

# Lady Sun's

Training your Submissive  
Guide



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[www.ladysun.info](http://www.ladysun.info)

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*"I believe that dogs require leadership. But, I provide that leadership through teaching the dog to cooperate, rather than teaching the dog that (s)he HAS to submit." Web Author (Brenda R.) of PAWSitive™ Solutions Canine Behaviour Counselling, Ltd.*

Replace the word "dog" with the word "submissive" and you will have a great understanding of how I approach training within a D/s relationship.

## Open Letter

September 4, 2003

Greetings,

On October 4, 2001, I presented this revised document to a local Toronto Women's Group.

I'm Lady Sun, a lifestyle BDSM'er of over 7 years who has experienced many sides of BDSM. As a 24/7 live-in lifestyle Master twice over, an AOL Mistress, a bottom, dominant, SAM and a submissive who has played with women and men, this document is my contribution to the BDSM community. I'm highly individual and express myself accordingly. In addition to enjoying BDSM for various reasons, I consider myself transgendered. I am a bio female who has strong inner masculine traits and I see myself as both male and female in gender.

Training others has been a part of my life experience on many levels. Before and during my life as a BDSM'er, my careers included: corporate Trainer, Manager, Supervisor, Business Owner, Customer Service Representative and Business Analyst. Each of these positions gave me the opportunity to do one of the things I love most – training, documenting and helping others reach their goals in positive ways!

Creating fun learning atmospheres, team-training manuals and motivational incentive plans is often important in helping another learn. I have also made a lot of mistakes and it is here where I find a person learns the most!

In this document, I will review three parts of my training process:

**Part One** - The Dominant and Submissive; **Part Two** - Theory and **Part Three** - Specific Ideas for Training.

There are many other types/forms of training such as: Gorean, Sexual Service, Domestic(Petticoat), Victorian (Story of O & the Beauty Series), Slave (dominatrix style), Old Leather, Ancient Greece, Oriental Master/slave, etc.. The type of training that I did was a "Leading Dominant" style of training with a focus on behaviour modification or enhancement. There is "no one true way" but many ways to reach a common goal; this is my way. Take from this document what you find workable and leave the rest behind!

It's my hope that something of interest can be found such as: a) assisting in the continuation of BDSM discovery; b) giving fresh ideas/thoughts or clarifying existing ones; and c) identifying how other's **train** their submissive.

Warm regards,

Lady Sun

## Introduction/Preface

The purpose of this document is to 'help' others explore their sexuality and everyday way of relating in a safe way. By no means is the document exhaustive; it's more of an overview to training your submissive. The knowledge and information that I provide is based on my personal experience within BDSM and two 24/7 relationships I was involved in. I no longer believe that 24/7 or TPE relationships are healthy from a "general" or "long term" point of view; however, I do believe it can have a place within moments of time. I also believe it can be a stepping stone to higher forms of relating with another (others), enhance your life, heal your wounds, and it's worth a good try! So, just because I don't believe in it anymore, doesn't mean I think you "shouldn't" practice it. If you can find success, all the power to you!!

## Three Parts to Effective Training

Part One 1 - The Dominant and Submissive

Part Two 2 - Training Theory

Part Three 3 - Specific Training Modules

## Part One - The Dominant and Submissive

**Dominant:** The one who controls, influences, and/or leads another's actions and behaviours

**Submissive:** The one who submits to another's control, influence and/or leadership in regards to their actions and behaviours.

### Understanding Yourself

If you are going to issue rules and commands and begin training someone else, it is best if you understand yourself very well first. What are your needs, wants and desires? What's important to you and how do you want to carry out your interactions with your submissive? It's best not to try to understand someone else, if you can't look at and understand yourself first.

If you will be taking the lead and commanding performance it's important that you are open to learning and perhaps finding a mentor to possibly "regulate" yourself and bounce ideas off of. One who will be honest and offer direct constructive criticism.

There are various means of understanding your style of being. Here are some to think of: personality tests, a mentor, seminars, self help books, friends and family, your submissive, discussion groups and mailing lists.

### Understanding the Submissive

Understand their strengths and weaknesses. Observe their behaviours. Do the personality tests. See how they react to the same stimulus in different situations. Know their motivations. What do they want to learn? How do they see their submissive self? What would they consider as punishments or things they don't like doing? D/s in my opinion, is a power exchange. If you wish to get successful results from your submissive, it's important to know what's in it for your submissive? In reality, the best submissive's out there are generally motivated more than just "pleasing" their dominant. What feelings do they get when they are pleasing their dominant? Do they feel more worthy, of service, confidence, etc. etc..? Delve deeper into the surface of what one perceives as a reason to do something.

**Exercise #1**

Motivators and things you don't like to do! (both the submissive and dominant can fill this out for better understanding)

1. List 5 things that you feel are motivators or rewards.

- 
- 
- 
- 
- 

2. List 3 things that you would consider a punishment or something you don't like doing (but that isn't abuse).

- 
- 
- 

Note: Items in #2 can become a reward or motivator if you decide that the submissive will not be required to perform those duties, which they do not like!

**Personality Tests & Sorters**

Personality tests help us better understand who we are and how we relate to other people. The reverse is also true, in that we can learn to understand better who other people are and how they relate to us.

There's lots of scientific data to prove the accuracy of psychological tests and personality sorters. Some tests are fluffy while others are astoundingly accurate and help us articulate, that, which we already inherently know! If the results are not in line with how you or other's see you - then disregard it. It's only a tool and if the tool doesn't work - find another one that's more agreeable, take the test over again or selecting another test.

