocol?**

You established rules and protocols to make your Female Led Relationship work efficiently and easily. If you have a protocol that says your husband will do the dishes, and then you start helping him do the dishes, **YOU ARE DRIVING YOUR BICYCLE THE WRONG WAY!** At this point you need to ask yourself why did you set the protocol in the first place. In Femdom, **Teamwork DOES NOT WORK!**

Hope all this helps you communicate better and get your Female Led Relationship off on the right foot.