**Learning Styles Inventory**

<http://www.merexcorp.com/ls.htm>

<http://rrcc-online.com/~psych/LSInventory.html>

<http://www.pinecity.k12.mn.us/highschool/bused/Learninv.htm>

**Myers-Brigg's Type**

<http://www.advisorteam.com>

<http://www.socionics.com/rel/rel.htm>

<http://www.typelogic.com>

**True Colors**

<http://www.emode.com/color/authorize/register.jsp?url=/color/index.jsp>  
[http://www.ivillagehealth.com/quiz/mental/articles/0,11299,245108\\_127650,00.html](http://www.ivillagehealth.com/quiz/mental/articles/0,11299,245108_127650,00.html)

<http://www.auracolors.com/test.htm>

<http://www.truecolors.org>

<http://www.uwsp.edu/education/wkirby/pluralis/colors.htm>

<http://www.cgcanada.com/cgcanada/truecolors.html>

**Other Personality Sorters**

<http://enneagraminstitute.com/>

<http://www.humanetrics.com>

<http://www.decoz.com/>

<http://www.astrology-numerology.com/>

<http://chinese.astrology.com/>

**Emotions, Spirit, Philosophy, Physical - Wisdom and Well –being**

Before I begin, I want to reiterate, that this whole document contains my beliefs that might match or become yours. There is no “one or true” way, please keep that in mind as you read along and visit the links provided.

**Emotional:** communication, respect, honesty, friendship, appreciation, unity and other examples of positive human relating that are essential to a satisfying relationship. Some of us were raised in abusive environments and if one hasn't taken reversed some of that damage, now would be the time. In my opinion the majority of adults are not victims even though many adults cry, “I'm a victim”! As a child we didn't have the tools to protect ourselves but as adults we do not have to suffer abuse. Taking responsibility for our actions, thoughts and feelings are one of the first steps in the healing process. By saying, “I'm a victim!” you are giving power to the abuser. **Spiritual:** a grounding force, direction and/or higher purpose in life. **Philosophical:** helping us form better logic and it giving meaning to our personal thoughts about our relationships and life. **Physical:** keeping our bodies healthy and in shape for the often rigorous needs and practices of BDSM. It's our base and primal self. Someone once said, “your body is like a temple”.

All the areas I mention above can cross over into each other. It would be difficult to separate one from the other just like when you work out, it would be hard to isolate exercising ONLY one muscle.

Below are some links to help you or reacquaint yourself with emotional, spiritual, philosophical and physical knowledge.

***Emotional***

Emotional Intelligence:

<http://www.eqi.org>

Self Help:

<http://www.helpself.com/>

Teramis:

<http://www.powerexchange.org/seminartapes.html>

Authenticity:

[http://www.call-me-coach.com/ald\\_foundation.htm](http://www.call-me-coach.com/ald_foundation.htm)

REBT(Rational Emotive Behaviour Therapy):

<http://www.rebt.org/>

Care Givers (dom's can be considered caregivers):

<http://www.ec-online.net/Knowledge/Articles/emotion2.html>

***Philosophical***

Existentialism:

<http://www.tameri.com/csw/exist/>

Individualism:

<http://www.promethea.org/>

The Seven Deadly Sins:

<http://www.rushman.org/seven/>

Philosophy Pages:

<http://www.philosophypages.com/>

***Spiritual***

Buddhism:

<http://www.buddhisttemple.org/buddhism/info.htm>

<http://www.konchogrinchen.com>

Unitarian Universalism:

<http://www.eh.net/~huuc/uugeninfo.html>

<http://www.cuc.ca/>

<http://www.geocities.com/Paris/Musee/4509/>

***Physical***

Sexuality:

[www.sexuality.org](http://www.sexuality.org)

<http://www.tantra.com/>

<http://www.yoni.com/index.html>

<http://www.janesguide.com/>

Exercise:

<http://www.hoptechno.com/book11.htm>

...and disability - <http://www.ncpad.org/>

<http://www.niddk.nih.gov/health/nutrit/pubs/physact.htm>

<http://www.curvesinternational.com/>

Nutrition:

<http://navigator.tufts.edu/>

<http://www.jhbmc.jhu.edu/NUTRI/ethnic.html>

<http://www.nal.usda.gov/fnic/>

<http://www.nin.ca/>

## Part Two - Training Theory

### Principles of Effective Training

- Firm, gentle and calm
- Take your time: slow and steady
- Patience
- Communication, communication, communication
- Confidence in what you are training
- Simple
- Direct
- Safe, sane and consensual
- Repetitive and consistent
- Recognition of compliance and infractions
- Textually documented
- Tolerant
- Flexible
- Building rapport & trust
- Recognize, acknowledge and react to barriers
- Motivate, praise and reward often - if not always!
- Strive for progress and know that perfection doesn't exist
- Allow for mistakes from time to time
- Be prepared
- Make it fun! Create games and tools that are fun and enjoyable. It's easier and more enjoyable to remember those things that put a smile on our face!

### A Method to Effective Training

1. Tell them about it: **Who, What, Why, When, Where**
2. Have them tell you: **Who, What, Why, When, Where** (hopefully in their own words)
3. Make corrections if necessary and repeat step 2
4. Tell and show them **How to do it!**
5. Have them tell and show you **How to do it!**
6. Make corrections if necessary and repeat step 4
7. Ensure that written documentation is available with "rule" and/or "behaviour" information and both of you have signed off.

Confirm what will happen for compliance and non-compliance and get "buy-in".

- Reward for compliance to your instructions
- Talk about infractions or willful disobedience and punish **ONLY** when necessary (last straw sort of thing)

Try to be as technical, direct and specific in your request. If there is something that you left out, just add it into future rules but do not reprimand your submissive for something that \*you\* were not direct and specific about. If both the submissive and yourself keeps in mind that neither of you are perfect but do strive to be your best, little slip-ups here and there can be tolerated. Tolerance and flexibility are important to remember from both sides.

### Setting the stage

- Time (schedule) and during of training session
- Place
- Atmosphere, free of interruptions
- Clothing attire (including training collar) of submissive and dominant
- Positions of submissive and dominant
- Voice commands and tone of voice

## **Training Issues (to keep in mind)**

- Aggression, defensiveness
- Self esteem issues
- Testing the waters
- Addictions
- Fear
- Non committed
- Power struggles
- Not learning the required rules, behaviours, actions, skills, etc..

The number one thing you can do to avoid, diminish or resolve training issues is to have open and forthright communication. Allow the submissive to speak freely, uninterrupted and without fear of reprimand. Be warm and listen with the intent of resolving, organizing and settling the issue.

It's my belief that abusive language or behaviour is never to be tolerated on either side and the moment something like that comes up - I suggest taking a time out. Since the dominant is the one setting the pace, it's important that they have the strength not to get caught up in issues (especially emotionally charged ones) and remain objective. During the training phase when a beautiful and enchanting submissive can sway us into letting them get away with things that are generally unacceptable, this is the most important time to set precedents.

I suggest writing up a list of totally unacceptable actions in the beginning or as you go along and enforce them with strength, vigor and consequence.

## **Tools and Accoutrements for Effective Training**

### **Training Tools**

Various tools can be used to assist in the training and development of the submissive. Here are some suggestions: cane, crop, reward and punishment tool, training collar, coaching log and progress reports, positive and negative book, and appraisals. One-on-one meetings, repetitive work, Weekly Task lists.

Specifically of note for further explanation are: name calling, journalizing, rewards and punishments and training contracts.

### **Names and Other Stuff**

What name will you use when you address the submissive? What name do you wish your submissive to call you? Will the names you use be different during training? Will there be degrees, levels and initiations to pass before they can call you something different? Will they sit next to you on the couch or speak in public fetish events?

### **Journalizing**

I believe that keeping a training journal for yourself is a very important tool in understanding what works and doesn't work in your interactions and then reviewing it every week or so. It's also a good idea to have your submissive record their thoughts on their training. I have one warning in regards to keeping journals: discuss with your submissive when and how you will respond to the contents of the journal. Keep in mind that it's a journal that can include very personal feelings that can become hurtful when shields are not up. If you choose to react in a hurtful, angry or other discouraging way – the submissive will grow to resent you or they will not divulge their truest feelings for fear of hurting, angering or discouraging you. Approach every tool with the goal that it will have a positive end result.

### **Rewards and Punishments**

It's important to not only punish but to reward your submissive for compliance and infractions. Your submissive needs to feel that you care and forgetting to dish out what's earned is a sure sign to a submissive that you don't care. Encourage compliance and discourage infractions through a positive reward system. Also try to reward more than punish, even if the submissive has created more infractions. As long as they are putting good effort, give a few "get out of jail" free passes from time to time. We are all human! The worst thing we can do is associate training with punishment unless it's of the erotic punishment variety!



## **Training Contract**

A training contract is useful to determine and document: length of time, reward and punishments, forms of address, rules and expectations of training conduct for both the dominant and the submissive, etc..

Training is an on-going process and it gives both the submissive and dominant opportunities for challenge and growth. Just like learning is life long, so is the training of your submissive!

How much is a good idea to train at once? It's also possible to devise a training program that lasts a few hours, days or months. I do believe it's best to train one - three things at a time so that the submissive will have an opportunity to demonstrate the action, be successful and make it a habit.

Allow for renegotiating the contract when things are not working out the way either one of you had thought (fantasized) that it would!

## Part Three - Specific Training Modules

To each their own. In devising a training program, the specifics are what you make of them. This section is to help your brain juices to flow! No one else can tell you what you "should" train your submissive to do or how they "should" behave!

When training specific actions, behaviours and the like, please keep in mind that there's a good chance that what you do in the privacy of your own home - might not be socially acceptable at the grocery mart. Therefore when I train the "when" portion, I categorize into these sections: "**Public: Vanilla, Fetish, Kink Friendly**" and "**Private: Vanilla, Fetish, Kink Friendly**".

Here are some specific ideas to help you on your way to training your submissive:

### Physical appearance of submissive

Clothing: Will you tell your submissive what they will wear? If you do, will it only be at certain times for certain occasions?

Generally speaking a submissive has less clothing on, more restrictive or revealing than the dominant. There are a few reasons for this: they can't run away as readily, they feel more submissive and can feel more in a humbled state.

If the submissive were wearing clothing in a Public Fetish or Private Fetish/Kink Friendly environment it could look something like this: frilly clothing, sexy maid's outfit, clothes of a fetishist nature, collar and cuffs, uniforms, bondage of some sort; embarrassing, sexy or humiliating clothing; and being naked.

Other things to consider in regards to physical appearance would be: Body Space, Hairstyle, Makeup, Posture, Facial Expressions, Facial and Body Hair.

### Etiquette

Etiquette is explained as a way of acting that is socially acceptable. Within various societies different things are acceptable. This is where you can train your submissive to conform to: old guard protocols, fetish night etiquette, munch etiquette, private, personal and public etiquette. Within each society there is often a different set of etiquette that is followed.

### Positions

For more information search here: [http://www.geocities.com/missy\\_mcpett/posn.html](http://www.geocities.com/missy_mcpett/posn.html) or La Laisse, Soduire, ISBN 0-9671287-0-6

### Some Other Training Suggestions:

#### Voice and accepting voice command's from the dominant

Toy cleanup - proper storage of rope

Required Rules, actions and behaviours

Representing the Dominant

Special positions/duties: Butler, Maid, Boot blacker, Secretary, Cook, Personal Assistant, Manicurist, etc..

### Exercise #2

1. List 5 things that you would like to train your submissive to perform.

- 
- 
- 
- 
- 

1. List 5 things that your submissive would like to learn.

- 
- 
- 
-

## Notes

- If I could sum up the three most important things in training your submissive, it is: communication, motivation and respect.
- Training in my opinion, is not a time to show stereotypical traits of a dominant; in my opinion that's better left for sexual 'roleplay'. If the submissive is nervous or scared, then it will be much more difficult for them to comply!
- Trust the reward system and that you will deliver on the bargain to their co-operation.
- On-going training: Training doesn't stop with the first instruction. Repetition is the key to learning. If there are no opportunities to demonstrate a required skill or behaviour - the submissive will soon forget!
- Do not have submissive repeat corrective action more than twice. It can be frustrating when one doesn't get something. Instead talk about the difficulties and challenges that the submissive might face.
- A submissive is a strong resource of information and usefulness that the wise dominant uses to fulfill both dom and sub's desires.
- I'm not fast and furious and weekly sessions of training over many months are completely in line with my style of relaxed behaviours.

## **Links & Resources**

### **Books**

Please review the Book List on the Lady Sun site: <http://www.ladysun.info/resources.php>

### **The Leading Dominant**

<http://www.ladysun.info/iframes/lsmusings03.php#ldom>

### **Dog Training**

<http://www.stbernardrescue.org/>

[http://www.stbernardrescue.org/behavior/gaining\\_control.htm](http://www.stbernardrescue.org/behavior/gaining_control.htm)

### **Contracts, Negotiation Form, Journals, Slave Registry, Different Forms of Training**

<http://www.slaveregister.com/csd/>

<http://www.noahgrey.com/greysoft/>

### **Various BDSM Links**

<http://www.ladysun.info/resources.php>

### **Seminars**

Send your submissive or yourself off to learn a specific task, skill or what-have-you. Perhaps offer it as a reward for compliance or further training.

#### BDSM and Sexuality

The following links are mainly seminars available in Toronto. Please check your local BDSM organizations for information.

- Good for Her <http://www.goodforher.com> (Toronto)
- Come as You Are <http://www.comeasyouare.com> (Toronto)
- ACT Safer SM workshops <http://www.safer-sm.org> (Toronto)
- Lily Fine - <http://www.lily-fine.com>
- T'Hayla (Restricted Pleasures) - <http://www.restrictedpleasures.com/>
- Teramis Tapes - <http://www.powerexchange.org/seminartapes.html>
- Mentorship: a dominant and/or submissive that is experienced in your interest of choice can give you ongoing one-on-one instruction. Seek this person out and ask for their assistance. A mentor can be found through munches, mailing lists, newsgroups, referrals, etc.. Also, please be courteous of their time and you might want to offer things like: drinks, food and little gifts to show your appreciation for the mentorship.

#### Vanilla and Professional

- Cooking courses
- Cosmetology
- Computer
- Secretarial
- Maid Training
- Project Management
- Mendhi training
- Sewing
- Musical instrument
- ... the list goes on is only up to you and your submissive's imagination

### **Your Local Public Library**

The library has materials directly related to specific services that you or your submissive would like to perform. Such as: professional butler and maid training, gourmet cooking, the art of sexual service (Geisha), etc..

A Couple of Schools with Programs on Adult Education (Toronto)

<http://cecal.humberc.on.ca/ttadults/index.html> & <http://www.senecac.on.ca/parttime/main.html>

**Glossary**

Co-operation - both parties benefit from the transaction

Dominant - one who leads another

Submissive - one who submits to another

Training – learning about something

Reward – something given that is comfortable and pleasant for a job well done, compliance

Punishment – something given that is uncomfortable and not pleasant for a job not done well, infraction

Discipline – something that takes strength and requires good habits. This isn't a reward or punishment and I believe Discipline Training rather than Reward & Punishment Training will ultimately lead to better performance in the future. Both can be utilized if you or the submissive feels it will help them comply better.

**Appendix****Supplement One- Sample Training**

Tasks for the month of [       ]

As a creative and willful submissive I will present to you a free flowing style of task management. A task from each group is required to be completed during each of the weeks in this month. You may pick the task in any order as long as you complete one per group per week. For example, you can do item 1 in group 2 on week three. You may do the tasks on any day except the masturbation act, which has clearly defined requirements.

In total, you will have completed three tasks per week. You will be graded on these tasks and will be required to prove that you have accomplished the task. An overall grade of 90% or more will reward you will receive a token of recognition for your success. A passing grade will be 80%. If a grade of 80% or less is reached your contract will be re-evaluated and you might be required to do the tasks over again!

**Group One: Essays**

1. What is submission?
2. What is Total Power Exchange (TPE) and how do you feel about it?
3. What is dominance?
4. How do you view a submissive and dominant relationship?

**Group Two: Positions**

1. Set your alarm clock to 10 minutes and kneel with the kneeling pads naked or cross-dressed. Heels touching bottom, arms in front, and palms up on your thighs, head bowed in silence. Think about your submission to me.
2. Set your alarm clock to 10 minutes and stand in a corner naked with only panties on. Head bowed, eyes closed & hands clasped behind head until arms tired or at 10minutes. Pretend that I am there. Walking around you, smelling you, poking at you, pulling your balls, smacking you, and watching you. Reflect on your submission to me.
3. Greet me by dropping down to the floor in the kneeling position and then bow down as if I was there and I want you to recite this "Oh Master I am blessed to be at your feet, thank you for allowing me this pleasure". Do this until you memorize this saying.
4. Get a bowl of milk & put it on the floor and tuck your hind legs in like a cat and your arms stretched out in front of you. Now lowering your elbows and drink with your tongue like a kitten.

**Group Three: Acts**

1. Masturbation: You will follow this regime for one full week

Day one: You will touch yourself without coming. You will bring yourself close to orgasm 2 times.

Day two: While clothed you will rub yourself on items such as your bed, table, sink but you cannot touch yourself with your hands.

Day three: You will not touch or rub yourself

Day four: You will not touch or rub yourself

Day five: While wearing your panties you will touch yourself and bring yourself close to orgasm 3 times and then you will come.

Day five: You will not touch or rub yourself

Day six: You will touch yourself to orgasm 2 times. Once in the morning and once in the evening.

Day seven: You will not touch or rub yourself.

2. Learn the procedures of a pedicure and give yourself one.
3. Take three strands of rope, yarn, etc and learn to braid the strands.
4. Choose any act of submission that you believe will be useful to us. Study it and practice it. Pick anything that is of interest to you and present it to me in any way that you desire in which the ultimate goal is to please me.

Your teacher & Master,

**Supplement Two - Application for service**

Application for service to [ \_\_\_\_\_ ]

Date:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Day Telephone: \_\_\_\_\_ Night Telephone: \_\_\_\_\_

S.I.N. \_\_\_\_\_

D.L. # \_\_\_\_\_

Doctor's number: \_\_\_\_\_ Health issues/medications: \_\_\_\_\_

In case of emergency notify: \_\_\_\_\_

Previous service with (i.e. girlfriend, prodom, wife) \_\_\_\_\_

Type of service: \_\_\_\_\_

Length of service: \_\_\_\_\_

Duties Performed: \_\_\_\_\_

Reason Left: \_\_\_\_\_

Can you use this person as a reference?      If yes, how can they be contacted?

Previous service \_\_\_\_\_

Type of service: \_\_\_\_\_

Length of service: \_\_\_\_\_

Duties Performed: \_\_\_\_\_

Reason Left: \_\_\_\_\_

Can you use this person as a reference?      If yes, how can they be contacted?

Previous service \_\_\_\_\_

Type of service: \_\_\_\_\_

Length of service: \_\_\_\_\_

Duties Performed: \_\_\_\_\_

Reason Left: \_\_\_\_\_

Can you use this person as a reference?      If yes, how can they be contacted?

### Exercise #3

Who - Me to you

What - Orgasm Training on Command

When - Whenever I call out this word [ insert word] and snap my finger

Where - In our bedroom

Why - Because I want you to cum when I want you to cum

Reward for compliance - [insert reward]

Be specific under what conditions the submissive will receive it.

Punishment for compliance - [insert compliance]

Be specific under what conditions the submissive will receive it.

(Use the information that the submissive provides to you in regards to what they feel are rewards, motivations, punishments and things they don't like doing in Exercise #1, Page 5)

|| Sign off for understanding ||

### A record of Rewards and Punishments

Date & time:

Compliance or infraction:

What Master has to say:

What submissive has to say:

What is the Reward or punishment?

When will it be administered?

Signature of dominant:

Signature of submissive:



For both the submissive & dominant to fill out

**Part One** contains a list of questions that I have created and may be used for anyone's personal use only.

**Part Two** and **Three** contains information that has been compiled and inspired by the book: Screw The Roses - Send me the Thorns, Jacqueline Banks and myself. These forms have been compiled for personal use only and are not intended for commercial use. The book: La Laisse also has some additional information available. If you wish to find this information, please check the "Resources" section on this site: <http://www.ladysun.info>.

All three parts will take approximately 3-6 hours. It would be perfectly acceptable, in my opinion, to answer the checklists over a couple of sessions - if not more.

### **PART ONE: PERSONAL QUESTIONS**

Part One will take approximately 1- 2 hours depending on how much discussion and thought occurs. It would be in both your interests, especially for novices, to repeat the questionnaire every 1-3 months to see if there are any changes in their thoughts. After enough experience has passed between the two of you, a renegotiation every 6 months might be sufficient.

These questions are from a dominant's perspective; however, submissives can easily ask similar questions of their prospective owner/dominant. It would be hoped that the submissive come up with a series of questions of their own to especially help with discussion in the areas that they feel might become difficult in the future and how to deal with that.

Please see next page PART ONE questions...

**PART ONE****Personal Questions**

Please also note that these are my personal questions that I ask potential partners and are available for illustrative purposes only.

**BDSM(Sexual)**

1. What is your ideal d/s relationship?
2. What makes an ideal dominant?
3. Where will you play? Home, hotel, fetish party?
4. Have you been tested for HIV & STD's? If so, do you have the results?
5. Are you emotionally available?
6. What have you fantasized and wanted to do and haven't done yet?
7. Do you enjoy cross-dressing?
8. How do you feel about being vulnerable?
9. What are your main BDSM, d/s sexual interests?
10. What do you think the role of the dominant is? What do you think the role of the submissive is?
11. What level of sexual experience do you have?
12. What are your three best submissive qualities? What are your three worst submissive qualities?
13. Do you enjoy oral, bondage, foot worship, and servitude (housecleaning, errands, chauffeuring)?
14. Are you willing to go into a time limited, discussed slave contract?
15. Have you ever had someone train you in the arts of BDSM?
16. How long have you thought about BDSM?
17. Have you done any reading on the net or through books?
18. Are you willing to be feminized?
19. What is the most important thing to you right now in relation to a d/s relationship?
20. What are your fears?

**Vanilla(Non sexual)**

1. What are your hobbies, interests outside of d/s?
2. Are you attached?
3. Is social beauty important to you?
4. Do you have 2 days per week available?
5. Would you consider yourself a private person?
6. What is your sign?
7. Are you creative, artistic?
8. Do you love the outdoors, fishing, camping, hiking, and/or walking?
9. Are you financially secure, if not what steps are you taking to become so?
10. Are you open to counseling?
11. What are your fears?
12. What are your loves?
13. What are your hates?
14. Are you capable of a long-term monogamous relationship?
15. When was your last relationship?
16. Why did it break up?
17. What did you learn from it?
18. What were your challenges?
19. What did you enjoy the most?
20. Do you still know or want to know them?
21. What were your vanilla relationships like?
22. What are your three best vanilla qualities? What are your three worst vanilla qualities?
23. How do you spend your alone and social time?
24. How do you react when in conflict?
25. How do you discuss what you don't like?
26. Are you open to change, challenges and growth?
27. How are your relations to friends and family?
28. What is your behavioural style?

**PART TWO: GENERAL QUESTIONS & INFORMATION**

**Part Two** will take approximately 30min - 1 hour and may be held on the same day as Part One.

It would also be a good idea to renegotiate the questions with the submissive every 1-3 months. After there's been a lot of experience with the same submissive, every 6 months might be all that's needed to update oneself on the submissives/dominants interests.

Note: This form has been adapted and inspired from the form in the Screw the Roses, Send me The Thorns book and Miss Jacqueline Banks <http://www.salonbanks.com>

<p>A. BDSM scene experience:</p> <ol style="list-style-type: none"> <li>1. In fantasy only</li> <li>2. Novice</li> <li>3. Some experience</li> <li>4. Very experienced</li> </ol>	<p>B. How long have you known of your interests?</p> <ol style="list-style-type: none"> <li>1. As long as I can remember</li> <li>2. 5 years or more</li> <li>3. 1 to 4 years</li> <li>4. Less than 1 year</li> </ol>	<p>C. What is your sexual orientation?</p> <ol style="list-style-type: none"> <li>1. Heterosexual</li> <li>2. Bisexual</li> <li>3. Gay</li> <li>4. Lesbian</li> <li>5. Bi-curious</li> <li>6. Other</li> </ol>
<p>D. Gender orientation:</p> <ol style="list-style-type: none"> <li>1. Male</li> <li>2. Female</li> <li>3. Transgendered</li> <li>4. Transsexual</li> <li>5. Other</li> </ol>	<p>E. What kind of relationship do you prefer?</p> <ol style="list-style-type: none"> <li>1. Long term, live in</li> <li>2. Offline, meeting often</li> <li>3. Offline, meeting occasionally</li> <li>4. Online only</li> <li>5. Not sure yet</li> </ol>	<p>F. Main Interest:</p> <ol style="list-style-type: none"> <li>1. Sensual-Physical (bottom/top)</li> <li>2. Psychological-Mental (dominant/submissive)</li> <li>3. Both are equally important</li> </ol>
<p>G. Are bruises or marks acceptable?</p> <ol style="list-style-type: none"> <li>1. No marks - ever.</li> <li>2. Marks O.K. as long as they don't last longer than an hour.</li> <li>3. Marks O.K. at certain times.</li> <li>4. Marks O.K. in certain places.</li> <li>5. Marks desired and treasured.</li> </ol>	<p>H. Your level of interest in bondage:</p> <ol style="list-style-type: none"> <li>1. Total helplessness</li> <li>2. Light bondage</li> <li>3. Not my favorite thing</li> <li>4. Outside my limits</li> <li>5. Never tried it</li> <li>6. I live for bondage</li> <li>7. Restriction and comfort</li> <li>8. Restriction and discomfort</li> </ol>	<p>I. Pain (what you are, or what you're looking for)</p> <ol style="list-style-type: none"> <li>1. Pain slut</li> <li>2. Whipping, caning, paddling</li> <li>3. Light paddling, sensual whipping, no marks</li> <li>4. Punishment only when necessary</li> <li>5. Interested, but never tried it</li> <li>6. WAY beyond limits</li> </ol>
<p>J. What do you believe the purpose of pain in a session is?</p> <ol style="list-style-type: none"> <li>1. Pain is a reward</li> <li>2. Pain is a punishment</li> <li>3. For training or correction only</li> <li>4. Whatever pleases my partner</li> <li>5. Not sure</li> </ol>	<p>K. Sex in a scene, for me is...</p> <ol style="list-style-type: none"> <li>1. An absolute must</li> <li>2. Expected, unless punishment is taking place</li> <li>3. An enhancement</li> <li>4. Not necessary or expected</li> <li>5. Out of the question</li> </ol>	<p>L. Which settings are you comfortable playing in?</p> <ol style="list-style-type: none"> <li>1. Public play</li> <li>2. Scene parties</li> <li>3. Intimate groups of 1 to 3 other couples</li> <li>4. Three way play</li> <li>5. One on one</li> </ol>
<p>M. Who can know of your activities?</p> <ol style="list-style-type: none"> <li>1. No one</li> <li>2. A very few trusted friends</li> <li>3. Other scene people</li> <li>4. Doesn't matter who knows</li> </ol>	<p>N. Which of the following phrases describes the headspace you enjoy during a session?</p> <ol style="list-style-type: none"> <li>1. Suffering to please you</li> <li>2. Rite of Passage (personal growth)</li> <li>3. Expiation of guilt</li> <li>4. Suffering against my will</li> <li>5. Used for your pleasure, regardless of my own feelings</li> <li>6. Fun and pleasure for both party</li> </ol>	<p>O. What sort of tone would you like me to take in a sexual scene?:</p> <ol style="list-style-type: none"> <li>1. Loving and supportive</li> <li>2. Firm and no-nonsense</li> <li>3. Seductive and playful</li> <li>4. Just be yourself, Ma'am</li> </ol>
<p>P. Absolute limits, things you definitely don't want included in a session:</p>		<p>Q. Medical, physical or emotional concerns (spinal/joint problems, past injuries, low/high blood pressure, diabetes, asthma, low blood sugar, ear/lung problems, epilepsy, allergies, contacts, glasses, hemophilia or phobias):</p>

**PART THREE: INTERESTS, PREFERENCES and LIMITS**

R. The following questions are an attempt to situate you on the continuum between dominant and submissive, masochistic (enjoying pain) and sadistic (enjoying inflicting pain) and aggressive and passive. It is possible to be an aggressive submissive masochist!)

Are you a (circle what applies):

- Dominant: 1. Always 2. Often 3. Rarely 4. Never
- Submissive: 1. Always 2. Often 3. Rarely 4. Never
- Masochistic: 1. Always 2. Often 3. Rarely 4. Never
- Sadistic: 1. Always 2. Often 3. Rarely 4. Never
- Aggressive: 1. Always 2. Often 3. Rarely 4. Never
- Passive: 1. Always 2. Often 3. Rarely 4. Never
- Assertive: 1. Always 2. Often 3. Rarely 4. Never

S. Role-Playing: Below are listed several examples of roles to be played by either Dom/me or sub. Please list those, which you are interested in, and those you'd like to see your partner play.

Prostitute	Co-worker	Hooker	Houseboy	Housegirl	Dog/Puppy	Cat/Animal	Delivery Person
Employee	Boss	Niece	Nephew	Queen	Governess	Politician	Scientist
Puppy	Student	Teacher	Suspect	Victim	Torturer	Teen	Slut
Amazon	Baby	Barbarian	Burglar	Clergy	Child	Boss	Bitch-Goddess
Cowboy	Cowgirl	Doctor	Hero	Nurse	Rapist	Mentor	Evil Priestess
Goddess	God	Master	Mistress	Nun	Inquisitor	Mommy	Evil Priest
Wild Beast	Principal	Indian	Daddy	Knight	Sister	Brother	French Maid
Slave Owner	Slave	Ponyboy	Ponygirl	POW	Policeman	Pimp	Femme Fatale
Leather Man	Secretary	Sissy	Princess	Pet	Pirate	Prince	Kidnap Victim
Role Reversal	Savage	Schoolgirl	Aunt	Uncle	Warrior	Se x Object	Interrogator

Roles I would like to play:

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Roles I would like my partner to play:

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T. List your limits here:

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U. List your concerns about the depth and exclusivity of a relationship:

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V. List your preferred method of birth control and avoidance of STD's. Also list the last time you were checked for HIV and STD's.

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W. Below are listed several BDSM activities. Please rate each of these from 1 to 6 using the following scale:

- |   |   |   |  |   |   |
|---|---|---|--|---|---|
| 1 =<br><b>I beg you<br/>to do this<br/>with me!</b> | 2 =<br><b>Yes, I like this a<br/>lot!</b> | 3 =<br><b>This doesn't excite me,<br/>but I'll do it for you.</b> | 4 =<br><b>Intriguing, but<br/>I'm not sure.<br/>Let's talk more!</b> | 5 =<br><b>Embarrassed to<br/>admit I want this!</b> | 6 =<br><b>No thank you. This<br/>is a hard limit right<br/>now!</b> |
|---|---|---|--|---|---|

**X = Place an "X" next to the right side of any item that you haven't actually done!**

1 _____ Spanking, by Hand	46 _____ Private Setting	91 _____ Foot Kissing
2 _____ Leather Paddle	47 _____ 1 to 3 Hours	92 _____ Kneeling
3 _____ Wooden Paddle	48 _____ 3 to 6 Hours	93 _____ Crawling
4 _____ Belt or Strap	49 _____ Overnight Duration	94 _____ Lead on Leash
5 _____ Switch	50 _____ Blindfolds	95 _____ Dirty Words
6 _____ Deerskin Cat o' Nine	51 _____ Hoods	96 _____ Verbal Abuse
7 _____ Leather Cat o' Nine	52 _____ Headphones/Earplugs	97 _____ Public Embarrassment
8 _____ Braided Cat o' Nine	53 _____ Tickling	98 _____ Face Slapping
9 _____ Knotted Whip	54 _____ Feathers/Fur	99 _____ Cross Dressing
10 _____ Rubber Whip	55 _____ Sexual Teasing	100 _____ Secret Sex in Public
11 _____ Single Lash	56 _____ Sexual Denial	101 _____ Public Display
12 _____ Cane	57 _____ Chastity Belt	102 _____ Public Sex
13 _____ Fiberglass/Plastic Rod	58 _____ Pinching	103 _____ Public Whipping
14 _____ Riding Crop	59 _____ Hair Pulling	104 _____ Infantilism
15 _____ Fur lined Paddle	60 _____ Nipple Clamps/Clips	105 _____ Golden Showers
16 _____ Mental Bondage	61 _____ Clothespins	106 _____ Enemas
17 _____ Silk Scarves	62 _____ Genital Torture	107 _____ Innocent Dress
18 _____ Nylon Rope	63 _____ Weights	108 _____ Slutty Dress
19 _____ Cotton Rope	64 _____ Cock Rings	109 _____ Prim and Proper
20 _____ Chains	65 _____ Ball Stretchers	110 _____ Ultra-Feminine
21 _____ Leather Bonds	66 _____ Water Torture	111 _____ French Maid
22 _____ Spandex Bonds	67 _____ Ice	112 _____ Child/Baby Roles
23 _____ Plastic Wrap	68 _____ Oils, Lotions, Spices	113 _____ Slave
24 _____ Body Bags	69 _____ Hot Wax	114 _____ Macho
25 _____ Steel Shackles	70 _____ Fire and Ice	115 _____ Biker
26 _____ Arm Sleeves	71 _____ Needles	116 _____ Leathers
27 _____ Straight Jackets	72 _____ Cutting	117 _____ Spandex
28 _____ Breast Bondage	73 _____ Abrasions	118 _____ Rubber/Latex
29 _____ Genital Bondage	74 _____ Electric Torture	119 _____ Masks/Hoods
30 _____ Gags	75 _____ Digital Sex	120 _____ Costumes
31 _____ Leather Cuffs	76 _____ Directed Masturbation	121 _____ Lingerie
32 _____ Infibulation	77 _____ Vaginal Sex	122 _____ Garters/Stockings
33 _____ Spreader Bars	78 _____ Oral Sex	123 _____ Corsets/Cinches
34 _____ Ceiling/Wall Hooks	79 _____ Vibrators/Dildoes	124 _____ Boots
35 _____ Cages	80 _____ Strap-ons	125 _____ High Heels
36 _____ Slings/Swings	81 _____ Anal Sex	126 _____ Tattooing
37 _____ Stocks	82 _____ Anal Plugs	127 _____ Body Piercing
38 _____ Crosses	83 _____ Multiple Penetrations	128 _____ Branding
39 _____ Pillory	84 _____ Anilingus	129 _____ Maid Service
40 _____ Suspension, on Toes	85 _____ Vaginal fisting	130 _____ Shaving
41 _____ Suspension, Full	86 _____ Anal Fisting	131 _____ Humiliation
42 _____ Outdoor Setting	87 _____ Fantasy Rape	132 _____ Foot Worship
43 _____ Indoor Setting	88 _____ Directed Bisexuality	133 _____ Exhibitionism
44 _____ Public Setting	89 _____ Threesomes	134 _____ Voyeurism
45 _____ Semi-public Setting	90 _____ Groups	135 _____ Hand/Ankle Cuffs

X. This form adapted from Miss Jacqueline Banks of: <http://www.salonbanks.com>

<p><b>SM &amp; Corporal Discipline:</b></p> <ol style="list-style-type: none"> <li>Over the knee spanking (hand)</li> <li>Leather paddle (light)</li> <li>Leather paddle (heavy)</li> <li>Wooden hairbrush</li> <li>Wooden spoon</li> <li>Wooden paddle</li> <li>Ruler</li> <li>Leather strap (on bottom)</li> <li>Strap (on hand)</li> <li>Heavy Tawse</li> <li>Medium Tawse</li> <li>Light Tawse</li> <li>Deerskin flogger</li> <li>Leather flogger</li> <li>Heavy Elk Flogger</li> <li>Rubber flogger</li> <li>Genital flogger</li> <li>Rattan cane</li> <li>Nylon cane</li> <li>Riding crop</li> </ol> <p>Part of Body and mark with a:  N = Never, L = Light, ? = Unsure  T = Thuddy, M = Medium  S = Stingy, H = Heavy</p> <p>*B=Bondage C= Corporal  T= Torture</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 10%; text-align: center;">B</th> <th style="width: 10%; text-align: center;">C</th> <th style="width: 10%; text-align: center;">T</th> </tr> </thead> <tbody> <tr> <td>Back/Shoulders</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Bottom/Thighs</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Breasts/Chest</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Genitals</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Feet/Ankles</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Wrists</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> <td style="text-align: center;">___</td> </tr> </tbody> </table>		B	C	T	Back/Shoulders	___	___	___	Bottom/Thighs	___	___	___	Breasts/Chest	___	___	___	Genitals	___	___	___	Feet/Ankles	___	___	___	Wrists	___	___	___	<p><b>Cross dressing play:</b></p> <ol style="list-style-type: none"> <li>Cross dressing as discipline</li> <li>Cross dressing for fun/sensual pleasure</li> <li>When I'm crossdressed I think of myself as being female</li> <li>When I'm crossdressed I still think of myself as male</li> <li>Partial play: garterbelt, panties, bra</li> <li>Full feminization - shaving, wig, makeup, clothing, talking, walking, etc..</li> <li>I will bring my own clothes</li> <li>I'd like to use some of your clothes</li> <li>Shopping Trip</li> <li>French maid costume</li> <li>Schoolgirl costume</li> <li>Wigs</li> <li>Do you already have a femme name? If you do, and you'd like me to use it, what is it?</li> </ol>	<p><b>What are your preferences regarding your dominant's costume?:</b></p> <ol style="list-style-type: none"> <li>Whatever you want</li> <li>Street clothes</li> <li>Leather</li> <li>Business</li> <li>Lingerie</li> <li>Garter belt and stockings</li> <li>panty hose</li> <li>Panty girdle</li> <li>Open-bottomed girdle</li> <li>Thigh high leather boots</li> <li>Knee high lace up PVC boots</li> <li>High-heeled leather ankle boots</li> <li>Satin or silk corset</li> <li>Black PVC dress</li> <li>Leather corset</li> <li>Sexy and seductive</li> <li>Demure and innocent</li> <li>Prim and proper</li> <li>Black</li> <li>White</li> <li>Red</li> <li>Purple</li> <li>Other</li> </ol>
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<p><b>Bondage:</b></p> <ol style="list-style-type: none"> <li>Mental bondage</li> <li>Silk scarves</li> <li>Rope</li> <li>Chains</li> <li>Leather or rubber wrist and ankle cuffs</li> <li>Thigh cuffs</li> <li>Locks</li> <li>Hammerlock</li> <li>arm binder</li> <li>Single sleeve arm binder</li> <li>Plastic wrap</li> <li>Gags</li> <li>Blindfolds</li> <li>Hoods</li> <li>Collars</li> <li>Leashes</li> </ol> <p>Continued onto next page...</p> <ol style="list-style-type: none"> <li>Spreader bars</li> <li>Ceiling hooks</li> <li>Spanking bench</li> <li>St. Andrew's Cross</li> <li>Pillory (continued next page)</li> </ol>	<p><b>High Sensation Play ("Torture"):</b></p> <ol style="list-style-type: none"> <li>Tickling</li> <li>Feathers and Fur</li> <li>Sexual denial</li> <li>Pinching</li> <li>Nipple teasing</li> <li>Nipple clamps (light)</li> <li>Nipple clamps (medium)</li> <li>Nipple clamps (intense)</li> <li>Clothespins</li> <li>Genitorture (CBT)</li> <li>Weights</li> <li>Cock rings</li> <li>Ball stretchers</li> <li>Ice</li> <li>Hot wax</li> <li>Oils and lotions</li> <li>Abrasion</li> <li>Giving massage (continued next page)</li> </ol>	<p><b>Humiliation and anal play:</b></p> <ol style="list-style-type: none"> <li>Foot kissing</li> <li>Kneeling</li> <li>Being trampled</li> <li>Serving as a footstool</li> <li>Serving as a rug</li> <li>Led on leash</li> <li>Dildo Sucking</li> <li>Taken from the behind</li> <li>Other</li> </ol> <p><b>Fetish Interests:</b></p> <ol style="list-style-type: none"> <li>Being</li> <li>Crossdressed</li> <li>Corsets</li> <li>Exhibitionism</li> <li>Foot worship</li> <li>Garter belt and stockings</li> </ol> <p>Continued onto next page...</p> <ol style="list-style-type: none"> <li>Girdles</li> <li>pantyhose</li> <li>Leather</li> <li>Lingerie</li> <li>PVC (continued next page)</li> </ol>																												

<ul style="list-style-type: none"> <li>22. Genital bondage</li> <li>23. Breast bondage</li> <li>24. Bondage (up to 1 hr)</li> <li>25. Extended bondage (1-3 hours)</li> <li>26. Extended bondage (3-6 hours)</li> <li>27. Extended bondage (how many hours?___)</li> <li>28. Extended bondage (overnight)</li> </ul>		<ul style="list-style-type: none"> <li>12. Rubber</li> <li>13. Shoe worship</li> <li>14. Boot worship</li> <li>15. Gloves</li> <li>16. Long nails</li> <li>17. 17. feet</li> </ul>
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Other Fetish or BDSM Interests Not Listed: