



**The BDSM Training Academy
Presents**

THE DOMINANT/SUBMISSIVE TRAINING GUIDE:

Knowledge Is Dominance | Servitude Is Following It!

6th Edition

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Warning

Before taking part in any activity mentioned in this program, it must first be understood that there is no such thing as safe BDSM and/or safe sex. All BDSM and sexual practices come with risk. There are "safer" practices and methods, ie wearing condoms during sex, only using your own toys, only playing with a monogamous partner, etc. While these methods are safer and reduce an individuals chances of harm, and/or injury, these are not 100% effective in eliminating the risk of harm and/or injury. The only truly risk free method is abstinence from all BDSM and sexual activities.

While W/we believe that it is always important to practice safer BDSM and sexual methods to reduce a persons exposure to risk, this does not mean that all potential risks have been eliminated. This must clearly be understood before ever taking part in any form of BDSM and/or sexual activity.



INTRODUCTION

Defining the relationship between a slave and master goes beyond what you've probably read in books or found online. In fact, finding a definition at all is something that you might spend years trying to do, but never quite find the one that fits.

And why is this?

The truth is that serving someone else is a personal decision and commitment, just as with any relationship. The way that it works for you is, well, the way that it works for you. For some, the slave might need to have formal commands and basic positions to follow. And for others, this might not be as important as physical domination.

This doesn't make one definition or another more 'right' than the next, but it does cause those interested in a slave-master relationship to stop and consider the options they do have when getting started. They should also consider that not everything is as simple as it may seem.

Learning as much as you can about BDSM, D/s, and servitude is the best way to find that perfect fit for your relationship. And it's not that difficult to study.

You'll find numerous online resources as well as books and blogs about the ways that a dominant – submissive relationship works, but again, what you read in one place might not be what you read in the next.

In this book, you will learn about all of the major categories and questions that you might already have about being a slave or being a master.

You'll learn about:

- The basics of BDSM
- Defining the roles
- Finding a slave
- Finding a master
- Emotional control
- Basics of service
- Physical dominance and submission
- Bondage
- Spanking, whipping, and other marvelous things



- Setting up a relationship that works
- The ethics of BDSM
- Creating your own dungeon

The information in this book is meant to inspire you to learn everything you can about the slave and master relationship. While geared toward everyone that is interested, there will be special sections at the end of each section that will give guidance to the slave that wants to learn more about how to provide the best service.

Yes, there's even homework for the slaves.

Because in the end, someone will be served. And you need to know how to make it work for you: Master or slave.

FOR THE SLAVE

Learning how to be the best slave takes time, takes discipline, and takes a willingness to learn about how to better yourself for your Master or Mistress. There will be days when it seems like you can not 'get it' or that you try and try only to fail over and over again. But it's the fact that you DO try and that you do want to be better at serving your Master or Mistress that really counts. Read this book to find out what may be expected of you so that you can be the best slave.

FOR THE DOM/ME

This book will help your slave to show them what you expect of them. However, since all Dom/mes are different, you will want to read this book first to see what you agree with and what you do not. Add your own notes to this book in order to clarify what you expect of your slave as well as what you do not expect. The clearer you can be, the easier the training of your slave will be.

SLAVE ASSIGNMENT

This is the perfect time to create a slave journal into which you can write out your feelings, thoughts, and ideas about slavery and serving someone else.

Keeping a record of your life is nothing new. From the time you were young, like many other people before you, you might have kept a secret diary into which you poured all of your dreams and aspirations. As you've grown older and you're now the submissive of a Master or Mistress, you might want to use that diary tool again – this time as a sub journal. This written record of your work as a slave can help you and your Master or Mistress in a number of ways. And anything that can help you be the best slave possible is one that will allow you to please your Master or Mistress each and every day.

The idea of the journal:

As a submissive, you will want to find a way to keep your 'head in the game' so to speak. Being devoted to the needs of another can become difficult when you have your own life to deal with as well. This is where a journal or some other sort of record keeping utensil might come in handy – computer based document, etc.

In this, you can write down all of the things that are expected of you, as well as how you plan on making them happen each day. You will also want to create a place where you can vent any frustrations that you might have with your overall training. Maybe you just aren't remembering to do something or you find that certain tasks are difficult to handle.

In this special area, you can create a venting space where you can move through your feelings and learn from the weakness that you might have in order to turn it into strength in the way that you serve your Master or Mistress.



What Should I Use:

The journal can be as simple or as decorative as you like – check with your Master or Mistress to see what they might like. Ideally, it should be a journal which you can add pages to as this is something which will continue to get longer as your relationship continues. A 3 ring binder with looseleaf paper might be a good way to keep your notes organized.

For Your Dominant To Understand:

The slave journal's primary purpose is to ensure your Dominant knows what's going on in your head, in your heart and in your training. You might want to write down all of your feelings and your concerns about your training here. This doesn't mean you should simply complain on each and every page, but you should begin to process the events of each training session. Write about the parts that you found difficult, challenging, or even embarrassing. Think of this as a way for you to communicate how you feel your training is going, as you are often the best person to grade this progress. While your Master or Mistress will be able to guide you in your training, having as much feedback as possible will help everyone get the most out of their actions.

Working Out Issues:

Of course, if you are having emotional issues that come up during your sessions or between your time with your Master or Mistress, this can be a great place to start to work out your emotions. In doing so, it can help you to face your any problems you might be having, which is a healthy exercise that all people should do.

You might want to talk in your journal about things that might be causing you to be distracted during your sessions, for example, or you might want to talk about things you want to do for your Owner in the future. This can also be a place to congratulate yourself for things you've done well and boundaries you've crossed without any trouble or resistance.

Look At Your Progress:

As you continue to add to this slave journal, you will begin to see just how far you've come in your training and in your mindset as a slave. Whenever you begin to feel like you are faltering, you can go back through the pages of this journal and see just how much better a slave you have become. If you feel like you might need more work in a certain area, you can also use this journal to see how you approached a similar problem in the past. Like a slave guide book, this journal can become a way to continuously become better in the roles you are asked to take on.

Using a slave journal has become commonplace in the BDSM world for one reason – it works. By allowing you to have a constant place for communication with your Master or Mistress, as well as to have a place to work through your problems as well as a format to track your progress, this journal will become your training manual and a way to keep your relationship moving in a positive and productive direction.

While you are writing in your journal you will no longer refer to yourself as I, or me, but as submissive, sub or slave.

When referring to a Dom/me whether present or future you will always capitalize their name and keep references to yourself in lower case.



BASICS OF BDSM

What Is BDSM?

There are a number of ways that you might define BDSM, and each is 'correct' in its own way.

Some define BDSM as Bondage, Dominance, Sadism, and Masochism while others take the letters and create Bondage, Dominance, Submission, and Masochism. And still others might say that BDSM is comprised of Bondage and Dominance, as well as Sadomasochism.

In the end, it really doesn't matter what the letters stand for, rather what they have come to represent.

The main construct of BDSM is the idea of one person having control over another person. This might be a brief encounter, like during a playtime scene, or in a longer term relationship, as in a personal slave or master-slave relationship.

In this kind of relationship, one person surrenders their needs and their wishes to that of another, causing the relationship to have one person dominating the other in some way.

While most people would consider BDSM to be a purely sexual relationship in nature, this is not necessarily the case. Many BDSM players and groups focus only on the idea of control over another, and not just in the sexual sense.

What you may want to consider is that BDSM can be a purely sexual interaction as well. Some people are very much turned on by the idea of someone taking control of their sexual encounters and turning them into a release of their own desires in that exchange.

And for others, this exchange of power in sexual interactions or maybe just in the everyday can also be related to an exchange of pain, as in sadomasochism. Some dominants are turned on by the idea of inflicting pain upon someone else, and thus exuding even more control on their response and subsequent actions. And some submissives are turned on physically by the idea of receiving pain in a variety of forms.

But the main idea that you will want to take from all of these situations is that these are interactions that are consensual between two adults (or more). Everyone has agreed to participate in these activities, understands the risks, and practices safety rules along the way (we'll get into more detail about that later).

As you can see, the idea of BDSM is a lot more varied than the traditional 'whips and leather' images that most mainstream movies show. And if you're interested in this lifestyle or just experimenting a little, you need to learn about these variations.



Your Kink Is Your Kink, And That Is All That Matters

Everyone wants to label and define what they do in the bedroom. Are you kinky or are you vanilla? Are you risqué or are you perverted? And in no other realm of bedroom enjoyment does this happen more than when it comes to BDSM.

It all depends on what you enjoy. The question of whether you're doing it 'right' or 'hard enough' is one that many beginners ask.

In reviewing the definition of what BDSM is, you will notice there is no hard and set rules about what BDSM is and what it is not. This is because BDSM is something that only two people (or more) can define within their particular relationship (every relationship is different). This is why so many BDSM relationships have contracts and guidelines they setup beforehand. These contracts and lists will often define in minute detail what the relationship and the sexual play will contain.

Is There A 'Right' Way To Do BDSM?

If you're engaged in lighter bondage and some control play with someone else, chances are good that you could consider this BDSM, just a very light form of it. Think of sexual play as something that has levels. The first level is general sex and lovemaking. The next level might be some kinkier things like role playing, light bondage, and toys. And the next level up might be heavier toy play, heavier bondage, and perhaps some gender play. The top level might be hardcore bondage and control play, along with edge play and other fetishes.

This is not to say that one level is better than the other. Everyone just has different tastes and different levels of pleasure.

Let Me tell you a story

I know one person who only enjoys being spanked and having her hair pulled. She has tried bondage and other forms of BDSM and learned that she just didn't enjoy it. All she likes is having her hair pulled and being spanked.

One night she went to a fetish party and a Dominant who she has never spoken to before asked her what she enjoyed. When she told him, he said "You're not kinky!" and he walked away.

The frustrating part is when she dates vanilla guys and she asks them to pull her hair and spank her they look at her like she has gone mad.

Now she wonders if she is kinky or not. People who identify as kinky don't think she is kinky and vanilla people think she is too kinky. Really she shouldn't be asking herself whether or not she is kinky. Your kink is your kink. Once you know and understand what you enjoy you just need to find someone who shares the same interests.

In the end, if you're worried about how kinky you are, you might not be having as much fun during



sex as you should be. Kinky isn't something you can measure for certain, as some people think sex itself is kinky, while others don't think anything is kinky until you draw blood. Stop for a minute and forget about whether your habits in the bedroom are kinky and think about whether you're having a good time. That's all that matters. If you're not having a good time, you need to find out why and work to fix it by adding or subtracting fantasies.

As You Continue To Explore

What you might find as you continue to use light bondage and spanking in your relationship is that you will want to explore more. You might find that you need more in order to get the same pleasure from the experience. Harder, deeper, stronger maybe even different toys, etc. Many people find that they like to start off with light play sessions and then eventually try out new things until they are satisfied with their love life. This doesn't mean everyone wants to head to the leather and ropes, but many people find they like to push their edges more and more. Remember you never have to do something that you don't want to do.

As you read through this book, understand that its not about you trying everything involved in the lifestyle. Instead its about you understanding what you enjoy. What you call your love life is up to you.

FOR THE SLAVE

Learning what BDSM is and what it is not will help you when you're first starting out. You want to have as much knowledge as you can to help you sort out those people that really want to help you along the way and those that may be trying to tell you incorrect things.

If you've found that you had some misconceptions about BDSM, work to change these ideas and find proof of evidence to the contrary of what you used to think.

FOR THE DOM/ME

If you're new to being a Dom/me, you will want to realize that you have a lot to learn before you can be ready to dominate someone. There are a lot of factors that you need to consider beforehand as well as a lot of safety issues and ethical issues that you will need to explore in depth. Because your goal is to teach someone these guidelines, you will need to learn them inside and out in order to create a strong learning environment in which your slave can learn what you need and how to provide the needed services.

What BDSM is NOT

Just as with any different lifestyle you encounter, there are probably a lot of things that you have heard about BDSM – things that aren't necessarily true.

Myth #1 – You Can Lock A Person In A Basement And Torment Them And Call It BDSM.

The truth is that if the other person is not willfully consenting to this sort of interaction, it's still against the law to hold someone against his or her will.

Myth #2 – You Can Beat Someone Senseless And Call It BDSM

Again, unless the person asked for such a severe beating (and few people would), this too is against many laws and is not a recommended way to 'play' in a BDSM setting.



Myth #3 – BDSM Is Nothing More Than Abuse

Once again, this is a misinterpretation of the true motivations behind BDSM exchanges. While it's true that many practitioners of BDSM engage in things like whipping and bondage, both partners do this willfully. Just because you're in a BDSM relationship does not give you the right to take out your aggression on your partner. That is abuse.

Myth #4 – BDSM Is A Psychologically Deviant Condition

While the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders) might still refer to BDSM and related sexual practices as psychologically harmful, the choice of what you do behind closed doors is strictly up to you. Just as with putting on costumes for your partner or engaging in a little dirty talk, BDSM is another way to add a new dimension to your sex life. And for some, it has helped to foster better communication between partners, rather than cause the relationship to become less strong.

In the end, your own personal definition of BDSM is going to be your own. And while you might hear otherwise, it can be a completely satisfying and safe way to engage in a dominant – submissive relationship.

Everyone else just hasn't taken the time to properly research it.

Yes, it's true there are some nuts out there that have done things to give BDSM a bad name, but they are few and far between. However, that doesn't mean that you shouldn't avoid them at all costs.

BDSM Is Not A Cure

One thing I hear all the time from people in the lifestyle or who want to enter into the lifestyle is that BDSM is some sort of cure-all for the woes of their life. Yes, BDSM is fun and can be safe, but it's not going to make you younger or happier. You may have a lovely time in the dungeon and you might even enjoy pushing your boundaries and edges the entire time, but you will not cure things that happen outside of the bedroom by heading into the bedroom. The endorphin rush and that great session buzz will only last so long. The feelings you had before you walked in the scene will come back, no matter how great of a slave or Master/Mistress you are. If you think BDSM is a cure, read on.

BDSM Will Not Improve a Relationship

Some people think that if they just do a few more kinky things in their relationship, things will be happier. While you might have lost some of the spice in your relationship, BDSM is not the way to bring the magic back into your partnership. Instead, you need to look for what is happening in your relationship and talk to your partner about how they can work with you to ensure you are heading in a more positive direction. BDSM might be fun to add to a good relationship, but when your relationship is on the rocks, adding a scene that involves having complete trust in your partner (when you don't) is not the best of ideas.



BDSM Will Not Cure Mental Woes

Others who have general trust issues or depression or low self esteem might think that BDSM will help them create a more solid sense of themselves. This happens often with new slaves who think that being obedient to a Master or a Mistress will help them feel better about themselves. After all, if they can please one person, they must be a good person. This sort of thinking is not accurate and mental issues are best worked on with the help of a trained therapist. This professional will be able to make sure that you work through your mental problems and that you don't bring them into the bedroom, where they can't be solved.

BDSM Will Not Bring Happiness

Just like anything in life, the only key to happiness is the way you think about your life. Looking outside of yourself for answers, like thinking BDSM will make you happy, is not a good way to help your life. Instead, you need to understand what is truly troubling you and work on resolving those issues. You may need to talk to a professional therapist, take some much needed vacation time, spend more time connecting with your friends and family, or spend more time focused on you and your health. What you don't need to do is bring another complicated factor into your life. BDSM is many things, but it can not make you happy when you are not.

BDSM is not a cure for the things that ail you in your life. When you have issues that are coming up for you, don't head to the dungeon to work them out. You need to think for yourself how you can manage your problems and then enjoy the time you spend with your partner in the bedroom. Life isn't always easy or pretty, and while BDSM might be enjoyable, it can not take the place of personal self development. You're not in the dungeon all the time, so you need to realize that your problems follow you everywhere, especially when you're not taking steps to deal with them.

FOR THE SLAVE

You might have very different views of what you feel BDSM is. These are personal feelings that you will want to keep in mind as you progress down the path to serving your Master or Mistress.

In your journal make a list of what YOU feel your BDSM life should include in order to get a better sense of what you want and how you can serve someone else.

FOR THE DOM/ME

This is a good time to start figuring out what you expect from your slave. What do you feel is important in terms of their services as well as what needs they might be able to serve for you.

Make a list of these requirements as well as of your views of BDSM and what it will be like in your life ideally. This is your wish list of things that you want from your position as Master/Mistress, so it should be truthful as well as detailed. provide the needed services.



A Little BDSM History

Of course, the modern world isn't the first place that BDSM has been seen.

As with any subversive culture, the history of BDSM has not been recorded as well as more 'politically correct' behaviors.

There is some recognition of a slave-Master sort of relationship in the medieval times. Many drawings and writings from that age have described contraptions and behaviors that today might be commonplace in BDSM gatherings.

For example, the idea of the unwavering devotion to a partner as in royal relationships may have shown the beginnings of a dominant and submissive interaction. When one person has so utterly given themselves to another in the public eye, it only seems natural to assume that this devotion has other places where it is expressed.

Other historical references to a slave and Master relationship have come in the form of paintings referencing both males and females in bondage positions, bowing to their purported masters or showing some other sort of sexual behavior that seems to be forced upon them.

However, the issue with the history of BDSM is that many of the retellings of the interactions do not seem to fit the idea of 'consensual' as they would in today's BDSM circles. Much of the submission seems to have been forced upon the various partners in these relationships, so today's new emphasis on making sure that everyone is 'into it' may be a rather newer development.

Of course, many brothels and other houses of ill repute were also purported to have ladies that would engage in BDSM practices, but no better was BDSM revealed than in the pictures of Bettie Page and various other erotica models.

While one might consider their poses tame in terms of today's porn standards, they were radical for their time and began to shed light on what some were doing behind closed doors.

FOR THE SLAVE

Try to find out more about the history of BDSM. There are a number of books at your local library and through online retailers that will give you an idea of where BDSM began and where it might be heading. Learning about the BDSM lifestyle will help you learn what might work for you and what you can expect.

FOR THE DOM/ME

It can be very helpful for you to learn about the history of BDSM as well because sometimes seeing what has been done in the past can inspire the future and the rules that you set. You may want to have your slave gather this information for you or go out to look for information to read.

Note that not all books are created equal and that you may need to buy or borrow several before you find one that matches up to more of your ideas.



What About D/s?

What is confusing to most people starting out on the road to BDSM exploration is the number of terms that are being tossed around interchangeably.

For example, you might hear someone say slave and master, but then another talk about their D/s relationship. While these can be the same, they are not necessarily the same kind of relationship.

The idea of D/s is generally referred to as dominant and submissive. This is where one person is dominated by another, whether physically, emotionally, and/or sexually. However, this term can also mean that this power can shift from one person to another, meaning that one person can dominate one person one time, but be submissive to another during another time.

It's all very confusing. More so than it needs to be.

What you need to know about D/s is that it's merely the idea that one person is calling the shots in the relationship, if only for the night or for a scene. One of the great parts about BDSM is that power can be changed as needed or wanted by a person, so long as everyone agrees.

It's basically the idea of mind control over someone else – and isn't really limited by how this occurs and what works to get that control.

And while it might seem confusing to those on the 'outside' of the BDSM world, it's a refreshing way to approach relationships once you understand the way things work.

There is also some concern over the differences between a submissive and a slave. A submissive might be someone that likes to serve someone else, but stops short of doing this on a continuous basis. However, the term slave seems to conjure up a stronger idea of servitude and willingness to submit to another's desires completely – or this could just be a case of semantics.

Some Basic Terms That You Should Know

Here are some basic terms that will help you start to feel more comfortable with the wide variety of ways that people describe various parts of the BDSM relationship world:

BD:

This term refers to a bondage and dominance relationship. This means that the relationship relies on one person dominating the other with bondage. It does not have to include a sexual relationship and does not have to be anything long term in nature.

Bottom:

To 'bottom' to someone means that you are being subservient or submissive to them.

**Collar/collared:**

This term refers to having made a promise to a dominant to serve them and may mean that you wear a collar or some other physical representation of that relationship.

Dom/dominant:

To be a Dom/Domme is to be someone that takes control of someone else whether by physical, emotional, and/or sexual means.

Fetish:

Something that someone becomes aroused by or enjoys that can be sexual or just pleasurable in nature. For example, those that prefer feet are often described as having a 'foot fetish.'

Lifestyle slave/dom:

By 'lifestyle,' this refers to the idea that the BDSM relationship is not just reserved for the bedroom and sexual behaviors, but rather extends into the rest of the way that their lives together are lived.

Masochist:

Someone that enjoys receiving pain; gets pleasure or sexual arousal from the feeling of pain.

Master/Mistress:

A way to address someone that is a dominant.

Play:

This refers to the time when you are engaged in specific BDSM practices or may be used as a verb to covertly refer to 'playing' with someone else.

Sadist:

Someone that gets aroused by the infliction of pain on another; someone that enjoys giving pain.

Slave:

Someone that has agreed to serve someone in whatever ways agreed upon.

Submissive:

Someone that has given up control to a dominant for a period of time.

Top:

To 'top' someone is to dominate them.

There are plenty of other terms out there that might come up in talk about BDSM, but many of these are personal to the situation, so asking politely about their definition is the best way to get any vague-ness cleared up.

To make things easier in this book, we will use the terms Dominant and Master/Mistress interchangeably as well as submissive and slave.



FOR THE SLAVE

Learn the terms above so that you can use them in conversations related to BDSM. This will help you to understand things that are being discussed as well as how you might refer to yourself and your needs.

Create your own list of terms and try to find the meanings of any that are unfamiliar to you.

FOR THE DOM/ME

You will want to come up with a list of terms that you will want your slave to understand. These will be terms that you will use on a regular basis as well as terms that you might want to use when explaining certain services to them.

And when you're talking with other Dom/mes, it will help to know the language.

Are You A Dominant?

What goes into being a Master of someone else? Is it all about the fact that you like tying people up or shouting at someone?

It's not that simple.

You might want to ask yourself the following questions to determine if you are someone that might make a good Master or Mistress:

- Do you like to have control over someone else?
- Are you sexually aroused by the idea of controlling someone else?
- Do you have the patience to teach a slave how to serve you?
- Are you interested in creating a clear definition of a role for your slave?
- Are you looking for someone to serve you and all of your needs?

The main thing that you want to keep in mind when deciding that you're a dominant at heart is that it's not all whips and ropes. Much of being a dominant requires that you take the time to learn about the slave that you are training and how they will respond to you.

This means that you will need to try new things in order to create the response or the behavior that you want them to emulate. If they're not responding, you will need to inflict the agreed upon response – punishment, reduction of privileges, etc.

There are some slaves and submissives that learn quickly and will respond quickly to the things they learn. And others will not.

You will need to determine what you want from your slave and then create a plan for making sure that your slave is providing you with those desires. If you can not create the behaviors that will support your needs, you might need to let them go from your services and try again with someone else.

You also need to be sure that you are being consistent with your slave in order to be sure they know



that you 'mean business' when it comes to the things that are important to you. You need to have expectations that your slave can fulfill and ways to measure their success or their failure.

The life of a Master or Mistress can be a happy one, but it takes learning what makes a slave tick. And tick in the way that you want them to.

Why Would Someone Want To Be Dominant?

What is it that draws a Master or Mistress into wanting to Dominate another person?

Power is a powerful thing in this world. When you look at the people who hold power, you see that they are able to get whatever they want, whenever they want.

People who are in control of companies, for example, are able to change the course of their employees by simply giving a directive or changing a rule. When they do, they see that they are the ones that are calling the shots – and it's no different in the bedroom.

To a certain extent, we all like power. We all like to get what we want, when we want it. Even if we're not interested in pursuing that feeling in the bedroom, who hasn't, at least once, thought about making someone else listen to them because they have something to say?

Dominants like to have power because it helps them be in complete control over another person, even if it's just in the bedroom or it's just for a short period of time. They don't have to be questioned by anyone else, and they can do what they want to do because they want to do it.

In a contracted BDSM relationship, the Dominant and the submissive have an agreement about what each will do in the relationship, as well as what both people will not do. This frees the Dominant to do what they like to the other person, so long as it is discussed ahead of time.

The Dominant will see a submissive go to great lengths to please them, even if it isn't in order to gain some sort of reward. In many cases, a Dominant may train a submissive to achieve certain tasks, and the submissive does so to make their Dominant happy.

It's addictive to be the person that is running the show and making things happen. The Dominant can get pleased when they want to be pleased, they can have their submissive do chores for them, or they can simply have the submissive at their beck and call.

Additionally, there is a lot of responsibility in training a slave. The slave and Master/Mistress relationship can include a training plan in which the Master/Mistress has certain goals to reach in order to have the 'perfect' slave. Watching this process of growth can be gratifying, even though there are bound to be times (pun intended) when it can also be frustrating.

There are also some Dom/mes that will enjoy inflicting pain on a submissive. They can choose to use a whip or a paddle or their hand or some other implement to increase the pain sensation in a slave.



The submissive is then tasked with withstanding as much pain as possible, and for the sadist Dom/me, this can be sexually and emotionally gratifying to watch. Since the slave is receiving this pain to please their Master/Mistress.

The role of a Dominant is complicated, because there is the weight of responsibility. Since the Dominant also has to think about; a slave's training, safety, new training methods, keeping things fresh/exciting, ensuring the slave is following with their training, etc. This makes for a lot of work, responsibility and time, that a Dominant must dedicate to a submissive. But as the two work together, the submissive begins to learn what the Master/Mistress wants, and eventually the Master/Mistress will start to get what they want.

And let's be honest, Dominants are often worshiped by their submissives. There's nothing quite like being with someone else who is going to tell you how gorgeous you are and how perfect you are. They might rub your feet or polish your boots, or do any number of tasks just because you are their Dominant.

FOR THE DOM/ME

This is really the time to sit back and consider why you want to be a Master or a Mistress. Is it something that you've dreamt of all your life? Is it something that just sort of sounds like fun? Try to explore your true intentions for taking control of a slave as well as what your goals are. The more clarity you have in this process, the better. If you find that your goals are merely to 'have fun,' then that's okay too. But realize that you need to be clear about this when you're dealing with another person and their own set of expectations.

Are You A Submissive?

On the other hand, you might feel that your sexual tendencies lean more in favor of a submissive role – and this is fairly common.

When you're always in the world and needing to be the one that controls the things around you, being able to completely relinquish that control to someone else is not only freeing, but arousing.

Here are some questions that you will want to ask yourself:

Do you like to surrender control of your body and wishes to another?

Are you interested in serving someone else?

Can you learn what someone else wants and then provide them with that behavior?

Are you willing to move past your comfort zone at times to do (safe) things that your Master wants



you to do?

Do you receive pleasure solely from pleasing those around you?

Being a submissive sounds just as easy as being a Master. After all, all you have to do is say that you don't want to do something (or say a safe word) and everything is over. But this isn't always the case.

In order for you to feel fulfilled, you need to be able to completely relinquish the control that you have in your life. You need to be able to focus only on the desires and the commands of your Master. This requires self-discipline as well as a concerted effort from you.

While your Master might be telling you what to do and when to do it, it's up to you to remember any requests that are made and to fulfill them as best you can. For example, if your Master wants a glass of water each night at 8:00pm, you need to make sure that you are presenting that glass of water each night at the time required. Forgetting is not an option when you have promised to fulfill your part of this relationship.

It could be said that patience is a virtue that slaves must also have as well if they want to learn what is expected of them. But a more important quality would be that you need to know what you are willing to do and what you are not willing to do in your D/s relationship.

This allows you and your Master/Mistress to know exactly what they can ask of you. But any gray areas might be up for debate.

Honesty is another virtue that you must have as a slave. You need to be able to be honest about your desires for the D/s relationship as well as your limits in terms of pain, comfort, etc. If you can not be honest about your wishes, not only are you going to miss out on your own personal satisfaction, but you will also potentially put yourself in harmful situations.

Why Would Someone Want To Be Submissive?

Why would someone want to be controlled?

I find this question to be quite refreshing, as many people just talk about how they like something and they never question WHY they like it. So, for those who haven't been in the submissive role, it's a mystery as to why anyone might submit to another person.

Let's think about this from a more secular point of view. What happens when you give over your power to a boss of some sort? You don't have the responsibility of having to make decisions or to take responsibility for the outcome of these decisions. All you have to do is please them and everything is okay. Essentially this person is freeing themselves from the stress of having to make decisions and the negative consequences associated with being in charge.

In a BDSM relationship, a submissive can feel happier when they are in a submissive role because



they are able to please someone in a variety of ways – emotionally, physically, sexually, etc. There are clear definitions of what they are to do and what they are not to do.

Additionally, the sexual component of being a submissive can be quite powerful. When you are completely at the will of someone else, it is exciting. You don't know what's going to happen, so your body and your mind are continuously surprised by what is happening and you are anxious to find out what might happen next. Your body is alight in anticipation.

Consider what happens when you are tickled. If you try to tickle yourself, you don't feel anything. Why? Because you know it's coming. But when someone else tickles you, then you might not be able to control those sensations.

When a Dominant takes control, the submissive is often put into challenging positions where they may not be able to do anything but give over all of the parts of themselves. Imagine a person bound to a chair, the Dominant can do anything to them. They can sexually stimulate them, often without immediate relief, causing the sensations to build and build, they can spank them until their little bottom is a new shade of red or they can just let them stew in their own juices. The choices are vast, but the great thing is the submissive can only wait and enjoy what is happening. It truly is the concept of "the power of now!"

To forget everything that has happened in the past, and everything that might happen in the future and solely focus and enjoy everything that is happening NOW! Many people who are constantly thinking and worrying, love being submissive for this reason. It allows them to stop thinking and to finally relax.

In some BDSM scenes, a Dominant might tease the submissive until they feel as though they are going to burst with sexual pleasure...and then they will not get that release. The submissive might have to do something or say something in order to be good enough to be gratified. This task is perfect for taking a busy mind and focusing it on one task. Even a busy mind is able to focus when the person is desperate for some sexual relief.

But not all BDSM relationships are the same. While the sensations of being controlled are strong for some, others are turned on by being put into a position of being completely powerless.

(It's no wonder that many submissives actually hold positions of power in the world and in their jobs.)

In the submissive role, the submissive doesn't have to make any decisions. They can relax as all the decisions are made for them, even if it is for only an hour a day. They can be told they are dirty or bad. When this happens, they can enjoy the feeling of having to prove they are not bad – or not. Some just like to be humiliated in BDSM scenes because it allows them to be stripped of their power and control.

Some submissives have also stated that they get a lot out of their role because it challenges them to see how far they will go in a scene. Right when they think they can't take one more hit of a flogger, for example, they take another, and they see how powerful they really are.



Additionally, a slave that is pushed to their limits by a Master or Mistress sees that someone else believes in them so much that they are willing to give over their time to train them to act in a certain way. They feel protected and cared for. This relationship is a blessing of sorts, as a submissive can begin to see just how beautiful they are through the eyes of one who is controlling them.

Every reason for a person wanting to be submissive is as dynamic and diverse as each individual person that desires it. The only way you will find out why you like being submissive or why your partner likes being submissive is to sit down with them and have a nonjudgmental discussion about their desires and fantasies.

FOR THE SLAVE

Serving someone else is a great responsibility that cannot be taken lightly. You need to be clear about what your intentions are from the servitude and what you will need from the person that you are serving. Try to make a list of the things that you want and refer to it often to make sure these needs are still current.

In fact, keep these thoughts in your slave journal in which you write down the things that you want, what you like in your current relationship and what you might want to change.

What Is A Switch?

Another term that pops up frequently in BDSM circles is the idea of a 'switch.'

This is a person that identifies as both a dominant and a submissive, depending on who they are with or what they want to do at a particular time.

So, for example, a person might bottom to one person one night and then 'top' to someone else on another night – depending on their mood and desires. Or they might just enjoy switching (hence the term "switch") back and forth in their roles with their partner depending on each other's mood. One night they might like to be Dominant and another night they might want to be submissive.

What makes a switch interesting is that they might still identify more strongly with one side of the relationship rather than the other, but in a play setting, they might simply prefer to stay in one role.

It's actually not that rare to be a switch in the BDSM community; many people are. This is often the case in terms of segregating relationships from each other. Some people feel safer by only topping with some people, rather than others. Being a submissive, for example, can be a very vulnerable state and some might want to reserve that for a more private relationship, rather than the more public settings that some BDSM players like to frequent.

Again, it's all about your own desires and what you want to experience. And there are no rules saying



that you have to try each 'side' once in order to see what you like.

Some people are just drawn to being a submissive OR a dominant – and no switching is ever desired or required.

FOR THE SLAVE

Being a 'switch' doesn't make you any less of a slave so long as you are able to completely submit to your chosen Dominant when the time comes. However, confusing your two desires will become problematic in a relationship if you are not focusing hard on the responsibilities of each.

FOR THE DOM/ME

Just as with your slave, being a 'switch' doesn't make you any less of a Dom/me. What you do need to realize is that you need to recognize the clear boundaries for each position that you play in order to be effective in both roles.

SLAVE ASSIGNMENTS

For this section, take some time to do the following before you move onto the next part:

Make a list of what you want from the BDSM lifestyle
Write a short story about what you envision as the perfect day as a slave
Create a list of the qualities you are looking for in a Master or Mistress

This is the time for you to sharpen your focus and begin to create the slave mindset, even if you're not in a relationship with someone at the current time.

DEFINING THE ROLES OF SLAVE AND MASTER

The Role of the Master



The Master or Mistress in a relationship is an important one. Not only are they responsible for the safety and welfare of their slave or submissive, but they are also charged with the responsibility for training them into the slave they wish them to become.

It sounds like it would be an easy and simple task, but there is much more to this kind of relationship than shiny whips and fancy rope tying.

One of the first things that a Master needs is confidence. Without this, the slave can sense that they do not have a direction or a place that is solid and secure. This can lead to misinterpretation of rules and guidelines as well as expectations.

Do you have the confidence you need to be someone else's Master?

What's interesting about this question is that there isn't really a clear answer. And the truth is that no one is completely confident, but appearing so is the key. What you'll want to do is make sure that you always have a plan in mind for your submissive so that you know what direction you want the exchange to go into.

For example, if you desire that your slave hold a difficult bondage position, you will want to visualize this position in advance of tying him/her up. This will allow you to clearly describe what they are going to need to do for you and where they might have troubles.

By anticipating these troubles, you will be able to acknowledge them when the slave says something and then let them know that you already know that these positions can be held, but that they will have to figure out the way. If they still are having troubles, you will need to gently nudge them in the proper direction so as to create the intended effect.

Confidence can also come from having the proper tone with your submissive. Speaking simply and clearly is that best way to exude control and confidence to your slave. When you are unwavering in your speech, you will seem unwavering in your intentions and your desired outcome.

You need to figure out what exudes authority in the eyes of your slave as well. Is it the idea that you



can dole out physical punishment? Are you restrictive when it comes to privileges? Do you assign more chores? What causes your slave to see you as the authority in his/her life?

The main role of the Master is to make sure that the slave always knows what is expected of them and what this means in terms of their service to their dominant.

FOR THE SLAVE

Learning what your Master is dealing with can help you to better understand the importance of serving him or her. By realizing that they have the heavy burden of making sure that you are obedient, you can begin to see how your dedication and focus goes far and is appreciated.

FOR THE DOM/ME

When you understand the things that you want from a D/s relationship, it will help you create a training plan that will be more effective and more closely suited to your personal needs and desires.

But this also means that you need to spend some time working on any weaknesses that you have. For example, if you don't feel confident in your role as a Dom/me, you will find it difficult to dominate someone. Taking the time to learn about building your confidence and fulfilling your role will go a long way in showing your slave your power over them.

What Types Of BDSM Mistresses Are There?

Keep in mind that these names are just guidelines, and that it's the descriptions that matter more in terms of what sort of Mistress you might be to your new slave(s).

Mistress

The basic Mistress is a woman who takes control of a slave, body and mind. You might train them to serve you in a number of ways, as in helping you to clean your house, pay your bills, etc. A Mistress can also be a very light term to be used in a more everyday relationship to show that you have control over your partner in some way, even if it's not a hardcore type of relationship. As a Mistress, you will want to exert some sort of domination by providing clear cut rules and guidelines for your slave and then making sure they follow them to the best of their ability. You might be in charge of punishments, rewards, and bondage application, depending on your desires as well as the desires of your slave.

Dominatrix

If you want to train a slave but you don't necessarily want to have sex or to have a live-in relationship, you might want to look into being a Dominatrix. These are professional Mistresses who take control of a slave for a certain period of time, working with them and with their needs in order to help them become a stronger and more obedient slave. You might be a Dominatrix that applies a lot of pain or humiliation as a part of your sessions together and you might also work on training the penis to do what you want it to do. As the name implies, the Dominatrix is a Mistress who completely dominates the slave and tells him what to do at every moment, within the boundaries of consensual play. There are many professional Dominatrixes available who also just play with clients in the way that pleases them, dominating them completely and then leaving them to their own lives when the session is done.



Mommy

Some male slaves like to be the bad little boy to their Mistress mommies – and you might enjoy this play too. You might force the male slave to dress up like a little boy or a little girl for a little sissy play. Then you can act like Mommie Dearest to your slave in order to teach them how to behave when mommy is in the room. This can be a form of age play or just abject humiliation as you put the slave into female outfits that might make them feel like less of a man. And you can make sure they are as ‘girly’ as possible as they move around and serve you in whatever way you see fit.

No matter what kind of Mistress you’d like to be, you will find a recipe that works for you. You may end up using various parts of different Mistress types to form your own special blend of Mistress-ness. Or you might simply switch from role to role depending on the slave you are with – or the mood you are in. You’re the Mistress, it’s really up to you what you do. Just enjoy it.

What Types Of Masters Exist?

The stereotypical image of a Master is a man in leather who simply takes a woman up over his shoulder and forces her to do whatever he wants her to do. And basically, this is the case with many BDSM relationships. However, just as there are many flavors of ice cream, there are also many ‘flavors’ of Masters. If you’re still struggling to find your Master identity, you might want to look at these basic Master descriptions to see what appeals to you most – or you might choose to become a hybrid Master, infusing parts of each description into your BDSM play. It’s up to you, after all.

Basic Master

Your basic Master is someone who dominates a slave, making sure she does what she is supposed to do to, and that she is behaving in a way that makes him happy. This is a Master who is dominating the relationship, calling the shots, and is taking the time to train a slave in any way He sees fit. This is someone who might just be starting out on the Master path and might be someone who moves into other types of ‘Master-ing’ as he becomes more comfortable with his role in the slave’s life.

Daddies

A daddy is someone who can be like a daddy in the relationship with his slave. This might mean that he does a lot of discipline with the slave and treats her like a little girl, rather than a woman. The daddy Master might tell his slave to dress up like a little girl and he might also work on talking to her like she is a young girl. This can also avoid the topic of age play, while also still creating a very distinct difference between the slave and the Master. Daddies might also have certain rules for their girls, like having her sit in little pieces of furniture or sucking her thumb to further enhance the daddy and sort of daughter role.

Drill Master/Slave Owner

Or you might want to be a hard ass Master who simply drills his slave and treats her like an object for his amusement, within the borders of consensual play. You might have your slave try different forms of predicament bondage, for example, or have difficult tasks for her to complete in difficult conditions – counting while being caned, as another example. This is a Master who wants to push his slave as hard as he can in order to see just how much she will take for him until she breaks. This sort of Master might also be a sadist who enjoys giving lots of pain to a masochist slave, pushing her further and further which each meeting they have together.

There are many other types of Masters out there as well. Akin to the role of a Dominatrix, you might also want to be a Master who only plays with people once in a while, not really focusing on the training aspect of having a slave, but just on having fun and seeing how far you can push a girl. Or you might want to be a more dramatic Master who dominates a person only for a show or for a performance. You might also find that you want to be a Master who is coolly in control or one that has to micromanage every aspect of your slave's life. That's all up to you and to what kind of time and energy you are willing to devote to your slave.

Before you begin a more focused BDSM relationship, it can help to figure out what kind of Master you want to be so that you can find a slave who wants the treatment you are ready to give out.

The Different Kinds of Submission



While some people try to classify the kinds of submissives that are out there, really it all boils down to three main categories:

- Business
- Domestic
- Pleasure

Each of these kinds of slaves has their own purpose and their own roles to play. And whether you're a slave, want to be slave, or a Master, you will need to know what each of these types of subs can provide.

Now the business sub is someone that you might not think of as being a part of the typical BDSM relationship, but it certainly has its merits. This is a sub that handles business affairs that the dominant does not want to handle themselves.

Think of James Spader's character in "Secretary."



Now, this kind of sub doesn't sound all that romantic in terms of BDSM and all the fun parts of it, but releasing the dominant from those kinds of petty, everyday concerns can allow the submissive to feel as though they are serving the dominant and making that Master's life easier.

A domestic sub is someone that is more domestically oriented – hence the name. This is someone who is focused on taking care of the home, children, cooking, cleaning, etc. as a means to serve their Master. And this of course has its advantages: who doesn't want to come home to a clean home that's organized and free from any stress?

A domestic sub might also be someone that does not work outside the home, but rather is relegated to their service duties inside the home – sometimes with a sexual aspect to them and sometimes not. The possibilities with this kind of sub are endless (no pun intended).

And then there is the pleasure sub that most people think of instantly when they think of a BDSM relationship.

This is a sub whose sole purpose is to provide sexual and other kinds of pleasure to their Master. You might think of this person as the one that's locked away in a dungeon and only given attention when the Master wants something from them.

FOR THE SLAVE

As sexual servitude tends to be the most commonly practiced form of slave training. It is always a good idea to learn which ways your Dom/me enjoys to be pleased. Also write out any special skills you believe you have in regards to this area of servitude.

FOR THE DOM/ME

Always be clear and specific on how you liked to be pleased. While your slave should enjoy serving you and making you happy, that does not mean they are mind readers. If you don't tell them what and how you want it they will never know and it will only lead to both of you being disappointed.

If you feel they need further education into a specific sexual act, guide them to where you believe they will be able to further their knowledge and skills. Refer to the slave assignment below for recommended educational resources.

SLAVE ASSIGNMENT

There are a few sexual skills that a slave should become highly skilled at to make their Dom/me proud and pleased. Follow the links provided to educate yourself further into each specific field. A slave can never be too educated or skilled in such fields.

BLOW-JOBS:

Nothing brings greater pleasure to a Dom/me's face then seeing their slave on their knees servicing them in such a manner. Nothing except a slave that is exceptionally skilled at it and is capable of deep-throating their cock or strap-on. Become skilled at providing your Dom/me the best blow-jobs.

EATING PUSSY:

As a slave your pleasure comes in at a far second to your Mistress's pleasure. If, and only if, you are highly skilled at providing your Mistress with a talented tongue may she take into consideration your pleasure if it comes within your training. The more talented you become, the greater Her pleasure with you



ANAL SEX:

There are very few skills that show a slave's servitude better than receiving their Dom/me's cock/strap-on in their ass. To allow yourself to be penetrated in this area shows your trust, appreciation and willingness to be open to your Dom/me in every way.

Learn more at [The BDSM Training Academy](https://www.bdsmdom.com/)

But in most cases, the sub and Dom/me relationship is one that takes from each of these types and blends them into the perfect set of guidelines for a certain Master and slave.

For example, some slaves might take care of all of these responsibilities, leaving the Master to provide financially for the relationship. In other cases, the slave might be required to only fulfill domestic duties and business related duties – a purely service oriented arrangement.

What you want to do is up to you, but remember that you need to consider what fulfils you and makes you feel like a Master or slave that is getting 'something' from the agreement.

FOR THE SLAVE

This is a good time to ask yourself what kind of slave you are. With the various roles that you can play, what skills do you have that can help to serve your Master or Mistress? Are you an exceptional cook? Can you help with business related work? Try to figure out how your unique talents can help your Master or Mistress.

FOR THE DOM/ME

You probably already have a clear idea of the responsibilities that you want your slave to provide, but making a clear list of these tasks will allow you to be clear in your instruction. Some Dom/mes even like to have multiple slaves to fulfill different duties – something to consider.

Types Of Submissives

While everyone's list is probably different, here are different types of slaves that might be found in a BDSM relationship (in no particular order):

"Masochist" Just Likes to Receive Pain

- This is a sub that doesn't want the submissive lifestyle, but does want to experience some intense physical sensations during sexual interaction or other setting. Generally referred to as a "masochist" They like pain but have no desire to serve.

Submissive in Non-Traditional Ways - This is a slave that wants to be the infant or a man that's forced to dress like a woman (forced feminization). This person might really enjoy being humiliated, but doesn't necessarily want to serve anyone. Because of these tastes, they will generally be controlling the contents of the actual scene.

Fetish Submissive - This is a sub that likes to serve their desire for their fetish. This person might be into foot fetishes and thus serve a Master/Mistress in that manner, but generally only wants to 'play' within their chosen fetish for a specific amount of time.



“Bottom” Submissive when they want to be - This is a sub that really gets aroused by the idea of being submissive to someone else. While they might have general ideas of what they want and don’t want, they only want to be submissive when its to do something they want. This submission is restricted to certain time frames and settings – may be in a relationship or just submissive within a play scene for fun. This submissive tends to be referred to as a “Bottom” as they truly have no desire to serve another or give up control.

Bedroom Submissive - This is a slave that might agree to do whatever a Dom wants but only in the bedroom. This slave is someone that gives up control over what happens, but is allowed to walk away and return to a regular existence once outside of the bedroom or the set time period. This tends to be the testing ground for many submissives – can include a relationship.

Submissive, but not a slave - A submissive is someone who wants to serve another in and out of the bedroom. The difference between this submissive and the others mentioned above, is that this submissive wants to serve and please their Dominant. Whether they enjoy the type of service or not, they do it for their Dominant. The difference between the submissive and the slave is that as a submissive there will be times when the submissive does not serve and will want to take active part in decision making. The Dominant and submissive will come to a decision together as to how and when the submissive will serve. The non-service times will be as a regular vanilla relationship.

The One That is a Slave Every Day - This would be a slave that is a live in part of a relationship in which they serve their Master or Mistress fully, outside of work and other vanilla life requirements. Much like a marriage, there would be an agreement as to what would be expected and how the BDSM practices would be carried out prior to this kind of commitment.

Total Power Exchange Slave - And then there are the slaves that say they do nothing but serve their Master or Mistress each day without any limits on what is asked of them. They give up all control and decision making to their Master/Mistress. They are completely dependent on their Dom for everything. This is generally not the case in many BDSM relationships, but it can exist. Many slaves fantasize about this idea, but when they experience it most find it is too restrictive.

FOR THE SLAVE

Again, this is a time for introspection – what kind of slave do you wish to be? Continuously asking yourself this question will allow you to see what is expected of you and how you can best serve your Master or Mistress. Try to find the category that is most like the desires you have for being a slave. If you fall into multiple categories, that’s fine too.

FOR THE DOM/ME

After reading this list, you will want to highlight or write down the type of slave that you’re interested in training. This will help you tremendously during the interview process and allow you to pick a slave that is looking for certain things from your relationship. In the end, everyone will be satisfied.



The Role Of The Submissive

As a submissive, there are a number of things that you will want to keep in mind.

For example, while you might have your own fantasies about what it means to be a servant of someone else, you need to realize that what is going on in your head is not necessarily what is going on in theirs. This is where communication and being clear about your expectations will come into play.

But as we're going to talk about that in detail later, there are other things that you will want to keep in mind as a submissive.

One of the main characteristics that will allow you to create the best mindset for your goals as a slave is the idea of trust. When you're in a relationship in which you completely trust your Master to keep you safe from harm, anything that you might be asked to do becomes less of a struggle. You don't have to worry about whether or not something is going to cause you pain because you trust the person to watch out for you and attend to any problems.

Another factor in the role of a submissive is that you need to expect that you will not always have a say in what is happening – as you are committed to serving someone else. You will need to put your own wants and desires to the side in order to serve your Master and thus possibly have your own desires granted as a reward.

At other times, however, there will be no reward – only the satisfaction of serving someone well. And that is something that you need to remember as well.

FOR THE DOM/ME

Taking the time to read your slave's journal will do wonders in guiding their training and having further control over your slave. By being privy to their innermost thoughts, you will understand the emotions and reactions they are having, as well as adjust their training schedule in relation to these writings as you see fit.

SLAVE ASSIGNMENT

Be sure to complete all of the tasks that have been outlined in this chapter before proceeding to the next.

In addition, you will want to begin the following:

If you do not already have a Master or Mistress, you will want to begin to find ways to increase your feelings of servitude. This might mean increasing the work that you do during the day, taking on more tasks at your current job, or simply finding one thing that makes you feel subservient.

Try wearing a collar, for example, when you are not in public to begin to change your mind from independent to servant.

If you are in a relationship, now is a good time to begin to talk about the ways you can properly serve your Master or Mistress, even writing out a list of these responsibilities.



FINDING A SLAVE AND FINDING A MASTER

Guidelines To Figuring Out If Your Future Master Is A Fake Or The Real Deal

But as with any relationship in the beginning, you need to recognize that not everyone presents themselves exactly as they are. We all lie a little bit when it comes to who we are when we're trying to impress someone, but when you're interested in having someone physically restrain you with bondage and other equipment, you need to know EXACTLY who you're dealing with.

This is not the time to become shy.

There are several signs of trouble that you can be on the lookout for:

- Anyone that is disrespectful towards you right from the beginning – While you might want to engage in this sort of role playing down the road, the first impression shouldn't necessarily include it, especially when you haven't discussed what you like.
- Anyone that is physically abusive towards you – Same reason as above.
- Anyone that is not concerned with your safety – Accidents happen, but every precaution should be taken when you are in a scene.
- Anyone that seems 'off' or unstable – While you might just be catching them on a bad day, you might also be seeing the signs of a true mental problem.

The truth is that there are no hard and fast rules when it comes to choosing a Master, but it should be approached with the utmost caution. This is why online meeting sites are very effective in some regards. They give you the chance to interact with a variety of people without ever having to physically be with them.

- But when you want to engage in a more physical setting, you will want to follow these rules:
- Meet in public until you're comfortable.
- Arrange a time to call a friend before and after you meet with this person.
- Leave the details of your location with a trusted friend.
- Leave the location if you feel that something's not right.

In the end, your intuition can tell you more about a person than any other advice will.



FOR THE SLAVE

A Master or Mistress has your life and your safety in their hands. You cannot go into this kind of relationship lightly or with reckless abandon. Take your time in meeting someone and be patient. The right person for you is out there, but you need to make sure that you are certain about their intentions before you hand the handcuff key over to them.

FOR THE DOM/ME

Just because you're a dominant doesn't mean that you can just allow someone to be unsafe as a submissive when you first meet them. You need to be cautious about their safety at all times, even if they've presented themselves as willing to do 'anything.' This is also the case when you're meeting the slave for the first time – you should never do anything that would cause them harm or allow a submissive to put themselves in true harm's way.

Keys To Determining The Worthiness Of A Sub

If you're a Master that's looking for a sub, what exactly are you looking for? The easy answer is that you're looking for someone to serve you without question, no matter what you ask and when you ask it.

But people aren't that easy all the time.

What you might want to consider are the following traits in looking for a sub:

- Someone who is aroused by or interested in serving someone else – It seems simple, but a sub needs to be interested in being a sub.
- Someone who understands what being a sub means to you – If you're seriously looking for someone to create a BDSM relationship with, you will need to clearly outline what you consider to be the responsibilities of the sub.
- Someone who is willing to work hard to learn your rules – Everyone makes mistakes at times, but it's the sub that tries to correct those mistakes that will be the most rewarding for both of you.
- Someone who can also think on their own – While you might want a sub that doesn't ever look you in the eye or make any decision without your approval, the fact of the matter is that you can't always be there to make every single decision. There will be times that you will need to allow your sub to figure things out for themselves. A good sub is someone who is willing to keep your needs in mind, but still function independently when necessary.
- And finally someone who is honest.

But you want to find out which sub is worthy of your training time and expertise. You want to find someone that is likely to be able to be trained and molded into the slave that you desire to have in your service.

Of course, they should also want to be that slave.



FOR THE SLAVE

Read the section above several times to make sure that you understand what the Master or Mistress is thinking about when they start the selection process for a slave. This is not an easy task for them either. They need to know that the slave is someone that is serious about serving and is willing to learn and grow.

Sit down with your journal and write down each of these attributes. Can you fulfill each of these tasks? How will you do this?

FOR THE DOM/ME

Sometimes, it will take you some time to find just the right submissive that you're looking for – and it should. A good slave is hard to find, but by keeping the above things in mind, you can make the training process all the easier on you.

Better to wait for the right slave than to waste your time training the wrong one.

How To Interview To Weed Out Subs That Don't Cut It

So, to make sure that you're choosing the slave that is best suited to your individual preferences in a submissive, you will want to come up with some basic questions for a sub that you're interviewing so that you have a clear idea as to what kind of slave they might make for you:

- What is your idea of being a slave?
- What other experience have you had as a slave?
- What kinds of qualities can you offer as a slave?
- Are you trustworthy?
- Can you follow orders to the letter?
- What kinds of fantasies do you have?
- Have you served other Masters/Mistresses before? What did you like? What did you not like?

You want to spend some time going through SPECIFIC scenarios you envision and asking about their response to these kinds of activities.

For example, you might say that you enjoy giving someone pain, but you will not harm them permanently, and then ask what their feelings are about this kind of treatment. If you are going to want to whip someone, they should be open to you doing so.

Much like a job interview, you need to be checking your potential slave to see how they might respond to your control and if there are any red flags in the way they perceive the relationship and how it actually will be.

The trick is to be clear and fair with the sub that wants to serve you. Your intentions need to be clear as well as theirs so that you can both benefit from the relationship in the long run or just for the short period of time that you will be playing together.



But the most important quality that a sub should have is honesty. They need to be able to tell you when something isn't working for them or when they need more from the relationship.

Of course, being honest about mistakes that have been made is another way to solidify the relationship into something that works well for both partners.

There really isn't a 'test' for honesty, though checking one's information out is a start. What you'll want to do is check to see whether or not the submissive is being honest with you. This can be done by looking at their body language to see if they are closing off their body when they are speaking – a classic indication of lying.

They might also refuse to look you in the eye when speaking to you, but this also might be a way to show their submissiveness. If they can't look you in the eye when you ask them to, this can be a sign they are being dishonest.

Your intuition is going to be the best judge of someone's honesty and ability to become the kind of slave you are looking for.

The First Time You Meet In Person

When you first meet someone try and keep the interaction light and casual. Your first interactions with each other should not be about BDSM, but about actually getting to know the other person. This means who they are, what they like, their passions and general interest outside of BDSM activities. Making sure they are who they say they are. Too many people rush into the bedroom with shackles before they even know who they are dealing with.

For safety sake, always meet in a public place and never go back to someone's home no matter how much you feel a connection. Take your time in getting to know somebody before you ever decide to play together. If you don't know who the person is that you are dealing with, then how can you be sure you will be safe (Dom/me or sub).

Be selective about who you choose to play with. Just because you have decided to meet with someone, does not mean you will play together.

Some things to look for:

- Anybody that believes the first interaction is an automatic play session is somebody to avoid.
- submissives be wary of any Dominant that wants you to call them "Sir, Madam, Master or Mistress" the first time you speak to each other. Or assumes they deserve respect because they are Dominant and you are submissive.
- Avoid any Dominant that tries to order you around or demands your submission because they are Dominant. A true Dominant will understand that it takes time to gain your trust and that both of you must agree to a Dom/sub relationship before titles can be thrown around



- Dominants be wary of any submissive that is willing to submit without ever trying to get to know you. There is more to being a submissive than just falling at your feet. A true submissive is selective of the type of Dominant they will submit too.

Remember we are all human beings first and deserve to be respected as such. If you don't get that kind of respect, then walk away.

When You Meet Someone For The First Time, But You Don't Feel Safe

Not all Master/Mistress relationships start off with an agreement and continue without any problems.

As a slave, you might find yourself in a situation that isn't safe. So, what do you do in that case?

First of all, you need to establish some sort of communication between you and a trusted friend that knows about your lifestyle. This will mean that you're going to give them a schedule of where you're going, where you'll be and for how long. If you deviate from this schedule, your friend will know to contact the authorities and direct them to your location.

This is not a time to feel self-conscious about what you're doing when the police come, but rather proud for having thought of your safety and welfare first.

However, you might also be concerned that they will do something harmful to you if they realize that you're not feeling comfortable and want to leave. Here are some tips:

- Have a friend call you during your meeting time, but set your caller ID to read 'Mom.'
- Let the other person know that you might be expecting a call from your mom during your meeting, so if your phone rings, you need to answer it.
- If they seem perturbed by this, leave immediately, saying that you think this is a fairly ordinary occurrence and that you feel this should be respected.
- If they don't say anything, make sure that your friend 'Mom' calls during the middle of your time together as well as toward the end.
- If you're having doubts about the person you're with, your 'Mom' might need you to come home immediately or need directions somewhere, but you can't explain it to them, so you need to go home.
- If you're okay with the meeting, you can talk to your mom and tell her that you'll call her later. "I'll call you later" being the signal for I'm ok right now, but make sure to call me again at our prearranged time, if you do not hear from me before that.
- If you're in a situation where you are being forced into an uncomfortable situation and you are unable to leave, tell your friend that you are going to pick up something from the store for them on the way back from your meeting. Pick a word like "Milk" as a signal for your friend



to call the police. Since your attacker will be listening to you on the phone, you don't want to say "help I'm being held against my will" Instead say "Ok mom, I will make sure to pick up some milk for you and bring it over in 20 minutes" Even crazy people know that if your mom is expecting you and you don't show up, she will be ringing the police in a blink of an eye. Something criminals do not want.

- Or if your attacker is instructing you to tell your mom to leave you alone, you can say "I'm sorry mom, but I can't pick up the milk for you" Either way this is a signal for your friend to call the police
- If you can't respond to the phone call, your friend will call the police.

While this sounds paranoid, this will help you have a safety net should you meet someone with less than honorable intentions – who may want to hurt you in some way or kidnap you.

NEVER go to a private place that you haven't told this friend that you were going to. EVER. At least, not until you know this Master/Mistress better.

First BDSM Interaction

After courting and getting to know each other, the both of you may agree to play together. With that said, when you're first starting out in a BDSM relationship, you will want to use the first BDSM meeting as a way to judge your future interactions with each other.

For the Master:

- Draw up a list of things that the slave needs to do in your first meeting
- These commands should be simple – address the Master/Mistress as Sir or Ma'am, for example, always stand in a certain position, etc.
- Watch the slave closely during your first meeting to see if they have taken the time to learn these things.
- Correct the slave that doesn't do as you have asked.
- Check to see if the slave is purposefully trying to be 'bad' – this can be a sign of troubles during training.
- If the slave is trying hard to do as asked, then this is the sign of a slave that is willing to be trained.

Physical attraction is another factor in this first meeting with your slave as well – if this is something that's important to you. Note their attractiveness and if it arouses you.

Check their grooming and their dressing style. This too should be neat and pleasant.



For the slave that is meeting with a new Master/Mistress:

- Take time to learn anything that you might have been asked to learn before hand.
- Know what you want from the relationship; draw up a list if you think that you might not be able to communicate this.
- Perform any tasks that are asked of you – within reason and prior discussion

The first meeting should be a display of your willingness to listen and to learn from this Master or Mistress. As a potential slave, the Master is looking for potential in you – be sure that you are showing them.

Before You Ever Play With Someone Else

Information you must know:

- Their personal identification – You need to be sure who you are dealing with. Check its validity.
- Their home address – You will want to verify that this is accurate as well.
- Any medical problems (both mentally and physically), medications they are taking and any kind of medication that might need to be addressed during a scene – If you aren't aware of a heart condition, for example, you might not realize that a cry for help is something that needs to be addressed immediately. This also include STDs, in this day and age you can never be too careful.
- Any past history of abuse or other psychological damage – While this sounds a little personal of a question to be asking, you do not want to overstep a limitation or inflict psychological trauma on someone that may have had a bad experience with something you do to or with them.
- Trustworthy - Never, never, NEVER EVER play with someone who has not proven that they are trustworthy. The only way to determine that someone is trustworthy is by witnessing their actions over time. It is easy for a person to say anything to make people think they are trustworthy, but it is hard for a liar to maintain those lies over the long term. Give yourself time to make sure the new person you are considering is telling the truth and worthy of being trusted.

FOR THE SLAVE

Once again, this is the perfect time for introspection and further examination of your own needs as a slave. Are you ready to answer these kinds of questions? Are you ready to serve someone else or are you looking just to play around?

The difference between a submissive and a slave is that a submissive tends to limit their servitude to a certain time period – but as a slave, you will need to maintain your subservience for longer periods of time. Are you willing to do this?



SLAVE ASSIGNMENT

For this section, it's time to write down what you are going to do for your Master or Mistress – current or future serving.

You need to be absolutely clear that your intentions are for their personal benefit and not for the benefit of your own dramas and mind games. There is a situation that some refer to as 'topping from the bottom.' If you only want to become a slave because you like the idea of telling someone to stop and being overly specific about what you want from a play time, thus controlling the scene and the relationship, you might not be the best person for the role of a slave.

In your journal, write ten pages about what your intentions are as a slave. This is a lot of writing, but you will find that the closer you get to the end of the assignment, the more honest you will become.

The RIGHT Way To Approach A Partner About Trying BDSM

If you're already in a committed and loving relationship, what about telling them about your BDSM fantasies? It can't be that difficult to talk them into it, right?

Well, even if you approach the topic carefully, there is not guarantee that you will 'get' your partner to join in on your BDSM wishes. But if you start off slowly, you also won't get those same desires instantly rejected.

Here's what you'll want to do to start the conversation about trying out some of your kinkier dreams.

Try to find some sort of article, maybe even a blog entry about something that you would like to do with your partner. Try leaving this book open on your computer or print it out and accidentally leave it somewhere you know they will come across it. The conversation will probably go something like this:

Them: What is this?

You: Just something that I found intriguing.

Them: Are you into this sort of thing?

You: I think it's pretty interesting actually.

Them: So, you'd be into _____.

You: If you'd want to try it sometime, that would be great.

The key to this conversation is to not give too many details about the fantasies that you've been having, but rather cause your partner to ask questions of you. This allows them to investigate the new interest in BDSM without your pressuring them into anything.

What you might want to do is try something small during the next time you have sex, for example. Trying a nice firm spank or putting a blindfold on your partner can be highly erotic and begin a



deeper exploration into BDSM and other fun nights.

Here are some other ideas for exploring the BDSM side of your relationship:

- Watch some BDSM themed movies
- Attend a BDSM seminar or festival
- Go to a BDSM friendly club

What you want to do is show your partner the erotic side of BDSM and show them that it's not deviant or unsafe as well. These are fears that many people have that can keep them from trying out these kinds of fantasies.

You can also explore a BDSM scene (maybe just some light bondage and spanking), but make sure that the other person is fully in control of the scene. They can tell you when to stop and you should stop immediately.

If you want to be a submissive, you can ask them to do certain things, but if they're uncomfortable, they will stop what they're doing as well.

As you continue these kinds of exchanges, you will learn if both of you are ready for more BDSM play, or not.

But the key to this is that you can't assume that you can 'change' a person and make them like BDSM for you. Some people just aren't wired to enjoy D/s roles or other sadomasochistic behaviors.

However, if this is something that you are seriously interested in, you will need to talk to your partner about how you might want to explore these fetishes further.

FOR THE SLAVE

If you're in a relationship with someone right now, but you'd like it to be more servitude based, talk to them about it right now. If you're shy or you don't know how to start the conversation, you might want to write out a story in which serving someone else is featured and then see what their response is.

By bringing your desires out into the open, you will be able to see if you need to pursue another relationship that will satisfy your slave desires. In some cases, you might be able to still do some light D/s things, without adding a whole lot of whips and leather to the equation.

FOR THE DOM/ME

If you've always felt the yearning to control someone, this can be tricky for a partner that isn't ready for that kind of situation. However, odds are good that you've probably chosen a partner that is slightly submissive and possibly eager to explore this more deeply. What you may want to do is sit down and talk with them, explain the safety rules that you will follow as well as test out a few fantasies, but allow your partner to feel free to tell you to stop. While this isn't really D/s, you want to make sure that they trust you enough to realize that you're not trying to hurt them, only to dominate them.



EMOTIONAL CONTROL

“Nothing brings more pain than too much pleasure; nothing more bondage than too much liberty, (or libertinism.)”

Ben Franklin

Learn About The Senses And How To Use Them To Control A Slave

While many people believe that they need to break out the whips and the chains to start adding to their Dominant arsenal, learning about how the body responds to certain stimuli, or lack thereof, might make the process of emotional control all the easier for you.

What many Doms do not realize is that the body is a far more simple structure than it might seem. By simply recognizing how it reacts to certain things, you can change the way that a sub reacts.

Everyone has five senses:

- Touch
- Taste
- Smell
- Sound
- Sight

Taking any of these senses away will heighten the response of the other senses. For example, if you blindfold someone, their other senses will be heightened as you have taken that sense away.

Sensory deprivation is a simple and highly effective way to control a sub in a scene. When you take away their sight with a blindfold, their taste and smell with a large rubber ball gag, their touch with a simple bondage tie, and their sense of sound with earplugs or loud music, they are completely and utterly at your will.

Because they cannot figure out what is happening.

Of course, this sensory deprivation also works well to heighten any pain response in the body as well as any arousal response.

Remember that sometimes it's not about how much you do TO a sub, but rather the response you get when you take away certain senses.



FOR THE SLAVE

Think about your senses for a moment.

- Are there some that are more sensitive than others?
- What ones do you feel nervous about giving up to a Master or Mistress?
- How does this make you feel?
- What fantasies do you have about this loss of control?

Write the answers to these questions down in your journal.

Basic Voice Commands

The sound of someone's voice can cause us to wince, so when you're voyaging into the world of D/s, you will want to use that tool to your advantage.

Just as with training a dog, you will want to master some basic voice commands.

Now, you might come up with your own list of used voice commands, but this will give you a great start when you're first starting out or just trying to begin a training program for your slave.

Here are some things to keep in mind when creating voice commands for a slave:

- Keep them simple
- Keep them clear
- Repeat them often

Many of these will seem easy enough when you read them:

- **Go** – This is a general command for releasing a slave from their present duties or giving them permission to go and do something that you have asked of them. A slave that hears this command should 'go' immediately and quickly from the area to the commanded action or location.
- **Come Here** – As with 'go,' this will provide a simple way for a Dominant to call the slave's attention to them. The slave should quickly and immediately come when hearing this call of their Master. How the slave 'comes here' is up to the Master, but in most situations, walking quickly is enough. Of course, some Masters may like their slave to perform a certain position when told to come to them. In response, the slave might also want to acknowledge this request with a "You called for me, Master/Mistress?" This shows the Master that the slave has heard them and is listening to their wishes.



- **Attend/Follow** – This is a command to a slave that will allow them to understand that the Master wants them to come with them, wherever they are going. This might include having the slave follow behind the Master, even crawling if desired. In addition, this command should require the slave to do whatever is needed from the Master as they are moving – whether it's grabbing the groceries or holding their drink.
- **Down** – A favorite command of many Dominants, this command means that the slave should place themselves, stomach down onto the floor, completely prostrating themselves to their Master.
- **Present** – Another favorite, this command can take on various meanings, though it generally requires the slave to present their body when naked. Many play partners will require the slave to kneel with their legs spread wide, hands behind their head, exposing their genitals to their Master. This command can also be used for presenting a certain body part for punishment or some other position.
- **Open** – A variation of the 'present' command, this is a position in which the slave will be required to be as open as possible for sexual servitude. For some slaves, this might mean they have to kneel before their Master with their mouths open, or perhaps in some other sexually 'open' position. Refer to the Obedient slave positions chapter for more detail.

There are hundreds of other commands that you can use, but finding the ones that serve the Master's wishes as well as help to guide the slave to their desired behavior are the most effective.

FOR THE SLAVE

While the list above is quite common among Dominants, it might not be the same for your situation.

What you will want to do is take the time to write down any commands that you are expected to learn in your slave journal and be sure to repeat them to yourself throughout your day. You might want to get an index card and write them down so that you can carry them with you, repeating them when you have the chance.

Also, be sure to practice these commands whenever you can. Try to increase your speed and your grace in carrying each command out. This means being deliberate in your movements, but not choppy or awkward. You always want to be a representation of your Master or Mistress.

FOR THE DOM/ME

Stand in front of a full-length mirror and try each of these voice commands. Watch how your body reacts. Keep practicing each command until you enjoy how you sound and the way your body moves when you speak each word.

You want a strong, confident and of course Dominant appearance when presenting each command your voice and body should not waiver. The slave is looking to you, so you must present yourself in such a manner.



Humiliation And Degradation Techniques

While surfing the internet through various BDSM websites, you might stumble across some Masters or Mistresses talking to their slaves in a very degrading manner. They might say things that are humiliating to the slave and cause the slave to react.

What you don't see is that these slaves and Dominants have already talked about what is okay and what is not okay to do or say.

Humiliation is a favored way to begin to create the idea of control in a Master and slave relationship, but that doesn't mean it doesn't have its own specific ways to work well - and to not work well for a relationship. By learning the techniques of humiliation as well as when to use it, you can use this as an effective slave training tool.

The trick with humiliation is that many Masters will jump right into using this as a way to train their slaves - without any regard to whether or not this will work for their training purposes. In the initial discussions about slave training, the slave should have told the Master that this is something they enjoy or it's something that can be used to help mold their behaviors as the training continues. When this is not discussed and simply just used at the Master's whim, many problems can occur.

If the slave has had any background of true abuse and humiliation (instead of this "play" usage), they can often become emotionally scarred by its use. When you simply start humiliating the slave and they don't want this in your relationship, it can cause them to not trust you to keep them safe as well as to become intimidated by you. They might revert to the slave behaviors that you want, but you may also be crumbling them as a person outside of the relationship.

Humiliation can take many forms in a slave training situation. It can be public displays of humiliation or it can be done in private. Public displays of humiliation can be as subtle as having to address the Dominant as 'Master/Mistress' in public settings in front of friends or as dramatic as having the slave masturbate in a public place (This is illegal, so you must understand the ramifications if caught). Private forms of humiliation can be as varied as puppy training or something that involves golden showers.

But humiliation can also be done verbally by chastising the slave when they do something wrong, creating the sense in the slave that they have disappointed the Dominant in their actions. It can also include harsh words that can cause the slave to feel badly about themselves or certain parts of themselves. For example, by calling someone 'slut' or 'whore,' the slave can feel like they are lower than the Master, which can help them feel more controlled and willing to be obedient.

Humiliation is often used as a form of punishment or during punishment to show the slave just how disappointed the Master might be in their actions. When used in conjunction with punishments like whippings and bondage, it can cause the submissive to not only feel physically controlled, but also



emotionally controlled. This is a highly effective way to reshape the way that slave is acting or thinking about a certain situation.

What you may not realize is that humiliation isn't meant to hurt your slave, but rather to cause them to realize that they are your slave and someone that you wish to control in every way possible.

When you are incorporating humiliation in your BDSM relationship, you do need to be careful to not hit any sore spots for the slave that might irrevocably damage them. This is something that should be discussed in the initial agreement as to what a scene or relationship will include.

The trick with humiliation and degradation is that playing in a scene can become intense, even confusing once it begins. Some of this is intentional so as to change the behavior of the slave. Make them react in a certain way, do certain things, lose inhibitions, etc. However, when you are doing various things to make a slave react (with their consent, of course), you can also psychologically harm them as the lines between what is reality and what is not can be blurred.

This is why you need to learn what is okay to say or do to the slave – and the slave needs to be clear about their boundaries as well.

Humiliation is something that many slaves enjoy in a slave training situation because it adds to the overall control and power struggle between them and their Master. It allows them to feel more objectified as a slave and more of a 'thing' in the relationship.

That said, here are some ideas for humiliation and degradation – of course, you will probably come up with creative ones of your own:

- Sex toys under clothing worn in public situations
- Bathroom use control
- Caging a slave to be by themselves
- Making a slave crawl on all fours
- Cumming or urinating on their food
- Cursing (Whore, slut, bitch, etc.)
- Any sort of display in public with forced nudity
- Eating from a pet dish, from floor
- Enemas
- Foot worship
- Forced masturbation
- Golden shower



- Inspection of body cavities
- Using a hood or a mask to objectify
- Human garbage can
- Leading on leash
- Acting like a dog or some other animal
- Scat play
- Forced shaving of genitals or other body parts
- Slapping face, genitals, etc.
- Making slave stand in corner
- Taking pictures or video
- Wearing collar everywhere

Of course, this is where your imagination can run wild – there are numerous ways to use humiliation as a way to control your slave, punish a slave, or arouse your slave (depending on their desires).

Humiliating Your Slave Without Words

A look is all it takes for some slaves to feel like they are in their place. If you're a Dominant who wants to be able to simply turn to their slave and remind them of their position, you're not alone. The idea of humiliating your slave without words is one that turns on many a BDSM practitioner, but how do you achieve this sort of practice? It turns out that you can move to a more silent training posture quite easily. Here are three steps to making sure your slave knows what to do and how you feel about them, without opening your mouth to speak.

Feel Confident in Your Role

The idea of being intimidating without speaking is something which can be difficult for a newer Mistress. You are still learning how to make sure your slave is doing what you want them to do. And while punishments can come easily, emotional control is not as simple to learn from a book or in the dungeon. Right now, your goal needs to be to fill yourself with confidence. And while this sounds impossible, the idea of faking it until you make it can be just as effective. What you need to do is to start by walking into every scene with your slave prepared. You should know exactly what to expect in every scene and prepare for it ahead of time. This way, your slave knows that you know more than they do, putting them instantly into their position. If you walked into a scene not knowing what to do, how will a slave take you seriously?



Practice Your Facial Expressions

It sounds a little corny, but practising your wicked smile or arched eyebrow in the mirror will help you create expressions that will humiliate and intimidate your slave. Think about ways you could look at your slave in order to put them in their place – and then use them as often as possible during scenes. The slave will then connect the expressions to the actions of the scenes, and then when those expressions are made in public, the slave will instantly be brought back to feelings of being humiliated. You might also want to keep track of the facial expressions you make during scenes which seem to be more effective than others. This way, you can practice these as well or look at them in the mirror to see what they look like to the slave.

Stay Silent

While this might seem to be too simple of a direction, staying silent in regards to your slave can be just as effective a humiliation technique as pointing out their mistakes and flaws. By avoiding direct interaction with your slave, you will show not only the slave, but also the rest of the world, that you regard your slave as lower than low. Even in scenes with the two of you, simply not responding directly to the slave can be an effective humiliation tool. Talk about the slave as though they are not there or simply ignore them. This will cause the slave to doubt themselves and to begin to feel as though you regard them as lower than lower.

Humiliation might seem easier with harsh words and demeaning positions, but it's when you don't say anything at all that the slave is left on their toes. Those periods of silence may mean little to you, but your slave is going to constantly question why you are being quiet, what they have done, etc.

Writing Words On A Sub's Body

Words are more powerful than we realize, but those who practice BDSM already know this. When a certain word is said or shouted, it can evoke a reaction in the slave that causes them to be more subservient or to feel as though they are less than a person. While words are certainly effective when they are said aloud, writing them on your slave's body can also remind your slave who is in charge of their body – you. A Master or Mistress who carefully writes out the things they tell their slave will create a lasting impression, even long after the words have been washed away.

Supplies You Need

In order to write words on your slave, all you need are some markers, an eyeliner pencil, some lipstick, or any other writing tool. These tools will allow for writing on the skin, and they can then be washed off after a scene. In some cases, you might ask that the slave not wash the words off, and to ensure this to be the case, you might use permanent markers, which will wash off, but not immediately. Think about your slave and what might cause them the most humiliation, as using lipstick or other makeup pieces might cause shame in some male slaves, for example.



What to Say

There are plenty of words that you might use on your slave to cause them to feel the words you say to them. You might want to use words like 'sissy' or 'slut' on their bodies, reminding them of their place in your partnership. You can also write out all of the things that the slave tells you about himself, in terms of how unworthy they are of your affection. Consider your words carefully or have your slave do a writing assignment about the words that make them feel humiliated. Keeping in mind any agreements you have about words that might be off limits, use the words that seem to have the most impact on your slave.

How to Take Words Out of the Dungeon

When you're in the middle of a scene, you can ask the slave to write these words on their body in service to you, or you might want to take the words and write them yourself, saying them over and over as the slave is serving you. Other Dom/mes might prefer to write the words on their slave and then instruct them to leave the words on their skin for as long as possible, remembering their meaning and their place.

It's also a good idea to have a slave write certain words on their body when you're not around, causing them to reflect on certain parts of their humiliation training. The more they use these words on their body, the more your voice will sound in their head as the only voice that matters. It can also be powerful to have a slave write these words in a prominent place and then go out in public as an act of service.

No matter how you choose to use words on the body of your slave, remember that words have power. The more that you begin to show your slave that you have control over their body and mind, the more they will serve you and grow into this role. It is not just a matter of punishing a body when using BDSM Training, you also need to train the mind of your slave to continue their training, even when you're not around. And if humiliation is one of your tools of training, the act of physical labels is a good way to continue outside of the dungeon.

FOR THE SLAVE

Control can take many forms in the D/s relationship. In terms of humiliation, these are very powerful and can be very upsetting if you're not clear as to what your limits are.

As a slave, it is your duty to make sure that your Master or Mistress knows about any words or actions that might harm you emotionally. All of these tasks will make you uncomfortable, but they should not do permanent psychological damage.

Try your best to learn how to act with grace and obedience when you are asked to do these kinds of tasks. It shows your willingness to serve your Master or Mistress, no matter the request.

FOR THE DOM/ME

The trick with humiliation play is that it can go from erotic to harmful quickly. You need to define clear boundaries that will not be crossed as well as talk at length about what will make a submissive uncomfortable in any way. The slave should also understand what you might do so that they will expect it and not become harmed in any way that you have not agreed upon.



SLAVE ASSIGNMENT

Determine whether or not humiliation is something that you enjoy. If it is, write out which forms of humiliation that you enjoy or fantasize about. Try and come up with different forms of humiliation that your Dom/me might be able to use.

Exhibitionism

Another form of emotional control over a slave includes the control of their environment. When the slave relinquishes control over their needs and wants, the Master can create scenes in which their slave is subjected to the public eye.

Now, the trick with exhibitionism is that public nudity is still very illegal in many areas – keep this risk in mind. But there are plenty of ways to incorporate a little exhibitionism into your BDSM play without getting the police's attention.

Here are some ideas that you might want to try:

- Have your slave masturbate to orgasm when you are in a restaurant or public place. This setting is public and yet most people are completely focused on their own meals, but the risk is still there.
- Have your slave not wear underwear or wear some sort of sexual appliance underneath their clothes. What's great about this is that even if the sex toy is noticeable to someone else, they're probably not going to say anything – but the slave feels completely exposed.
- Have a sexual experience in a wooded area where few people go. The risk of exposure is still there without a high chance of getting caught by law enforcement.
- Blindfold your slave and then have sex with them in a public place. While the slave doesn't know what's going on, you might have loud noises and people talking in the background, giving the illusion that they are being seen by others, when in reality, you might not be near people at all.
- Get a hotel room that overlooks a busy city and have your slave expose themselves, masturbate, etc. with the window wide open and the lights on.

Exhibitionism is pushing the limits of comfort for a slave, but it allows them to show their devotion to you as well as to their servitude for you.

Warning:

Be aware that everybody has a camera on their cell phone and can easily take pictures/videos at any time. Anything you do in a public space can be recorded and shown publicly (ie online). If you are going to expose yourself or your partner publicly you must be aware of the consequences that may arise. If either of you are not comfortable with what might happen after exposing yourself publicly or



the legal and/or personal ramifications that might arise than this form of play should be avoided.

FOR THE SLAVE

Being able to expose yourself whenever the Master or Mistress commands is a tremendous act of obedience in slavery. This allows the Master or Mistress to see the obedience you have for their wishes as well as the need for you to please them. It should be seen as an honor to show your body when asked, as the Master or Mistress is showcasing their object and their prize.

Verbal Abuse

Verbal abuse and 'dirty talk' are not necessarily the same thing. While you might tell your partner to 'Give it to me big boy' when you're in bed, verbal abuse pushes more emotional buttons and causes the sub to feel like an object that is owned, more than an equal in the BDSM play or relationship.

Many people feel a little uncomfortable with this kind of play at first because we've been taught that it's wrong and it's degrading – but for some subs, it allows them to feel completely controlled by someone else and that's an erotic thing.

What you'll want to do is talk to your sub prior to this kind of verbal play to see if there are any limits as to what they can tolerate. For example, some women cannot stand the idea of being called a 'cunt' while it drives other women wild with the idea of being someone's cunt.

There are plenty of ways that you can bring verbal abuse into the BDSM play that you're interested in.

- Verbal abuse can be used as a part of punishment – You've been a nasty boy. You've done something that the Mistress doesn't like and you know what happens to boys that don't do what they're told? They're punished like the little ignorant peons that they are.
- Verbal abuse can be used as humiliation – You're just a slut, aren't you? Look at you, strutting around with your pussy all out and exposed. You want to be fucked, don't you? You want me to fuck you? You dirty whore.
- Verbal abuse can also be used to objectify a slave – I don't care who you are and what you want, I just want to use you and use you again. I am going to fuck you and then I'm going to take your ass because I want to.

The more you try verbal abuse, the better you will get at it and you will learn just what buttons to push for your slave. Some slaves like verbal abuse to be rough and filled with curse words, while for others, it's all about the tone that you use.

Whispering into your sub's ear will cause them to have to listen hard to hear you, and that's when even the simplest words can have the most dramatic effect.

FOR THE SLAVE

Write out keywords that you find hit your hotspots and tend to drive you wild. I'm sure there are a few that you know of already just of the top of your head.

Forced Feminization



Some men find that being 'forced' to dress as a female allows them to live a deep, dark fantasy. However, they feel uncomfortable doing this on their own, so they want a Master or a Mistress to 'force' them to follow through on this desire.

On the other hand, some men love the idea of being humiliated and forced feminization is the best way to take away their masculinity and make them completely vulnerable during a scene.

There are a number of levels to forced feminization that you will want to keep in mind:

- Simple cross dressing – By having a slave dress in female clothing, this is an easy way to create that sense of being 'made' to dress in a less than masculine manner. You might want to keep some dresses in male sizes around, shoes, and various other female accoutrements in order to have a perfect little dress up selection available.
- More feminization – Adding feminine lingerie and makeup to the mix further 'hides' the male slave in the idea of being a woman. When bound up, the Master or Mistress can add these feminine touches or 'force' the man to put them on himself, further humiliating them and making them feel like they have lost control of their masculinity.
- Still more – As a crowning touch, the Master or Mistress can also bind the penis and scrotum in order to create a more female look to their genital area. This might include a chastity belt or some other sexual appliance that pushes the penis close to the body and along with the



female clothing and accessories, completes the look.

Having the male slave speak in a higher pitched voice and doing activities that are solely female – maybe singing or prancing around the room – can also add to a forced feminization scene.

FOR THE SLAVE

If you have fantasies of forced feminization, talk with your Master or Mistress today about how you can incorporate them into your scene play. It might be as simple as having you wear a dress or high heels or as elaborate as adding breasts to your body and a wig to further create the feeling of being forced to be a woman.

Sexual Denial

To further control a slave, sex can be used as a way to give affection and approval to a slave. When you deny the act of sex or orgasms, you are controlling your slave further by making them do further services in order to regain those privileges.

Sexual denial can take a number of different routes.

Some Dominants like to consider that the actual act of orgasm for the slave is a gift from them to their submissive. To deny this orgasm is to deny their approval, which the slave is always trying to seek. This can be achieved in a number of ways:

- Not allowing the slave to cum during sexual intercourse
- Creating a situation in which the slave can not cum – i.e. adding pain to sex so that a slave is focusing on that aspect more rather than their own personal pleasure
- Masturbating in front of the slave in order for the Dominant to have sexual gratification, but then denying any recourse for the slave

Sexual denial is not only an effective tool for causing the submissive to become more obedient to a Dominant, but it also allows the submissive to become increasingly hungry for orgasm, which further controls their behavior.

With this heightened sense of hunger, the slave may be tempted to masturbate when the Dominant is not around, but this is where slave training will be absolutely necessary.

First of all, the slave CAN NOT cum unless the Master/Mistress says it is allowed. If the slave does masturbate and have an orgasm without permission, they need to admit this to their Master in order to receive a certain punishment, and probably further orgasm denial.



You can also use orgasm denial during situations in which the slave is nearly ready to orgasm. This will take a lot of focus and control from the submissive, but it will increase your control over bodily functions they thought were impossible to control.

FOR THE SLAVE

When you are told not to cum during sex and you feel that you are on the edge, there are a number of things you can do to hold yourself off: breathe deeply, think about something else, try to tense your toes or some other body part that is not sexual for you. This will cause your body to divert the blood into that part of your body so that you do not orgasm.

If you are having troubles controlling your orgasm, ask your Master or Mistress for release, telling them why you are asking. They will see that you are trying and then realize that you might need more training in this situation.

Forced Nudity

For a simple and highly effective form of emotional control over a slave, you may want to try forced nudity.

While this has its obvious limitations (you can't tell your slave to head to work naked), it can also create an instant sense of servitude for a slave when implemented properly.

If you have a slave that has a job outside of the home, you might want to institute a policy of total nudity when they are not at work. They will need to come home from their job, shower, and strip down, presenting themselves to you when they are done. This causes the workday to be a faint memory and all focus to be on their Dominant.

Of course, this doesn't work when the household includes children. If you have children in the mix, this kind of total nudity will need to be reserved for times when the children are not at home and are certain to not come home.

If the slave is a full time slave, the total nudity may be extended for their day to day activities inside of the home.

For many submissives, being naked is something that completely uncovers their emotions and their vulnerabilities, making them easier to control. Since they generally want to be clothed again, they are much more willing to do things for their Master/Mistress in order to regain their clothing privileges.

Forced nudity can be a basic requirement for being a slave or it might also be used as a punishment technique for severe infractions of rules.



SLAVE ASSIGNMENTS

For this section, try to take some time to see what topics you think will work best on you in serving your Master or Mistress.

Write down the specific things that make you feel controlled and subservient so that your Master or Mistress knows exactly what buttons to push when you're in a scene with them.

You will also want to start finding ways to continue this emotional control throughout your day. If you found a scene particularly powerful, be sure to write about it in your slave journal and refer to it often to recreate that mind space when you feel your obedience wavering.



BASICS OF SERVICE

Thou art to me a delicious torment

Ralph Waldo Emerson

Obedient Slave Positions

Service comes in many forms in your BDSM practices. Some services might be action oriented, while others are based on commands or bondage techniques. However, many Dominants prefer to have certain positions for their slaves that will show their obedience as well as their diligence in providing exactly what their Master or Mistress requires of them.

There are several basic positions that you may want to incorporate:

Very Basic Position

This position is done by having the slave kneeling on the ground with the legs spread apart and their feet together. The back of the slave should be straight and they should be sitting on their heels with their hands on their knees. The slave's head should be upright, but their gaze should be downward, showing their deference to their Dominant.

For this position, you will want to guide your slave into the proper position and then have them sit there for a while. It can become uncomfortable, so a Master will want to keep that in mind when looking for a position that might be used for punishment purposes.

A good way to teach a slave to do this position is to adjust their bodies into the position, let them hold it for a few minutes and then have them stand up and then immediately get back into the position they have been taught



INSTRUCTION POSITION COMMAND="LISTEN"



This position allows the slave to need to remain focused on anything that is being told to them and can be a great position for listening to instructions. The slave should kneel in front of their master with legs spread and their hands behind their backs, sitting up straight.

WAITING POSITION COMMAND="WAIT"

With the slave standing, their hands should be behind their backs, with one hand grasping the opposing wrist. The eyes should be on the Master or Mistress, waiting for instructions or orders.

SLAVE SITTING COMMAND="SIT"



By having the slave sit with one leg bent in front of them and another behind them, it allows the slave to remain graceful and postured, without too much strain.



There are also a number of positions that are related to having the slave ready for inspection.

COLLARING POSITION
COMMAND= "COLLAR"



Kneeling before their Dom/me, the slave will raise their hands in the air in front of themselves and lower their head, to provide easier access to the neck.

FOR INSPECTION
COMMAND="INSPECTION"



Have the slave stand upright, without any clothing, with arms overhead, clasping each elbow with the opposing hand and slightly leaning backwards. This allows the genitals and the chest to be fully visible for inspection. To make this position difficult, you can have the slave stand on their toes and try to balance.



GENITAL INSPECTION COMMAND="DOWN"

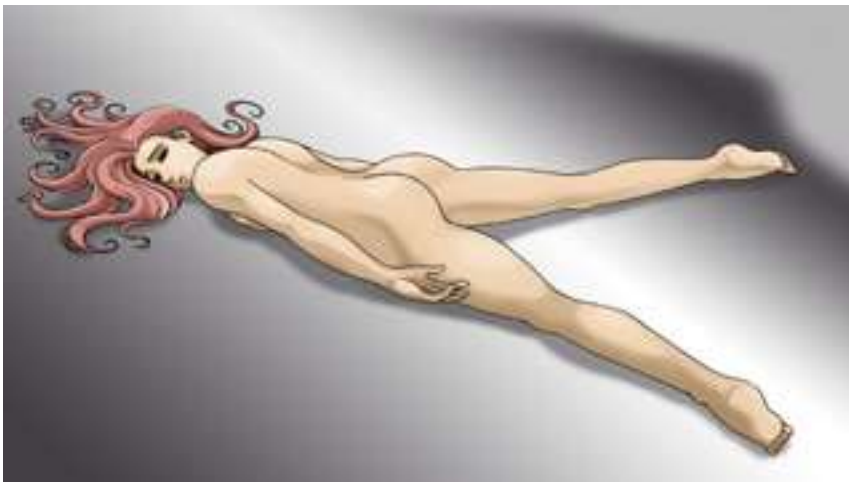


The slave will lie on their backs with their hands overhead or to the sides, spreading the legs wide open for inspection.

OPEN POSITION COMMAND="OPEN"

The sub will be required to be as open as possible for sexual servitude. This means laying on their back, spreading their legs wide, grabbing each foot with the same side hand. Opening their mouth wide with their tongue out, lifting their ass slightly so both the genitals and asshole are equally available.

BELLY POSITION COMMAND="FACE DOWN"



The slave lays face down on the ground, arms by their side and legs spread wide apart.



ANAL PRESENTATION COMMAND="PRESENT ASS"



Have the slave bend over and spread their buttocks with their hands for an anal inspection from their Dominant. If the slave is already on their knees they can perform the same position. Have them bend over at the waist and pull their buttocks apart while on their knees.

To further show submission to a Master or Mistress, a slave may also be taught various positions:

WHEN ASKING FOR PERMISSION COMMAND="REQUEST"



Have the slave get on all fours with their hands stretched out in front of them and their head resting close to the floor. The buttocks should rest on their calves, if possible and the slave's face should be completely focused on the floor. This is also a good position for a slave to await the sweet touch of their Dom/me's whip.



AT MASTER/MISTRESS' FEET

The slave should be shown how to sit at the feet of their owner, whether in a prostrate position or simply by placing their cheek across the feet of their Master.

For punishment, the slave may be asked to get in a number of positions as well:

LEADING COMMAND = "FOLLOW"



Bending over and presenting your hair, allows easier access for the Dom/me to grab. Now the Dom/me can lead their slave anywhere they desire.

OVER THE KNEE



This one is simple enough to understand, as the slave will be expected to drape his or herself across their Master's knee.



SLAVER'S KISS COMMAND="SLAVE KISS"



The slave lowers their head to the floor, resting it on their forearms. Their buttocks pointed up into the air, with thighs spread apart and feet together. This will expose entire rear end of the slave for a nice whipping session.

ANKLE GRABBER COMMAND= "ANKLES"



The slave will bend over as is comfortable and present their buttocks to the Master by grabbing onto their ankles with their hands.

FORCED POSITION COMMAND= "FORCED"

Squatting on their tip toes with their legs spread apart and their hands clasped behind their head. This is a position your Dominant will request as a way to ensure you are paying attention to every word He is saying. If held for over long periods it can be used as a form of punishment when a slave is constantly making mistakes and/or not listening. Its also good to stop a slave from squirming or tiring the fight out of a sub. They will also focus more on trying to keep their balance then being insolent.

There are also a number of positions that you can use in terms of leading a slave around an area or in a sexual context. Try to find some that are both challenging to the slave as well as visually appealing for the Master/Mistress.



FOURS POSITION COMMAND= "FOURS"



The slave positions themselves on all fours. This allows the Dom/me to be able to take and play with the slave any which way they would please.

FOR THE SLAVE

Practice each of these positions until you can hold them each for at least five minutes. This will help your body to start to build the muscle memory it needs to do them automatically when commanded by your Master or Mistress.

You will want to practice them each day in order to keep them strong for your serving.

How To Remember Multiple Commands

In the course of being a slave, chances are good you will be doing a lot of things you've always dreamed of doing. Your life is becoming richer because of your experiences with your Dom/me and you feel as though you've grown as a person. However, no matter how happy you might be, many slaves have troubles with the idea of multiple commands. Some Masters enjoy having long lists of commands that they can instantly shout out and see the slave perform. These commands might include everything from presenting one's self to the Master to doing certain things while in restricted positions. No matter what your Master might want you to do, it's up to you to learn the commands so that they are second nature – and so you never miss a signal from your Dominant.

Mnemonic Tricks

One of the easiest ways to remember a string of commands is to create a mnemonic for this set of instructions. For example, if your Master wants you to present yourself, stand up, and turn around, you might think of the letters in the command that begin the instructions – P, S, and T. These letters might then be turned into something like a sentence or a phrase you might easily remember. You may have used this letter trick when you were in school to remember the colors of the rainbow –



who doesn't remember Roy G. Biv? These sorts of tricks work best when you have longer sets of commands or when your Master wants you to remember certain phrases or speeches during your play sessions. After your session, just write down all of the commands you can remember and then see if you can assign a phrase or a string of letters to that phrase.

Practice Makes Perfect

Of course, the most common way to remember multiple commands is simply to repeat them to yourself again and again. Keep repeating them to yourself as you practice the movements you are supposed to make. In doing so, not only are you burning those commands into your mind, but when you move your body, you are also creating muscle memory. Your body will 'store' these commands so that they become natural to you. You will also want your Master to work with you on the commands as their voice is going to be what you respond to most of the time – not your own voice. Again and again, practice will be the key to being the perfect slave when it comes to quick commands in a session.

Study Up

If you were a good student, you might want to take some of those studying lessons and apply them to learning multiple commands. For example, if you have certain numbers that are associated with certain positions, it might be a good idea to create flash cards that will help you remember what to do. If your Master will let you, take notes during the first session with the new commands and make the flash cards that day. This way, you can bring these cards with you everywhere to quiz yourself whenever you have the time. The more you repeat this flash card process in your mind, the more quickly you will be able to respond to the commands.

Yes, slave training can be a bit like school at times. You have lessons to learn and tests upon which you will be graded. In order to get the best 'score' possible, you need to treat your training like it was the most important schooling period of your life – because it is when you're inside your sessions.

Forms Of Service For Slaves

In order to serve a Master or Mistress, there are a number of things that a slave can do. But what the Master prefers is what they SHOULD be doing.

This will be determined in the beginning of a Master-slave relationship as prescribed by the Master as well as the availability of the slave throughout the day.

The requests for service might be as simple as attending to the meals during the day or getting the paper in the morning to sorting out the email box of the Master or bringing breakfast in bed each day.

However, there are far too many ways that service can be shown.

What is important is that the slave is given important tasks that will help the Master have an easier time in their lives. This means that tasks should require the slave to focus on the task at hand as well



as know that failing will upset the schedule of their Master.

Here are some ideas for service tasks a slave can do under the guidance of their Master/Mistress:

- Clean the home
- Clean the bathroom
- Do laundry
- Iron clothing
- Run personal errands for the Master/Mistress
- Take phone calls/screen phone calls
- Handle incoming mail, sorting it for the Master/Mistress to open and read
- Dusting
- Polishing furniture
- Organizing clutter
- Lawn chores

Of course, this list seems eerily familiar when most people read it: it's real life and what needs to be done. However, in the D/s relationship, giving these ordinary tasks to a slave allows them to create an easier, stress free life for their Master.

What should be realized is the idea that providing these services (and more) to the Master is the first and foremost goal of the slave. Knowing that the tasks are expected to be done and done in a particular way will allow them to be under the control of their Master, even if the Master is not around to inspect the results.

A Master needs to be careful to create clear definitions of how and when these tasks should be completed. This will take time and effort to teach the slave how to get things done right and well, and might even necessitate some sort of guidebook on what needs to be done and in what manner.

The more detailed a Master can be, the more likely the slave will be able to perform their duties without error.



FOR THE SLAVE

Make a list of all the things you will provide for your Master or Mistress in the next week. Then create a task list for each day for your Dominant to approve. This will allow you to show your Master or Mistress your willingness to serve them and think about serving them, even before they ask.

Remember too that it's not just about WHAT you do, but HOW you do it. If you're told to dust the living room each day, you need to spend time removing ALL of the dust, not just wiping down the surfaces and hoping that it looks clean.

Service is about doing what you are told and doing it well – you want to please your Dominant, don't you? No task is beneath you when it is something your Master or Mistress commands.

Creating A Schedule Of Service Duties

What can help in this assignment of duties is to create a clear list of the tasks that need to be done on certain days and by what time.

This allows the control of the slave to be clear and apparent, even when they are not in the direct presence of their Dom/me.

For example, a schedule of tasks might look like this:

- 7:00am – slave wakes up and makes coffee for Dom/me
- 7:20am – slave begins breakfast for Master and serves in bed
- 8:00am – as Dom/me is eating, slave cleans kitchen and showers
- 8:45am – slave presents to Dom/me, asking if there are any sexual requirements for the morning
- 9:00 am – any sexual needs of the Dom/me are fulfilled

Etc. Etc.

This schedule can be detailed or it can be much more lax. Many Masters find that the more detailed it is, the more likely it is for the slave to be focused completely on their servitude for their Master.

Stricter is better.

But if the Master feels that the schedule is too strict, they might create a list of tasks and assign a particular finish time, ordering the slave to call them when the tasks are completed in order to prove their obedience.



When the slave needs to deviate from the schedule, they will want to talk to their Master prior to making such a decision and get permission first.

When the schedule is not followed to the letter, the slave will need to know that a punishment may be expected when the Master returns home or at another time.

Schedules work for both the Master as well as the slave because they give both parties a clear idea of what they can expect. And by having this clarity, a slave can be more devoted to their Master and a Master can focus their attention on training their slave in other ways.

FOR THE SLAVE

Today, you will want to ask your Master or Mistress to come up with a schedule for you. This will allow you to always be in the mind frame of serving, as it will encompass your entire day and be dictated by them. Remember that following it is your responsibility. If you should fall behind or have troubles keeping up, discuss with your Master or Mistress ways that you can do better or suggestions they have for improving.

Be completely honest about any thing that you may have done in a fashion that would not please them. This allows your Master or Mistress to alter your training to make sure that you learn the proper ways.

Ownership Vs. Servitude

When it comes to SM and BDSM relationships and interactions, the definitions of what's expected can become blurry.

For example, there are some relationships that thrive on having one person completely be at the will of their dominant partner, while others thrive on the servitude of one person for another, with no other expectations.

How you choose to establish your relationship is a personal choice.

Ownership and servitude are two terms that are thrown around a lot and can become confusing to someone who doesn't quite know how to define them. And while we're going to talk about basic definitions, someone else might argue against them.

Ownership is generally a situation in which the Dominant and submissive are in a close, daily relationship that involves various levels of servitude – business, domestic and sexual. The submissive is completely reliant on the Dominant to make decisions for their personal actions.

This is a relationship in which the submissive is generally only 'owned' by one Dominant and answers



only to that one person.

Servitude can take on other forms. For example, serving can occur in an ownership situation, but it can also occur in a less formal relationship. Some submissive minded people like to show their servitude to certain people during certain time periods, but then go back to 'normal' when those time periods are over.

And still other submissives are interested in serving certain people in certain ways for certain time periods – i.e. being a sexual servant to a certain person or simply someone that does domestic servitude.

Legally speaking, you can't actually own another person, so the idea of ownership is something that is defined by the people in the relationship. But servitude is completely possible and an excellent way to start off a BDSM relationship that requires one person to obey another.

FOR THE SLAVE

The difference between owning and serving doesn't seem to be all that different, but take some time to read this section to see where you might fit into the definitions.

Discipline/Punishment

Most of us can recall a time when we did something wrong as a child and then were punished for it. We were probably made to sit in a corner or take a 'time out.'

When a slave has done something wrong, it's advised that they be punished for doing so with some sort of task that allows them to be punished, but also to learn from their mistakes so they will not happen again.

To do this, the Master/Mistress can employ a number of mind controls that will cause the slave to rethink their actions and reconsider their future actions. Please refer to the section: Basics Of Punishment – How, When And Why for more details on discipline techniques.



FOR THE DOM/ME

If you enjoy giving physical discipline, you will need to find a submissive that enjoys this kind of play.. Of course, choosing a slave that wants this kind of pain because they find it erotic will make for even more intense sessions. Remember not to confuse your slave.its not fair to encourage bad behaviour or make up new rules just so you can punish your slave. This can lead to confusing a slave and become very frustrating.

Understanding your slave will be key to understanding what they will actually need in order to correct their behavior.

Remember too that punishing should never be given when you are angry as you could genuinely harm someone.

Discipline is a necessity when it comes to training a slave, and the slave that does something incorrectly should expect that they are to receive some sort of reminder of their wrongdoing.

But the trick with discipline is that it needs to be consistent, or else the slave may not take it as seriously. Try to draw up a clear standard of punishments for the slave so that the Master remembers what they need to do and when it needs to be done.

FOR THE SLAVE

What forms of discipline above would work well on you? What other forms of discipline might be effective?

Take some time to write down these punishments so that you can show your Master or Mistress.

SLAVE ASSIGNMENT

You have a lot to think about with these last few sections – and they are quite important when being a slave is something that you aspire to do.

Serving is more than just listening to someone tell you what to do and then doing it, it's about loving the practice of serving and remembering why you are doing it.

For this section, take out your slave journal and write down 50 reasons why you want to be a slave to your Master or Mistress. These will help you further clarify your intentions and will be a joy for your Master or Mistress to read.



PHYSICAL DOMINANCE AND SUBMISSION

So long as man remains free he strives for nothing so incessantly and painfully as to find someone to worship

Fyodor Dostoyevsky

The Many Faces Of Dominance, Submission, Masochism And Sadism

Not everyone loves pain, but many people do. In fact, many people find the experience of pain to be erotically stimulating and mind blowing. But in terms of the BDSM world, there are a lot of ways to experience this kind of fantasy.

The many faces idea is such that each person's definition of physical dominance is different. For some, it's the experience that the Dominant can exert pain in order to control a submissive's actions.

For others, it's the idea that the Dominant can use verbal commands and orders to subdue a slave and cause them to perform certain required actions.

And for others, the Dominant likes to physically dominate their slave through the use of bondage and whips.

There's something for everyone, that is.

What you might want to realize is that you don't 'have' to add pain into the D/s relationship in order to create a power exchange. You can have a slave that performs tasks around the house or just helps with your business needs. So long as both partners are benefiting from the relationship, this would be agreeable.

Dominance is simply controlling someone else, while submission is submitting to that control. As for pain, you might have a submissive that is a masochist and a Dominant that is a sadist – but you might not too.

Anyone can be a Dominant – male or female, just as anyone can be a submissive – male or female. Transgendered people as well as crossdressers can also be a part of the BDSM lifestyle – it knows no boundaries.



Turning Pain Into An Erotic Experience

What is interesting about the pain response in the body is that it's not too far off from the experience of pleasure.

When the body is in pain, it releases certain chemicals in order to deal with these sensations – mostly adrenaline. These speed up the body's fight or flight response, causing it to experience sensations more fully in order to allow the body to overcome the 'problems' it is experiencing.

This response can be seen in the stories of people under enormous pressure being able to lift cars that are trapping people or being able to run for long periods of time when threatened.

In the play of BDSM, the body is 'threatened' by one person and the body still reacts in the same way. With increased pain, the body eventually runs out of adrenaline and then settles into that 'runner's high' or endorphin release that allows the body to feel good.

Pleasure from pain.

But it takes time to train a slave to appreciate this transition, just as it would take time for a new runner to begin to appreciate the idea of running for 'fun.'

With the consent of the slave, of course, pain should begin to be introduced to the sexual part of the relationship at times when the slave is experiencing great pleasure – perhaps orgasm. What happens then is that the brain begins to associate the pain with the pleasure, eventually rewiring itself to expect pleasure from receiving the pain.

But this takes some time and patience for the Master.

What you will want to do is follow these guidelines:

- Slowly introduce pain to a slave that is interested
- Take time to learn areas that are dangerous to inflict pain upon (i.e. throat and kidney area)
- With each new session with pain, try to move further past previous points of pain. You can measure this by possibly counting how many spankings were done in the previous scene and then increasing that count to five or ten more. The point is to build on the pain that you applied before.
- Each slave will find that certain things seem much too painful for them to bear, but with diligence, you can teach them that they can withstand a lot more pain than they thought they could.
- Show your pleasure in their taking of the pain each time. They will want to try more pain in the future, knowing that it pleases you for them to try.



- Do not punish a slave with pain if you are trying to teach them to enjoy it. This will be very confusing for a slave and also very hard for them to learn to enjoy it, when you also use it as a means of punishment and discipline. If you are trying to keep the sensation erotic, then that is how it should be used.

However, pain is not for everyone, so make sure that the slave is willing to try it first before you start running after them with a crop.

FOR THE SLAVE

Think about your relationship to pain and what that means for you. Is it something that you fear or something that you are aroused by? There is no right answer, only the truth for yourself.

Try to make a list of the ways that you feel about pain so that you can understand the use of it in your D/s experience.

If you fear pain and your ability to tolerate it, would using it in a D/s scene help you to overcome this fear?

Creating Subspace

In many BDSM blogs and stories, you will find the term 'subspace' as it applies to the slave's experience of a scene.

Since there isn't a clear definition for this term (as it's a personal experience for everyone), it's a little difficult to describe. But most slaves will tell you that it's the feeling of being elsewhere when they are being 'tortured' by their Dom/mes or controlled in some way.

It occurs when the Dom/me has completely taken over control, both physical and emotional, of their slave so that the slave's mind is filled with nothing but the sensations and the verbalizations that are going on in the present moment.

They are completely at the will of their Master or Mistress.

Subspace can feel like the slave is floating in a place far away from the actual action, though their responses are immediate to their Dom/me and appropriate. They are completely obedient in this headspace and can take more pain than they thought they could before.

Scientifically speaking, this is generally the part where the endorphins are rushing through the body, making it feel good.

In order to create that subspace for a slave, there are several things that a Dominant will want to keep in mind:



- What does the slave want from the scene?
- Is pain being applied consistently and at higher and higher levels, without being harmful?
- How many senses am I in control of? How can I control more of them?
- Are there cues that send a slave into subspace? In the past, were there things that made the slave feel good? For example, some slaves find the enclosure of a hood can create instant subspace.

Subspace is something that makes a slave feel pleasure as well as gives them a feeling of utter calm and relaxation. It can also be a sign that the Master is pleased with the slave and is rewarding them for the pain they have taken or the obedience they have shown.

FOR THE SLAVE

Subspace is something you will eventually experience if you extend your scenes longer and longer, focusing on completely submitting to your Master or Mistress. Just as in meditation, subspace is the place in which your mind frees itself from the everyday worries.

The mind is the most powerful erotic zone that you have. By allowing it to be controlled by someone else, you allow the mind to stop the endless chatter and start to get into another realm of consciousness.

Your brain waves slow down, your thoughts settle, and you are free of things that used to worry you, trouble you.

Make sure that you make a note of when you first feel this freedom.

Subdrop

When you're a slave, you might not realize just how much a scene can take out of you. While you might be floating away on an endorphin cloud, the truth is that your body is undergoing a lot of changes and it might not be something that will cause you pleasure for a long period of time. Instead, you might begin to feel awful in the hours or days that follow a scene. This is often referred to as subdrop, and it's something that you can prevent in your body, if you take the time to care for your Dom/me's greatest possession.

The Signs of Subdrop

If you've just had an intense experience in the dungeon, you might notice that you are shaky and spent by the process. You may instinctively reach for the water, but that's not always enough. You might begin to feel dizzy and disoriented, and that you are coming down with something. Some



slaves can feel as though they are getting sick for up to a week or so after an intense scene. These cold symptoms or feeling under the weather can actually be prevented before they begin.

Preventing Subdrop Ahead of Time

What's happening is that your body is undergoing a lot of stress during more intensive scenes. Though you might already realize this, what you don't realize is that if you're not taking care of your body, your body is going to feel awful as a result. Instead, you need to make sure you're drinking plenty of water the day of your scene and in the days that follow. You should also try to get enough rest and to eat nutritious foods when you are getting ready for a more intense scene. If you don't realize that you are going to have an intense scene, which is often the case, it can help to eat some protein after your scene and to drink something with electrolytes in it to ensure that you're replenishing your body with the things it needs to feel and to stay well. Right after an intense scene, it's a good idea to massage your body and to rest with your Master to ensure you are coming down completely before you head home or before you fall asleep for the night.

Much like a professional athlete training for a big competition, you need to be taking care of your body the same way. Both athletes and submissives are being exposed to intense training that can overwhelm the body if the body is not ready for it. Following a healthy nutrition program on a regular basis and supplementing with a multivitamin is always a good idea. This will ensure that your body has the nutrients it requires stored away to be used when subjected to an intense experience. Exercising on a regular basis will ensure that your body is better prepared to physically handle the stress your Dom/me will subject you too.

Managing Subdrop When Symptoms Strike

If you're already experiencing subdrop, then you need to make sure that you're managing it once you begin to feel the effects. You might want to take additional time to rest (lots of sleep is essential), take some vitamins, and drink plenty of water. Remember that you have stressed your body and that you need to replenish it in order for it to feel well. If you can't take time away from work or you don't have any free time, make sure that you're avoiding stressful situations, as well as unhealthy foods and other unhealthy habits. It can also help to have some bodywork like a massage in the days after your scene. This will work out any tension as well as any toxins that might have built up in your system as a result of the scene.

While there's a certain degree to which you will always have some subdrop after a scene, this doesn't mean that you need to have the feeling that you're going to be sick after accomplishing great things in the dungeon. Instead, make sure that you are taking care of the slave body before and after your scene, and when you do, you will be ready for another play session the next day.



That Endorphin Rush For Everyone

But it's not just the slave that will be getting something out of a BDSM scene.

For the Dominant partner, all of the work that it takes to concentrate and administer pain is going to also cause your heart rate to go up, your body to start producing adrenaline as well as endorphins.

That's right, it's like a 'Master high.'

By focusing on creating the scene for a slave as well as for your own personal tastes, you will lock your body into a heightened state of awareness that creates the perfect conditions for your own sense of arousal as well as satisfaction with the scene.

In order to make sure that you're getting just as much of a rush as your slave, you will want to do the following:

- **Take your time in the beginning** – When you're trying to extend a scene for hours, there's no sense in starting off hard, exhausting yourself and then creating a letdown for everyone. Start off slowly, setting the mood first.
- **The mood is everything** – Create the perfect physical space or at least, have everything in place before you head into the bedroom or dungeon. This will prevent you from having to stop to find things or have to slow down in order to attend to something you've forgotten.
- **Remember that things will go wrong** – But you can make them work to your advantage. For example, if you have forgotten your favorite cane in another room, simply change the direction of the action to create a new focal point for your slave. You might want to have them hold a certain position until you get back; one that's uncomfortable and difficult, so as to show their devotion to their obedience.
- **Notice when you are starting to get tired** – If you start to feel yourself become tired during a scene, be sure to find a way to rest for a moment in order to recuperate. Of course, you don't want your slave to see that you are tiring out, so you'll want to be sneaky about this. But hey, that's what blindfolds are for.
- **Build up to the peak of a scene** – Each scene that you do will probably have one definitive thing that you're doing that will serve as the grand finale for your play. Slowly and carefully build up to this crescendo and then slowly work the way back down. This allows both the Master and the slave to get the maximum energy rush from the exchange as well as recognize when things are gearing up and then settling down.

Dominants get to have some fun too, you know.



Keeping Up Your Energy During Physical Scenes

For both the Master and the slave, being able to keep up with the sensations as well as any physical activities during a scene is crucial to your enjoyment.

And while you probably don't want to hear this basic advice, it will help you to maintain your energy during scenes and hopefully extend them over hours and days, rather than abbreviated scenes.

Here are some basic tips for maintaining energy:

- **Get in shape** – The truth is that a body that is used to physical activity is one that will be able to use its energy the most effectively. A Master that is strong will be able to deliver more intense blows, tie stronger knots and be able to continue a scene for a long period of time, while also seeming physically intimidating to their slave. Likewise, a slave that is physically fit not only looks appealing, but will also be able to serve their Master more quickly and efficiently. A Master can also use the idea of getting their slave into shape as another form of servitude. The slave may be required to work out for certain periods of the day, for example.
- **Be sure to eat prior to a scene** – About two hours or so before a scene, be sure to eat a light meal in order to have some reserves of energy. Not eating will cause the body to weaken as it has no fuel to keep it going. If you're not sure when you're going to play with a partner, it can be good practice to eat every few hours in order to maintain energy.
- **Have water available** – If the scene is physically challenging, the body can become dehydrated and thus tire more easily. In order to maintain energy, it can help to sip water at regular points during a scene – for both the slave and the Master.
- **If a rest is needed, take it** – When you're starting to wind down during a scene, it can be a good time for the action to change direction in order for both players to conserve energy.

Maintaining your energy allows both partners to get the most out of each scene as well as be healthy enough to enjoy future playtimes.

FOR THE SLAVE

Make sure that you are preparing yourself fully for the scene that you are planning with your Master or Mistress. To come unprepared is to fail your duties as a slave.

Each day you should prepare yourself to be of service to your Master or Mistress, as though you were on call at any moment of the day – because you are.

You need to be ready to go when the Master or Mistress is.



Holding Off Ejaculation And Orgasm

Controlling pleasure is actually much more difficult than controlling pain, though it might not seem so.

The body is engineered to react in certain ways when certain forms of stimulation are applied, making it seemingly difficult sometimes to control one's orgasm when the right pressure is applied to certain parts of the body.

However, in order to continue a scene for a longer period of time, it's essential that you practice this withholding as well as a great way to further control a slave.

For men, holding off ejaculation is a much more difficult process. The penis is a sensitive part of the body that can respond quite readily to certain sensations, making it hard (no pun intended) to control. But with practice, it can be done.

Here are some tips for holding off ejaculation during a scene:

- **Stop whatever is starting to turn your pleasure into pre-orgasmic bliss** – If you are entering your slave, for example, and you begin to feel that you are on the edge of an orgasm, you need to stop what you're doing and start doing something else.
- **Breathe in** – When you start to feel that you are on the edge of orgasm, you will want to start breathing in deeply in order to change the flow of blood from the penis to the brain.
- **Change position** – Try to move into another position as soon as you feel the orgasm begin. This will change the sensation and can stop ejaculation from continuing.

For the women, stopping an orgasm is not nearly as difficult, but it requires a more emotional reaction than a physical one:

- **Stop whatever motion is being done** – Whatever is starting to make you wet and ready for orgasm, stop it. This might mean stiffening your body or moving completely out of the way.
- **Breathe in deeply** – Contrary to popular belief, holding your breath is not going to help you avoid orgasm. Breathe in as though you were trying to fill your whole body with oxygen from toes to head.
- **Tighten up your vaginal muscles** – Try doing a Kegel movement in order to change the flow of blood in your genital area. If that's the area where you are feeling the orgasm begin, try instead to clench your thighs to change the movement of things.

It takes some practice to withhold an orgasm and create a longer scene. But in the end, doing so will allow the eventual release (or non release) to be even more explosive than it would have been before.



FOR THE SLAVE

These tips can work well too for holding off an orgasm when commanded to do so.

After asking for permission from your Master or Mistress, try these techniques while masturbating to see how long you can withhold your own orgasms.

Each time, try to hold yourself off a little longer in order to build up your ability to serve your Master's wishes for extended time periods.

Withholding A Sub's Orgasms

Though we've talked about this before, the idea of a Master/Mistress withholding orgasms from a slave is one that really can work well in terms of overall control.

By holding the act of orgasm as a reward for a slave, it creates a sort of tension between the Master and slave, allowing the slave to always be on edge and waiting for a release.

And withholding orgasms doesn't just have to stay within a scene either.

Many Masters have found great success with holding off orgasm for days and even weeks.

By simply telling their slave that they are not allowed to cum, the control begins and the slave is instantly on guard against their own body's natural reaction. The Master may do everything in their power to try to get the slave to cum, but the slave will not be permitted to do so.

There are a number of ways that this withholding can be used in a D/s situation:

- The slave might be told to masturbate several times a day without cumming. This might be done over the phone or in plain view of the Master.
- The slave might be ordered to use their favorite sex toys, but are not allowed to cum. There might be a specific number of times that the toy might be used in this order.
- A slave may be told that they need to always ask for permission to cum and that to cum without being granted that permission will result in a punishment that is not pleasurable.

There are some cases in which a Master has created such control over a slave's orgasmic response that the slave can cum just by having their Master/Mistress tell them that they are allowed.

When employing this kind of obedience, remember that being consistent about the punishment is necessary in order to show the slave that the Master means what they are saying. They should also not get any further pleasure until they have learned their lesson.



In the end, the slave may beg for the eventual release.

Basics Of Punishment – How, When And Why

When it comes to D/s conversations, most people will immediately think of the punishment part of the equation.

In the relationship of one person serving another, it's imperative that there are punishments for when things are not done as agreed upon by both partners. There are two key components that need to be addressed when it comes to discipline/punishment.

- 1) Both the Dominant and submissive must agree on the rules that will be followed in the relationship. These rules are usually outlined in a contract that will be discussed later in the book.
- 2) Both the Dominant and submissive must agree on the punishments that are allowed to be used when a rule is broken.

Without this agreement and understanding, you can not punish a submissive. Not having clear rules and guidelines can be confusing for a submissive and lead to resentment. Make sure you both understand the rules you have created for the relationship, both of your limits and which punishments have been agreed upon.

Let's start with what might be used as a form of punishment:

- Humiliation techniques
- Verbal correction
- Loss of privileges
- Increased rules
- Increased serving responsibilities
- Etc.

How To Punish:

Corner Time – While this sounds almost trite after remembering that your parents used to make you do this, it's a highly effective exercise. Not only does it keep the slave in a space where they can not argue, but it also reminds them that they have done something wrong and that they are not worthy of being in their Dominant's presence until they are called. Many Dominants will have a slave stand in a corner near them, but have them place their nose close to the wall in silence to show that they are being punished not only by the position but also by the lack of attention from the Dominant.



Have your submissive stand, kneel, stand on their tiptoes, force position or however else you would like them to be as they face the wall. Give them a specified time where they will wait and think about what they have done wrong to warrant this punishment as you should have explained to them why they are being punished before sending them to the corner. When their time is up or when you allow them out of the corner, ask them if they are sorry and what they are sorry for. If they don't know why they should be sorry or what they did wrong, you can do one of three things. You can either, end the scene and discuss in more detail outside of the scene why you felt it was important to stop the scene so you can discuss with your submissive about what they have done wrong. You can send them back into the corner to think about why they should be sorry. Or you can proceed to any of the other punishments.

Writing Lines - It sucked having to do them as a kid in school when you did something wrong and it still sucks to do them as an adult. Having your submissive write out how they are sorry for what they have done wrong one hundred times is a painful and arduous process, but also helps to etch the lesson into their mind...For example: "This submissive is sorry for rolling her eyes at Master" Some Dominants find that making slaves write pages of the phrase over and over is most effective. Try to keep the phrase short and easy to recall, as you want this to be in the mind of the slave long after the punishment has been issued.

Write An Apology Letter - Have your submissive sit down and actually write a heartfelt apology letter. Then they can kneel before you as they read this apology letter. If this letter does not meet your satisfaction either have her do it again or proceed with one of the other punishments to give them time to think before rewriting the letter.

The apology letter should include:

- What they did wrong
- Why they chose to commit this act
- Why they are sorry for doing it
- What they will do to make sure it never happens again

Loss Of Privileges – Simply put, some slaves get off on punishments, so they act badly in order to feel the pain they enjoy. Instead, use discipline techniques they don't enjoy. Many people take the day privileges for granted. That is until they no longer have those privileges. Types of privileges that can be revoked:

- **Access to their favourite body part** - For example: If they love their Dominant's feet don't allow them to touch your feet for a set period of time. Of course you can continue to tease them by looking at your feet but they are not allowed to touch them. If they continue to misbehave, don't even allow them to look at the body part they love so much.
- **Loss of clothing privileges** – Forbid the wearing of their favourite clothes, don't allow them to wear certain items (ie pants, or underwear) when in public. Don't allow any clothes while at home (in private) for a certain period of time.



- **Loss of Daily Amenities** – Don't allow them to eat at the table with their Dominant. Don't allow them to use utensils. Don't allow them to use any furniture.
- **Loss of luxuries** – Everybody enjoys being pampered from time to time even submissives do after long days of service; a massage, manicure/pedicure, bubble baths, etc. are nice luxuries that can keep a submissive happy and eager to serve. They can also be revoked if they are breaking the rules. This can even include withholding orgasms.
- **Loss of appearance** – Most people care about how they look, even people who say they don't spend countless hours in the bathroom grooming themselves. Some Dominants have taken away shaving privileges, not allowed hair to be cut or styled and revoked makeup privileges for weeks at a time. This is a painful experience for a submissive that takes great pride in their appearance. It can also be a constant reminder of their wrongdoing.

Physical discipline – The 'easy answer' for discipline is generally physical discipline, like spanking or flogging. The number of spankings can be determined by the severity of the infraction or by how many times a rule is broken. If rules are broken when the Dominant is not around or while in public the infractions can also accumulate until the Dominant has the time to inflict them.

Other ideas are to create a tight bondage position that the slave must endure for a certain length of time so they have are constantly reminded of their wrongdoing.

Remember one thing if your slave enjoys physical punishment, then this is not discipline but a reward and encourages their bad behavior.

There are a number of ways that you can use punishment with a slave, but the one that you choose needs to be one they associate with punishment. For example, if a slave enjoys being spanked, but doesn't enjoy being caned, the caning might be a preferable punishment. That is if the submissive has agreed to allow a cane to be used to administer punishment.

All forms of punishment must be agreed upon by both partners before it can be used as a form of correction. And if a submissive calls out their safeword during the dispensing of a punishment, the punishment must be stopped as a safeword is respected at all times. Even during a punishment.

With that said, most of the time physical punishment is not a helpful form of punishment. Physical punishments tend to just teach a masochistic submissive to misbehave so they can be punished, which is the exact opposite of what you want to do.

You will want to choose a punishment that 'fits the crime.' A more severe punishment will need to be used for a more severe crime.

The next question is when you should give the punishment. And the best answer is immediately after the wrongdoing has occurred.

But that doesn't always work out in real life.



What you will want to do is try to give the punishment as soon as possible after the actual rule breaking, in order to maintain the sense of connection between the wrongdoing and the punishment. When the two are spread apart, they slave may not make a strong connection that the wrongdoing was something that needed to be punished. Or that the punishment is directly connected to the wrongdoing.

However, the most important question to ask in terms of punishment is why the punishment is necessary.

In the course of training a slave, a submissive will ask their Dominant to help them to learn and grow in their submission, service and as a person. Therefore a Dominant will need to help show a submissive what behaviors are hindering their progress. This might be things like attitude or complaining as an example. If you want a slave to be silent and only speak when spoken to and this is something the slave wants to learn, the Dominant will need to give some sort of punishment in order to get that point across.

Some Dominants are much more strict than others when it comes to naming punishable offenses. What can help is having a clear list of things that the slave needs to do and then a clear list of consequences for things that are not done as required.

Of course, this list can be adjusted for the situation.

Here are some other reasons that a slave might be punished:

- Lying
- Not asking for permission
- Not completing a task
- Refusal to do tasks
- Incorrect completion of tasks
- Leaving an area messy
- Not performing a position correctly
- Forgetting an errand

As with many of the lists in this book, this could go on.

The point is to have a clear 'If you don't do this, this will happen' system when training a slave. This way, there are clear expectations and clear results for missed expectations.

And all of these work together in your submissive training.

As with any BDSM scene you must always provide your submissive with aftercare. A time when you



give them support and comfort as they calm down from an intense scene. You can not punish a submissive and leave them. Once a punishment has been administered it is important that you give your submissive the support and comfort that they need.

If you are not willing to take the time to be there after a punishment, you should not administer the punishment in the first place.

What To Do With A Slave That Misbehaves Constantly

As a Master or Mistress, you might find yourself in a situation where the slave is continuously breaking rules and disobeying commands. So, what do you do then?

First of all, it will help to understand why some slaves do this:

- **They are testing your Dominance** – They want to see if you are willing to control them in the way they want/need to be controlled. However, in effect, they are attempting to control you.
- **They want to receive pain and punishment** – Some slaves get off from the constant punishment, so they look for ways to receive it.
- **They aren't trying to learn to be a slave, but they like the kinky play** – These slaves are only interested in the pleasurable aspects of play for them, so they will not follow any orders.

When you have a slave like this, you need to consider several options:

- **Learning what they are trying to do** – Are they trying to manipulate the situation, so they can get what they want. Are they acting this way because they are not happy and don't want to be in this kind of relationship. Are they struggling with understanding their own needs and desires. You need to understand what is happening and why before continuing with any training. This means have a serious conversation with your submissive.
- **Agree on the relationship** – Once you know and understand what your submissive needs you can figure out if both of your goals for the relationship align. Perhaps your submissive doesn't want to be submissive all the time or perhaps they want more discipline. Reanalyze your current relationship and figure out what kind of relationship would work to satisfy both of your needs and desires.
- **Agree on training** – Sit down with your submissive and go over your contract again. Point out your responsibilities and their responsibilities and that you both agreed to these terms. Ask them if they need or want any changes made and work with them to make those changes. Agree on what you both expect from the relationship moving forward and any punishments you will administer when rules and agreements are broken. Once you both agree you can begin training anew.
- **Use Their Behaviour As A SafeWord** - Your submissive has things that are off limits, activities they refuse to do or take part in. The sub also has a safeword that they can use at any time to put a stop to a scene immediately. Physical and emotional reactions can also be used to



indicate that a scene needs to stop immediately. If your sub's difficult behaviour continues than you need to tell them that you dislike it when they behave in such a way, but they refuse to stop this behaviour. Now you can let them know that you will from this point on take their difficult behaviour as them calling out their safeword. You will understand this specific behavior to mean that they are not enjoying themselves and that they would like the scene to stop immediately. Once you stop a scene because of the difficult behaviour don't restart it. As far as you are concerned, they used their safe word with their behaviour. The entire scene should be stopped, release your submissive from their position, put away the equipment and have a conversation with your sub with why you stopped the scene.

- **Suspend training** – If the slave continues to act badly, then it might be time for something more difficult. It may be best to suspend training them for a certain period of time. Tell them what you are doing and why you are suspending their training. Inform them that you need them to think about what it is that they truly want and that they can let you know when they are ready to abide by the contract and responsibilities you both agreed too. This does not mean avoiding them, or cutting them out of your life completely. You should always be there for your slave and give them the support they need to figure out what they want/need. This suspension just means the domination that they crave will no longer happen until they decide they are willing to show the respect and appreciation for your Domination.
- **The very last resort, you might have to remove the slave from your services.** If it's just getting to be too much work and they're just not responding to your training, it might be time to tell them to find someone else who might be a better match for them. Just like any relationship, both people must be happy in the relationship. If your submissive is constantly being difficult and that does not make you happy, than you might be better off with a different submissive who is better matched to you. Just because a Dominant and a submissive are both into BDSM, it does not mean that your Dominance is a match to their submission or visa versa. Or that

This doesn't necessarily mean that you have failed, but that the Dominant and submissive just might be better suited with someone else.

However, you can be an even better Master/Mistress by first learning and understanding about the psychology of why some slaves misbehave.

FOR THE SLAVE

There is something you will want to note when it comes to punishment as a slave. This is something that needs to be taken seriously in terms of the training and your personal learning.

Punishment is not something to look forward to or something that you should attempt to create for yourself. Some slaves, especially masochists, feel that doing things wrong will give them the opportunity for punishment and attention, but this is not the way that punishment should be viewed.



SLAVE ASSIGNMENT

Take your time to read over this section of the book carefully.

This is the time for you to record in your journal your thoughts on being physically dominated. Does this work to increase your submission? In most cases, it will – even if you know that you will never be harmed in the process.

Write down all of the things that your Master or Mistress could do to physically control you.



BONDAGE, BONDAGE, BONDAGE

Everyone is a potential naked slave to you, once you become a trainer.

Anne Rice



How To Tie Someone Up

Of course, if you're anything like most interested in BDSM, bondage is the fun part of this book. You want to know how to do it, how to make it effective, even beautiful, and just how it will affect your slave and their obedience.

Tying someone up is more than just getting out the bundle of rope and starting to make knots, though. It's an intricate balance of trust between the Dominant and the submissive.

The Dominant needs to trust that the submissive will tell them if something is hurting too badly, while the submissive needs to trust that they are not going to be hurt while they are unable to move.

Bondage can be a lot of fun for the couple that wants to spice things up or who wants to explore a little BDSM along the way, but when it comes to playing with bondage, there are some safety considerations that you need to remember as well. Having fun is one thing, but making sure that you have fun in the future too is something you need to keep in mind.

A lot of people think that bondage is just about tying your partner up and making sure they can't move. Or, for others, bondage is a game of getting someone to do something they don't want to do because they are tied up. But often, this narrow thinking can lead to dangerous situations. Bondage



can be hot and erotic, but it can also be deadly - and that's not being dramatic.

When you don't know some basic ties and some basic rules of bondage, you can inflict bodily harm on someone else. For example, if you tie someone's wrists together improperly, you can break someone's bones quite easily. If you suspend someone from the ceiling by their wrists or their ankles, you can also break small bones, permanently harming them. But being safe about bondage isn't just about preventing bruises and breaks; it's also about preventing emotional trauma - the kind that never really goes away.

Bondage is, at its core, a form of trust play. When two people trust each other, it can be a beautiful experience in which one person loses control by giving it up to the other person. But if one person breaks the trust or loses the trust of the other, bondage can be a horrifying experience. When lines are crossed that were promised to not be crosses or the person being bound doesn't say anything about something hurting or being uncomfortable, both people can be emotionally scarred from the experience. And that doesn't make a second attempt all that appealing.

To help make your first (or millionth) bondage experience all the more safe and sound, here are some basic tips that you should keep in mind when you are in a bondage situation:

- **Never do bondage with someone that you don't trust.** This should be fairly common sense, but you would be surprised to see how many people will actually agree to a bondage scene with someone they barely know. Even worse, they will go somewhere with this person that they are unfamiliar with or even go to their home without telling anyone where they are going.
- **You shall not tie anyone up until you have learned some basics and practiced on inanimate objects.** When you don't know what you're doing, your partner should not be a test subject.
- **Do not do bondage by yourself.** Someone must always be present, of course make sure you trust them as in previous example. Never leave someone alone, tied up and helpless. EVER. Someone should always be in the room at all times.
- **Never tie someone across their neck or windpipe.** Even the slightest bit of pressure on this area can cause the airway to collapse.
- **Never do bondage while either of you are intoxicated or under the influence of drugs.** This is going to hinder both of your abilities to make solid decisions about your health and well being. For example, someone that is drunk might not realize they are tying someone up so tightly, while the person being tied might not feel the pain of their bones being crushed.

What you need to realize is that bondage is a game, but it's a game that needs to be played with safety in mind. Because you are working with the issues of trust and bodily safety, you need to keep in mind that the human body and mind are fragile. Safety should be on the top of your mind at all times.



There are a number of things you can do to make sure that your bondage scene is safer:

- **Learn about proper ways to tie and practice those ties on inanimate objects.**
- **Discuss the conditions of what can and can not be done during play before you start the scene, so you both get what you want from the scene.** Everybody involved in the scene should have a clear idea of what is off limits and a safe word should be established to end the scene if need be.
- **Keep a pair of EMT scissors on hand to cut the rope in case of an emergency or if you are not able to untie a knot.**
- **Only do bondage with someone you know and trust.**

With that said, here are some basic kinds of bondage:

- Tying the slave's body down to another object
- Suspending the slave's body from another object
- Pulling parts of a slave's body together (rope, tape, straps, etc.)
- Spreading parts of the slave's body apart (spreader bars, etc)
- Wrapping the whole body of a slave or a part of the body in bindings
- Restricting normal movement (very high heels, hobble skirts, corsets, etc.)

But in some D/s relationships, there is no bondage or there is very light bondage used in the scenes. The preference depends on the Master as well as their slave. For many, tying up is a great way to relinquish control in a visual way as well as in a physical sense. When you can't move, you're pretty much going to agree with whatever the Dominant wants you to do.

What is another attraction of bondage is the idea of giving up control over the way that a slave reacts. When they are unable to move out of the way of sexual stimulation, they cannot help but react to the pleasure. This is a very serious upside for some submissives that are less than confident about their sexuality.

Bondage allows them to explore their sexuality, what they like, and what their body likes, without feeling like they are the ones 'asking' for the pleasure directly.

There are several things that you will want to keep in mind when you are planning on tying someone up:

- Know what you're doing
- Practice, practice, practice
- Have safety scissors readily available



- Start with simple ties and then progress to more advanced ropework
- Never tie across the neck or windpipe

But assuming that you're going to be safe, you need to learn the basics of tying someone up. Here comes the fun part.

Basic Knots And Ties

Of course, a lot of bondage is learned on the spot when you are actually tying someone up. Most of us can fashion a reasonable knot without much trouble, but when you want someone to stay tied up, you need to know a little bit more about how to knot rope.

You could also choose some of the various bondage packages that are available now in sex shops and online bondage stores. These come with Velcro cuffs and chains that can be easily secured around a submissive in order to control their movement. For the beginners, this is an easy way to break into bondage without having to learn anything more complicated than entering your credit card number into a website.

There are also numerous handcuffs, manacles, and other lovely bondage devices on the internet as well – all with their own aesthetic advantages as well as their own restriction uses.

But for others, nothing compares to the feel of rope on the skin. It moves, it adjusts to the body and it can be used in a variety of ways. You can choose from a number of different kinds of rope – hemp, cotton, artificial, etc. But the choice of rope depends on the comfort level of the submissive as well as the wishes of the Dominant.

You can find rope at your local hardware store or through a number of specialty shops. To begin, you will want to buy a long piece of rope – probably about 50 feet, cutting off a smaller piece of this length for practicing knots and ties.

Some Basic Knots

The first knot that you probably already know, but you may not know the name of is the Square Knot. What this does is ties two ropes to each other or the ends of a rope together. This knot lies flat and will not put too much tension on the skin when tied onto a submissive.

To create this knot, take a piece of rope by the two ends, one end in each hand. Take either the left or the right end and loop it under the opposing side so that it comes through – pull to tighten. Then repeat the knot to finish the process.

And the second knot that you will want to learn is a slippery knot, or one that will work well to bind the hands or the ankles, but won't restrict circulation.

To create this knot, take one end of the rope or cord and use the other end to place half of a square knot around it. This creates a knot that can move up and down the length of the rope. Simply add



another square knot on top of this knot in order to get a strong tie that can move.

You can find many knot tying resources at your local library or in community classes as well.

Tying Someone To A Bedpost

If you want to secure your submissive to a bedpost or other stationary object, you will want to learn about knotting tightly so that the rope cannot be loosened. This takes some patience to learn, but is really quite simple.

What you'll want to do is realize that more knots are better. However, with thicker rope, this can become tricky to do. In order to secure thicker rope to a bedpost or other attachment point, you will want to wrap the rope around several times, tying knots at several different points in order to be completely secure.

- Basic ties to learn about:
- Basic wrist and ankle ties
- Hog ties – more advanced and strenuous for slave
- Thigh to calve tie – tie a loop around the upper thigh above the knee and then another around the area below the knee in a figure 8 pattern, keeps legs spread apart

If Rope Just Seems Like Too Much

When in doubt, you can always use duct tape or medical tape as an effective way to restrain someone. Or there are sex supply venues that sell bondage tape that is not adhesive to the skin or to hair on the skin, only to itself. It can also be reused over and over.

Predicament Bondage

Bondage can be used for more than just restraining movement, but also for restraining thought and comfort.

Predicament bondage is the practice of creating a no-win situation for the one that is bound up. While the person is bound up, they are bound in such a way that when they try to make themselves more comfortable, it ends up causing just as much discomfort or pain as they were in before.

These bondage positions will generally allow for around two different positions for the submissive, but both will be painful and hard to endure. They aren't harmful necessarily, but they can feel like they are. Here are some examples:

- The slave is bound to the ceiling in such a way that they need to stand on their tip toes to relieve the pressure in their wrists, but when they do this, it creates a pull on a rope that is secured to their genitals, causing discomfort.



- A slave might be attached to another slave, causing the other to become uncomfortable if the first slave does not hold a certain position.
- A slave with longer hair might have their hair tied to their feet in a hogtied position, for example. If they lower their head, their hair will be pulled, but if they keep their head back, their neck will be uncomfortable.
- A slave might be tied into an upright kneeling position on a bed with their genitals secured to some attachment point. If they don't remain upright, clamps on their nipples might begin to pull in the opposite direction, but kneeling upright is also uncomfortable.

The creativity of a Dominant can be very useful in coming up with these kinds of predicament bondage situations. They can cause a submissive to be very focused on their tasks at hand and yet frustrated that they can not be comfortable doing them.

It provides a great show for the Dominant.

Movement Restriction

But many submissives as well as Dominants prefer to have no movement at all when they are doing bondage activities.

This creates the complete loss of control by the submissive through rope tying, handcuffs, tapes, etc.

To do this, a Dominant will want to consider what position they want their slave in because once they're there, they're not moving. For many scenes, tying someone down to a bed on their back becomes the most obvious choice. It allows the genitals to still be available for the Dominant's use, but also gives the most possibilities in terms of ways to restrain the submissive.

Here is a basic set of instructions for accomplishing this:

First of all, you will want to restrain any movement of the hands so that they can not bother you while you are tying the rest of the body down. The arms should be spread out at forty-five degree angles and far from the head so that they are flat against the bed.

Knots should be tied around the bedposts first to be sure they are secure. The wrists can then be bound to these ropes or into the cuffs or tape that you have selected. Be sure that the submissive can barely move their hands when you have done this – test your successful tying by trying to tickle them. If they can't move to cover themselves, you've done a perfect job.

Next, you need to restrain the lower part of the body. You can do this by implementing the same process as you did with the upper body.

In this position, the slave should not be able to move very much, but there are ways to make it feel even more constrictive to them.



You can start by tying a rope around their waist, knotting it, and then taking the longer ends and tying those together around the underside of the bed. For female slaves, you can also bind their breasts with the rope to the bed too.

For added movement restriction, you can tie the thighs to the bed as you did the ankles as well.

This overall tie is perfect if you want to completely restrain your slave and still have access to their genitals.

If you aren't trying to add a sexual element, but just the element of restriction, you will want to bind the ankles to each other and the wrists to each other, then bind those to the opposing bedposts or solid attachment points. Bind rope or tape around several times to give the feeling of no possible movement.

For bonus points: weave the rope in between the wrists and the ankles as well as around.

From there, you can also bind the thighs to each other as well as the elbows.

Or you could bind the arms and legs to the torso for the complete restrictive feel.

What Do You Do Next?

But once you have someone all tied up and wriggling around, what can you do then? Oh, the possibilities for a devious Dominant.

The easy answer is that you can do anything.

There are a number of things that you should consider when your slave is all tied up and laying there:

- They're completely focused on you
- They can't get away from you
- They might be uncomfortable
- They have no idea what is going to happen next

Needless to say, this places the Dominant into a higher station of power than ever.

What you might want to do is take this time to give out any punishment that might be warranted from past actions. Of course, this will have to be given without causing the bondage to be too painful, but spanking or flogging are much easier to give to a submissive when they can't wriggle out of the way.

You might also want to paddle or flog some of the more sensitive areas of the body because of their compromised position.



Another thing to do is to bring the submissive to a heightened state of arousal via sexual toys, masturbation, or other means. For example, placing a vibrator on a woman's sensitive clitoris and then allowing it to sit there while she writhes from orgasm after orgasm (assuming that you allow her to cum) is quite a spectacle for the Master or Mistress.

Likewise, a male slave that is bound might also be subjected to various means of genital torture or perhaps some anal play.

You can also engage in verbal humiliation or abuse, as they are bound and willing to say whatever you want them to say. You might want to degrade them and call them names, having them repeat what you have said.

What you do not want to do is leave them alone for a long period of time. While this sounds like a great bondage fantasy, it can be quite dangerous if the ropes move or something dangerous happens in the home and the submissive cannot free themselves to protect their health.

Leaving the room for a few moments is okay so long as you have a clear idea of where the slave is and how they are doing.



MORE BONDAGE FUN

Gags

*Silence is Golden.
Duct Tape is Silver.*

-BDSM bumper sticker



To further control your slave and cause them to feel restricted, you can also employ the use of gags.

Gags are a way to eliminate the 'chatter' that comes from a slave, while also filling one of their holes with something that makes them uncomfortable. And there are a number of ways to do this.

Here is just a sampling of the gags that are available for you to buy and to use:

- Dental gags
 - Spider gags
 - Ring gags
 - Inflatable gags
 - Leather gags
 - Bits
 - Tapes and wraps
- Ball gags
 - Traditional scarves

What you need to do is select a gag that is slightly uncomfortable for the submissive, but not something that will harm them. For example, a ball gag can come in a variety of sizes and the slave's mouth size should be considered when choose the right gag.



Gags have multiple effects on a slave when used in a bondage setting, for example. Gags are effective silencers, which cause the submissive to be unable to speak to their Master. This has several effects. One is that the slave needs to be reliant on their Dominant to protect them and make sure they are safe. Two is that the gag creates garbled speaking for the submissive, which can be humiliating for some, especially when the Dominant feigns that they cannot understand what they are saying.

Gags are also great humiliation tools as they can cause the submissive to drool uncontrollably. With the foreign object in the mouth, the mouth naturally begins to salivate more. They can also come in forms that will keep the mouth completely open for oral sex that the slave cannot stop.

If a Dominant is looking for a gag treatment that will completely silence their slave, they will want to choose an inflatable gag as this fills the mouth with the gag and keeps any noise from being able to be made. A cheaper version of this kind of gag is a clean sponge in the mouth (big enough to keep the jaw slightly apart) and then cover the mouth with tape.

Because the mouth is unable to move with these treatments, only faint hissing will be heard.

But when it comes to gags, safety is everything.

Since you're interfering with someone's ability to breathe, a Master/Mistress needs to be watching the slave for signs of distress. Breathing rapidly or starting to change color are both immediate signs that the gag needs to be removed. Sounds of gagging or choking also need to be taken seriously.

When done properly, however, they are an amazing way to make a slave feel completely controlled.

The Safety Ball

A good way to have a sub communicate distress while gagged is to place a ball in their hand. It doesn't have to be a ball, but anything that is small enough to fit in the hand but will make a loud noise when it hits the ground. This way whenever a sub needs to stop the scene immediately, they will just drop the object from their hand. Once the Dominant hears or sees the object drop, they know the scene has become too intense for the sub and to stop what they are doing immediately.

Blindfolds

A slave that doesn't know what's happening around them is a slave that will be more than willing to obey their Master.

A blindfold cuts off one of our most taken for granted senses – sight. When a submissive is tied up, gagged, and then they are given a blindfold, not only can they not move, but they are also disoriented and unable to determine what is happening around them.

This is control.

There are a number of things that you can use for blindfolds and sight disruptors:



- A basic necktie
- Pre made blindfolds from sex shops and suppliers
- Tape (assuming that it won't stick to the delicate eyelids or brows)

You might even cover the submissive's eyes with a blanket or cover while you have them tied up or in a submissive position to try out the feeling for them.

Most slaves find that the placement of a blindfold starts to make them quiet inside, which allows them to completely focus on the wishes of their Master.

And taking away the ability for them to see what's happening next is a great way to create suspense and anxiety for the submissive as well.

Many of those interested in BDSM will begin with blindfolds as a way to foray into heavier bondage applications and restriction of senses.

Hoods

Along the same lines as the blindfold is the hood. These can be found through many sex shops and can be made of artificial materials or leather. These hoods will cover the entire head, providing only holes or zippers for the nose, eyes, and mouth.

This total enclosure is a bit extreme for some slaves at first, but the complete feeling of control is generally appreciated by those that like sensory deprivation.

It's quiet in a hood and outside sounds are muffled, further detaching the submissive from the world around them. They need to be led places by their Master and require more focus in order to find out what is going on around them.

As an added benefit for some slaves and Masters, the hood begins to create the idea that the slave is an object, rather than a person. The hood takes away any recognition of the slave and makes them just a faceless toy for the Master to use any way they choose.

There are a number of hoods that are available; here is a sampling of designs:

- Leather hoods
- Hood with locking collars
- Hoods that are metal and enclose the head completely
- Masks that enclose the head and do not let any light in

When you're looking for a serious way to create control over a slave, the hood is a good tool to have in your dungeon. They're effective and they create wonderful sensory deprivation.



If the Dominant can not hear the sub while they are wearing the hood, then having the sub hold their Safety Ball (refer to The gag section) is a good safety measure.

Sensory Deprivation

Speaking of sensory deprivation, how exactly can you create the best deprivation for your slave?

The object of this kind of play is to remove any and all sense from the slave's consciousness. Here is a basic setup of how you can accomplish this with bondage and other accessories:

- To remove sight – place on a blindfold
- To remove movement – bind the slave in a restrictive position
- To remove touch – bind the hands and fingers with tape so they cannot move at all, same with the toes. There are also hand mittens that sex stores carry that will cushion the fingers in foam so they can't move.
- To remove smell – use a rubber ball gag, the scent remains long after the first use
- To remove sound – place earplugs in the submissive's ears to block out any sounds.
- To remove speech – use a gag

Now, while this sounds a little over the top, it really creates a different space for the submissive as they have no idea of their environment and what is happening around them. They can enter subspace all the more easily and will be at the whims of their Master or Mistress without any way to resist.

Of course, the Master/Mistress will need to pay close attention for any signs of distress, but most submissives will calm down completely in this state, lulled into their own little world.

Plastic Wrap

You don't need to dress up in leather, create the perfect dungeon or have the finest rope in order to practice bondage – you might already have the best bondage accessories in your home right now.

Plastic wrap is a simple and cheap way to start adding some restriction to your D/s fun. With its natural texture and ability to be shaped in a variety of ways, it creates a new way to bind your submissive and create a great scene.

What you'll want to do is head to your local hardware supply store in order to find the larger rolls of plastic wrap as might be used in a larger project. Of course, you can use the smaller rolls that come from your local grocery store as well.

Find a place to set up the plastic wrap in your chosen area that you are playing in and make sure that it is secure and unable to move from that place. This will allow you to pull with ease and not be paranoid that the box will fall and cause a plastic wrap mess.



Your slave will need to hold in the position that you want them in, or you can pre-tie them up with rope in order to add another layer of bondage as well.

You can wrap the plastic wrap around ankles, wrists, breasts, genitals, etc. In fact, you can place this wrap nearly anywhere, except for on the nose or in the mouth.

Many people like to try wrapping their slave completely in plastic wrap after already binding them up, gagging them, and blindfolding them. The feeling of total enclosure causes the submissive to be completely subdued and wrapped in their feeling of subspace.

Plastic wrap also works well with other forms of play as it keeps the skin covered. For example, you might want to try running warm water over the plastic wrap or warm wax. These can create new sensations that will cause the submissive to react, but they still won't be able to move away.

Plastic wrap also works well as a makeshift gag or blindfold, when you're pressed for materials.

Mummification

The art of mummification was created to prepare the body for the afterlife in ancient Egypt, but that doesn't mean that it's gone out of style.

Of course, when doing mummification in a BDSM setting, you're not going to remove anyone's organs, just their senses.

Mummification can be done quite easily by using several different ingredients:

- Plastic wrap
- Bondage tape
- Pre made mummification kits

With these tools, you will be able to completely wrap your submissive up from head to toe, keeping them completely immobile and able to listen only to you, be under your control completely.

You might want to try using mummification as well as a post that is sturdy and able to support the slave during the process. Binding the slave to the post or even a backboard will allow their movement to be completely restricted and controlled.

Mummification can start in any direction, but most find that starting with the feet and legs first allows the submissive to slowly get the sense of being closed off from the world. Moving up to their upper thighs and then abdomen and torso, onto their chest and arms and then around their neck as well as mouth and eyes – this completes the sensory deprivation and creates numerous possibilities for the Dominant. The nose must not be covered so the submissive can breath. If you have not been playing with your submissive for very long then leaving the mouth uncovered is also recommended so you



can openly communicate and check in with your sub during play.

For example, the genitals and breasts might remain uncovered during this process and subject to any sort of play by the Dominant.

Another idea is to keep the eyes free of obstructions to increase the response of the slave as they can see what is happening around them, but cannot do anything to stop it.

Mummification can also be much simpler. You can simply bind your slave's hands and feet, but then roll them up in a blanket so that they cannot move and are completely covered. This is a good way to introduce this sort of play before you invest in lots of tape.

The Grunting Safety Call

When a sub has been completely bound, including limbs, and mouth, so they are not able to hold their safety ball or call out their safe word to stop the scene when it becomes too intense, then the Grunting Safety Call should be arranged.

Have the sub grunt three times (one right after the other) to indicate when the scene needs to stop. Don't like three grunts, then the both of you can even make up a funny noise to be used. The point is before you begin to play, both the Dominant and submissive should have a clear understanding of what will be used as an indicator to stop a scene when things become too intense.

Letting the Dominant know this is what your emergency sound will sound like is the perfect way to start a scene. Dominants checking in with your sub and asking them if they are ok, is perfectly normal and natural for any scene. Also asking them if they remember what their Grunting Safety Call sounds like and to do it for you so you can make sure, is a great way to keep everybody safe.

Why Wrap Up a Slave

Slaves want to be subdued. They want to be unable to move any single part of their body so they may be used and abused however their Dominant sees fit. For some slaves, just being wrapped up is enough to create sub space, and the Mistress can simply watch them or the Master can simply talk to them and they will feel complete. Some slaves also need to be completely wrapped up in order to be able to focus on their Dominant. Some slaves require complete sensory deprivation in order to break down their stronger wills and to give themselves over to the Mistress or Master. And finally, mummification works in the beginning of a slave and Master or Mistress relationship to show that the Dominant can be trusted and that they truly will have complete and total control over their slave.

BDSM Lessons to Teach

The silence which occurs once the slave is in a mummy wrap is exquisite. The slave will not be able to move at all, so they are completely at the whim of the Dominant. A Dominant may choose to use a vibrator or other form of stimulation to see if their slave can withhold orgasm when they can not move. A Dominant might also want to gag and blindfold the slave to see if they can trust the Dominant to keep them safe. The Dominant can pretend to leave the room and simply watch the



slave to see if they are able to keep their mind calm and collected. With certain mummification materials, the Dominant can also cut holes for access and have some fun with various orifices. And a slave who is mummified might also be in the perfect position to be questioned about commands and other memorisation tasks to see if they've been learning what their Dominant has been trying to teach.

Mummification is not something to do all the time as it is a time-consuming process and can lose its impact if the slave is not learning something during their encasement. But when used for special occasions, mummification is a beautiful way to adorn a slave and to restrict them as well as to give a Dominant free reign over the slave's body for a session.

Makeshift Bondage Accessories

If you're not ready to start spending the hundreds of dollars in bondage accessories that you might want to, there are plenty of ways to create a bondage scene with things around the house or at your local stores – without raising the suspicion of anyone in line.

Here are some things that you can use tonight that you probably already have lying around:

- Ties – Great for binding hands and ankles as well as using as gags and blindfolds.
- Stocking cap/winter ski hat – Great for a simple hood for a slave or for use as a blindfold.
- Extension cords – Works well for basic bondage ties
- Mittens or gloves – These are a good thing to use when you want to limit the movement of fingers.
- Duct tape – While this is a really sticky way to go, this kind of tape is quite effective for bondage. However, you might want to start with plastic wrap in order to protect the skin from the removal of this tape.
- Medical tape and gauze – By placing small pads of gauze on the eyes and then attaching with medical tape, you can create highly effective blindfolding.
- A clean pen or other similarly shaped instrument – Placed between the teeth, this works well as a gag too. Simply tell the slave to make sure he/she doesn't drop it
- Broomstick – Tying a slave's hands to the ends of a broomstick creates an effective 'rack' of sorts that will hinder their ability to move. Try it on the ankles as well.

Really, if you look around your home with BDSM in mind, there are plenty of ways to turn that ordinary item into a devious part of your D/s play.



Safety Precautions

Needless to say, bondage is a risky practice that involves a lot of potential situations in which problems can occur. But with some basic precautions, there is no reason for it to be harmful to the slave or to the Dominant.

Breathing Is EVERYTHING

While you want to restrict your slave and make them a little nervous about what is happening to them, you always need to be considerate of their ability to breathe.

This means that nostrils should be able to access air when needed and if the slave is having troubles with breathing through their nose, gag use needs to have special considerations – i.e. using a ring gag that allows the mouth to remain open or a simple cloth gag that will permit some air passage.

What you will want to do is check with your submissive once a gag or other pieces are in place. If they are uncomfortable and something is not working for them, this gives you the chance to adjust the fit or another position in order to continue with the scene safely.

If there is a position that might cause the slave to become suffocated, you need to be aware of this as well. Positions that involve the slave's face being turned away from you will require you to be vigilant about the slave's breathing pattern.

Warning signs of breathing difficulties:

- Increased movement
- Jerking movement
- Pointing to mouth or nose
- Rapid inhalations
- Blue tinge to the skin, lips or fingernails
- Inability to make sounds

The truth is that it will be quite obvious when someone is having troubles breathing, but that still means that the Dominant needs to keep monitoring the slave. And the slave that is having troubles needs to make some sort of signal that will alert their Dominant to problems.

Neck Concerns

The neck is a very important part of the body and one that needs to be monitored as well during a scene. While it might seem like a good idea to restrain this part of the body, it can create permanent and even fatal damage quickly when you are not trained properly.



When you're first starting out, binding the neck in any fashion is a bad idea. Even the loosest ties can cause pressure over the important voice box as well as trachea, even breaking it during certain moves. This causes the throat to immediately swell up and cut off oxygen as well as the ability for the slave to breathe.

If you're genuinely interested in doing some sort of bondage around the neck, you may want to invest in a hard collar that allows for little movement on the neck. This will need to be specially fitted in order to be right for the slave, but the hard construction will make sure it doesn't shrink and hurt the slave's neck, yet it will still give the right feeling that you are hoping to achieve.

That said, neck play should be limited to gentle movements and tugs, never anything more than that.

Dislocations, Sprains, And Breaks

There are 206 bones in the body and all of them can be broken if you're not careful about what you're doing.

Remember that each bone will break when enough pressure or weight is put upon it, so be sure to keep this in mind when planning your next scene. While some discomfort is okay, make sure that you're not doing anything that might cause permanent harm.

This may mean that you limit suspensions until you are fully confident in your abilities as well as limit any awkward bondage positions until you and your slave are assured that you both know what to expect.

The main bones that are easy to break: fingers, wrists, ankles, toes, and feet. Because these bones are smaller, they can not bear as much weight as the bigger bones in the body – be sure to use caution when dealing with these areas.

Circulation

Oxygen is essential for the maintaining of life. Oxygen is taken in by the lungs and transported throughout the body via the blood. The blood then supplies oxygen to cells throughout your body to maintain cellular function. If you cut off oxygen from the lungs via constricting a person's airway, (ie the neck) this individual will die because no oxygen is being supplied to any cells throughout the body. Most importantly, the lungs, heart, and brain. Once these organs shut down a person will die. It only takes minutes for the brain to starve of oxygen as it is 2% of a person's bodyweight but consumes 20% of the oxygen supply. This is why it is recommended to never do anything that might block or constrict a person's airway.

Most people know not to cut off oxygen (ie choke or constrict the neck) of another person. However, many people forget that the rest of the body needs blood/oxygen to survive as well, including: muscles, ligaments, other organs (ie liver, kidneys, stomach, intestines) and even skin. If you cut off blood flow to a certain part of the body via tight bondage, you cut off oxygen to the tissue in that area and over time that tissue will die.



When performing bondage it is important to ensure that a person's circulation is never obstructed. A simple rule to remember is the finger rule. One finger should be able to easily slide between the skin of the person being tied up and the rope (or other bondage material being used).

When doing any form of bondage always keep an eye out for signs of constriction:

- Numbness or tingling
- Swelling
- Discoloration of skin (blue/purple look)

If you see any of these signs, the bound partner needs to be released from bondage in order to return bloodflow to these constricted areas.

Submissives, if you see or feel any of these symptoms, speak up and let your Dominant know what is going on. Don't hope that they might see it, let them know what is going on with your body immediately. Only the submissive knows exactly what is going on with their body and it is important to keep the Dominant informed at all times, so both can act accordingly for the submissive's safety.

Everybody that chooses to take part in any BDSM activities is responsible for their safety first. Never feel shy about speaking up when it comes to your safety and health.

Safety during bondage and other forms of BDSM play generally comes down to common sense and good communication between slave and Master/Mistress. By thinking ahead, having 'escapes' for the slave (i.e. a good emergency pair of shears, handcuff keys readily available), and talking to each other, you shouldn't encounter too many problems along the way.

SLAVE ASSIGNMENT

Your job after this section is to find out more about the kinds of bondage that you think you would like to have used on you.

Make a list in your slave journal of the fantasies that you have as well as the things that do not make you comfortable at all.

But in another list, write down the things that both terrify you and cause you to get aroused. This will be your list of challenges in bondage and things that you will want to slowly dip your feet into, or let your Master or Mistress know about so that they can train you properly on how to overcome these fears.

Bondage is a great way to build trust, communication, and an overall good time. But remember that safety goes a long way towards making it enjoyable every time.

SPANKING AND OTHER IMPACT PLAY

Love well, whip well.

Ben Franklin



Nows the time for the spanking, whipping and basic flogging fun that comes into many people's practice of D/s.

Not only does it create an instant power exchange, but it also can be highly satisfying for the couple that is into pain and gets aroused by using it.

However, there are some rules that you will want to keep in mind before even approaching someone with a whip, cane, etc.

- **Don't ever strike someone when you are angry** – When you are highly emotional, this can cause you to swing harder and hit harder than you intended to. This can cause serious and permanent damage to the slave's skin as well as to their psyche. If you're not in a calm and controlled place as a Dominant, you need to refrain from any sort of striking.

- **Striking a slave should not be done with the intention of harming them** – Of course, spanking and

flogging are going to hurt, but delving into TRYING to physically harm someone is nasty business. You want to make sure that you are using the actions as a form of control and not abuse.

- **Know your slave's limits** – While some partners will have signals for when the pain has become too intense for the slave to handle, it's actually a better idea to talk about these limits before any flogging begins. This will allow the Dominant to keep these limits in mind – and follow them.

This can be a highly erotic part of your D/s practice if you do it right. Here's what you need to know now.

What You Can Use – List Of Implements



The list of striking implements is endless really, but here are some of the more popular ones:

- Hand
- Paddle
- Cane
- Flogger
- Crop

The hand can be the most effective and simple way to use a form of corporal punishment in a D/s relationship. It's cheap, it's easy, and you can do it anywhere, anytime.

What you need to keep in mind is that you can use anything as a striking object so long as it is sturdy and clean; this is especially important when you are striking bare skin.

Look around your house right now for other implements that you might be able to use – fly swatters, metal rods, broomsticks, etc.

You can even make your own paddles, if you like, with various devious parts. For example, some Dominants have turned ordinary ping pong paddles into spanking tools. Others have turned an ordinary antenna into a striking toy.

Spanking

Spanking is easy, simple, and anyone can do it. In fact, it's probably the best place for most Dominants to start in order to get a feel for what they want to do with their slave, assuming the slave concurs.

But the trick with spanking is that it can become quite tiresome after a while because the movement of the palm against the skin requires a lot of energy, especially when you want to repeat the movement over and over.

However, there is a secret trick that will keep the Master from getting too tired and the slave from getting too few swats:

Cup your hand as you are spanking.



It would seem that this would lessen the effect of the actual striking, but it does not. And this movement dissipates the energy over the entire hand, making the hand able to repeat the movement for longer periods of time as opposed to the everyday slapping motion that most people make.

Where to spank? You can spank someone on the most obvious area – the buttocks or you can be a little more creative and change spanking into more of a slapping action.

The backs of the upper thighs are a good place to apply the spanking motions, and since you probably already have the slave in a position where the upper thigh are readily accessible, it only makes sense to move your efforts downward a little – for variety.

You can also use the spanking hand motion on the cheek of the face, the upper back and chest or breasts for a sharp feeling of pain that will redden the skin and cause blood to immediately flow into the area.

There are also a number of positions that you can have your slave in to make the spanking all the easier:

- Over the knee
- Over a sturdy piece of furniture
- Propped over a pillow, with buttocks facing the Dominant
- Bending over, clutching their ankles

One thing you will want to keep in mind as you are spanking a submissive is that following through with each strike can cause unnecessary damage to the muscles that are just below the skin. Try to keep the pain limited to the outer layers of the body such as the skin by restricting just how far back you wind up when you're spanking away.

For some extra fun, have the submissive wear ben-wa balls or a plug with a interior ball inside. With each spank, the impact will cause a vibration to occur with the item being worn causing some extra stimulation during impact play.

Paddling

Of course, why not have another tool do the work for you? If your submissive is finding that they want a little more impact and thud to their play and spanking is hurting your hand, a quality paddle could be the solution. Paddling is a great way to still strike your slave without causing any strain or harm to your hand.

Just as with spanking, paddling is simple to do.

What you'll want to keep in mind as you use a paddle is that your wrist should be slightly loose so as not to have any unwanted cramping when you are using it. Remember too that repeated paddling will cause the wrist to become tired, so you might want to switch positions or tools from time to time



during a longer scene.

Another concern with paddling is that the area that is being paddled can become a little less sensitive if you continue to strike it hard over and over. What happens is that the skin begins to compress itself with each strike (as a defense mechanism) and that creates lessened sensitivity.

All impact play needs to be done slowly at first and then build up to harder and harder and/or faster and faster strokes. This allows the slave's body to 'warm up' and be able to handle more than they might have thought they could.

Flogging

But when it comes down to flair, flogging is the striking method of choice for many Dominants.

Not only does the implement look impressive, but it also can be just the right amount of pain when used properly. Some might call this implement a cat o nine tails (or more tails in some models), while others might just call it a flogger.

Some will tell you that a cat o nine tails has flat or round braided tails while a flogger has tails that are flat rubber or leather.

The name and the details don't matter, so long as you know how to use it.

You will want to choose a flogger that is made of high quality materials and is durable in design. Unlike what is commonly believed, you don't want a heavy handle, as the counterbalance only works to tire the Dominant's arm with each swing. Instead, a flogger that has a sturdy, flaired handle at the top of the handle will make the flogger easier to hold onto, allow more flexibility in your swing and doesn't exhaust your arm with each throw. This will give you the largest amount of control over its use and the solid construction will help to ensure that pieces aren't going to be flying off during the middle of a scene.

You will want to practice before you start on a your slave, so find some time alone with your flogger and start finding out how it works. Your 'victim' can be an ordinary bed pillow.

To be in the proper position, try to line up your body to the intended target, making sure that your shoulders are facing the target and that your legs are spaced apart and able to support you and keep you from moving too much. You might also want to create a target spot on the pillow to help you concentrate on your aim.

Now, lift the flogger in your preferred hand, up towards your shoulder and then bring it down onto your target. If you didn't come close to your target, that's okay – you'll get it in a second.

If you weren't able to reach your target, step closer. If you overreached your target, step back – simple enough.



Now, try again, moving your whole arm into the movement, but not your body. When you move your body through a flogging, it is exhausting and it causes the flogger to lose power.

You can also check the direction of the tips to see if they are going the way that you want them to. Simply hold onto the tips before you pull back and strike to ensure that the tips are heading flat or on their side.

You can then quicken the pace with each stroke, quickly bringing the flogger back to your shoulder and then back to your target, over and over. Once you start hitting your target consistently, try to speed it up even more. The faster your pace, the more intense the overall sensation for the slave. When the flogger twists and becomes tangled, simply stop and release the tangles before going on.

Important tips:

- Keep your eyes on the target
- Don't snap the flogger, use smooth movements
- Do not hit above the shoulders
- Do not hit the lower back where the kidneys are
- Do not hit the outside of the hips – This is a beginner's mistake that can be quite painful for the slave. Remember there isn't a lot of protection on this part of the body to cushion the blows.
- Remember that you have a longer reach than you might think

Make sure to practice a few times before heading to your slave's buttocks, but it's really quite simple to learn and once you've gotten the hang of it, quite fun to give and to receive.

Bonus techniques:

- Move the flogger in a figure eight pattern as you are swinging, giving multiple strikes with each movement.
- Try swinging all the way through from your back to the slave's bottom.
- Try out new positions as well as movements to find your signature flogging technique.



Caning

When many slaves hear the term 'caning,' they immediately grimace in pain. And rightfully so. Caning is one of the more challenging implements to both use and to receive pain from.

The cane is a small rod that can be an actual cane or simply a thinner piece of wood or bamboo. Though the cane might look small and weak, it is fully capable of packing a strong enough blow that it can break the skin. While it looks non-threatening, that little piece of wood can be the first thing that reduces a slave to tears. They tend to be the stingiest of all BDSM implements, which can be very difficult for a submissive to handle even if they enjoy more sting in their impact play.

Using a cane is quite simple, just as any of these implements.

Striking with a Cane

What you'll do is take the cane in your dominant hand (no pun intended) and position over the area that you wish to strike. You can then simply move the cane up and down over the area with little movements of your wrist. You don't use your entire arm to swing a cane, it is just very small movements all coming from your wrist. Some Dominants have been known to hold the cane in place with one hand and pull the cane back with the other hand in order to get a little more power with each stroke.

What happens with canes is that a lot of pressure is built up into a smaller area, which causes more pain on the skin's surface. If you like to see welts and bumps on your slave, canes are the tools that can do it.

There is no need to swing a cane from the shoulder or elbow of your arm. Since canes are so thin and light, very little strength is needed to produce a large amount of stinging pain.

Never hit with the tip of the cane. The tip of a cane during motion is the fastest moving part of the cane. With a round end, this tip can easily break skin when it makes contact. Impact can be made anywhere along the shaft of the cane up to about 2 inches from the tip.

You will want to start out with soft hits, and as your slave begins to feel things getting warm, just continue with that same pressure – at first. Over time, your slave might be able to take more than this, but they will begin to notice that they are getting more and more pain as the strikes go on as the skin is becoming more sensitive. You can strike a slave on their back, their buttocks, their arms, and on any other sensitive areas. It's best to start with areas with more padding first to see what the experience is like, but once your slave begins to understand this new sensation, you can move on to other areas of the body that are more sensitive.

The same rules apply as with flogging, paddling and spanking – no hips, no kidneys, and no head – but with canes there are super sensitive areas that might be interesting places to test out the cane.



- Bottoms of the feet
- Palms
- Breasts and nipples
- Insides of thighs
- Backs of thighs
- Backs of arms

Because these areas are so sensitive, a very light caning will go a long way in controlling your submissive and making them beg you to stop.

Aftercare for Cane Marks

What you will notice is that it's very, very easy to break the skin with a cane and leave large bruises. To make sure that your slave isn't going to have lasting damage from the cane, you will want to make sure that you clean the area with an antiseptic cleaner once you are done. This will remove the germs and it will cause you to have a germ-free area. Once the area is cleaned, gently, then you will want to apply some topical ointment that is made for wounds. Make sure you wear gloves while dealing with open wounds to not contaminate the wound or yourself. And, if possible, bandage the area. This sounds like a lot of work, but it will ensure the slave doesn't get any infections and have to sit out the next training session.

Caning is an intense experience, both for the slave and for the Dominant. Because it doesn't take much, the Master or Mistress needs to be very careful about how they apply the hits and how many they use at first. But for slaves, it's also a good idea to make sure they are able to speak up about whether they can take more pain in a session. If they need to stop, they need to be able to do so, and that's where your safeword will probably come in handy. Caning is a hard practice, but for those who like pain, it's one of the best.

Things You Have Around The House

But you don't need to buy that \$500 bullwhip if you don't want to. You simply want to think creatively as you look around your home.

- Got an old antenna? It works great as a cane, after it has been disinfected. As with all household toys.
- Have any back scratchers? Use the flat side of these for striking your slave.
- Rolled up newspapers work
- Thin metal rods are devastating
- If you're good at snapping a towel, you can try that.
- Get out a favorite leather belt (but watch out for the metal parts)



- Tennis rackets work well
- Clean PVC pipes work well on thicker skinned surfaces
- Plastic or metal cooking spoons
- Whisks, spatulas, etc.

All the world is a striking instrument so long as it's clean and free of things that might break the skin – of course, if you want to do that, you're more than welcome to try.

What's great about finding ordinary items and using them for your BDSM play is that they can sit around the house and look completely innocent – and only you will know the truth.

New To Impact Play

When it comes to impact play there are some things that you need to take into consideration before you ever start. First and foremost is safety. While everybody wants to have a fun time and experiencing these erotic sensations can be a huge turn on for a scene, safety should always be the first thing on your mind.

Communicate About Both Of Your Desires

If your submissive is new to impact play have them make a list of all the impact activities they are interested in trying and what they have absolutely no interest in trying.

If your submissive has previous experience have them list the activities they enjoy, how they like it done, what feels good and when. The more detail you get the better you will be able to provide the kind of experiences they desire. Don't forget to make a list of activities that are off limits as well.

Most importantly establish clear safewords and safety procedures for when a scene might be stopped immediately.

Play On The Lighter Side When Starting

When it comes to impact play and most Dom/sub activities, I believe in the philosophies of better safe than sorry and always leave them wanting more. It is always a better idea for your submissive's safety and physical/mental welling-being to play on the lighter side when just experiencing impact play for the first time or with a new implement.

Most new submissives can not imagine the extreme sensations that can be produced by different BDSM implements. I have heard far too many stories of novice submissives who claim to have a high pain tolerance, they have no limits and that they want to experience everything, only to be completely shell shocked when they experience their first intense BDSM scene. It is the Dominant's responsibility to protect their submissive and an overly eager inexperienced submissive can easily bite off more than they can chew. By going slowly and taking the necessary time to learn about how the sub reacts and responds and what they enjoy/don't enjoy, it will only benefit the both of you.



Things can become extremely overwhelming to a submissive just trying a new kind of sensation. In the heightened arousal of the moment their mind and body may be screaming for more but that does not mean they will be able to truly handle things, once the experience is pushed harder. Take these moments where you are going lighter to focus on learning about the submissive, their body and how they react to what you are doing. Not only are you going slowly so your submissive can learn, but this is an important time for you to learn as well.

The Impact Scale

Ask your sub on a scale from 1 to 10 (1 being the lightest and 10 being the hardest) what is the hardest they want to be spanked, cropped, flogged, whipped, etc. You should ask this question for each type of impact toy as each has a different level of intensity and varying sensations. A sub may be able to handle a level 8 in spanking but only a level 4 with a cane.

Once they have given you a level they believe they can handle, you will spank them with your hand or the implement and have them gauge the level of intensity they believe that impact was. Let's say the most intense spanking your sub wants to receive is a 5. Now you will proceed to spank them once with this level 5 in mind. After they receive this spank, ask your sub what level of intensity they thought that spank was on. This is the important part, because here is where you are going to match your ideas of intensity to theirs.

While I may believe the spank I just gave them was a 5, it is how the submissive interprets the intensity of the spank to be that matters. They may think that the spank I just gave them was a 3, at which point I need to try again with another spank that is just a little harder. If they believe the spank was a 6, then I need to try again with a spank that is a little lighter. Keep trying until the sub agrees that the intensity matches the level they are comfortable with. You will find that most times it's fairly quick to match up the intensity levels between yourself and a submissive.

With that said, this does not mean that you only spank, whip, flog or cane at that level. This is just showing the absolute hardest impact that your sub is capable of receiving at this time. When it comes to dishing out an impact session you will cycle through many different intensity levels, speeds, and styles. Again start slow and light, slowly working your way to more intense impacts (like a 3 or 4) for just a few seconds, come back down for a minute, work your way back up to a 4 and stay there for a minute. So on and so forth.

The point is to figure out what is the hardest impact that your submissive is capable of handling and staying below that to ensure your impact play is within your sub's capabilities.

Practice, Practice, Practice

Taking a pillow and mark it with an "X" You can use an old pillow case and mark it with a felt or tape. Using the implement of your choice, practice striking the pillow while you aim for the "X" Continue to practice your technique until you are consistently able to strike the desired target area.

You should have at least a rough idea what each of your tools should feel like and what each kind of



strike intensity feels like. At the very least you should test each new implement on yourself before ever trying that kind of implement on someone else. Your inner thigh is a very sensitive area and will give you an accurate feeling as to what the tool feels like. Take some time to familiarize yourself with each sensation that all the different implements you use produce. This way you can understand what your submissive is feeling as you play with them.

Impact Zones

The easiest and safest place to strike when first starting out is the buttocks and upper thighs. This area tends to have a larger surface space which makes it easier to strike. There is a lot of muscle and extra padding which can handle lighter to heavier impacts.

Most submissives find the bottom half of the butt to upper thigh area be the more pleasurable area to receive strikes. The upper part of the butt tends to have less padding and can be more painful due to this.

You still need to be careful when striking the ass, as missed strikes can easily hit the tailbone or the lower back which contains the kidneys. The tailbone is a protruding bone at the end of your spine which houses many of the nerves from the spinal cord. A direct impact on the tail bone can be extremely painful, even if the bone is not broken.

The kidneys are fairly exposed on your lower back and it does not take much to damage them. For this reason no impacts of any kind should ever be thrown towards the lower back. If you are unsure or feel nervous about this area, you can fold a towel and lay it across your submissive's back to provide some protection from any stray impacts.

Don't stick to striking just one spot. Over time, repeatedly striking one spot can make that site painful. Moving the impacts as you play will prevent one area from becoming overly sensitive and painful.

Moving To Other Areas

Once you and your submissive become more comfortable with impact play, you can slowly move to other parts of the body. The back tends to be a good place to start for your next step. It has a wide surface area, with lots of muscle and fat to pad the bone underneath.

The problem areas to avoid are the spinal cord that runs along the middle of the back and the neck. There is not much protection for these two areas and they house a lot of nerves. Again, rolling up a towel and placing it around your submissive's neck can protect against stray strikes.

Many people have seen videos where the person being flogged holds their hands above their head, whether they are tied up or are just holding onto something. Throughout history this was used because as the arms go up, the muscle protecting the bone underneath becomes stretched out, thus bringing the bone closer to the surface. Therefore it made any strike more painful as it would impact the bone. It's best to keep your submissive's arms down so there is more muscle protecting their body.



Advanced Impact Play Zones

The point of all impact play is to strike areas that DO NOT have any nerves, bones and organs that could be easily damaged.

Areas to avoid at all costs: Head, neck, shoulders, elbows, wrists, hips, knees, shins and ankles.

A good rule of thumb:

The Heavier the implement = The Harder the potential impact = The more muscle/padding required to cushion the impact

The lighter the implement = the lighter the potential impact = the less muscle/padding required to cushion the impact.

Essentially what this is saying is that very heavy implements and there by heavy strikes should be confined to the buttocks, upper thighs and upper back. The less muscle/padding a body part has, the smaller the implement that can be used and the lighter the impact needs to be.

Stingy Vs Thuddy Sensations

Different tools will produce different sensations and different submissives will enjoy a variety of different sensations. It is important for the both of you to discuss and figure out the kinds of sensations your submissive enjoys.

To understand sting and thud, just roll up your sleeve. To know what sting feels like, pinch a very small piece of skin. You should feel a very intense sharp sting that radiates from your skin. Now take your entire bicep in your hand and squeeze. Instead of feeling a sharp sting, you have a dull pain that penetrates deeper into the body. Similar sensations are occurring with different toys you use.

A stingy sensation is a sharp "bite" like sensation. This sting comes from the localization of the sensation to a small area as it resonates/hurts at the skin level. The narrower and lighter the implement, the stingier the sensation.

A thuddy sensation is a duller deeper pain sensation. This thud comes from the sensation being spread out over a larger surface area and impacting deeper into the body. The wider and heavier the implement, the thuddier the sensation.

Sting and thud sensations differ from implement to implement as the size and weight changes. A medium width light weight paddle will not be as thuddy as a paddle that is just as wide but heavier. At the same time it will not be as stingy as a narrow ruler that is just as light as the light weight medium width paddle.

Work with your submissive to figure out the different BDSM toys and implements that match both of



your desires.

How To Keep The Pace Up

What's concerning to most submissives and Dominants is how to keep up the pace of a long impact session. When you're trying to hit someone over and over, how can you maintain your energy?

And for the slave, how can you continue to 'take' pain?

Starting with the Dominants, there are several things that you will want to do prior to heading into the dungeon for a little playtime:

- Practice, practice, practice – If you haven't been spanking or whipping before, your muscles aren't going to be strong enough to maintain long periods of repetition. You need to practice daily for a while in order to get these muscles ready for action.
- Learn the right form – There are hundreds of books, videos, classes, and more on how to properly strike a slave. By learning the right form, you will be able to continue your pace for longer periods of time, extending your play sessions each time.
- Make it easy on yourself – Instead of placing your slave in an awkward position, create a striking position that is simple for you. Heck, you can even find a way to put your slave into a location where you can sit down as you're paddling away.
- Always start every impact session with light touching - Before moving onto light spanking and/or a light impact toy. The point is to slowly warm up your partner before moving onto heavier impacts or heavier toys. A person is better capable of handling pain when it is gradually increased.

Try Different Speeds

If you feel that you are beginning to tire, simply change positions or speeds for a little while until you feel reenergized. This is also a great way to keep your submissive interested and on their toes as they won't know what you might do next.

- Rapid strokes help to create a continuous sensation and are easily produced for lighter strikes and lighter toys. This can also give you a bit of a break if you have been only throwing heavy strikes for a period of time.
- Slowing down your stroke speed for heavier strikes can give each strike a chance to dissipate. This allows your submissive to have time to feel the transition of the entire impact as it is dispersed throughout their body. Again, this can give you a breather if you have been doing rapid strikes for a period of time.
- Creating patterns can be a way to see if your submissive is paying attention. 2 – light strikes, 2 – medium strikes, 1 – hard strike or 2 - light strikes, 3 - hard strikes



- Randomly changing up the pace of your strokes can keep your submissive on edge as they never know when the next strike is going to come.

Changing the pace throughout a session is an easy way to keep your sub's attention, and give you some needed relief over an extended impact scene. Repeatedly going at the same pace, and impact can become exhausting for anybody.

For The Slave

Tolerating and lasting through the pain is an altogether different ordeal. And that's because the mind works to create more pain in some situations than is actually present.

When your body is being hurt in some way, the body will respond. This is natural as it is trying to keep you from being hurt. To counteract this mechanism, you will need to realize that the initial first few blows are going to be the worst of the bunch as your mind begins to settle into the rhythm of the flogging or spanking and eventually into the endorphin rush.

Here are some ways to keep your mind steady and able to deal with each stroke:

- Breathe out with each hit, if you can – This instantly relaxes the brain and allows it to recognize how much pain is really there.
- Don't panic – Remember that the first few strikes might hurt a lot, but if you can move past the first few minutes, it will become easier for you.
- Have a stop word ready – Sometimes just knowing that you can say stop is enough to help you move past the pain and try to take more.
- Say stop if it does hurt – If you feel like something isn't right or something really hurts, even when you're not being hit, you will want to tell your Dominant immediately. You do not want to hurt yourself by thinking that you need to stay silent.
- Think about something else – Even counting each strike will help you take your mind off any pain that you might be experiencing and help you move past it.

However, in some cases, the Dominant will not want the slave to 'go off' and deny the sensations they are feeling. In these cases, the slave needs to work hard to remember that they are serving their Dominant and that each time they are able to last through the pain; they are showing their obedience and their servitude.



To Mark Or Not To Mark?

For some BDSM aficionados, striking isn't doing its job unless there are several things popping up on the submissive's skin:

- Bruises
- Redness
- Warmth to the touch
- Welts
- Perhaps a small spot of blood

Each of these signs shows some Dominants that they have struck the skin hard enough to cause some minor damage. But the question is whether or not it's necessary in order to be effective.

Here's the truth: you can inflict and receive a great amount of pain without ever having a mark left from it. Some people have tougher skin and they're not going to show the impressive marks that some slaves do.

But others will bruise as soon as you think about spanking them.

What you need to keep in mind is that the kind of damage you want to do should be minimal and left to the outermost layers of the skin. These kinds of marks will not be permanent and will heal quickly – ready for the next scene that you do.

However, if you do strike too hard, you can cause problems with the muscles deep in the skin and that can be much more painful than the flogging or spanking itself – and last a lot longer too.

What you should do is test out the toughness of your submissive's skin by taking your time, building up pressure as the scene goes on.

If you do end up breaking the skin open, this can lead to infections, which can be problematic.

If you find that the skin has been broken during a session, you may want to stop what you are doing, survey the damage and then apply first aid as needed. Some D/s scenes will end with the Dominant taking care of their slave by applying antiseptic lotion or other treatments, as a reminder that they truly do care for their sub's welfare.

For heavy bruising, try applying ice packs to the skin as well as arnica lotion or gel to soothe any pain.



The Question Of Bruising

But just as some submissives like pain and others do not, there are some that WANT to be marked in some way, like having bruises showing in some way after a session.

Much like wearing a collar, it reminds them that they are under the control of another and it reminds them of their place.

The truth is that the skin will generally require more and more intense sensations in order to continue marking than it may have in the beginning of the BDSM relationship. That doesn't mean that the blows need to be harder, but that you might need to find new areas that are still more sensitive. The human body adapts extremely well and reduction of bruises to regular physical activity is part of this adaptation.

But if the submissive would like to have some sort of 'reminder' of their scene with you, you can do one of several things:

Apply direct, repeated pressure to a smaller area of the body – When you use intense spanking or paddling on one part of the buttocks, for example, you might find that the area is more likely to bruise.

Canes are highly effective at leaving welts, no matter how often they are used – The only trick with this is that the skin can be easily broken, so you will need to apply an antiseptic regularly to prevent infection.

Hickeys are still a good way to mark a slave – If your slave does not need to be in the public eye or doesn't care that the bruising will be visible, good old-fashioned hickeys and bite marks are easy to place on a slave's neck. Of course, you don't just have to place hickeys on the neck. Let your imagination be your inspiration. You can add hickeys to very subtle areas or even spell out words with hickeys. Simply suck on an area that you wish to mark and wait just a few moments for the initial results.

Marking your slave can be safe and easy, and it can be the crowning way to finish a scene off and leave a reminder for days to come. That is if that is something your submissive has agreed too.



SLAVE ASSIGNMENT

Learning about the various ways that your Master or Mistress can inflict punishment or pleasurable pain will allow you to relax more and learn from the overall experience.

Take some time now to do your own research on various methods of striking, making a list in your journal of the things that sound erotic to you, that you want to try in the near future.

If there's anything that turns you on and scares you, make a note of this to. With proper training, your Master or Mistress can help guide you through these feelings and help you become a better slave for having faced your fears.



OTHER MARVELOUS THINGS

There are no gains without pains.

Ben Franklin

But there's even more than you can enjoy in the BDSM lifestyle – so long as you take some time to learn the right way to do things and how to avoid injury – well, the permanent ones, anyways.

Role Play

Role playing can be an amazing way to turn up the intensity of any sexual relationship, but even more so in a BDSM partnership. When you add the element of role playing, you can further create a sense of authority and control in a scene. But there are good ways to do this and bad ways to do this. Here is what you need to know before you get started.

First of all, find out what your partner might fantasize about in terms of role play. Does he or she think about being a naughty student and you as the controlling teacher? Maybe they're into the policeman and criminal scenario? Take some time to talk with your partner about potential scenes that you can do with these roles. You can even go shopping together to find the appropriate costumes to wear. Using costumes is actually a great way to get you both 'into' the scene that you are going to do.

Once you've determined what you want to explore, try to figure out exactly what makes that fantasy so hot for your partner. Is it the outfits? The dirty talk? The spanking? By talking with your partner as well as thinking about the role playing that you want to do, try to figure out what's most important from this scene for them as well as for you. This will intensify the experience and help you both get into the roles more easily.

Another way to make sure the role play works well for you is to make sure that you're staying in character as much as you can. Talk dirty or use medical speak in a doctor - patient scene. Make the area where you are playing look like a place the role play could occur. Set up 'props' that will help you both get in the mood. You want to make the 'real' world go away for the time being.

When you're new to role playing, you also want to keep in mind that not everything will go right - that's inevitable. So, make sure that you're not being too serious about keeping things in the role play. What matters is that you're both having a good time. If your accent for the French prostitute isn't perfect, don't sweat it. And if that rope tie falls apart, simply fix it and move on with the scene. When you let things get to you during a scene, they will disrupt the scene more than these little 'problems.'



More Tips To Make Your Role Play Work

- Research the role you want to play - Read stories about the character that you will be playing. You can also read erotica stories that include this character to help you get more ideas on what you can do.
- Switch things up - If your partner is interested, you might want to switch up the roles every now and then too. Or you can change roles in the middle of the role play, if that's something that you both want to do.
- Try new things - There are hundreds of different role play games you can play, why not try them all?
- You really don't need anything but a vivid imagination – You don't need to have the right clothes or props to have a fun role play.
- Talk about the role play afterwards - Discuss what worked and what didn't after the role play so that you can just get better with each time you try.

Role playing is a fun thing to add to your BDSM scenes as it gives both partners a sense of being someone else for a while - and that can lead to intense games of control and power. Isn't that what you want after all?

Office Role Play Scene

Sometimes, a little role playing can help to make a BDSM scene not only hotter than it might have been before, but also a bit more fun for everyone involved. It's just fun to pretend you're someone else and for the slave or the Master or Mistress, sometimes getting into a role can help to enhance the overall training experience. In the office scene, you can easily create the roles of the 'bad' worker and the 'bad' boss. The boss is the one who has all of these rules for the worker to follow, but the worker may not be competent, which then causes the boss to have to take matters into their own hands. The slave can then be surprised that the boss is doing what they do, but, fearing for their job, they submit anyway in order to keep from getting fired.

The Right Environment

While you might not want to change the entire dungeon into an office, which might be punishment enough, you will want to use a space which is going to conjure up the feeling of being at work. Using the home office, for example, is going to be the best way to ensure you are creating the right mood. You can also set up a small table and a chair to create the attitude of a desk where the bad employee can be punished right where they work. Or the 'boss' might want to take the employee home with them after they have found out they have done something wrong at work, helping you to transition to a bedroom without too many holes in the story of the scene. No matter what, the bad worker can be punished or pleased as the boss decides is necessary.



Choosing The Outfits

Having clothing from an office setting is really going to make the scene more believable and fun to do. You might want to wear an office outfit of a suit or a skirt set to help create the right mood. These clothes don't have to be perfect in appearance and they can even come from a thrift store to save money. But wearing something that conjures up the idea of a boss and a worker will help the scene. The worker might want to wear something completely inappropriate for the office, which is what sets the boss off. Or the boss can wear something completely inappropriate and come on to the worker when they are walking up to their desk.

What To Do In The Scene

You've already gotten some scene ideas, but here are a few others which can help to turn a BDSM office scene into a hot session:

- The boss finds out the worker has been stealing from the company, but promises not to say anything if the worker submits to their every desire.
- The worker finds out the boss is stealing money, and turns them into a slave of their own.
- The boss punishes the worker in front of the entire staff for not doing a report correctly.
- The worker is tied to their chair or their desk in order to make sure they fulfill their hours for the week since they skipped out at lunch all week.
- The boss decides to hire a worker, but only after a series of humiliating tests.
- The new worker is tricked into the office after hours and has to submit to the boss in order to keep their job.
- The worker is told they need to test out the company's BDSM products in order to make sure they are safe to sell.

You get the idea. There are plenty of ways you can add BDSM touches to an office scene. And the more creative you get, the more exciting the scene will become.

Sex Toy Shop Scene

Role playing is a vital part not only of training in BDSM, but also in the way that a slave and their Master or Mistress can begin to challenge their new skills. By taking the slave into a new situation, the slave begins to see how they are progressing in their role and the Master or Mistress can begin to see how far they can push their slave and mold their slave into the perfect submissive. In a sex shop scene, you can use all of the toys you have in your dungeon (maybe add some new ones), many to punish, others to test, and in the end, you will both begin to see just how strong the relationship can become.



Setting Up The Sex Toy Shop

In the beginning, you will want to lay out all of the sex toys that are for 'sale' in the sex toy shop. This will begin to entice the slave and make them curious as to how these might be used in the shop scene. It might be a good idea to visit a few sex toy shops to see how things might look and how you might want to create a realistic vision of the setting. You can also create a 'back room' where the most naughty and intense toys are at, including the dungeon that you have already introduced your slave to in previous training sessions.

The Seller Of Sex Toys

The Master or the Mistress is the 'owner' of the sex toy shop, helping the slave see what each of the toys are for. The slave might want to act as though they have no idea what the toys are for, and will only find out when the owner of this sex toy shop shows them how they work. The Master or Mistress will need to know how to use these toys and how to engage the slave in acts that 'test' the items on them to show just how powerful and effective they can be for training.

The Buyer Of Sex Toys

The slave will want to be someone who acts like they have no idea what each toy does. As the scene unfolds, the slave will become more knowledgeable in a very intense way about the toys they have before them. They will begin to fall under the spell of the BDSM world, beginning to create a stronger attachment to the toys and to the way that they feel when the toys are used on them.

The Scene Begins And Unfolds

The Master or Mistress will begin by encouraging the slave to come into the shop and then to talk about how they want to be treated in their slave role. Why do they want to be a slave? What sensations do they want to feel? In listening to the answers, the Master or Mistress will begin to use the toys on the slave, making them see just how their body might respond and how they are slowly becoming a slave in all senses of the word. The Master or Mistress might also want to strap the slave down in order to show them how each of the toys work, maybe even blindfolding them to make the experience all the more intense and filled with sensations. At the end of the scene, the Master or Mistress might even talk about how they want to keep the slave in their store for future testing of new products and to show others how these items work to punish and to please.

By introducing the sex shop scene, you will get a chance to play in your BDSM relationship. In doing so, the slave and the Master or Mistress will enjoy each other – and the reactions that come as a result of being introduced to 'new' items.



Punish The Bad Student

The bad slave is one that should be punished, but when you want to train your slave to be good, why not try a role playing scene for a change? Because they will be out of their normal element, the slave will need to make sure they are listening to your guidance and following the new rules as they discover them in their position. Being the teacher and the slave being the student might seem to be a common scene, but it's also one that you can add a BDSM flavour to – for great training results.

Hot For Teacher

When you are the teacher, you need to make sure that you look the part just as much as you act the part. You can either dress as provocatively as possible, in a way that no teacher in a traditional school would do or dress very formally so you look like an authoritative figure. You might want to create a story for yourself and for the teacher that you are. For example, you might be a substitute that has been called in to handle the rowdiest boys in the school. As a result, you might need to employ new methods of punishment that the school board doesn't know about – but that are highly effective. Or you might be the new teacher who has the hots for a student and they keep them after school to see if the student can follow their rules.

Rules To Be Broken

While this scene is designed to have rules broken, you need to create some rules for the classroom that will test the slave. You might want to write all of these rules on a blackboard and allow the slave to view them for a few minutes to get them all in their head. Then, erase the rules and see if your slave can still follow your commands. You can even make things more difficult by binding their hands or feet to see if they are still doing all they can to follow the rules you have set forth as their new teacher.

The Detention Punishments

Of course, the slave isn't going to be perfect and that means they need to be punished. A great sex toy to use is a common yardstick for a heck of a spanking. This piece of wood is bendable, so it's going to leave some lovely welts and it's going to take a lot of use, so you can continue to smack the slave all over their body until they get the lesson down. You can also use a ruler as a gag, placing it in their mouth to keep their mouth open and then tie it or tape it into place. Or you can use a clean blackboard eraser as a gag, in the same fashion. You can also have a slave bound up with these ruler accoutrements and then have them write things on the blackboard – I will not be a lazy slave. Think about ways to humiliate them with things they have to write on paper as well, over and over, perfectly, until you are satisfied with their work.

Think about ways that you can take common school room things and turn them into training tools or torture tools. This is going to make your slave wonder whether they can ever trust everyday objects when they're in the same room as them.

The teacher Mistress is one that is hard to please, but that's not a bad thing. In fact, when the slave



begins to realize that they are a student, that's when they begin to learn the most. What can you teach your slave today?

Club Bouncer Scene

Getting into the hottest club in town has never been so difficult, especially when the Master or Mistress in your life is the bouncer. Not only do you have to prove you're the right person for the scene, but you might also need to prove that you are tough enough to endure some of the more special features of the club itself. In this role playing scene, the Master or Mistress is the bouncer and the slave is the one who desperately wants to get into the club – no matter what might be asked of them.

Trying to Get in the Club

The Master or the Mistress holds the slave up at the door to the dungeon, trying to find out if the slave is the right person for the scene. The slave might be told to dress as seductively as possible, but then the Master or Mistress can have the slave strip down to nothing, as that's what they want to see before they let anyone in. The 'bouncer' can then examine every part of the slave, trying to see if they're the right fit for the club and then they can begin to ask questions about certain body parts and what the slave is willing to do in order to get inside the door. The slave might be tied to a chair and questioned about their sexual skills and what their kinky pleasures are, as well as being poked and prodded along the way.

When You Don't Have Your ID

If the bouncer realizes that the slave doesn't have the right ID, they will need to be taken into a back room in order to prove their slave-ness in other ways. The Master or Mistress might begin to start a typical training session, in an attempt to see if the slave is truly willing to be as obedient as possible when they're in the club. The slave can also be punished with a flogger or an open handed spanking session to see just how dedicated they are to getting into this exclusive club. The slave can also be dressed in the 'proper' attire for the club and then told to dance for the bouncer to see if they will fit in with the crowd. Or perhaps the slave is not wearing the 'proper' attire for the club's dress code. This means the same might not be allowed to wear the offending article of clothing.

The Club Prisoner

Of course, the bouncer might simply let the slave in, seeing all the ways the slave tries to please them, or the bouncer might be a seedier sort of person who leaves their shift and decides to have fun with the person who doesn't have the right ID to get in the door. They might tie the person up and have them as a slave in the club, showing off the slave to the others who have gotten in or simply having their way with them until the club closes for the night. And when the club closes for the night, that's when the Master or the Mistress can do anything they want to the new slave, showing them just how difficult it is to be a part of the club scene.

In this club bouncer scene, the key is to focus on the testing of the slave, causing them to have to prove over and over again how they are the right fit for the club. The slave might never be the right

person and the slave might need to continue to come back to the bouncer to show how they have improved. But what the slave might not realize is that the club itself is a dungeon, and all of that testing they've already endured is just the starting point...

Cock And Ball Torture (CBT) and Pussy torture

Pussy torture and Cock and Ball torture is a fascinating examination into some of the most intense pleasure through extreme stimulation imaginable. Ranging from binding and beatings to piercing and even scalding or burns the application of pain to a willingly accepting partner is for both supplier and receiver one of the most powerful and direct methods of tapping into the heart of human sexuality imaginable.



CBT

Cock and ball torture also known as CBT typically involves the application of hot wax and striking of the testicles but can also refer to activities that use a harness, testicle cuffs, teasing until "blue balls" are achieved and even electroshock. Other methods such as entrapping the testicles and penis with various chastity devices, ball bags or stretchers are common.

The way you torture your male slave's genitalia is completely up to you. With such sensitive skin in this area, it's quite easy to stimulate the penis and the scrotum – if you know what to do. Often, CBT is reserved only for punishment sessions in which the slave has truly done something wrong and needs to have a lesson driven into him (no pun intended). Other Dominant and slave relationships might focus their efforts in using CBT as a part of the training sessions. As the penis responds quite easily to stimuli, the sessions can then focus on doing things to the penis and balls so frequently that the slave does not respond anymore – unless the Dominant says they can.

What's going to make this easier is that the male genitalia are mostly on the exterior which allows for easy identification. For example, the penis is obvious as well as the scrotum or the 'balls.' To become more precise, you will want to identify the shaft of the penis which is the area between the head of



the penis and the scrotum. The frenulum is the part of the penis that is on the underside of the tip with the ridged indentation. Most men do not have their foreskin anymore, but those that do will have a small flap of skin that covers the tip of the penis.

The scrotum contains the testicles that will create the sperm and contribute to the ejaculate.

When you are beginning with CBT, the best advice is to know what works well to give intense sensations, but then let the person feeling them tell you what works and what does not – everyone is different.

Using CBT In Your BDSM Fun

The good news about the penis is that it's quite durable, but also quite sensitive. Since the penis area and scrotum are so sensitive, you can inflict permanent damage to the area. Therefore you do not need to use much force to inflict pain to this area compared to other parts of the body. Even the slightest pulls and tugs can elicit cries of pain from your slave. You can turn it and twist it a bit without causing permanent damage. However, it's best to make sure you are always pulling the penis in the direction it is moving toward the stomach, as it would be during an erection. This will ensure you aren't doing anything that might actually damage the penis' tissue.

Here are some fun ways to torture a penis:

- Use a cock ring at the base of the penis
- Genital Bondage
- Use electrostimulation – i.e. violet wand, tens unit, etc.
- Drop hot wax over the penis
- Use a cane on the penis (not the head of the penis) and scrotum

The list can continue for a while, but you get the idea. The main concern with CBT is just that you don't yank too hard or hit too hard as the skin is so thin that you might cause internal damage. What you might want to do is to make sure you are starting off slowly with the CBT. From there you can slowly speed up and apply more pressure if there are no painful cries for you to stop or a safe word shouted out. It's when you start too fast and apply too much force that things can go wrong.

Using CBT For Training

It will help if you use CBT as a part of a slave training regiment as well. As you apply more force or pain to the penis, you can test your slave's ability to maintain their focus as well as a lack of an erection – as you desire. Ask questions while you are applying pain to see if they answer correctly, for example. If you have to teach them a lesson, continue to use intervals of CBT until they can do what you want them to do.

Ball stretchers are sex toys that rest on the testicles and surround the scrotum, adding weight to



drag and elongate over time. They normally come in either a rectangular tube that attaches with snaps or a steel two-piece ring fastened together by screws. Either type can elongate the scrotum from .5 to 4 inches or the steel stretcher can add as much as five to ten pounds of weight.

Some ball stretchers also have the ability to be locked to force the wearer to the will of the person or persons with the key, adding to the pleasure of the bondage. If worn for long periods of time on a daily basis permanent elongation can occur.

A **Ball Lock** sometimes called a 'nut lock' refers to the attaching of a lock around the scrotum and penis that is sized to allow circulation and some movement but cannot be removed without being unfastened.

FOR THE DOM/ME

Controlling the penis is a delicate affair because these areas are very sensitive to pain. The skin on the scrotum and head of the penis are very thin, making them easily susceptible to pain.

However, this sensitivity can also provide quick training for a disobedient slave. What you might want to do is use CBT in a punishment session, but use a ball lock or chastity device for longer periods of punishment. Careful, of course, to listen to any safe words or true cries of pain from your slave. After all, if you hurt their penis, it's not going to be any fun for the both of you.

If you're new to these practices, start slowly and build up to more and more intense sensations. This is an area where training and classes can help a lot to make sure that you're performing these actions safely.

Pussy Torture

As in CBT the most typical torture involves hot wax, spanking and direct stimulation to the point of irritation but extreme methods can involve piercing, hanging of weights, forced expansion and stretching and even piercing of the labia with needles.

But it can also be as simple as slapping the labia or applying various clamps and clips to the lips.

Cuntbusting is another term for direct stimulation and spanking of the vaginal area, and can involve any direct punishment applied to the pussy such as kicking, squeezing or scratching the 'bartholin's glands' of the vulva or clitoris.

This needs to be done carefully at first to determine just how sensitive the slave is. Some slaves can not take this kind of pressure.



FOR THE DOM/ME

Just as with the CBT, pussy torture requires a lot of communication before, during, and after a session. You can slowly build up stamina for the slave by using lighter clamps and slowly tightening them (there are clamps that allow you to do this) as well as slowly adding weight to these clamps to stretch the labia.

Simple slapping of the labia is a good place to start to see if that provides the effect that you and the slave are both aiming for. Try using both sides of your hand as well as faster and slower movements.

You can also slowly build up sensations with paddles, floggers, and crops. Try to vary the sensations so that no one area is becoming too painful – this is especially important during longer sessions of play.

Forced Orgasms

A “Forced Orgasm” refers to the causing a woman to experience multiple orgasms time and again until it reaches a point of pain and exhaustion. In theory males can have forced orgasms too, although typically these are ‘dry cum’ situations and fall more into cock and ball torture (CBT) than true “forced orgasm” play.

There are many acts of stimulation that can be employed over long periods of time and all are acceptable so long as they result in multiple orgasms or orgasmic experiences with or without ejaculation.

The idea is not to inflict pain or cause damage or sensitivity to the vaginal area as in pussy torture, but to bring the person to pleasure time and again, forcing them to go beyond any limits they thought they could handle until they simply cannot respond any further.

Most commonly the clitoris is directly stimulated with either vibrators or sexual contact although any form of stimulation and even mild electric shocks or other pleasurable sensations that can result in climax is acceptable.

Often used in BDSM situations forcing a slave to cum again and again in waves of orgasm until they are spent and panting is an ultimate form of pleasurable domination that can thrill both partners while providing that rush that only harder sex play can bring to some.

In many cases bondage and other sexual practices are combined with forced orgasm play either as a lead-in or as part of the techniques to cause the ‘victim’ to succumb to orgasm time and again.

There are a number of ways to achieve this:



- Tying up a slave with a vibrator on their clitoris so that it is stimulated over and over.
- Continuously applying electrical shocks to sensitive areas in order to get repeated orgasms.

Simply applying the right stimulation (with a generous amount of lube so that the skin doesn't start to hurt) will allow your slave to cum over and over again until they are begging you to stop.

FOR THE DOM/ME

Forced orgasms are the penultimate in controlling your slave. By 'making' them cum, you are taking control of their body and making them have pleasure in front of your eyes.

But the key to this is making it something that they can not control because more often than not, the slave wants to cum and is more than willing to do so. What you might want to try is restricting their movement so that they can not escape stimulation over and over. You can also tell them not to cum and not give them permission to cum, while their body cums anyways. Now, you know that they will, but being forced to do so is the ultimate control.

Anal Play



Used on both men and woman anal play refers to any sex that involves insertion into, or the application of sensation to or about the anus. Both men and women can experience orgasms from the pressure on either the g-spot or prostate, which occurs when objects are inserted into the anus.

It is important proper lubrication is used and that slow insertion until the muscles relax is taken to prevent tearing of the soft mucus tissues of the anus, also the object size should be small to start with although with experience and relaxation even anal fisting is possible in most cases.

There is something of a taboo about anal sex, probably due to the nature of the opening and the stigma association with human waste, but if care and good cleaning is seen to this is one of the few sexual experiences that both men and women can experience that will feel exactly the same to both.



The opening of the anus itself is the most sensitive so tongue play and fingering is most common when performing oral sex but extreme torture, butt plugs and even deformation and stretching are extreme aspects of this sport that some love to experience or to introduce others into.

Besides the sensitive anus insertion past a few inches provides a feeling of fullness and pressure, as well as stimulating the male prostate gland. The internal portion of the clitoris in women can also be accessed in this manner.

Rimming, or licking the anus is also very popular and many men and women who would be ashamed to ask for this particular pleasure find themselves swooning if it is delivered unasked – however as with any interaction care to avoid exposure to harmful bacteria dictates care being taken.

If penile insertion occurs, a condom should always be worn to prevent infection or risk of hepatitis infection, and oral sex is safest with some form of dental dam or other barrier. If fingers are used washing with soap and water should be sufficient.

Use of dildos or other devices is common in anal play, as is the use of a dildo by a woman on either a female or a male partner – beads, butt plugs and dildos that are used for anal sex should not be used for other purposes however, to avoid any risk of contamination.

Any form of sex that involves the anus can be said to fall under 'anal play' but some BDSM techniques such as spanking or diaper bondage or 'potty' torture while closely associated and sometimes used in conjunction with anal sex do not really fall into this definition.

Simply attempting anal play with a slave can be a good way to get them 'on edge' and slightly uncomfortable.

Because this area is one that isn't frequently associated with sex, the anus can become a way to humiliate a slave or degrade them during a scene. Introducing pleasure and stimulation to this area and then having them get off from the sensations reduces most slaves to your control.



FOR THE DOM/ME

First of all, anal play isn't for everyone, but in that respect, it's considered one of the more submissive acts that you can have your slave perform. Going into 'that hole' can be humiliating for the slave as it's generally considered a dirty place that makes them more than willing to obey your commands in order to avoid feeling this way.

What you will want to remember is that the anus can be unsanitary, so there are some rules you will want to keep in mind:

- Anything that goes in the anus needs to be cleaned before it can go in any other hole. It is usually better to just have toys for the anus and that are not used anywhere else
- And/Or, you can cover whatever is going into the anus with a condom and change the condom before going into another opening
- ** Never perform any type of intercourse without using a barrier like a condom that will protect both you and your partner

You will also want to go slowly at first when inserting anything in the anus as it can be easily ripped, even if you can't tell. These tears can lead to infections.

Tit torture

Tit or "titty" torture as it is known can fall into many different categories, all of which involve applying some form of torture or pain to (normally a woman's) breasts or nipples.

The most common method of titty torture is to whip or beat the breasts with soft whips and implements, causing redness, swelling and pain along with arousal and submission.

Other more extreme methods may involve piercing, binding, hot wax, stretching, sanding / abrasion or even branding or tattooing of the breasts and nipples. In most cases some form of bondage is utilized in conjunction with the torture although some couples rely on discipline and a "master and slave" mentality to force the subject to submit to the pain and in some cases even participate in the actions themselves.

In many cases women enjoy the thought of such torture but don't actually want to suffer or at least draw the line at permanent damage or injury, but role playing, pinching of nipples and slapping of breasts are for these individuals enough to give them the sensation that allows them to imagine that much worse is being done to them.

Feather torture, where application of soft objects for long periods until the breast and nipples are raw and sensitive is one extreme, while needle piercing and weights or even burning tattooing or branding is another. For the person applying the torture the thrill of control and feeling of power is a



rush that is hard to describe, while for the one submitting to or allowing themselves to be forced into the scenario the loss of control, pain and equal parts pleasure are often life-changing.

In some cases a certain element of self-loathing exists in those who enjoy titty torture being inflicted upon them but most often the 'victim' simply has learned the pleasure the endorphin rush and master / slave games provide. Through a steady escalation of trial and reward and years of sex play they simply want to continue to experience a sensation that they have learned to love.

In any case except in the most extreme scenarios titty torture is one of the safer BDSM tortures that can be employed and still allow a level of permissible violence that drives the inner nature of human sexuality.

Men too are sometimes tortured and their nipples teased or pierced in tit torture but this is one domain that is normally reserved for the more glandular of the species.

FOR THE DOM/ME

Tit torture is fun to do on a submissive that is tied up and unable to move away from the 'torture.' Even the most innocuous things can be used to torment the tits – ice, wax, etc. What you might want to do is blindfold your slave so that she can not see what you're doing and then start to change the sensations on the nipples. By moving from softer sensations to increasingly hard ones, blood will be rushing to the nipples, making them erect and ready for clips and other fun toys.

For a male slave, torturing the nipples can be demeaning and make this slave feel controlled and emasculated – if he wants you to do so. This is a great way to add more sensations to a feminization scene as well.



Corsets



The corset is actually an item of clothing from the 16th century that was most popular during the early to mid 1800's – it's purpose was to cinch a waist to help form the extremely small waist desired on women of the period. It was quickly discovered that some women enjoyed the sensation of being 'held' or 'hugged' and that they could also improve back problems.

Based on panel-cut bodices a corset is easily made by most seamstresses and consists of three layers – the outer layer of decorative material, the inner lining which holds the shaping elements or 'bones' and a lining to the outer layer designed to give strength and a smooth neat appearance. Eyelets to allow you to remove and tighten the corset are placed and typically bound with satin ribbon or nylon cord as desired.

Another side effect of a corset is they make the wearer feel very warm and to work without chafing or causing pinched nerves or other problems they need

to be custom-fit as they become an intimate piece of wardrobe unlike any other. As with any such specialized and life-altering objects a certain fascination with the fitment and wearing of corsets came into being, and an entire fetish began to develop around this cult following.

Today many 'corsets' are often nothing more than a tight bodice or sexy lingerie and are considered a huge turn-on by many. Since it typically takes time and effort to get into and out of a corset the simple act of dressing or undressing can take on a whole new aspect, and is a large part of many couples foreplay.

A few more elements also use extreme corsets and BDSM torture in master and slave scenarios – sometimes forcing slaves to wear their corsets tighter and tighter, even forcing body reshaping over long periods of time.

The basic styles of corsets that exist or have existed include:

- Elizabethan (Tudor)
- 18th Century
- Wasp or hourglass



- Pipestem
- Victorian Hourglass
- Edwardian S-Curve

With BDSM play the most common corset is a discipline corset. This corset restricts the movement of the wearer by being long and rigid. These generally extend almost to the knees and are often custom-made to allow for long-term wear. Corset binding is an interesting and rather intimate aspect of BDSM and while not for everyone it is very fulfilling for those to whom it holds a fascination.

When wearing a corset outside of the bedroom, the wearer will need to be more careful of how they are moving in their day to day lives. This acts as a constant reminder of the slave's position in the relationship and can also create a sensation of constant control that can be an everyday task or a special request from the Dominant.

In addition, corsets are an accepted form of everyday wear at certain events, so the wearing of one can be a public display of the slave's obedience to a Dominant, even if it is not expressed to others that are present. A slave that wears a corset out to a club, for example, will need to move in a dainty manner as well as be easily controlled by others who might touch or hold them.

With corsets, you can add a special glamorous touch to your bedroom play or to your public appearances. In any case, corsets can be used as simply decoration or for more intense play scenes. With each movement, the slave is reminded of their corset and the control that it is inflicting on them.

FOR THE DOM/ME

A corset can be used during an intense bondage session to increase the slave's submission. Because this corset will restrict their breathing, they will need to maintain their composure and their control or they will begin to hyperventilate. Of course, you will want to watch for signs of this and stop any scene that seems to have caused the slave to become too excited.

You can also use a corset when you are out with other 'normal' couples as it will remind the slave that you are always controlling them, even when you're not in the dungeon.

Beginner Corset Training

The first scene that you try with the corset can begin with your slave putting their hands on top of their head and wearing a blindfold. Once they are in this position, you might want them to count to a certain number while you put the corset on them. Let them know there are serious ramifications if they open their eyes. Once you have the corset in place, you need to make it as tight as possible. If the strings are in the back, then have your slave lie on the floor on their stomach as you pull up the strings as far as possible, putting your boot into their back, if needed. Have your slave in another

position if the binding is in another place. The key is to make this as tight as possible to show the slave what they can expect when they are in the corset. Once they are strapped in, then have the slave present themselves to you, in all of the positions they have learned. This will be tricky for them since the corset changes the way they can move. But this will be an interesting training tool for the slave who might have become lazy in their training at this time.

Foot worship



Commonly referred to as 'foot fetish,' foot worship is a scenario when someone has fixated on the foot and associated paraphernalia as their principle sexual focus.

Although many scoff at such extreme examples of sexual preference the difference in this and men who are fascinated by a woman's breasts or butt or women who look at the man's "package" or butt is really very minimal – none of these have anything really pertinent to the purpose behind our sex drive: procreation, but we each learned to appreciate and associate various aspects of sexuality with different sensations and body parts as we mature and understanding and acceptance of this is now becoming more common.

With foot worship unlike most BDSM activities the person who has the fetish often is the one submitting to any torture or degradation, often

enjoying when their partner steps on them or bruises or hurts them by walking on them with stilettos (high heels) or hard shoes on.

They may also wish to kiss and cuddle the foot of their partner, or suck on their toes.

A large part of foot worship is often the shoes and stockings covering the feet themselves as well – most commonly those who are into foot worship enjoy a nice stiletto or high heeled look, but some turn more toward work boots and/or hip boots.

There is also a huge diversity in foot worship with the foot itself versus the shoes that are on the feet being the focus. For most 'true' foot worshipers it is the foot itself that holds the attraction and the shoe is just the garnish or tool used in the act of submission. Just as with all attraction varying types and styles of feet are found to be attractive by varying partners as well.

Foot masturbation is also a huge turn on for many men and women, with some women fantasizing about their partners inserting their feet into the vaginas and men wanting to slide their penis



between the toes.

For many the pleasure obtained by a vigorous rubbing of the penis by the feet of a partner who is sitting above or on top of them rivals if not exceeds the pleasure of sexual intercourse in any other form. With the exception of the mouth and hands feet are the most dexterous of our limbs and the strength and calloused nature of the feet lends a firmness that cannot be found with any other extremity.

All in all foot worship is a thoroughly entertaining fetish that everyone should experience at least once. Odds are that even if you find it is not 'the' turn-on for you that it is for some you will be pleasantly surprised at how erotic and sensual the feet can be, and how much fun experimenting with body parts outside the ordinary can bring to a relationship.

The Essentials Of Boot Worship Scenes

Boot worship is on many Dominants minds during their BDSM scenes. After all, there's nothing more submissive than having a man slave at your feet, licking your leather for as long as you tell them to do. But if you're still a beginner to boot worship, it can help to understand how to construct a great boot worship scene for you and for your slave. Thankfully, these are simple scenes to construct, though it doesn't make them any less powerful for the Dom/me or for their slave.

It Is About the Boots, After All

First things first, it is all about the boots, you know. Dominants should have several different kinds of boots available for these sorts of scenes, though high heeled shoes will work in a pinch as well. The boots can be made of leather or of synthetic leather-like materials, depending on the preference of the Dom/me and of the slave. One thing to consider, if a slave is going to be licking the boots, a synthetic or plastic boot might be a better choice as you don't necessarily want the slave staining a leather boot with anything that might have been in their mouths. But some Dominants and their slaves don't care at all about this – and it can even be more humiliating to the slave to have the Dom/me point out just how dirty and awful they are.

Kissing and Licking Like a Pro

Boot worship scenes can be created in a number of ways. The most common and most recognized boot worship scene is one in which the slave simply kisses and licks the boots of the Dom/me. This can be done in any way that the Dom/me enjoys, with the slave slowly moving up the leg of the Dom/me if the Dom/me is enjoying their slave's worship. The slave might also lick the bottoms of the boots and clean up the entire surface of the boots with their tongue, if asked. Depending on the design of the boots, this can be a tricky task. For example, boots with grommets or with other accessories can be harder to lick as a result, which can serve as a great test for a slave's willingness to serve.

Polishing Up and Worshipping The Leather

Of course, the boots themselves can be worshipped in the presence of the Dom/me without the use of a tongue. Having a slave polish the boots in the way the Dom/me likes can help to make the boots



gleam before or after a hot session in the dungeon. After all, a Dom/me should look good when they're coming down hard on a slave, shouldn't they? Have the slave clean the boots, then polish them until they shine. Or the slave can be told to polish all of the boots in a Dom/me's collection before the slave can reap any rewards from the Dominant.

For many slaves, a foot fetish goes hand in hand (or is it foot in foot?) with a boot fetish. Thus, just the smell of leather on the Dom/me is enough to get them turned on. But a good Dom/me wants to use this arousal to their advantage. Make sure the slave has done all of the things they need to do before they can even touch the boots or get attention from the Dom/me in other ways. And if the Dom/me is feeling a bit like a sadist, the heels on boots can be excellent tools of pain on the skin. Or some Dominants can also practice cock and ball/pussy torture with high heels – gently, of course. Don't want the slave to be permanently damaged, do you?

FOR THE DOM/ME

Foot worship is often used as a demeaning act for a slave. By 'kissing the feet' of their dominant, they are showing their allegiance to their Master or Mistress. Of course, if you're a Dom/me that gets off on this kind of foot worship, the slave can serve you well by kissing and stroking your feet.

Be sure to show the slave exactly how your feet need to be caressed and sucked so that your slave can serve and give you the ultimate pleasure. For some slaves, they might even see this action as a reward, so keep this in mind for that slave and allow them to serve you in this way at the end of a challenging scene.

Hand Worship

Your Hands are an erogenous zone, if you didn't already know. These parts of your body are filled with nerve endings, which makes sense considering all they're tasked to do during the day. Your hands are the way that you perceive the world and they can also be a source of erotic pleasure. If you're looking to create a new scene in your BDSM relationship, perhaps it's time to turn to hand worship – and even if this doesn't end up being a regular part of your routine, your hands deserve the worship anyway.

Preparing The Hands

As with any part of the body that deserves worship, you will want to prepare the hands of the person who is being worshipped. This will begin with a cleansing of the hands to ensure there is no dirt or grime there. Next, the hands will need to have some oils rubbed on them, focusing on the dry spots as well as on the cuticles above the nails. Next, the nails can be trimmed, as needed. The hands can then have lotion or massage gel rubbed into them, helping to ease any tension or any pain that might be in the hands. The hands are then wiped of any excess lotion and they are ready to be worshipped the way they were designed to be worshipped.



Sucking On Fingers

You might already know that sucking on toes is an erotic experience for both the giver and the receiver, but when you turn to the hands, that can also be just as hot. Move from finger to finger, licking them up and down (slowly) and then suck on each finger to ensure they are completely worshipped. These fingers can mimic a penis, so you can stroke them up and down, moving them in and out of your mouth until your Mistress or Master is pleased. Then you can move to licking and stroking the entire hand and palm to ensure the hand is completely soothed and pleased.

Creating Worship Scenes

The hand worship scene is simple to construct and it can help you create a stronger bond between the Dominant and the submissive.

- **Hand preparation** – Before any hand worship scene, you will want to prepare the hand to be the focal point. This might include a manicure, if the slave is able to perform this task.
- **Role playing** – One way to create a scene is to have the Master or Mistress instruct the slave on how to prepare their hands for a scene in which they will be tested.
- **Another role playing idea** – Have the slave be a hand care specialist who doesn't do their job well, so the Master or Mistress must punish the slave until they get it right.
- **Continued hand worship** – The hands can also be worshipped in every scene with simple kisses or strokes. This is especially important when the Master or Mistress' hands are tired after spanking or flogging.
- **Hand rituals** – At the start of each scene or the end of each scene, it might be a good idea to include some sort of hand worship. After all, the hands are what dole out the punishments and what hand out the pleasure.

Hand worship allows both the Dominant and the submissive to have a chance to show how much they appreciate the hands they have and the hands that have them. By taking the time to be grateful, the hands can continue to do what they need to do in order to create the best BDSM scene and connection possible.

Golden Showers



A "Golden Shower" refers to the act of being peed upon or peeing upon someone. It is a form of domination BDSM play that is mostly harmless albeit a little messy, and is often referred to as "watersports" or by its technical names of Urolagnia, urophilia, or undinism.

Most people who are into golden showers are also intrigued by if not interested in urinating in front of others and / or drinking or bathing in urine. Some people only need the smell of urine to get turned on while others enjoy the concept of wetting their bed or wearing a diaper.

In some BDSM scenarios it is used to humiliate a slave by denying access to a bathroom and forcing incontinence and

then even pouring the urine over them or making them drink it.

The terms associated with this fetish include:

- Voyeurism – the act of watching a golden shower or watching someone pee (a consensual version of which is called Pussing where a male watches a woman pee)
- Desperation – holding or forcing someone to hold back from urinating
- Clothes Soiling – having a feeling of pleasure from the warm pee soaking into their clothing

"Drinking" of urine is not really hazardous so long as it is not swallowed, and normally is okay even then in small quantities although it is high in sodium and other waste materials. Never drink the first urination of the day.

In the middle ages the upper class used to drink urine for the teeth-whitening properties the uric acid and ammonia had. Many alternative medicine practices today still insist there are even health benefits to drinking some urine in certain cases.



FOR THE DOM/ME

You may want to save golden showers for the bathroom or other area with easily cleaned floors. This will just make things less messy and much more fun.

You can use golden showers as a punishment for slaves that enjoy being humiliated and 'made' to wear the urine on their body or made to hold urine in their mouths.

This is also a good activity for a restricted slave that can not move out of the way of the urine as it hits them, creating a subservient toilet for the Dom/me, further objectifying them and making them a thing that is owned.

Medical Devices And Sounds

This brand of BDSM is most commonly associated with the speculum, the tool used by gynecologists in a female examination however a whole branch of sexual appetites exist around any medical device, procedure or sound imaginable.

Almost always associated with some form of 'master slave' play where the implement or sounds are used upon a restrained or passive partner, the list of medical implements commonly used is large and includes:

- Retractors such as the Rigby and Gossett
- Auvard, Vaginal, Rectal and Anal Speculums
- Sim Sound
- Hammers such as the Eight Pin and Babinski
- Medical gags
- Dilators such as the Single, Dittle, Hegar and Rose Bud
- Forceps such as the sponge and Uterine
- And many more

For most that experience and enjoy this type of BDSM play the "doctor and nurse" scenario was their first foray, and more extensive and obscure variations become more common as their tastes and experience grow.

Casting (wearing body or other casts) as well as insertion of medical sounds (a dilation device used to expand the urethra or openings / wounds) into various bodily parts such as the urethra is also common variations and is harmless and enjoyable for those participating.



Getting into medical sounds and devices can be a costly endeavor, but looking around the local classified ads can often yield cheap and clean hospital beds, while other sterile pieces of equipment can be found through medical supply stores and catalogs.

FOR THE DOM/ME

Making sure that your equipment is sterile is the most important part of medical device play. You need to be inserting clean items into your slave so as not to cause infection. If you are unsure of the sterility, use a medical grade disinfectant and/or cover the device with a latex condom.

Any device that is inserted into the human body should not be reused on different people for safety. Please refer to the section, "Why Subs Should Bring Their Own Gear/Toys"

For these scenes, they will typically take more time to setup in order to have all of the equipment on hand. You can have your slave do this setup in order to make them anxious about just what pieces of equipment you're going to use.

Also having the submissive sterilizing their own equipment ensures the submissive takes responsibility for their own health and safety. It also gives the submissive confidence to know that the equipment is sterilized to their standards. Just like why skydivers pack their own parachute.

Clamps, Clips And More

This venue of BDSM is often used in conjunction with binding and other forms of restriction as well as with weights and is commonly seen in titty torture and CBT.

It involves the application of spring-loaded devices designed to pinch or clamp down on skin and nipples which both restrict blood flow and cause stinging and a certain amount of pain at the localized area where they are used.

The simple clamp or clip is perhaps the most widely implemented tool of torture in all its forms - from clothes hangers and paper clips to medical forceps a wide variety of implements are used in this type of BDSM torture, applied not only to erogenous zones as one would expect but also to earlobes, nostrils and other fleshy areas.

Simple "alligator" clips with their sharp points are highly effective but dedicated clamps and clips with soft or cushioned points which avoid any real injury or piercing are common especially for those who are not into serious pain or injury but enjoy the role playing and submission associated with this play.

As with many forms of pain inducement in BDSM sexual fantasy, play clamping as a torture is less about causing physical damage or pain as it is about domination and control – the act of forcing



someone to submit to minute tortures and cry out is where the real pleasure comes from for the torturer – while the feelings of helplessness and submission as well as the pleasure endorphins for those being tortured are the major inducements for the ‘victim’ as they lay or stand immobile being forced to suffer a thousand little stings and perhaps even to beg for more in the hope of ultimate release at some point.

Men in particular find the rush of the actual release of the clamps especially pleasurable and will sometimes have their partners attach clamps to their scrotum and the soft fleshy parts of the penis as well as their nipples, legs, arms and / or buttocks.

With women the labia, clitoris and nipples are favored targets and again the rush of returning blood once a clamped area is released is in itself a pleasure almost as great as the pain of the original submission.

Often combined with weights or bondage in some form or another clamps and clips are commonly used with titty torture and cock and ball torture but the true enthusiast does not require any dedicated or ‘special’ attention to these areas. Many begin their love affair with this type of sexual play when they are bitten or nibbled on and find the sensations pleasurable enough to wish to explore it further – clamping is a natural extension of this.

Possible clamps that you might find in your home:

- Binder clips
- Clothespins
- Hemostats
- Chopsticks – These can be bound together with rubber bands for a decorative and effective clamp on a nipple, labia folds, or testicles.
- Hair clips
- Barrettes

The list could go on and on. Try going to your local office supply store for a number of seemingly innocuous supplies to clamp your favorite slave.

In the wrong hands (pun intended), not only can clamps and clips be a not so fun experience, but they can also cause permanent damage to some very private parts. They can also lead to troubles with scarring and bruising where there should not be scarring and bruising. Even though these tools are meant to inflict a little harm, there’s a difference between injuring and pleasurable pain.

Another large concern for those that don’t know much about the human body and how it will respond to clamps and clips is the possible nerve damage that can occur when placed in the wrong areas. Unlike ropes that can be cut off, the tension of clips and clamps can often make them hard to remove – and even harder to remove before permanent damage is done. And when nerves are damaged,



they don't always regenerate, leaving the person with a loss of sensation in areas where they might want to have sensation.

That said, there are ways to incorporate clamps and clips into your BDSM play without causing damage. It begins with learning about the basics of the body and how it will be affected by these kinds of tools. First start by practising on yourself. Learn how the clips and clamps feel on different parts of your body. Then you might want to start with a willing slave by using very low tension clamps or clips that barely pinch the skin. You can also use your finger to grab a hold of excess flesh to see what it's like for the slave. As they become accustomed to this feeling, you will want to move up in tension to see if they feel too much pain or too little.

Things to keep in mind:

- When first applied clamps will cause an intense sensation of pain. As blood flow is restricted to the area that is clamped, the pain will slowly become more dull.
- Once the clamps are removed, all the intense pain will come rushing back as the blood flow is pumped back into the recently released area.
- Do not rub or massage a clamped area immediately after it has been unclamped. Give your partner time to work through the pain and oversensitivity themselves. With that said the area that was clamped becomes more sensitive to touch once the clamps and clips are removed. After some rest period, just a light touch over this area can produce an intense sensation.
- When you clamp the nipples you don't actually attach the clips to the nipples. The clips are attached to the areola surrounding the nipple.
- Clips and clamps can cause tissue damage, nerve damage, scarring and internal bleeding. When circulation is cut off completely the tissue will die.
- The length of time clamps/clips are left on depends on many factors including: style, strength, and weight of clamps and the individual sub's sensitivity or bodily response. For example: A strong alligator clamp with sharp metal teeth can quickly penetrate the skin and cut off circulation to the area potentially causing damage. A weaker clamp with softer rubber tips can be left on for longer as their potential to completely cut off the circulation are not as likely. Work with your submissive to learn how long each clamp can be worn for, as each submissive's body will react differently to different kinds of clamps and clips

This exploration requires a lot of trust between the submissive and the Dominant in order to make sure the submissive tells the Dom when they are hurting so that no harm comes to them.

But many people turn to clamps and clips play because you don't need to head to a BDSM store or online shop to buy the appropriate equipment. A few clothespins from your backyard will do or some thicker binder clips from your office. Many of these kinds of household BDSM tools are not only more effective for the scene, but also cheap and easy to find.

You can help clamp and clip play, by binding the edges of the pieces with medical tape to help



spread the tension out and keep the edges from sinking into the skin.

The main thing you want to keep in mind with clamps and clips is that there are many places on the skin and the body where you can place them to increase the sensation of the skin without harming the person. For example, the inner thighs are really sensitive, but you can also grab a larger chunk of skin to lessen any chance of damage.

And for those slaves that like to have a few bruises, this will certainly provide that. Just be careful that the bruises aren't too big or swollen as this can indicate internal bleeding.

Adding Clamps

One of the best ways to introduce clamps to a scene is to have them all laid out by the bed or other area. Have the slave look at them before they lay down or before they are bound, but don't tell them what you are doing. Then, blindfold the slave so they have no idea when the clamps are coming, where they are going, and when they might be removed. Add these clamps to loose layers of skin – i.e. the chest, the stomach, the arms, the ribs, the legs, the scrotum, etc. Try to find out where the slave wiggles the most and where they will feel the pressure more intensely. You want to apply the clamps slowly at first so that the slave can feel the sensation get bigger and bigger as the clamp is finally attached. Over time, you might be able to add the clamps on more quickly, but in the beginning, you should clamp gently and slowly.

Removing Clamps

Once the clamps are on the slave's body, it's up to you to decide what to do with them. You might want to leave them there for an extended period of time, helping to create a highly intense scene for the slave. They will wriggle and beg to have the clamps taken off. You can choose to remove the clamps the same way that you applied them, or you can get a little more creative:

- Whip or paddle them off – Use a whip to hit at the clamps until they come off.
- String the clamps together and pull – Called a 'zipper,' just link the clamps together before you attach them and when you want to remove them, just pull the cord and see them all fly off.

You can be devious as you remove the clamps, showing the slave that it might have been a better idea to NOT beg to have them removed.

When you're using clamps, you just need to be sure you're not clamping down anything that can be hurt in the process. The skin around the eyes and the throat should be avoided, for example. As with anything in BDSM, listen to your partner and see what their threshold might be. Once you see that they are reaching the maximum pain point, then you can gracefully remove the clamps and see how much further you can take the slave the next time.

Once your slave has begun to grow used to clamp play, it might be time to add some weights. Before you do this, make sure that the clamps are tight enough to stay on the skin firmly, because if



they are not, they are just going to pop off, which will shorten your training session. If you have the proper clamps, then add weights, one at a time, to see how the slave reacts. The more you add, the more pressure and pain they will feel, helping you see where they might need to be trained more intensely. Or you can add a string to many of the clamps on the body, connecting the clamps together. When you pull on the string at one end, you will rip the clamps off in succession, which makes the slave's body feel overwhelmed with sensations. Just watch how their face changes with each clamp's release.

One thing to remember with clamps and weights is that the longer you leave them on for or the more you play with them, the more your skin will stretch. Over time, with prolonged use the area that is constantly stretched can remain permanently modified. As with anything in life, it is best to apply it in moderation to avoid any permanent modification.

Zipper String Method

Creating a new toy for your playroom can be an exciting way to change things up and to save money on your BDSM shopping list. The zipper string is a fun addition and it can certainly make the slave jump when they realize that putting on the clothespins is just the beginning of their new pain adventure. This is a low cost toy that will add hours of fun to your next training session, and you might end up making more than one in order to create the most intense effect during a scene.

Supplies Needed

All you need to create a zipper string are some clothespins and some string. You can find these items at any craft store, and even at your local grocery store in some cases. If you want to create a more intense effect, you can use clamps instead of clothespins, though these will be much more painful and they might not give the best results on a slave who is new to this sort of play. It might be painful and even damaging, so sticking with regular clothespins might work better depending on your submissive. If you want to give a slave a bit more breathing room with the clothespins, it might be helpful to glue some sort of soft fabric onto the pin edges, as this will make the putting on and taking off processes a little smoother. In time and in training, you can remove those softer areas.

Making The Zipper String

To make the zipper string, all you need to do is to thread the string through the middle of the clothespins. Once the string is through one pin, knot it so that the string makes the pin stay in one place. It might take more than one knot to be certain that they will not move, depending on the string that you choose. You might also want to use super glue to make the bonds even tighter. Then take the next length of string and attach the next clothespin. And continue from there. You can use as many clothespins as you like, though it can help to start with about four to seven as these will give you a good ripping effect. In time, you can make longer zipper strings, helping to extend the experience and the pins can then be placed on more parts of the slave's body.

Zipper String On The Go

Don't feel like making a zipper string before a scene? No problem, you really don't have too. In fact, many times its easier to just add the string while you are placing the clothespins onto your



submissive.

Simply figure out where you want to add the pin onto your submissive. Open the pin and slide your string into the center, then wrap the string around one of the legs of the pin before closing the pin on the string and your submissive's flesh. The pin will squeeze the string keeping it in place and when you pull the string to rip all the clothespins off, the loop of the string will tighten around the clothespin to ensure the string does not slip out of the pins.

How to Use the Zipper String

Anyone can easily use a zipper string in a BDSM scene. A slave might be asked to present themselves to the Master or Mistress and the clothespins are then applied to the skin. These should be lined up in as straight a line as possible, often from the bottom of the ribs to the breasts or along the back or inner thighs. Once the pins are in place, the slave might be allowed to feel the sensations, and they may not remove them until the Master or Mistress is ready to do so.

To remove the zipper string, the Master or Mistress can pull the end of the string quickly or slowly, depending on the sensations they want to encourage in their slave. Both are very painful, though some slaves report that the slower pulling is harder, while the faster pulls are more intense as the feeling surprises them. A Master or Mistress might also choose to whip or flog the clothespins until they come off the slave's body, which is another level of pain.

The zipper string can be made up and even presented to the slave to put on their own body, and then they ask their Master or Mistress to remove the pins when the time is right.

FOR THE DOM/ME

What you need to know about clips is that the more you apply for a longer period of time, the more sensitive the skin will become. What you might want to do is apply the clips and clamps that you find to the skin in circle patterns or other patterns that you find amusing and suitable for the slave – i.e. use clamps to spell out 'slut' and the impressions they leave will remain long after the clips are taken off.

Latex

Latex has been with us for a long time – like rubber which was the precursor it is derived from the rubber tree the "Hevea Brasiliensis" originally found in Brazil these trees mainly exist and are harvested now in Thailand, Indonesia and Malaysia – all South-east Asian countries.

Latex rubber is not actually the sap of these trees, as is commonly believed because the actual sap runs deeper inside the tree and is harvested by a 'tapping' process that is highly labor intensive.

Be careful of latex allergies. Make sure you know whether or not you are allergic to latex before you



ever try to wear an entire latex outfit.

The application and wearing of latex garments is very popular in BDSM play, as is the painting on of liquid latex and subsequent peeling away.

There are few acts as intimate and time-consuming as applying body paints of liquid latex and waiting for it to dry, and for both the submissive and Dominant partners these acts allow an aspect of closeness and trust that many of the other BDSM role-playing lack to one degree or another. The very physical pain as hairs are pulled and skin is stretched during the removal of dried latex 'clothing' is often seen as a climactic finale to a drawn-out and exciting process in which every inch of a submissive partners body is exposed to the whim of the dominate to do with as they will.

Having elements of bondage and torture liquid latex is an interesting aspect of latex fetishes but is not the only aspect common to BDSM. There are many latex clothes that are used either as corsets to restrict movement, or binding or torture implements.

The stretching and binding nature of latex is second to none in creating a controlled and bound feeling while still allowing feeling to be transmitted through the material and it is perhaps this more than anything that causes latex garments to be so popular. The fact that they are form fitting and cause perspiration and heat to be retained are also beneficial to good BDSM sexual fantasy play.

Simple Latex Additions For Any Scene

But if you want to add latex to a scene you're doing in your home, it's a lot easier than it seems. The most common piece of latex you might already have around your home is a condom. If you're not already using condoms, then you might want to run out and get a pack to begin to see how things are different when you use one (and safe, of course). The smell of the latex doesn't just linger on the penis, but it can also linger in the opening where said penis is inserted – sometimes for hours and even up to a day.

Or you might want to head to the local pharmacy for a box of latex gloves. These can be used on the Dominant's hands while they are examining the filthy slave or to slap across the face of the submissive. Latex gloves can also be cut up and used as blindfolds and gags, if you're the creative type. Inexpensive and easy to find, latex gloves are a great way to make sex safer and a bit more enjoyable.

A Sample Scene To Try Out

Start off by having the slave lying down on a table that is within reach of the Dominant who is going to be a medical practitioner of some type, checking out the slave to see whether they are suitable for sex and other deviant behaviour. The Master or Mistress might poke around the slave – all of the orifices need to be checked, after all. They might make crude comments about each of the things they touch and find, making the slave feel humiliated as a result. The scene can continue with more probing until the slave begins to get aroused. Then the arousal response can be 'tested' by the Mistress or the Master. In doing so, then the slave continues to be objectified.



Grab a clipboard and measure out the time it takes for the slave to be aroused, then measure the time it takes for the slave to be stimulated to orgasm. This can create a great training session as well as a test for the slave who might be told that they should not become aroused or orgasm until the Master or Mistress says they can.

Of course, latex is something that you can extend into your closet as well with outfits, pants, dresses, and hoods. Start off small with latex as it can become expensive and it is certainly something that takes time to get into and out of. These are elaborate scenes, though also well worth the effort you put into them.

FOR THE DOM/ME

Latex is becoming more readily available in today's market, so it's not as strange to see someone wearing latex in public, so that's an option for play.

But many people love the way that latex suits can be expanded to give the wearer larger breasts or give breasts to a male slave. By having your slave wear these items, they can feel controlled by not only the latex, but by your wishes for them to wear them.

Latex is also the layer between skin and someone else touching the skin, so you can wear latex as a Dom/me and prevent your slave from ever touching your skin unless you allow them to – the ultimate control over their desires.

SPANDEX

When you run your hand over it, you can feel how smooth it is. You can see every outline of every part of a person's body when they wear it – yes, it's spandex. Though this is often a punch line than considered to be a serious fetish, many more people are looking to spandex to spice up their BDSM – and for good reason. When you wear more slippery things, you can rub against each other and maybe even make BDSM even more fun. There's simply more to Spandex than just working out.

Why Spandex? What's So Special About It?

Spandex has a number of different benefits in the bedroom:

- Different colours: When you want to make your bedroom scenes more dramatic, having different colours of fabric will make you all the more hot. You can find spandex in basic black, but you can also find it in a rainbow of colours.
- Different shines: If you like the wet look, there's a spandex for that. You can also find the basic cheap cotton kinds that look matte. Or you can look for spandex that is less opaque, giving



you the ideal transparency for a scene.

- **Easy to find:** You can find spandex nearly anywhere that has clothing or exercise equipment. Make sure that you are going to cheaper stores at first, but when you begin to see how exciting spandex is, then you might want to spend more money on your bedroom wardrobe.
- **Relatively inexpensive:** It's true. You can find spandex for pretty cheap, making it one of the things that is easy to add to your dungeon, no matter your budget.

So, the real question is: why NOT spandex?

How To Wear More

It's easy enough to add more spandex to your wardrobe in the bedroom, no matter if you are a top or a bottom, a Master or a Mistress.

- **Spandex tops:** There are plenty of configurations of spandex tops that you can wear. These can be smaller than they should be for a tight and sexier fit.
- **Spandex bottoms:** Of course, there's no disguising what's in a package when you wear ultra tight spandex.
- **Leggings that are more than just leggings:** You can use spandex leggings to create hoods, mittens, and boots or an outfit as well. Get yourself or someone you love covered from head to toe.

Using Spandex In A Scene

Once the spandex is on and you're ready to go, you can begin to use spandex in a number of ways.

Rubbing through the fabric: When you want to tease a partner, run on their most sensitive areas where there is spandex covering it. They will feel your touch, but not the entire effect.

Rubbing on each other: You can also rub your body on your partner's body while you're both wearing spandex. This will make for friction free fun.

Exposing certain parts: When you want to control your partner or you both want to have fun, cut out the crotch and the breasts of your spandex suits.

Adding bondage for maximum control: When you have a slave that is in spandex, adding bondage around them will make it feel as though they are even more restricted. This is going to help them feel powerless.

When you add spandex, you might not think it's going to make a lot of difference. But once you have a scene where you slide around and see your partner in these tight fitting fabrics, you might not want to go back to the way things were.

Fisting



Also referred to as “Fist Fucking” or FF this BDSM activity revolves around the insertion of a hand and forearm into the vagina or even the anus. Although called ‘fist fucking’ or fisting normally the insertion is accomplished with the hand in an extended position and with a lot of lubricant after which the hand is clenched.

If the size and condition of the vagina or anus is such that allows it, an advanced form of fisting called “punching” where a closed fist IS inserted can be employed but it is a rare and well-conditioned partner who can accept such activity without permanent injury.

Those who participate in accepting this type of sexual encounter are often referred to as ‘fistees’ and more experienced female partners can often accept two hands at the same time in either the anus or vagina, a technique that is referred to as “double fisting.”

Fistees obtain pleasure from the pressure and stretching of the activity more than the insertion or any movement and risk of bowel or vaginal wall injury if too aggressive play or movement is made is very real and potentially serious, some level of trust and experience is required.

When done correctly and with enough lubrication however the risks are minimal and the pleasure both for the fistee and the dominant are very real.

Keys to successful fisting include very well trimmed and manicured nails and excellent lubrication – preferably with a thick water-based or silicone sexual lubricant. If gloves are used be sure no oil-based lubricants are used with latex as this can cause the gloves to break down. It is not recommended that vegetable oils be used as they can cause bacteria growth.

For some beginners to help aid with the insertion muscle relaxants such as amyl nitrate are common but use of any drugs during such activity can be dangerous since it may mask real damage and serious injury that is occurring. Any sharp or intense pain or blood is an indication of problems or possibly rupture and medical attention should be sought immediately.

Gay fisting (male on male) is often called “handballing” and fisting is also common among lesbians, but in BDSM words it is usually about domination. Some Dominants have used fisting as a form



of punishment where a submissive is forced to allow themselves to be ultimately stretched and degraded often in combination with other aspects of BDSM such as whipping and bondage.

FOR THE DOM/ME

Fisting needs to be a slow and steady process when you're attempting this on a slave. It helps to get a lot of lubrication on your hand, slowly inserting one finger, then another, and then another until you have all of the fingers in.

Then you will want to slowly curl these fingers until you create a fist, gently pushing the whole hand into position. This process can take a lot of time as the slave will generally tense and cause their opening to be less than willing to take this size of insertion.

But by telling your slave how proud you are of them for accomplishing this goal, you will encourage them to continue to try.

Another thought is to have your slave try to fist themselves for you, which might be easier for them as they can control the movement.

Wearing latex or nitrile gloves can help smooth the surface of your hand to make it easier to insert. It can also protect both you and your partner during play.

Enemas



A fun and cleansing BDSM subset is the act of giving an enema either forced or in a submissive position and subsequent control of evacuation of the liquid.

Considered a spin off or subset of “medical” play, enemas can either be used to rinse the inside of the rectum or you can force the liquid to go further up into the colon and bowels causing a form of sexual excitement termed “klismaphilia.”

When an enema is applied the body will naturally try to expel the liquid immediately, and much of the BDSM aspects of such play are involved either with the degradation of forcing the submissive to soil themselves by placing them in positions where it runs back out onto them, or in forcing them to struggle to hold in the liquid for as long as they possibly can (without hurting themselves).

Use of simple douches and rubber bulbs with nozzles are common methods to implement enemas. It is best not to use shower-head attachments as it is difficult to control the temperature and pressure of the water. Not to mention that common tap water can contain many impurities and/or bacteria that could cause problems if introduced directly into the colon.

As with any object to be inserted into the body it should be carefully cleaned with soap and water prior to each use and never be swapped from anus to vagina during the same session to avoid contamination.

Distilled water is best and amounts of about 1 pint (500 ml) is plenty – too much water or performing enemas too frequently can cause significant problems by developing a loss of body minerals and good bacteria found in the gut. This can be minimized by adding a pinch of salt with water and eating yogurt after a session. However, it can not reverse a loss of body minerals and good bacteria if enemas are performed too often.



Another aspect of ‘water sports’ involves enemas and the subsequent loss of the fluid – many times the dominant will receive the enema themselves and force the submission to lay down and accept having the expelled fluid to fall over them.

Take care not to ingest or get fecal matter into the eyes or ears like this, and prior cleansing enemas to eliminate fecal matter before the dousing enema is recommended.

A few common enema devices that are readily available either at a medical warehouse or online include:

- Enema plugs, including inflatable and funnel plugs
- Enema nozzles and tips
- Higginson Syringe (also called ‘blue bulb’ syringe by some)

Enemas work well to create the very real sensation of having no control over one’s body. This allows the Dominant to also use any humiliation techniques in addition to the enema to further degrade a slave.

FOR THE DOM/ME

How to perform an enema.

What you need:

An enema bag, a clip, and a sterile hose, some lubricant
(You can also buy enema kits that will contain these tools)
Up to 1 quart of warm distilled water
(room temperature), not hot water

How to administer:

Fill the enema bag with the room temperature distilled water and hang from somewhere in the room or hold above the slave (this is best done in a bathroom for obvious reasons). Connect the hose to the bag and clamp the water flow so that it does not move through the hose yet.

Place the other end of the hose in the slave’s rectum, taking care to lube this end for comfort.

Unclamp the hose and allow the water to slowly drain into the slave’s intestines and colon. Remember that not all slaves can take the full quart of water, so listen to the slave to see when you should stop the flow.

When the water is inside the slave, you can make them hold it as it sloshes around inside. Make them hold it for as long as they can. As they become unable to hold it inside any longer, they will expel the fluid back out, causing a sense of humiliation as they can not control what is happening.

Wax And Fire



Commonly thought of as 'edge play' as it is somewhat dangerous and has a high risk of permanent injury is the use of wax and fire torture on a submissive.

As with most BDSM sexual play the threat of torture and the control and domination is the primary aspect of the act – the hot wax or fire (normally in the form of a lighter, match or candle) is simply an object with which to threaten and provide the pleasurable pain that the submissive is forced to comply with.

Hot wax itself has little risk of permanent injury although scalding and slight skin burns can occur especially in the more sensitive areas. The fire torture however often leaves scars or small burns.

Some extreme measures of burn and fire torture may utilize cigarettes and other smoldering devices to deliberately burn and scar the submissive, but this type of permanently disfiguring activity is very rare and definitely edge play. By far hot wax is the most common of this genre's activities.

Most hot wax play takes place on the genitalia, often focusing on the vaginal lips, nipples and scrotum but occasionally involving the anus, buttocks and stomach or thighs as well.

As with much other BDSM not only is the thrill of submission or domination a source of pleasure but the submissive also has a release of endorphins due to the pain center being stimulated, which can lead to a substantial high in and of itself.

The application of hot wax, and the type of wax used are actually very critical to the safety of hot wax play.

Some wax types melt point is high enough that serious burns can occur and require immediate medical attention – some of the types of wax that should be considered for use as BDSM hot wax include both Raw Paraffin (melts at 115° - 126°F) and Votive Candles (131° - 141°) of which Paraffin is the best. Many higher melt point candles such as beeswax etc. contain additives to make them have that higher melt point and these additives such as stearic acid and dyes or perfumes all of which can cause rashes or blistering when used in a BDSM type environment.



Ideally no temperature above 135° should ever come in contact with human skin, so raw paraffin perhaps with a little crayon additive is best for wax play – and application is important as well. There are several basic methods to apply hot wax to a submissive including:

- Dripping
- Pouring
- Painting

Whichever you choose both you and your submissive will enjoy an erotic and sensual time. Just keep those temperatures down.

FOR THE DOM/ME

What you'll want to do is create a scene in which your slave is blindfolded and unable to move away. This will allow you to place the candle far above their body so that they won't get seriously burned, but they also won't know when the wax is going to hit them – adding to your power in the scene. You might also want to test them on certain questions, and if they answer wrong, pour the wax on more sensitive areas – the genitals, for example. But if they get the answer right, you can pour it on other areas.

With Wax play always test the temperature of the candle on yourself first. The best place to test is the underside of your forearm. When playing with someone else, always start with the candle as far above the submissive as possible and then slowly work your way down, until it becomes too hot for your sub.

Ice Play

Sensations that alter your slave will cause their mind to be more under your control than ever before. When you continue to change the way that the slave expects to feel, you will continue to sharpen their mind and mold their existence to your desires. While it might sound simple, even mundane, the introduction of ice to your play scenes will encourage them to be more under your control and more willing to submit to your desires, no matter how they feel.

The Dangers Of Ice On The Skin

Before you head to your freezer to grab ice for your slave, you need to know that ice, while seemingly safe, is also something that can cause injury to sensitive areas of the body. You will not want to hold ice onto parts of the body that have thinner skin, like the male and female genitalia. This includes the scrotum, penis head and shaft, the clitoris, vagina, labia or anus, because if you hold the ice to long



in these areas it can actually cause a burn on the skin very quickly. Instead, you will want to focus on the fear of the sensation as well as brief moments of cold. As your slave becomes accustomed to the feelings, they will be able to handle more time with the ice on their sensitive areas. Always err on the side that less time in these areas is better. And never use dry ice on any part of the body as this can severely damage skin.

Using Ice In Your Scenes

To add ice to your scenes, all you need to do is to make sure that your slave doesn't know it's coming – at least, not at first. You might blindfold your slave, restrain them and tell them that you want them to stay as still and as quiet as they can. Then begin to trace the ice around their nipples, their neck, their inner thighs, their bottom and slight touches over their genitals. This is going to be difficult for the slave, as they will not be able to stop from moving and moaning. Continue to move the ice around as it melts, leaving your slave slightly chilled until they are not moving or groaning from the sensation. Using the ice on the palms of the hands or on the feet can also send out shrieks, which are quite delightful.

You can also test your slave by having them hold ice in their hands without letting it go during a scene. As you spank or flog them, they will not only be focusing on the ice in their hands, but also on the other sensations. You can also have them count during this time to engage as many parts of their consciousness as possible, allowing them to be completely engaged in the moment and in your desires for them to act in a certain way.

Personal Ice Play For Slaves

Ice play can also become homework for your slave as they continue their training, even when you're not around. You can tell them to hold a piece of ice between their legs for as long as possible, and then continue to practice until they are able to hold the ice in this area for a time period that you specify. You might also want to tell the slave to create the ice cubes that you will use during your next play session as this will continue to create anticipation for the scene and it will make the slave be the one who is in control of their own torture and pleasure.

Ice can be a cheap and easy way to add more intensity to your training sessions. With a little practice and a lot of imagination, the slave will be completely under your command, and a little shivering never hurt anyone.

Chastity belts



Chastity belts were created in the 1400's either as a way for women to protect themselves or for men to prevent their women from being violated (or masturbating) unless they were around.

The exact date and origin is unclear but it is known that the first recorded documentation in the west was from a 1400 AD military technology book: by Konrad Kyeser von Eichstatt, where it was described as "hard iron breeches of Florentine women which are closed at the front."

In the 18th century up until the 1930's, masturbation was believed to be physically harmful and for a while this gave rise to use of chastity belts on children and adolescents.

Such modern belts were vast improvements on the originals using stainless steel and leather and buckles, thus allowing for longer-term wear and greater comfort. Indications are that although now a cottage industry and no longer widely accepted quite a few chastity belts for masturbatory elimination are still in use today, and it is quite common to see the use in BDSM domination play where the subjection of a submissive to wearing a chastity belt is the equivalent of 'taking away' their sexual organ in a type of play described often as "erotic sexual denial."

Many of the modern belts that are sold appear to be for men and often include shackles where the hands can bound to the belt thus forcing the submission even further by restricting both access and any hope of removal of the belt.

Most have padlocks or integrated locks and some even integrate with piercings to make removal without the key all but impossible.



The two most common types are:

- Cage type devices, which enclose the male genitals in a type of 'cage' hence the name
- Florentine, a belt like the originals with a band or shield running between the legs to cover the genitals.

Many modern units are made of plastic and/or leather to be metal detector safe, thus allowing play in the real world and even travel with the belt in place.

Chastity belts are a wonderful feature for male slaves especially as the obtrusiveness of this appliance will affect every moment of their lives, as well as prevent and subdue any erotic response.

FOR THE DOM/ME

Chastity belts are great for male and female slaves because they serve as a constant reminder of who controls whom. Have your slave wear a chastity belt for the entire day before you are to see them for a scene to help them remember their place.

You can also use a chastity belt or device as a means of punishment, allowing them the pleasure of being touched only when you feel that it is warranted. There are even some dom/mes that will taunt their slaves while they are wearing the chastity belts, making for a very uncomfortable slave that is more than willing to do whatever asked in order to get out of their precarious position.

Enforcing Chastity Rules

It's true, the easiest way to make sure your slave is going to be following the rules you set is to make sure that they are always around you. You might want to commit to a weekend together, a weekend in which you watch them and you make sure that they never masturbate without your knowledge. Or you might want to make sure that your slave lets you watch them when they are home on a web cam or another device. The easiest thing for a Dominant to ensure enforcement of chastity would be to add a chastity belt to your slave's life too, if possible. This will allow you to be with them, even when you're not.

If you choose to add a chastity belt to their training, know there are other responsibilities that you must be accountable for.

1) See your slave regularly – You can not put a chastity belt on a slave and never see them again. While the chastity belt protects and prevents any contact with the most intimate and gentle of body parts, the side effect is that a slave is not able to clean these areas while the chastity belt is on. This



means as a Dom/me you must see your slave regularly, so you can remove the belt giving them a chance to wash and groom as needed or required by you.

2) Slave's must orgasm for their health – While it may seem fun to put a slave in chastity and never let them orgasm again, if done for too long it can actually make training your slave more difficult in the long run. Having an orgasm helps to produce positive hormones that promote a healthy mind and body, therefore denying your slave an orgasm for too long can be unhealthy both mentally and physically. While extending the time between orgasms can stimulate a more cooperative slave, if extended too long it can actually regress your training and their well-being.

3) Stimulate more communication – You should be doing this already but if not, then now is the time to step it up. If you put a slave into chastity you must make sure that you keep the lines of communication open and stimulate more discussion about how they are feeling both mentally and physically. Adding a belt to their training for a certain period of time (for example 1 week) then discuss with your slave how they are feeling both mentally and physically. Question you can ask: Are you having a hard time focusing throughout the day?

- On a scale of 0 – 10 how is your mood throughout the day? (0 – being a feeling of depression 10 – being a sense of extreme happy)
- Do you feel motivated to perform regular activities throughout the day?
- On a scale of 0 – 10 how is your motivation to serve Me? (0 – having no motivation 10 – being extremely motivated)
- How many hours of restful sleep are you getting a night?

These questions give you a starting point for communication and from their answers you can dig deeper to figure out if you can extend a slave's chastity or if its time for them to have an orgasm or be freed from their belt altogether.

4) Keep a close eye on them – Sometimes a slave will not be honest with their Dom/me because they are afraid of disappointing their Dom/me. Other slaves might not know exactly how they are feeling, so they won't be able to express it clearly to their Dom/me. Whatever the reason, its important that a Dom/me keep a close eye on their sub's appearance and behaviour patterns and make note of it for future reference. Keeping a Journal can be an effective way to keep track of any changes in a sub's behaviour. Things you should look for and make note of:

- Any changes in personal grooming habits – Have they gone from taking care of their appearance on a daily basis to being unkempt and sloppy with their appearance
- Are they having a hard time answering questions
- Are they having difficulty performing tasks
- Are they becoming forgetful
- Are they eager to serve you or tired and uninterested in serving



Make a note of any changes that might be appearing. W/we all have off days but if you see a pattern becoming worst with time, then it might be an indicator to take the belt off your slave. Take notes and refer back to them often.

You may also want to have your slave wear gloves when they are alone since this will make masturbation much more difficult. This will also serve as a constant reminder that their hands no longer do their wishes.

Frequent Check-Ins

However, the reality is that many Masters/Mistresses and slaves aren't able to live together or they don't want to. Instead, you need to create a system of frequent check-ins that will help the slave begin to see that they are always under the control of their Master/Mistress. This might start with the slave:

- **Calling** – They might have to call you at certain times of the day, whenever they are alone and might be tempted to get themselves off.
- **Texting** – You may also want to work on the slave having to text you whenever they are tempted to masturbate. This might include a code to ensure no one else knows what the slave means.
- **Emailing** – Email is another way for your slave to check in constantly to ensure that they are not spending their time with a vibrator.

Actually, having the toys they own locked up and put away is another way to ensure a slave is not going to be touching themselves or bringing themselves to orgasm. You will want to make sure all temptation is out of the way.

Have Your Slave Document Their Days

In the beginning days of enforced chastity, a slave might be told to document their actions every second of the day. This will be reviewed by the Master/Mistress to make sure that any free time is not being used for things the slave is not allowed to do. The slave will need to describe every single thing they do every moment they are awake. Even when they are lying in bed, they need to document their thoughts so that there are no times when they might have been masturbating and not telling the truth about it.

When taking away the slave's ability to play with themselves when they want to, the slave is able to focus more on how they feel about their Master/Mistress. This will make sure that you are always in control. When they are able to have pleasure again, you will be the one to give it to them or you will give them the permission they need. This continues to strengthen your relationship and your power.

Collar And Leash Play



Perhaps no other aspect of BDSM is so well identified and understood to be part of the genre then collar and leash play, a game in which someone is turned into 'property' ala a dog or slave by being put into a collar and leash and controlled and walked by a Dominant as though they were an animal.

For many 'getting' a collar is considered a special gift or honor since it indicates a desire to own or control the submissive in question, and that they are somehow 'worthy' of that Dominant's attention.

For those outside the lifestyle it is simply another tool or game play, but within the lifestyle, collars are much like wedding rings in that they form a commitment and are often even supplied in a ceremony with rules of obedience for the slave to follow from then on. A collar worn in public or at parties indicates that the submissive is

'owned' by someone else and cannot participate without his owner's explicit permission.

A common type of collar and leash play is 'animalization' where a submissive is forced to perform acts that would normally be associated with horses or dogs while wearing collars and leashes and often while being whipped and ordered about by their Dominants.

Modern use of collars has seen an increasing practice of full time submission and jewelry designed to symbolize a slave collar is becoming more common, as is the concept of 'joint collaring' which is almost the same as wedding rings in a BDSM relationship.

Types of collars vary, but can be broken down into the following basic categories:

- Training – used while a submissive is under "probation" and being considered for ownership
- Formal – also known as a permanent or slave collar showing ownership and association
- Protection – worn by new submissive to show they are being protected by a particular Dominant, temporary and returned after the event is over

Study of collars and how they are utilized and seen by the BDSM community outside of simple role play can lead a voyeur to a greater understanding of the people and lifestyle of BDSM and may even



cause them to ask for a protection collar and intro to that lifestyle themselves.

Choosing A Collar

A BDSM slave training collar for many people is a symbol of a Dominant and submissive relationship. When used and applied properly, a submissive training collar can help to strengthen a Dom/sub relationship.

It helps to reinforce the roles within a Dom/sub relationship. The slave knows they are submissive once the collar is placed around their neck. The Dominant knows the submissive is living to submit to their desires once the collar has been accepted.

It can be an excellent way to start a scene. Once a collar is placed around the sub's neck, the scene has begun. Many submissives describe having a collar placed around their neck as like flicking on a light switch for their submissive desires.

It shows a slave that they are protected and cared for, while a Dominant can see that the slave has made the commitment to make the Master/Mistress their first priority.

It helps to let others at local fetish parties and events know that the slave is owned and protected. Therefore you must respect both parties of the relationship.

Lastly, it's damn sexy to see a submissive wearing a collar. There are not many outfits or looks in this world, that can compare to a submissive wearing their collar.

To sum it up, a submissive training collar can have the same importance as a wedding ring, except it looks much hotter when worn.

Training With Collars

When it comes to any kind of training, many times humans need a physical representation to strive for. This is why most martial arts give out different belt colours, swimming lessons give out badges, schools give out diplomas and degrees. Slave training isn't any different, many slaves can become frustrated if they don't have something to aim for. Even though they may be learning and enhancing their submissive skills by leaps and bounds, if they don't have something to show for it many slaves feel like they didn't achieve anything. This is why a ranking system using different collar colours, can be so effective at keeping a submissive motivated.

Black/Blue - (trainee/Collar Of Consideration) the person has been accepted into training but has not proven themselves to be a submissive.

Black/Purple- (sub) the person has shown a desire to be a submissive and their knowledge has grown. They have been accepted as a sub.

Black/Black - (submissive) A submissive is someone who has accepted their role in life. They have



learned most of the skills of a submissive and continue to be happy and eager to prove themselves.

Black/Red - (slave) The final graduation of the program is to become a consenting slave. This person has mastered the skills and knowledge of being a submissive and are happy to live a life as a Dominant's slave.

Collar Punishment

What is even better about the Submissive Colour Collar System is that you can also use it to punish a slave when they misbehave. If a submissive is not behaving up to the standards of their title and collar, you can simply remove the collar and replace it with a collar that you feel they need to retrain in. Essentially, you are demoting them and nobody likes to be demoted.

This is a strict punishment, showing the submissive that they have disappointed you, and that they obviously need to relearn some basic skills that they should have already mastered. Their desire to get their old collar back should snap them back into order.

Branding

Another BDSM favorite that has begun to gain widespread acceptance much as tattooing has done is branding, the act of creating a permanent mark by burning the skin and leaving a welt or 'brand' on it.

Normally done with a hot metal object with the sole intent to scar the body this can be done either as an act of submission and commitment to slavery if not to the particular Dominant in question or simply to enjoy the pain and endorphins that are released from the injury.

Location can be anywhere but most who participate in these types of marks have them placed high on the outer thigh, on the breast or in the stomach area above the crotch.

As with animal branding various marks exist that identify who 'owns' the slave in question or says something about the submissive, but due to the smaller size of brands and the complexities of human skin and scarification, less intricate detail work on brands is necessary to ensure it will last.

Some who like the concept of branding but are not into pain will have 'faux' brands done with ink markers or a tattoo which is also known as a 'cheat brand' at times.

Typically branding is a serious mark of commitment and ownership and not a form of BDSM play. And due to the solemn nature both of the symbol and of the damage it can cause if not performed by someone with the skill to ensure the safety of the submissive it should not be entered into lightly or without full consent and understanding of what is involved.



FOR THE DOM/ME

Branding needs to be done with the slave's full understanding that the mark may be permanent. So, this is a type of play that needs to be fully discussed before it is even attempted.

Try a few methods on unnoticeable pieces of skin first before you attempt a brand that is larger and more noticeable.

SLAVE ASSIGNMENT

Your goal after this section is to fantasize about a few of these possibilities for your next scene and then talk them over with your Master or Mistress.

You might also want to keep a list of the things that intrigue you if you hadn't heard of them before now.

Write down things about each of these tasks that arouse you and which things turn you off. This will give you a greater understanding of your personal desires and how to satisfy them.

For collars, male or female chastity devices and other bondage gear go to:

[THE BDSM TRAINING ACADEMY TOY SHOP](#)

Why Subs Should Only Use Their Own Gear/Toys

A submissive often walks into the dungeon, gets into position, and then waits for whatever will happen to happen. They don't worry about the toys that are being used or what they need to think about – the Master or Mistress will take care of the details. A sub must take their own health and safety into their own hands, to do this it's best for the slave to take responsibility for the toys that are being used on them.

As a sub you do not know how many people have used those toys before you or if they have been properly cleaned. By bringing your own whips, floggers, and other implements, a sub ensures a Dominant has all they need, and that the sub has all the safety they deserve from sexually transmitted diseases and other communicable diseases.



As a Dominant the only way you can make sure your scenes are hygienic and safe for both you and your sub is to either:

- 1) Buy new toys for each sub you play with. To put your sub's mind at ease it is best to take them shopping with you, so they can see it is new. OR
- 2) Explain to your sub if they want to play they must bring only new toys or toys that have only be used by them to the scene. That for their safety you will not be supply any equipment or toys for the scene.

A Slave's Job And Duty

A slave should be doing all they can to make their Master or Mistress' job easier. Whether this means arriving on time or bringing their own toys, they should actively look for ways to make their scenes more effective. Most slaves will ask their owners what they can do to prepare for a scene, but they might also want to ask if there's anything they can bring. By offering to bring different toys, or just by bringing them along every time, this shows the slave is interested in being more than just a passive slave. They are actively helping their training process by bringing the tools they feel need to be used on them. The slave is always responsible for their own health and safety, even with long time partners.

**** submissives:** Do not play with any Dominant who refuses to use your toys and insists their toys are fine. If a Dominant can not accept your concerns for your health then they do not deserve to play with you.******

The Question Of Safety And Health

When someone new is training the slave, it's best for the slave to bring his or her own toys. While the Master or Mistress might be reliable in terms of providing clean conditions, it never hurts to be safe. Using their own whips and floggers will assure the slave that they will not be exposed to the skin or the blood of another past slave. Just as a person might bring their own toothbrush for an overnight, a slave will want to pack up a bag of the things they want used on them, cleaned and ready to go. This bag might also include any other items that are better for their bodies. For example, when a slave is allergic or sensitive to a certain kind of lube, the slave should bring his or her own preferred brand.

The Element Of Surprise

Even though the slave might bring all of the things they want used on them, there is no telling what the Dominant might do. They might choose to use all of the items in the bag, or they might choose to use some of them in a different way than what that slave had imagined. The Master or Mistress will also get a chance to come up with a scene on the spot since they might not have seen the items in the bag until the slave shows the contents to them. This system is actually quite exciting for everyone involved, and safer.

Since a slave might want to visit a professional Master or Mistresses as a part of their development as a slave, it makes sense to have a goodie bag ready to go to these sessions. While safety is certainly a



consideration of any Dom or Domme, a slave is still responsible for his or her own safety in the end. When they bring what they need, it can help to set the tone of the scene, but also the slave can more easily relax into the experience knowing they are safe.

Transmitted Diseases

When it comes to playing with another person and there is an exchange of bodily fluid, there is always a risk of catching or transmitting a disease. There are a few things you can do to reduce the risk and ensure you and your partner's safety. None of these prevention techniques are 100% effective:

- Don't play with another person until you feel you are comfortable within in a monogamous and committed relationship. Both of you can get tested at the same time for any type of sexually transmitted disease.
- Always wear protective gear while playing together. This includes condoms, dental dams, medical gloves (which can be picked up at your local drug store)

****Do not play with any person that refuses to use protective barriers. If you are submissive and a Dominant wants to have sex without a condom, you have the right to say "No!" Just because you are submissive does not mean the Dominant has the right to do whatever they want. It is your job to protect yourself at all times by ensuring the Dominant wears protective gear while playing with you.****

- Don't break the skin. Your skin is the first layer of defence against infection. Any time you break or puncture the skin, there is a chance of infection. If this is a type of play you enjoy, then only use equipment that has never been used before or that has only ever been used on yourself and has be properly cleaned by you.
- As stated previously, a submissive should bring their own BDSM gear and refuse to play with anything else. You never know who those toys have been used on or how well they have been cleaned.
- Have both your partner and yourself have regular medical check ups.

The only 100% safe and effective method for not being at risk for catching any type of sexually transmitted disease is through abstinence. This means abstaining from any sexual and BDSM related activity.

For more information on Sexually Transmitted Diseases go to:
[The Centers For Disease Control And Prevention](#)

****Please speak with your doctor or a medical professional for more information or about any concerns you may have.**



When BDSM Goes Wrong

If you've been in a BDSM relationship for any period of time, you will notice that some scenes are better than others. Even though you might have everything planned out, this doesn't mean that you're going to have it go the way you've planned. And in some cases, you might have a very horrible scene, one in which one or both partners have troubles or get hurt. Here are some ways to handle the problem of when BDSM goes wrong.

When Someone Gets Hurt

Despite your best intentions, there might be a scene in which someone gets hurt. Even though the Master or Mistress might be doing all they can to make sure this doesn't happen, sometimes things go wrong and a sex toy is used too vigorously or it does something unexpected. When this occurs, the key is to stop what's happening as quickly as possible. The person who is hurt needs to speak up about being hurt and then the injury must be looked after. Often, the injury will not be serious, but it can become more serious if the scene isn't stopped when it needs to stop.

In the case where the skin has been broken or something is damaged more extensively, it's vital that medical treatment be sought so that the person's injuries can be addressed. If you both decide that the injury is not that serious make sure to properly clean the wound and dress it appropriately. Then you need to avoid any strong play for a while until the wound has healed.

When A Limit Is Ignored

It can be difficult at times to determine when a limit is being pushed and when it's being ignored. When a couple is trying to move their BDSM training to a new level, they might try pushing pre-determined limits, but despite open communication and consent, there is still the potential for it to be shocking and physically and/or emotionally damaging. Hence, why the limit was put in place from the start. You will want to adhere to all limits when you're in a BDSM relationship, and if things go beyond these limits, the scene should stop immediately. If there is still some concern about what limits are okay to push and which ones need to stay in place, remove yourselves from the bedroom and talk about what needs to change in your contract.

How To Handle Injuries/Broken Limits

If you play on the edge long enough eventually things could go over that edge. What you do and how to handle what happens next is what counts.

- Stop the scene immediately
- Remove yourself from the dungeon, bedroom, playscene
- When both partners are calm, comfortable and have come down from the scene/shock they can begin discussing what occurred. This may be immediately after the scene or a few days later.
- The discussion should only occur when the person in pain (physical and/or emotional) feels



they are safe. This means that the discussion may take place in a public space (ie coffee shop), a friend's house, over the phone or via an online video chat service (ie skype)

- If the partner in pain requires a third party to be there to feel safe and help work through/oversee the discussion, this must be respected by all. However, both partners must agree to the third party member or both partners can each bring an individual to oversee the discussion. The point of this discussion is to find out if the injury or broken limit was an accident or intentional.

Unintentional Injury/Broken Limit(s)

Mistakes and miscommunication can occur during play/training, which can lead to a rule being broken by accident. The dictionary defines an accident as "an unfortunate incident that happens unexpectedly and unintentionally."

If a rule is broken due to an unintentional accident, clearly more discussion needs to occur between both partners to ensure this accident is never repeated. It is each individual's responsibility to determine if their partner is trustworthy enough to ensure this incident never happens again.

Intentional Injury/Broken Limit(s)

If a person has broken a rule(s) intentionally they have proven through their actions that your safety is not as important as their desires. The offender has broken your trust and therefore they are not trustworthy.

You must be willing to leave any kind of relationship/situation that has proven to be unsafe. You are the only person who can ensure your own safety and you must be vigilante about your well fair at all times.

How To Avoid Problems

There are two main things that need to occur in order to avoid problems in the future.

- The contract that is set up for the BDSM relationship needs to be clear and it needs to be followed unless it is changed. There is a reason why you have an agreement in the first place. If one or both partners feel that the contract needs to be changed, this discussion needs to happen outside of a scene.
- The other way to avoid potential problems is to communicate well with each other. If you are uncomfortable with an activity or idea, say something. If something hurts, say something. If something doesn't feel right, say something. If someone does something they shouldn't have, say something. If you're unable to communicate well, it might be better to avoid any BDSM activities until you become more comfortable expressing yourself. Or until you find a person that you feel safer and more comfortable communicating with. This goes for both Dominants and submissives.

With these ideas in mind, you can make sure every BDSM scene is fun and safe. While things may still



go wrong from time to time, having an awareness about what you can do can allow you to feel more confident knowing that you can fix the situation if and when it arises. Though no one is perfect, the BDSM relationship is one that is built on trust, and the worst damage that can happen is a fracturing of that built up trust.



CREATING A MASTER AND SLAVE RELATIONSHIP

Most welcome, bondage, for thou art a way, I think, to liberty.

William Shakespeare

Negotiating Your Relationship

As with any successful relationship, you need to understand the expectations of everyone involved.

This is especially important in the case of a relationship that will include the giving up of control of one to the other – negotiations need to be done first before jumping into this sort of arrangement.

For some Dominants and slaves, this process will begin with the initial interview of what each side wants and what they don't want. This should be a long discussion and include as many different ideas and potential situations as possible.

In fact, you might want to use this book as a basic guideline of, "Do you want to do this or not?" By going through lists of things that you can do in the BDSM realm, you will be able to clarify everyone's desires in order to be happy.

And that's really the point.

A Master or Mistress that is not able to do the things they find arousing or gratifying is not going to feel satisfied with their relationship, nor is a slave that doesn't feel like they are being controlled as much as they would like to be.

Many Dominants and slaves will do several things in the process of negotiations:

- Make lists of their desires
- Create lists of their fantasies
- Make questionnaires for each other as to what they expect
- Talk about probable scenes
- Discuss absolute limits as well as things that might be frightening but not totally prohibited
- Create a contract that both will sign and adhere to

In this kind of relationship that places psychological control as well as physical control on the



proverbial table, negotiations are, well, not negotiable. You need to talk before you can play.

Setting Up A Contract

The idea of a contract is something that everyone understands, so creating this kind of formal document can go a long way in establishing the kind of relationship both parties want and limits to things that will occur.

This contract can include several things:

- A list of rules for the slave
- A list of activities that are permissible
- A schedule for the slave to follow
- A list of responsibilities for the Master/Mistress
- Guidelines for personal grooming
- Guidelines for personal health habits

For some, the formality of a contract makes the agreement between slave and Master more 'real' and binding. But the contract can also be a general agreement for the slave to submit to their Master as well.

What you include in the contract is up to you, but it should be a clear representation of the relationship and how you will interact with each other, both in the bedroom and outside of the bedroom.

A contract allows the slave to have a clear understanding of the things that will be expected of him or her and something to refer to should they become confused as to what their duties are.

This contract can also be renewed at regular intervals or be amended as new restrictions and conditions are discussed and agreed upon. It can also be posted in clear view or kept in a special place for both partners to review regularly.

This contract should be taken seriously at all times.



A Sample Contract

Of course, sometimes it's easier to create your own contract if you have an idea of what you want your contract to look like and include.

You can change the terms and the phrasing, but your contract can read something like:

I, _____, do willfully submit to _____ with an open mind and an open heart. I wish to please my Master/Mistress and promise to do my best to submit to them with each breath that I take. I offer up the use of my skills, my dedication, my obedience, and my time so that his/her wishes can be granted completely and immediately as commanded.

I respectfully request that my Master/Mistress guides me to their goals for me as a slave and helps me to understand the importance of my servitude so that I might grow as a person.

I willfully give over my body, my mind, my desires, and my decisions to my Master/Mistress so that I might be fully available for their needs no matter what he/she should command.

I promise to:

- Always put my Master/Mistress' needs before my own
- Obey all commands as given with grace and speed
- Be honest
- Strive to overcome any feelings of inhibition or hesitation
- Be open about my thoughts and feelings
- Talk about my needs, but defer to the judgment of my Master/Mistress
- Work to be the best slave that I can be
- Learn more about my own feelings of slavery and how I can best serve
- Work on any negative feelings of the ego and pride
- Surrender myself to my Master/Mistress and hope to satisfy them each day

I am fully aware of the scenes and tasks I am required to do and will perform them with pleasure as this serves my Master/Mistress.

If I should ever feel that my needs are not being met or that our relationship has changed to no longer serve either of us, we shall respectfully terminate this contract and go our separate ways,



knowing that I have been bettered by the experience.

Attached is our agreed upon list of things that I wish to provide for my Master/Mistress as well as my limitations at the present time. It is agreed that this list will be the foundation for any play time as well as service requirements.

I offer my submission to _____ on this day _____ of _____, in the year _____.

signature_____

I accept this slave into my care on this day _____ of _____, in the year _____.

signature_____

Included below are a list of:

Duties Of The Dominant

Duties Of The Submissive

Rules To Be Obeyed By The Submissive

Soft Limits

Hard Limits

Punishments For Broken Duties/Rules



The Importance Of A Collaring Ceremony

To further add weight and gravity to the contract that you have signed and agreed upon, you might also want to include a ceremony in which some sort of collar is placed onto the slave.

Much like a typical marriage in which rings are exchanged, the idea of a Master/Mistress placing a collar on their slave can help to show the rest of the world that this slave is now owned by someone else.

In addition, the collaring ceremony can be witnessed by other BDSM friends in order to solidify one's commitment to being in the BDSM lifestyle.

There are several benefits to a collaring ceremony:

- Clear definition of when the relationship begins
- Ceremony that changes a relationship from equals to Master/Mistress and slave
- Can be used in addition to a marriage ceremony to show the power exchange
- Gives slave a physical reminder of their subservience – with the actual donning of a collar

The actual collar doesn't have to be something that might be seen by the outside world, though many slaves do not mind this kind of outward signal.

Here are some ideas for less noticeable collars:

- A simple necklace with a small padlock charm
- A necklace with initials of the Master/Mistress inscribed
- A traditional ring for the finger
- An ankle bracelet or wrist bracelet
- A tattoo

The point of the collaring ceremony is to give over control to someone and seal that act with some sort of physical representation. It not only shows the world that the slave is 'serious' about their decision, but it also shows the Master/Mistress of this seriousness as well.



Master And Slave 24/7 – What That Really Means

If you've ever fantasized about being a slave to someone or a Master to someone, you probably have an elaborate picture in your head – lots of sex, lots of submission, and not a care in the world outside of that pleasant BDSM sanctuary.

But that isn't always how it works.

What you need to understand is that a Master and slave relationship is just like any other. There will be great times and there will be not-so-great times.

Being in a 24/7 relationship is a bit different than just playing with partners at play parties or personal gatherings – it takes continuous commitment to each other, to learning about each other, and growing toward your common goals.

It takes a Master that is willing to continuously monitor their slave and make corrections when behaviors are not fitting their standards.

It takes a slave that is willing to continuously learn and improve their behaviors to suit a Master's wishes.

It takes hard work and a clear understanding of what each person's position is. This is why the contract and the initial negotiations can go a long way in heading off any major miscommunications before they hurt a relationship.

Much like a prenuptial agreement, a contract allows you to both clearly understand what you need to do and why you are doing it.

When you're trying to keep up the lifestyle every hour of the day, it can be exhausting, but also innately rewarding when done right. If you have the right systems in place and consistent check ins as to how things are going, you will be able to keep everyone happy.

Here is just one example of how a couple does this.

A Real Couple's Experience In 24/7 BdsM

For privacy's sake, the names have been changed.

John and Jane Doe are just like any other couple on the outside. They are a happy couple that's just retired and are living a simple and quiet life in a rural area.

But that's where the 'normal' ends.



Behind closed doors, John and Jane have had a BDSM relationship in which Jane is the submissive for the past fifteen years. There have been many ups and downs along the way, but they have slowly grown into a pattern of what is expected of each other and how these expectations are satisfied.

Here are the things that Jane has to do each day:

- Ask for permission to go to the bathroom, leave a room, go somewhere outside the home, buy something, etc.
- Clean the house from floor to ceiling each morning
- Prepare all of the meals
- Be naked for at least three hours a day of John's choosing
- Sleep naked and chained to the bed
- Complete a list of chores each day and let John know when they have been completed
- Admit any wrongdoings immediately
- Sexually service John whenever commanded to do so – most days begin with a blowjob and end with multiple orgasms for him

There are other things that she has to do as well, but this is a basic list of how she is controlled during every moment of the day, no matter what she is doing.

As for John:

- Come up with list of chores for Jane to do
- Make sure the chores are done
- Administer punishments for things not done
- Handle financial concerns as well as any requests from Jane
- Ask Jane for anything that he might desire

In this relationship, John has determined that the more things that Jane has to ask permission for, the more she feels controlled. When emergencies pop up and she can not get a hold of him to ask, she is allowed to make her own decisions (based on previous experiences and their contract), but needs to alert him of these decisions so that he can submit his approval.

This relationship works because there are clear guidelines for each person and clear ways that the slave is able to be controlled throughout the day.



Here are some simple ways to incorporate constant control and subservience:

- Have slave ask for permission to do anything – leave the room, go to the bathroom, speak, etc.
- Create a schedule of activities each day
- Call and check in on slave at regular intervals
- Email slave throughout day
- Give assignments to slave – journal writing, etc.

The point is to be a part of every moment of your slave's life so that they can think of nothing else but to serve you.

Maintaining Your Relationship

As with any sort of relationship, you will need to remember that maintaining it is the most important part. You need to be able to keep things happy between you and your partner so that the relationship can last for a long period of time.

This takes a lot of work on both sides of the equation. From the Master, you will need to make sure that you are constantly challenging your slave and causing them to learn more about themselves and their ability to serve you.

For the slave, you will need to continuously find new ways to serve your Master and provide things to them within their desires and needs. To help keep the D/s alive and kicking, you will want to do the following:

- Have a set of clear rules that the slave needs to follow
- Be consistent about punishments – Failing to keep up training that you have started will lead to a slave that is weaker in their service.
- Find new ways to challenge your slave – If you find that your slave is lacking in some area of service, strategize ways to increase their abilities.
- Praise a slave that is doing well – Nothing works better for a slave's training than to hear they are on the right track with their training from their Master. It fills them with pride and causes them to want to continue to do better.
- Try new scene ideas on a regular basis. This will take brainstorming by the Master, but that's not such a bad thing.
- Interact with other BDSM couples to add variety to your ideas as well as the ways that a slave can serve someone.
- Head to BDSM conferences or gatherings, classes or munches – This will help you continue to be inspired by other Dominants and what they do as well as how other slaves act with their Masters.



In every relationship, it is easy to become stale and boring. But when you constantly try to learn about ways that you can bring D/s into your life, you will be able to try new angles, new activities, and new things that will continuously improve your relationship with each other.

Ending A Relationship That Has Gone Bad

Just as with any fairy tale, sometimes your D/s relationship can start out beautifully.

You're both getting what you need from the interaction; you're serving or Domming and having a great time. You genuinely like each other and you're communicating openly about what you want and don't want.

Things are good.

But as with so many marriages and other serious relationships, there are times when things aren't going well and they aren't working out. It's these times when you need to sit down and evaluate if the relationship is something that's going to work out in the future, if it's something that you're willing to work on, or if you want to go your separate ways.

Just because you're in a D/s relationship does not mean that you can not walk away – both sides still have that choice.

You might find that you want to do more than your partner wants to do or that you're just not interested in 'doing' D/s anymore. And in those kinds of cases, you need to either reevaluate what you want from each other, agreeing on a new contract and set of rules or you need to find another partner that will.

Some signs that you should end your relationship:

- Limits and boundaries are crossed
- Things aren't being discussed anymore
- One person or both are lying
- The relationship is not a priority or the D/s part is not a priority

In truth, you can name plenty of reasons why you might want to end your relationship. Sometimes, things just don't work out. If you're willing to change things so that your relationship works better, then you might have a chance.

But if you're just not seeing a solution, it's best to part.



In doing so, there are some things that you will want to do:

- Keep the details of your relationship confidential – You would want the same from the other.
- Return any gifts or collars, toys, or personal items that are not sanitary for someone else to use
- Learn from the experience

Saying goodbye is never easy, especially when there is a power exchange that is familiar to the both of you. But when it begins to become detrimental to your health or your well-being, sometimes it's for the best.

The Role Of The Slave That Wants To Leave

If you are considering leaving the service of your Master, whether for personal reasons or for relationship issues, there are some things that you will want to keep in mind specifically:

- Find out what you could have done better – communicated more, served more devotedly, etc.
- Thank the Master/Mistress for the training you did receive
- Always speak highly of your past Dominants, unless they were abusive and could be unsafe for someone else to be with
- Remember that grace is the key to being a good slave – Leave gracefully and willfully, knowing that you have done all that you could to be the best slave that you could be.
- Know the specific reasons that you are leaving and communicate that as clearly as possible to your Dominant.

The main lesson that any slave should take from a previous relationship is that there are always two people in a relationship. No one person is 100% responsible for a failed relationship, therefore a submissive should not constantly blame themselves or think they should have done more if a relationship ends. It takes two people to create a successful relationship and it takes two to cause it not to work. A submissive is not solely responsible for making the Dom/sub relationship work and they should not be the only one sacrificing for the relationship.

SLAVE ASSIGNMENT

After this section, it should be clear to you that you need to be clear.

Being in a D/s relationship is about more than play time and creating a good scene; it's about creating an open dialogue in which you can both relay your needs and then figure out ways to make sure that you are satisfying each other.

You will want to draw up a contract with your Master/Mistress or with your self in order to start getting into a more structured mindset of what being a slave is and what that means to you.

If you are not owned or dominated at the present time, simply create a contract as though you were, promising your devotion to learning as much as you can so that you can be the best slave for your future relationships.



SAFE, SANE, CONSENSUAL – THE ETHICS OF BDSM

A BDSM Joke:

*A masochist walks up to a sadist and says, "Please, hurt me."
The sadist replies, "No."
And walks away.*

What Being Safe, Sane And Consensual Means

Creating a D/s relationship takes planning, discipline, and a lot of care. You need to create conditions that satisfy both parties as well as keep everyone safe and happy.

But in the BDSM world, there is a larger set of 'rules' that many people consider the tenets of building such a relationship – SSC, or safe, sane, and consensual.

Let's break down each of these terms:

Safe

Safe is easy enough to define – you're not going to do anything in your relationship that might severely harm the other. This means no cutting off of limbs, creating large open cuts, injuring the throat or neck, or suffocating anyone.

Safety is also about learning the right ways to inflict pain on someone so that accidents don't happen and the submissive can enjoy the experience without worrying about their safety.

Safety can come in many forms:

- Learning how to do proper bondage techniques
- Communicating regularly with the submissive during a scene
- Stopping whenever the slave needs to
- Testing any equipment to be sure that it's functioning properly before placing it on someone's body
- When doing a rope suspension, making sure that the rope is still 'good' and strong, and able to support the person
- Playing with someone in a public setting before playing with them in private



You can add your own ideas to this list as well. Safety is a necessity not only for physical well-being, but also for a long lasting BDSM relationship. If you're constantly hurting someone (and not in a good way), the relationship may not last.

Sane

Everyone's definition of sanity varies slightly, given their experiences. But it's safe to say that 'sane' BDSM practices include not doing anything that is obviously harmful or detrimental to one's health or emotional well-being.

For example, you are not going to tie someone up, leave them in the middle of the road and then come back in the morning to see how they're doing. You're not going to rid someone of sleep and then interrogate them with verbal abuse.

And you're not going to create genuine fear in your partner by doing things that are unreasonable and unrealistic – locking them in your basement and leaving them there without food or water.

Sane practices in BDSM are fairly common sense – don't do anything that you wouldn't want done to you.

Consensual

This is where the SSC rules become a little vague, as everyone has a different opinion of what a slave's services should include and just how much input they will have into these practices.

Overall, consensual treatment begins with pre-play or pre-relationship negotiations that discuss what will and what will not be done in a play setting. This includes lengthy talks about things that might cause emotional harm to someone or physical limitations that might also be problematic to the slave or to the Master.

However, after the determination of what can and can not be done, and when these activities take place, can be solely up to the will of the Master or Mistress. In short, this is consensual non-consensual treatment. It's used for safety as well as to provide satisfaction for both parts of the relationship.

However, others will say that consensual treatment during BDSM play takes away the role of a 'slave' that is supposed to not have any say in their treatment. For some, they believe the slave should have no rights to make any decisions or state any desires.

In short, they want an object they can control.

The trick with this kind of thinking is that objectifying someone can be a natural form of the actual D/s play scenes as well as living situations, but the boundaries and the limitations need to be agreed upon so no one gets hurt and so that the slave has a clear understanding of what is expected of them.



What you might want to remember is that consensual can still happen in even the strictest D/s relationship because the slave only agrees to WHAT can be done with and to them, but not the frequency or the way that it is done.

But they still need to give their consent.

Keeping these rules in mind will allow you to move from one D/s experience to the next as you will know how to be safe and how to treat someone, even in a play setting. These are unspoken rules and those that do not follow them can sometimes find that they are ostracized from the BDSM community.

Safewords

What most people recognize about safety is that you need to always be able to communicate, even when you're in the midst of a heavy scene, filled with role playing or humiliation.

This is where the role of a safe word can come into play.

Generally speaking, there are a few types of safe words that can be used during a scene:

- Words that mean stop
- Words that mean slow down
- Words that mean something's wrong

Now, for some relationships, simply shouting out the problem is the easiest way to deal with a particular situation. If something is not going well or the slave wants the Master to stop for some reason, they will simply tell the Master what is going on and the scene can stop or change direction.

But for others, the scene's intensity might rely on the idea that they are both playing roles and that breaking these roles might cause the emotional response to be lessened – and that can cause a scene to go bad.

This is where safewords can be used to alert a Master as to a problem or situation.

Some common safewords include:

- 'Red' for 'Stop'
- 'Yellow' for 'Slow Down'
- Various object names – fire truck, elephant, etc

You can certainly use any word that's easy to remember and to say when you need to stop a scene for whatever reason – but it needs to be something that you both recognize and that you can both understand immediately.



When would you use a safeword?

- When a person is in pain
- When a person is feeling overly anxious about a certain act
- When a person is feeling too scared to continue in a scene
- When the physical reaction is getting too intense
- When a person is running out of breath and/or having a hard time breathing
- When the slave notices something that might be harmful

But what you shouldn't do with a safeword is stop something if it's just uncomfortable. A safeword is really your emergency word that will get you out of a dangerous situation or one that might harm you psychologically.

Using a safeword every time you feel a little hesitant to do something will not improve you as a slave, but rather will cause you to become more reliant on your 'out.'

And when you want to be the best slave possible, you need to strive and learn how to push yourself, however, that does not mean pushing past every barrier, all the time.

Safety Calls If The Sub Can't Talk

There will be times when a slave is gagged or tied into a position where they may not be able to talk.

Or the slave might begin to have a problem with their breathing and be unable to call out their safeword for help – what happens then?

If you're doing any form of bondage or scene that involves these possibilities, you need a backup plan for the safe word in order to prevent anything harmful from happening.

Some ideas for safety calls if the sub cannot talk:

- Have the slave hold onto something heavy – They can drop this object if they need to signal for help. When it's heavy, it will be easy to hear. Eg a bell
- The slave can hold onto a stuffed animal – This brightly colored toy will be easy to spot by a Master or Mistress when it is dropped during an emergency.
- The slave might have a tapping signal they can use – three taps on the Master, for example
- The slave might have a movement they can do when they need assistance or to get out of a certain position. Eg Shaking their head furiously back and forth



There are a number of things that you can plan ahead of time to allow a slave to be able to communicate with their Master or Mistress when they are unable to speak.

And while this might seem like it would take the 'excitement' and suspense out of a scene, it actually allows the sub to be more focused on what is happening because they're not fearful of having something go wrong.

If you're unable to come up with a suitable way to alert the Master, then it's the Master's responsibility to ensure they are checking on the condition of their sub and preventing any injuries from happening.

Talk with other BDSM players to see what advice they might have as well.

Health Concerns That Need To Be Addressed Ahead Of Time

Because of the physicality of BDSM and D/s relationships, there are some things that you will need to be aware of before you start to play with any partner.

Ask about any health conditions that might be affected during an intense session where the blood is pumping fast, you're breathing quickly, and you're straining yourself and your muscles.

Some things that might cause problems are:

- Heart conditions
- High blood pressure
- Drug problems
- Alcohol problems
- Asthma
- Diabetes
- Blood borne diseases – HIV/AIDS, Hep B, Hep C etc.
- Etc.

If your slave has any of these kinds of conditions, it's best to have them check with their doctor before engaging in any sort of heavy play. This will ensure that they aren't harming themselves needlessly with their prior condition and that the Master/Mistress won't become liable for anything that might happen during some play time.

In terms of blood borne diseases, you will want to have some safety precautions in place – gloves, protective eye wear, condoms, etc.



Other things that you might want to think about:

- Flexibility – when in tough bondage positions, the muscles can be pulled in directions they're not used to – and your slave should alert you to any weak points that might be injury prone
- Past injuries
- Anxiety issues
- Depression issues and/or other mental health issues

While these kinds of conditions don't necessarily preclude a person from being a slave or a Master, they will require some advanced planning to ensure that nothing happens before, during, or after a session that might be problematic.

For example, someone with a history of abuse might have troubles handling a face slapping scene and can become psychologically hurt. But if that is known ahead of time, this can be avoided.

Those that do have previous conditions will want to make sure they are taking any required medications and are following their doctor's orders.

To help in emergency situations, slaves or Masters with certain conditions should write out any instructions that someone should follow in case they should lose consciousness for some reason.

Accidents Will Happen, How To Be Prepared

Accidents certainly happen in the world of BDSM – especially to newer players on the scene. But just because you will certainly have something go wrong at some point doesn't mean that you need to simply sit back and wait for it to happen. You can take steps to help not only prevent problems, but also you can learn how to handle accidents and injuries when they occur. After all, when you're in the middle of an intense scene, do you stop what you're doing? Or do you simply pretend nothing has happened until the scene is done? Those are questions you need answered before you step back into your version of a dungeon.

Have Safety Measures in Place

The best way to deal with injuries during your BDSM play is not to have them at all. If you can prevent major injuries from happening, you will not only have a long 'career' in BDSM, but you will also have a happy and content Master/Mistress and slave.

Some of the easiest ways to help prevent injuries from occurring include:

- Start off slowly – It's never a good idea to simply try something out without starting off at a slow and steady pace. Anything you do too quickly is something that could cause damage to another person. Whether you're tying a rope too quickly or moving into a position too quickly, you're going to get hurt. In the beginning especially, you don't have to move like a slug, but you should move slowly enough that you can keep yourself safe.



- Watch your surroundings – Often, injuries occur when you're not aware of what's around you. Watch your head and your limbs to make sure you're not going to run into anything while in the midst of a session. The floor should be cleaned of all dangerous items and there should be areas where sex toys can be placed when not in use.
- Have a safe word or signal in place – This will allow the slave to let you know when something is truly wrong. Without a safe word, the Master/Mistress needs to watch the slave very carefully to ensure that everything is okay.
- It is always a good idea to take a course and become certified in CPR and emergency first aid. Hopefully you will never have to use it, but always nice to have in your back pocket just in case.
- Always have a working phone within arms reach, so you can call 911 in case of an emergency.

Ways To Help Soothe And Heal Skin

While this subject was touched upon earlier, there are some things that you can do to help ease any skin irritation from paddling, spanking, whipping, etc.

Doing this will help the skin heal more rapidly and be ready for the next hot and heavy scene. This also becomes a time of cuddling and reconnecting with your partner once the scene has ended.

For bruises:

- Apply ice first
- Try arnica gel

For cuts or welts:

- Wash your hands and wear gloves before treating the affected area
- Clean the area thoroughly with warm water and a gentle soap
- Apply antiseptic lotion, like Bactine
- If the cuts are bleeding, add some triple antibiotic ointment, like Neosporin and then bandage appropriately

When you have bigger sores or welts on an area of skin, it's best to avoid touching them until they're fully healed. Doing so can cause deeper damage and possibly a massive infection that will need medical attention.

While it might be tempting for some slaves to want to have scars left from their scenes, remember that healing up is the best way to be able to head into the next scene stronger than ever. Never deny yourself proper medical care.



Other Safety Tips That You Need To Know

Some of the best safety tips can not be taught, but only come from experience and paying attention to what is going on around you.

Most accidents happen when someone is not looking or when something was not planned properly – not necessarily from what is going on in the scene.

Here are some other safety tips that you can use in your private D/s practice as well as in a public setting:

- Keep any and all sex toys clean and sanitized – If you're concerned about pieces that are found at your local sex club, be sure to bring a hospital grade solution of sanitizer with you and fresh paper towels. It is always best to just bring your own toys and only use them.
- Never drink or do drugs before a scene – These chemicals will inhibit your reaction times as well as make promises and limits a bit hazy. You need to have a clear head and clear decision making ability when you have been entrusted with someone's safety. Play it clean.
- Wear latex gloves – When you're playing with someone in a public setting, it never hurts to wear latex gloves to protect them and everyone else from infections or STDs. Not only are they sexy in a 'nurse to your naughty patient,' but they also will keep you safe. While it sounds a little paranoid, assume that everyone is infected with something you don't want.
- If someone says 'stop' or their safeword, stop IMMEDIATELY – This can not be stressed enough.
- If you are angry or emotional about something, do NOT take it out on a slave or submissive – Get your head on straight first before you interact with anyone.
- If you have equipment (whips, bondage furniture, etc.) that is in need of repair or replacement, don't wait – Even the smallest crack or rip might cause someone else a lot of pain.



WHAT'S IN YOUR DUNGEON?

What other dungeon is so dark as one's own heart! What jailer so inexorable as one's self!

Nathaniel Hawthorne

What You Need To Have On Hand

To outfit one's own dungeon is the goal of many Masters and Mistresses, but it requires three things:

- Space
- Equipment
- Privacy

If you have the space and can close off the room to curious eyes, then all you need to do is get the equipment to torment your willing slave.

Some ideas for a dungeon include:

- Bondage furniture – Things like benches, cushions, crosses, horses, poles, etc.
- A wide assortment of whips, floggers, etc.
- A closet of role playing costumes
- A medical office setup
- A cage
- Various hoods and sleepsacks, mummification equipment, etc.
- Tape, gags, blindfolds, etc.
- Safety shears and a fire extinguisher for fire play
- Candles, waxes, etc.
- Mood music
- Rope, rope and more rope
- Electrical stimulation gear and conductor gel
- Etc. etc.



But the main concern for this room is that everything is easily accessible and that the furniture and other bondage points are secure and safe.

- You will want to employ the help of a kink-friendly carpenter to assist you with these design plans or look to guidebooks to create your own personal dungeon space.
- This space should also have proper heating and cooling so that both the Master/Mistress and slave can be comfortable as well as enough light so that movement is safe and easy.
- A good lock on the door is also a good idea as well as thick coverings on the walls to soundproof the area, if necessary.

Creating a dungeon can be as simple as getting a big toy box and filling it with your favorite sex apparatuses or it can be as elaborate as a completely other room devoted to your BDSM fetishes – that's up to you.

But if you have the money and the creativity, why not create a special space where all of your D/s fun can be?

Creating A More Sensual Dungeon

The stereotypical dungeon is cold and absent of anything comfortable, but this doesn't have to be the case. Instead, you can turn your dungeon into a sensual training ground, one in which you can enjoy being comfortable, as well as being challenged. All you need to do is to make a few simple adjustments and you will find that your room is just as tough as it used to be, but also luxurious.

New Textures To Add

One of the things you need to do when you're trying to make your dungeon more sensual is to add new textures. Things like velvet and silk can make a bed more appealing, and it can make for more luxurious scenes with a partner. Slowly begin to incorporate new textures to see how they work as a part of your training, and when you find something that works, then you can add these textures in permanently. These textures can be added to everything from the chairs, to the bed, to the walls, and more. Look for the places where a slave's body might rest, and add softer feeling fabrics and materials. (Yes, even leather can be a more sensual texture.)

Choose Colours That Feel Warmer

While black and grey might be the colours that are seen most often in dungeons, you can also add in richer colours that make the room warmer and more dramatic. A good colour to use is a deep red, one that brings in the sexual energy you want, as well as a warmer and inviting colour. Other possible colours to add include blue and gold. Think about what the toys in your dungeon look like and add colours that complement these toys, or you can look for basic colours like black and silver to create a stunning backdrop for the colours you already have in your scenes. In addition, adding new colours for dungeon users to wear can create a colourful impact.



Focus On Long-Lasting Equipment

The biggest problem with many dungeons isn't the way the dungeon looks, but how it's being used. When you're just using cheap toys or makeshift equipment, you're going to create a scene in which everything feels rushed and cheap. Instead, you want to bring in toys and BDSM elements that are designed to last a long time. This might mean a bit of a financial investment for the Master or Mistress, as well as the slave, but these investments are well worth it. When you walk into a room and smell real leather, or you don't have to worry about the sawhorse falling over during a scene, there's an opportunity for scenes to be more intense and enjoyable.

A dungeon can certainly be a place where you can create a sensual feeling, a place where you can feel comfortable and supported, even if you're being whipped continuously. The key is to look for ways to create a sensual feeling. This process can begin with a discussion between two partners, or the keeper of the dungeon may want to create the environment all on their own. No matter what, remember that the way a room looks can support the experiences that happen within the room. Even if you just add a few candles and a few mirrors to the walls, you can surround the slaves with reminders of their servitude and position. And when you can bring in more emotional touches that add to the experience, the training will be more effective.

Everyone wants their dungeon to strike fear into the heart of a slave, but sensual touches are just as dramatic too.

Budget Conscious Dungeon Building

Just because the economy is sinking doesn't mean you need to give up your dream of having a dungeon in your house. BDSM shouldn't have to suffer just because money might be tight, after all. And the good news is that there are many ways for you to either start or add to your personal BDSM lair when you're under budget constraints. All you need is a little cash, a little imagination, and a little time. Before long, your dungeon will be whipped into shape and a Master/Mistress and slave will forget all about what's happening in the outside world.

Gearing Up Without A Lot of Green

When it comes to BDSM, you know there is a lot of possible gear for you to buy. But in reality, a lot of this is more than you need and certainly more than you need to pay. Starting with paddles, floggers, and other similar items, you can also use everyday kitchen tools like wooden spoons and spatulas to get the job done. Or if you're worried about splinters, you might want to think about plastics as well. You can also find simple bamboo pieces for caning sessions at your local craft stores – or wooden dowels that work nicely too. Gags don't have to be anything too special either. Some vet tape works well and is cheap to buy, but handkerchiefs, old ties, and ripped up t-shirts will fit the bill too.



Furnishing A Dungeon For Less

Of course, you might have in your mind a lot of chairs, tables, and other fun dungeon pieces, but they can be quite pricey when you buy the pieces from a BDSM supplier. Instead head to garage sales to look for a weight bench – a perfect all purpose place to tie down a slave. You might also want to look for a massage table – also quite comfortable with plenty of ways to adjust it to your specific needs.

******(Make sure it can be cleaned. If the item's materials are porous at all – like softer plastics – you won't be able to thoroughly clean them and sanitise them. If you want to buy furniture secondhand, just make sure it can be cleaned or that you have the money to cover it with a clean piece of fabric.)******

A nice sturdy chair is something you probably already have around your house. If you want a spanking bench, a footstool works well, but an ottoman is best. In terms of adding hooks and other support items to your basement or other room, these are quite easy to install on your own, though you will want to make sure you don't support someone's weight fully on these hooks as you don't want to risk the safety of a slave.

In the end, BDSM can be filled with cheap thrills, if you know where to look. Building your BDSM dungeon takes a little craftiness, but not a lot of money.

Great Ideas For The Closet/Dungeon

Having the space to have BDSM fun is a bit of a luxury. Not all of us can have fully equipped dungeons and basements, after all. With smaller spaces, like closets, you can still have a place to not only stash your BDSM gear, but also a slave that needs to learn a lesson. You can use even the smallest space to help add a new dimension to your BDSM fun. And all you need is a little bit of time, a little bit of money, and a lot of imagination. Closets can work just as well as larger dungeons. Here's how to make the most of those spaces.

Use The Space Wisely

Ideally, if you want to use a closet for a BDSM dungeon, you will want to remove as many items from the space as possible. This will help you see what you can do and what might not be possible. Get rid of the clothing and the other boxes that are in the closet right now and relocate them to another room. Once you have the space cleared out, it's time to think about what you need in the closet. Here are some ideas for starting out:

- Padding or a comfortable sitting area – This will allow your slave to be able to sit in the space for long periods of time. Granted, this might not be what the slave is supposed to be doing (enjoying their time, that is), so this might not be important to all Dominants. If the space should be more sound proof, however, some padding or blankets on the walls can be helpful.
- Strong attachment points – You will want to make sure you have some solid hooks or closet rods from which you can attach a slave in a variety of ways. These points should be able to



withstand the weight of the slave and pulling from them.

- Keep things basic – While you might want to throw all of your BDSM gear in the closet, this might not be a realistic idea, especially when it's not a walk-in closet. Limit the items you have in this space or use a trunk with your BDSM gear as the sitting space so that you have double the functionality.

What You Need To Include

You probably already have a number of different ideas for what to include in your space, but here are some other ideas that can work for a number of scenes.

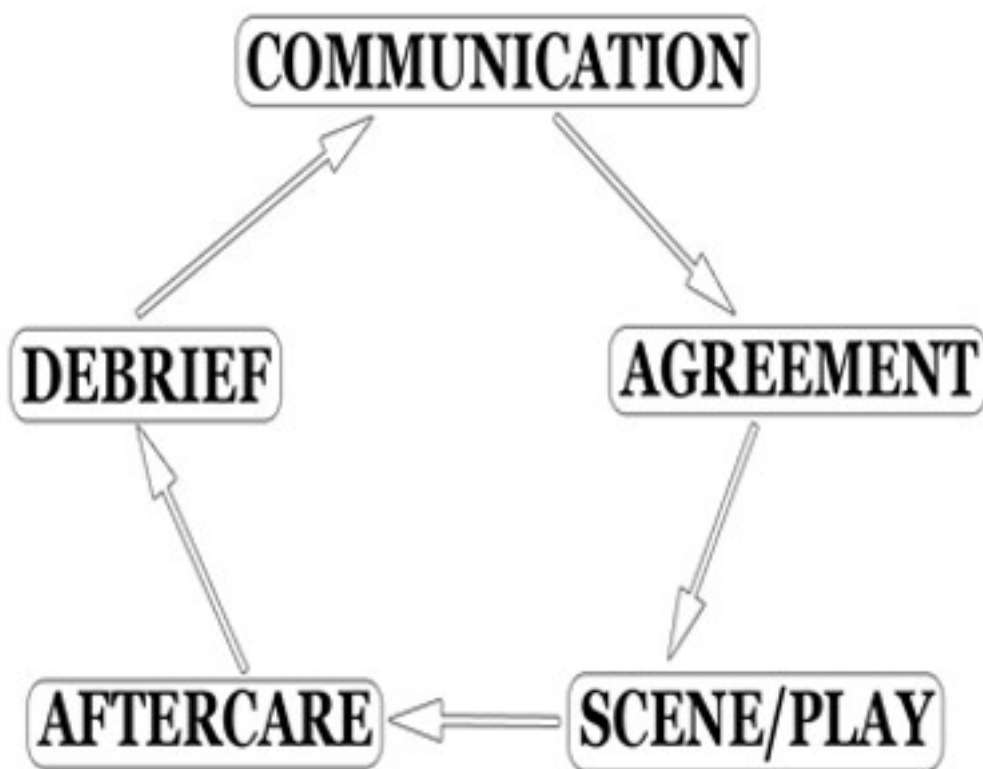
- Wrist and ankle attachment points – These hooks can help to secure ropes and handcuffs to the walls and then the slave. Or you might want to permanently secure these items into the walls.
- Some punishment implements – There's nothing more intimidating than some paddles and other implements on the walls where the slave can see them.
- Darkness – You will want to make sure that the space is as dark as possible, so block out any places where light can get in. This can remove the need for a blindfold, or you can use one anyway to make the slave feel all the more helpless.

The good news is that a closet dungeon can be very cheap to build and to make. In time, you might want to add in a cage like door, with bars that will open and close to let your slave in and out. This can simply be a series of wooden bars that swing out and then can be locked. Let your imagination take over and you will be surprised at just how much you can do with a small space.



CREATING BETTER AND SAFER BDSM PLAY SCENES

The BDSM Play Scene Cycle



Whether you have been in a long term relationship or playing with someone for the first time, any kinky play should follow a set path to ensure everything you do is consensual and safe.

Communication – Before you ever do anything you should sit down with your partner and talk about what they would both like out of the scene. Discuss what you would like to do, activities you enjoy, things that are off limits and safety measures that need to be put in place to ensure both people are safe.

For long term Dominant/submissive relationships, much of these topics will have been established in your contract. However, have a talk about the basis for the training session with your partner. Find out what how they are feeling, what they are in the mood for and what do they have the strength to do. Just because you or your partner has performed something in the past does not mean that after a difficult day, and an overload of stress that they will be able to do it again that particular day. Having a conversation will better help to find out what you can include in your training session.



Agreement – All participating partners agree to what is on and off limits for the scene play/training scene.

Scene/Play – This is the time when all people participate in the activities that were previously discussed and agreed upon. By always abiding to what has been previously agreed upon, you ensure that everything you do is consensual. You also ensure the activities are sane and safe by abiding to the limits and safety measures that have been agreed upon by all partners involved.

Aftercare - After an intense scene, both partners can be physically, mentally and emotionally drained. Providing a time to relax together allows both partners a chance to reconnect as they come down from the scene. This is a good time to get something to drink and eat to replenish any spent energy.

It is important that both Dominant and submissive give their partner the support they need to come down from an intense scene.

Debrief - When both partners are ready, you can sit down and discuss what you enjoyed about the scene, what did not work in the scene and what you can both do to improve upon future scenes together. This could be a half hour after a session or a few days after. When you decide to debrief is up to the both of you.

Make sure you hold the discussion outside of a play/training environment and that you are both in a relaxed state of mind. If you are angry or upset from other stressors in life, you can find them bleeding into your discussion, which could have terrible consequences.

Make sure you come with an open mind and that each partner has an equal opportunity to talk about their thoughts and feelings. Don't become defensive because you might have done something that your partner didn't like. Instead, take this as a chance to learn and grow as a human and as a Dominant/submissive.

With that said, don't only discuss the negative things your partner did. For every negative point you make, you should let them know of three to five positive things that they did. The point of this discussion is to get to know each other better and ensure that you work well together in the future so you can have more successful play/training sessions together.



Planning A BDSM Scene

LESSON TO BE TAUGHT: The point of slave training is to train your slave/submissive to learn certain skills and improve/grow as a person overall. Just spanking them or pulling out a flogger will not do that. You have to know what the lesson of the session is going to be, so you can both work towards reaching that goal.

TOOLS/EQUIPMENT NEEDED: Make a list of tools and equipment that you plan on using in the session. This way you can have them ready and available to use during the session. Nothing stalls a session like stumbling around trying to find a piece of equipment.

ACTIVITIES: You know what the lesson is going to be, now what activities are you going to have to incorporate to teach your submissive that lesson.

PLANNED TIMELINE: Many Dominants find that they rush through a session much quicker than they would like. Here is your chance to describe each activity you plan on doing and giving it a set amount of time. While you are training your sub set a digital timer (all smartphones have one) out of sight of your sub's view. While performing each activity you can refer to the timer to see if perhaps you are going to fast. This can really help slow the pace for new Dominants that tend to rush a scene.

OBSERVATIONS: Keep your clip board in reach during a slave/submissive training scene and whenever you observe something interesting making a note of it. Don't just write down positive or negative comments. Make sure you incorporate both into your observations. Just seeing you writing down comments will shock most slaves into straightening up their act.

RESULTS: Was the submissive able to learn the desired lesson or able to take a step closer to learning the lesson? How pleased were you with their overall performance? Did you see any improvement in their behaviour, response time, attitude, etc? If they had difficulty, when and where did the session prove difficult for them?

DOES SLAVE NEED FURTHER TRAINING?: Review your notes and see if your slave needs to improve in any areas and needs further training on this particular lesson. Or schedule a time to retest this lesson to make sure it has truly sunk into their thought patterns.

Having your observations and results written down will help you when discussing the session with your sub when you are debriefing. This way you won't forget any important points.

Not only will having a game plan written out before you start a scene help make things run more smoothly but it will also give you the appearance of having more confidence, knowledge and experience. One thing you must remember is that you must remain flexible with your plan. Just because you have created a plan for a scene, does not mean that your submissive will be able to do it or that it will go exactly as planned. Everything depends on your submissive. You need to watch and observe them and adjust your plan according to their responses. Never become so focused on your plan that you forget who it was that you created the plan for.



Setting Up A Good Scene

Whether you're the one controlling the scene or not, there are a number of ways that you can help to create the desired effect as well as the desired outcome for the play.

The first and most basic thing that you will want to do is plan out your activities. This might be something that the Master/Mistress does on their own or starts to communicate with the sub – again, this will depend on the relationship as well as the preferred way of dealing with scenes.

In this planning phase, the basic implements will need to be determined and then laid in convenient locations in the desired room. There's nothing more frustrating than reaching for something during a heightened scene, only to find it's not there – because you forgot it.

For some Dominants, this might be a good task for the subs to handle. And as an added benefit, gathering tools for unknown purposes can help to add anticipation for the sub – not knowing what might happen.

Next, the basic layout of the scene will need to be planned. This might mean that you determine what will happen first, and then after that, and then if that goes well, you'll move onto something else, etc. etc. While this sounds a little less than spontaneous, it helps the Dominant remain in control when they are prepared for every phase of the scene.

As For The Fun Part Of Setting Up A Good Scene?

It's all about creating a certain mood that you want to intensify during your play. So, if you're looking to create a sensory overload for your sub, you will want to take away any indication of the events that are going to happen – so that they are caught off guard when they do.

This might mean that tools and implements are hidden from sight or that you have them plainly in sight so that the sub can then begin to worry about what will happen next.

Some partners like to have mood inspiring music, the darker the better, while others like something a little less dramatic – that all depends on you.

Others like to create mood lighting by adding candles and dimmed lights to the room. Of course, candles need to be in places where they will not be disturbed.

Another thing to keep in mind when setting up a good scene is that you will want to make sure that you will not be interrupted (unless that's planned) at any time. This will allow both the Dominant and the sub to focus solely on what is happening in the moment – and it's a safety issue too. Lock the doors, close the curtains, and start your scene.

For those that are using ropes and other bondage equipment, have a safety scissors on hand for any emergency removals as well as a fire extinguisher or pail of water for any fire play that you might bring into your scene.



Creating the perfect scene isn't about just heading into a room and fucking each other senselessly. It requires planning so that the Dom can stay in control of what is happening and the sub can have a safe and thoroughly enjoyable experience.

FOR THE SLAVE

You can help to create a great scene for the both of you by attending to any errands that need to be done for your Master or Mistress.

Some of these errands might include:

- Cleaning any toys or implements that might be used
 - Laying out any implements or accessories that might be requested (a slave should always know where everything is so that the scene can move along smoothly)
 - Clearing the area around the bed or other location
 - Cleaning one's body for the scene, shaving and grooming
 - Asking the Master or Mistress if there is anything special you should wear ahead of time.
-

How To Start A Scene

When you are new to BDSM or you are just introducing a partner to BDSM, it can be hard to know how to actually start a scene or when its ok to start a scene. Now, with that in mind, you need to remember something: no one is perfect. There is no one right way to do anything. So long as everyone in the relationship is getting what he or she wants out of the relationship, then anything can work. You just need to figure out what works for you and your partner.

Starting scenes off can be tricky at first, since things can be unclear when a person is new. Many times it is the Dominant that starts things off, but many new Dominants can be hesitant. This can be due to the fact that new Dominants are unsure of where their control even begins and they don't want to cross any boundaries by accident. If this is the case for you, then there are ways in which both Dominant and submissive can begin the scene.

The Dominant Starts The Scene: It can be as simple as the Dominant walking into the room and telling the submissive to prepare themselves for a session. This could be a command to get into a certain position or to go into a certain spot of the house. Or the Dominant can bring out the slave's collar and place it around the slave's neck. This could be the signal that training has begun once the collar is on, the submissive will then be under the complete control of the Dominant.

The Dominant can also have a phrase that signals when training will start. Once they say this phrase, the submissive will know that the Dominant is ready to train.



The Dominant can say something like:

"Is My submissive ready to serve Me?"

"Are you ready to serve, sub?"

or

"Bring Me your collar, sub"

Using a phrase to start a session, gives the submissive a chance to let the Dominant know if they are ready to train in a polite manner. Even though, a sub should be eager to serve at any time, sometimes life just gets in the way. We are all human are we not?

A submissive can express themselves by using a few polite phrases to indicate how they are feeling:

- If the sub is more then ready to serve, he/she can say "As you wish, Master/Mistress"
- If the sub needs a few minutes to prepare, perhaps take a shower and freshen up "The sub kindly requests 10 minutes to properly prepare for Master?"
- If the sub is not in the mood for training but knows they can get into the mood with some lighter play, they can say "The sub apologizes for not being ready, but under your guidance this sub can become ready" Hearing this phrase, the Dominant knows they are not in the mood yet, so they will have to take things slow and get them in the mood.
- If the sub is not in the mood at all or is unable to serve, due to a long stressful day at work, not feeling well or perhaps they are just not in a good head space, then they will say "The sub apologizes but the sub is not able to physically or emotional serve at this time." From hearing this phrase I know something is wrong and the sub needs time away from serving. Right now, what they need is a friend, lover and partner. Someone to just be there to listen to what is going on with their life.

The point is to communicate this in a polite manner, so nobody is offended. By knowing and understanding the meaning of these phrases you can easily gauge how your partner is feeling and determine how to proceed from there.

The Submissive Starts The Scene: In many relationships, the submissive is not in charge of the scene, so they may not be able to start things off. However, that does not mean a submissive can not indicate that they are more than willing and ready for a scene to begin.

Simply putting on a collar and getting into a submissive position as listed earlier in the book is a very easy way to show a Dominant that a submissive is eager to start a play scene.

Another great way for a sub to start a scene is for them to get dressed in one of their slave uniforms, bring their collar and crawl to where the Dominant is located at the time. From there they will take request position with their collar stretched out in their arms. The sub will then request "Is there any way in which the sub can serve their Dominant?" or "The sub has been having strong desires to be XXXXX. Is there anything the sub can do for their Dominant to hopefully receive this?"



This doesn't mean that a scene will instantly start, however, as the Dominant is still in charge. This just gives a submissive a chance to politely show their Dominant that they are eager and in the mood for a BDSM scene.

If a Dominant has a submissive that misbehaves in order to get what they want, teaching the submissive to simply request politely could prove to the submissive to be a far more effective way to really get what it is that they want.

Having Fun With Games

Many Dominants think that BDSM is all about training and yes a major part of a Dominant/submissive relationship involves training. However, that is only if the Dominant and submissive choose it to be. Both partners have the power to determine how their relationship will develop, the amount of time that will be dedicated to training and what kind of activities that will be incorporated into that training.

What this means, is if both partners only want to play with some BDSM activities once in a while in the bedroom that is perfectly acceptable. What many people find is that they have a hard time knowing what to do if they don't do any kind of formal training. This is where some fun games can keep your bedroom play more interesting.

For Dominants and submissives who do take part in more serious training inside/outside of the bedroom, some fun BDSM games can help to just give you some playful time together.

Not to mention, that many submissives can crave more discipline/punishments in their training. What you may find (after some discussion) is that these submissives don't so much crave more discipline or punishments but rather just crave more physical pain play.

By incorporating these fun games, a Dominant and submissive can really enjoy the Dominant/submissive dynamic while getting some much needed time with their fetishes and savour any pain play that they might be missing.

These games are also great for submissives that have perfected their craft. They have learned everything you have taught them and the Dominant hasn't had a need to correct any behaviour for some time. With these games, there is always a time when the submissive will be punished. If a submissive is craving more punishments but has not done any wrong to warrant a punishment than this could be the answer.

Rewards And Punishments

These games can be as fun or as serious as you, the participants want them to be.

Before ever participating in any of these games make sure that both partners sit down and discuss what will be considered a reward and what will be considered a punishment. It is a good idea to have a few options for both that way you both don't become bored with doing the same thing. Variety is



one of the things that can keep a game interesting. It also helps to give the Dominant more control as they can determine what they may want to administer and the submissive can only wait and see.

Rewards – This is something that you can give a submissive that they truly desire and long for. It is not something they can easily receive or experience whenever they want. A good reward will be an activity or gift that is only received by a submissive after they have earned it.

In these games if a submissive completes a task they can earn a reward. How the submissive is rewarded is up to the Dominant. The Dominant can give a submissive a reward for each completed task or perhaps the sub needs to complete 3 to 5 tasks before receiving a reward.

Another reward option could be to provide a small reward for each completed task. The submissive can choose to receive that reward or they can save their sub reward points for a bigger reward. If a Dominant wants to be cruel, they can instruct the submissive that it will take 10 sub rewards to receive the big reward, but they only have 15 tries. If they don't reach 10 by the 15th try, they don't get the big reward, but they also don't get any of their smaller rewards either because they chose to save them. It's a gamble and that is part of the fun of these games.

For example: Lets say the submissive has a massive foot fetish. A small reward might be to allow the submissive to smell or play with one of their Dominant's shoes for a certain period of time. The game can be paused to allow the submissive to enjoy the reward before continuing or allow the submissive to enjoy all their small rewards at the end of the game. A big reward might be allowing the submissive to worship their Dominant's feet or have their Dominant's feet brushed over their body for a certain amount of time.

Punishments – Can vary depending on how serious both partners want to make the game. If the Dominant and submissive just want to have fun and only want to incorporate more pain/impact play into a session than a punishment could be anything from a light spanking, flogging, paddling, caning to wearing very light clamps for a certain amount of time.

If the games are meant to be more serious and both partners want the punishments to truly be a penalty than you can always reference the list of punishments from the contract both Dominant and submissive agreed too. However, it is very important as with anything that involves BDSM activities that all parties involved in these activities must first consent. Punishments must be agreed too by both partners.

Punishments should be immediately administered once the submissive has not completed a task. This will cause those feelings of tension and excitement as they try to complete each new task.

Both Dominant and submissive should enjoy playing these games. If only one partner is enjoying the game then one person's wants and needs are not being met. The game should be stopped immediately and both partners need to have a serious discussion about what went wrong. Each individual's expectations of the game need to be addressed and both partners figure out what they need to do in order to fix any misunderstanding in future play. If both partners can not find a common understanding and agreement, than these games should not be played.



Focus on having fun and making sure your partner is having as much fun as you.

Game Ideas For Play Scenes

The Fruit Basket – Tying the sub's arms behind their back, the Dominant can place a number of pieces of fruit on the floor. It is best to use a small soft kind of fruit like raspberries, blueberries or strawberries. The submissive will then need to pick up each piece of fruit and place it carefully into a container on the floor. Any squished berries or any mess left on the floor will result in a punishment.

The Dominant can also issue a time frame for when the task should be completed within. Each berry left once the clock runs out will result in a punishment. The Dominant can also make the game more difficult as time goes on.

Game 1: 5 berries with a 3 minute time limit

Game 2: 10 berries with a 2 minute time limit

etc. etc.

The Dominant can also put the submissive in more difficult bondage positions, such as tying the sub's feet as well as the hands or perhaps tying the sub's hands to their feet. Use your imagination.

The Mannequin – The submissive is told to lay still on the floor and that they are not to move a muscle or make a noise unless instructed too. The Dominant can then do anything they like (within agreed upon conditions), such as tickling, spanking, pinching, clamping, flogging, etc. etc. Of course, if the Dominant knows their submissive well this game can be lost by the submissive very quickly.

Rules can be included to give the submissive a fighting chance. For example, if a submissive is extremely ticklish, then tickling can not be used or only used for a count of 5.

A time limit can also be put in effect to give the submissive a fighting chance. Last one minute and the submissive receives a sub reward. The Dominant can either take a break before starting again or just keep going and give the sub a reward for every minute they can last.

Any movement or noise no matter how small will result in a punishment.

The Guessing Game – Tie up the submissive so they are unable to move their hands at the very least. Then blindfold them and make sure they are not able to see a thing. When the submissive is ready, the Dominant can press, rub, slide, and/or strike different parts of the submissvie's body with a mystery object. It is the sub's job to try and guess what this mystery object is. A correct guess earns a sub reward and an incorrect guess earns a punishment.

If the submissive is guessing far too many objects correctly, the Dominant can increase the difficulty. Instead of having the submissive guessing objects have them guess on other random things.



For example:

What number am I thinking of between 1 – 10

I spy with my little eye something that is blue or brown or orange, etc.

Test the submissive to see how well they know their Dominant: What is My favourite color? What is My middle name? What is My favourite movie, song, band, poem, poet, author, book?

Recite a movie quote and have them guess the movie it came from

Etc.

The Balancing Act – Have the submissive stand tall with their arms held straight out in front of them or to the sides with the palms face the ceiling. Most people can become exhausted just by holding their arms up for extended periods of time.

The submissive will then be instructed to balance an object in their hands. The object could be anything from a bell, a weight, chains, bdsm gear, a plastic glass filled with water (glass may shatter if dropped, plastic is better for safety) to random items from around the house. Not only must the submissive fight to keep their arms up, but they must ensure that the item being balanced in their hands never drops while the Dominant continues to perform regular BDSM activities on the submissive.

There are a few ways to make the game more difficult:

- 1) Instead of balancing the items in the sub's hands, the submissive must balance a serving tray in each hand while items are gradually added onto the tray. The tray will be more difficult to balance and it will prevent the submissive from grabbing the item when they feel they might be about to drop it.
- 2) Instead of balancing things in the sub's hand, balance small items like coins, clamps, clothes pins or small toys on each individual finger.
- 3) Fill a glass of water to the very top. For every drop that spills or just runs down the edge of the glass will be met with a punishment.
- 4) Or with metal objects like a chain or bell balanced on a metal tray, the Dominant can continue to perform random BDSM activities on their submissive. If any noise is heard from the objects on the tray, the submissive will be punished.

The point is, as a submissive starts to master a game, the Dominant just has to tweak the difficulty of the game to ensure that the Dominant has the winning advantage. Of course your submissive can't always lose, as they will quickly lose interest in playing any games if there is never any chance of winning a reward.

A Dominant can reward the submissive in a few different ways. If the submissive lasts a set period of time without dropping any of the items, they can earn sub reward points. If a submissive can balance all the items while receiving a set amount of strikes from a certain impact tool, they will earn a sub reward. Or perhaps they can receive a reward point for every clamp that is added or removed without



dropping an item. Use your imagination to find new ways of rewarding your submissive, so they can have a fighting chance.

The High Low Game – With a standard deck of cards, have your submissive kneel before you or position themselves in your favourite punishment position (eg. Bent over a table). The Dominant will start by selecting a card from the deck. The submissive will then select a card from the deck.

It is always more amusing to have the submissive tied down so they have to fumble to pull a card from the deck with one of their bound hands or to use their mouth to select a card.

Whoever has the highest ranked card wins the round. Since the odds are even for this game, the Dominant can always determine the number of times a submissive must win in order to earn a sub reward point. For example, the submissive must win three times to earn a sub reward point.

The punishment section is where the game can get really interesting. Punishment ideas you might include:

- 1) If the submissive loses, they will receive the same number of punishments as indicated by the card they have picked. For example, if they pull the 8 of spades, they will be paddled 8 times. Or it could be the number of clamps added or removed from the sub's body. Your creativity is only limited by your imagination.
- 2) For face cards, the Dominant and submissive can either agree to a certain number of punishments. For example, every face card equals 10 paddles. Or each face card can be equal to a different number of punishments, King = 10 paddles, Queen = 9, Jack = 8, Ace = 11.
- 3) Face cards could also mean different punishments. For example, the king is 10 strikes with a flogger, the queen is 10 strikes with a crop, the jack is 10 strikes with a paddle and the ace is 10 strikes with a cane.
- 4) If the Dominant is feeling extra devious, they can also punish based on the color of the card the submissive pulls. If the submissive pulls a red card, they will receive a punishment. If the sub pulls a black card they will not. In this scenario, the submissive may pull a higher valued card than the Dominant thus earning a sub reward point, but if they pulled a higher valued red card then they also receive a punishment based on the value of their red card. This kind of rule system is only good for those submissives who truly desire a punishment session more than anything.

The point of the games is to have fun and for both partners to enjoy themselves. The reason the games favour the Dominant is because many submissives can enjoy the punishments just as much as the rewards, if not more. If a submissive does enjoy pain play, this gives them an opportunity to experience their desires rather than misbehaving in order to manipulate their Dominant into punishing them.

Let the submissive know that if they desire to be punished, they can always request to play one of these games. As many Dominants would rather play a fun game then deal with a submissive that is



trying to misbehave on purpose to manipulate their Dominant.

However, if the submissive does not enjoy being punished, then these games might not work as every sub is different and not all things are enjoyed by everybody. The games are not meant to be forced on someone who does not enjoy them.

If you and your partner don't like the rules, you can change them however you please to suit you and your partner's desire and style. Be creative and have fun with it.

BDSM Without Sex

For some, the whole point of whipping and other BDSM is to build up to an inevitable sex scene which is more enjoyable because of all of the adrenaline which has been built up through punishments and pain. But for others, just the pain and the submission that goes along with BDSM is all they want. They might not even have a sex partner who enjoys BDSM, but they might go be with other partners who will dominate them or they will dominate someone else for a night. Sometimes you don't need to have sex in order to have a good time, though it's certainly allowed between consenting adults.

Controlling a Slave

When you remove sex from the equation, the slave has to work on other parts of their training in order to be obedient. They don't have sex as something which motivates, so they simply have to be willing to listen to a Master or Mistress because they are told to do something. Conversely, a Master or Mistress who controls a slave without the added help of sex will find that they have to be more dominating in their tone and in their behavior. This way, they can control the slave while also training them to behave in the way they need to behave. Getting inside of the slave's head without the use of sex can be difficult, but it can certainly be done with regular training sessions which are based on pleasing the one who is in control of the situation.

Using Sex as a Motivator

You might also be in a relationship where the sex isn't something that's introduced at the start. But over time, as you grow to care about each other or to simply wanting to deepen the intimacy, sex might become a part of the relationship. In those situations, the sex might become a way to motivate the slave in order to behave well. That is, if they behave, then they will be able to enjoy sex with their Dominant partner. By dangling this sort of carrot for a while, the slave will see that they need to continue to be a good slave in order to get what they want in the relationship and the Dominant can get what they want as well.

Why Sex isn't Necessary

Sex isn't actually vital to the slave and Master or Mistress relationship because the control aspect should be strong enough on its own. If sex is something that is used as a motivator, chances are good the training isn't strong enough on its own. A Master or a Mistress should be able to control the slave, even when they aren't going to enjoy any sex at the end. The slave should be willing to do what is



asked of them because it pleases their owner, not because they are getting a reward. A slave who is only motivated by rewards at the end is a slave who is going to present more problems for their Master or Mistress. This is a slave who has been spoiled when they think they should be rewarded for their hard work.

BDSM without sex is quite common in groups of BDSM lovers. Those who are interested in testing out power roles and dominance might simply want to dominate a person for a night to see how it feels or just to see what they can train a slave to do. And then they can choose to go home, without sex being a part of the agreement. While sex is often very enjoyable with BDSM – it is not crucial.

Setting The Mood for A Scene

Whether you're a submissive or a Dominant, the mood of the scene you will be in matters. How you take the time to setup your scene and how much thought you put into creating just the right mood for that particular session will help to enhance your time together. There are many simple ways to create the sort of scene you want – dark, romantic, sensual, intense, etc. All you need to do is to keep in mind the different senses: sight, smell, sound, touch, and taste. Try to involve as many of these as possible and you will be sure to make tonight's session the best ever.

Choose the Best Location

The best scenes use the best locations. Even if you're simply using your everyday bedroom, choosing a place where you can feel safe and sensual is the best starting point. This room should also be private and it should be somewhere you can move around easily, as needed. Some people prefer to take their subs to clubs if they want to practice humiliation techniques and control techniques. Others prefer the privacy of their own homes when no one else is around to let the energy build as much as they can. Find a place where you and your partner can be comfortable and then you can begin to further create the mood.

Lighting and Music Ideas

It's almost become cliché that BDSM scenes have hard gothic rock music or something that's more of a New Age tone. These songs tend to be quite intense, which mirrors the energy of the scene. Look for music that has the tempo you feel will be created in the course of the scene – some favorites are Enigma, Portishead, Type O Negative, Tool, etc.

For lighting, you need to keep in mind that there should be enough light to see what you're doing and experiencing, but not so much light that it seems too bright. But again, different scenes call for different lighting needs. The soft glow of candlelight can be perfect for a more romantic mood, while brighter lights and spotlights might work well for role playing scenes.

Upping the Anticipation

In addition to setting the mood before the scene by laying out the potential toys and devices beforehand, you can also help a sub really get into the mood by using these techniques:



- **Blindfolds** – When you use blindfolds, you can cause the sub to not know exactly what's going on, which can heighten their anticipation. They can hear everything that's happening, but they don't know exactly what to expect or when to expect it.
- **Letting the sub see what's there** – As mentioned before, laying out the different sex toys and paddles (for example) you might use during a scene can make a sub wonder what exactly might happen during the session. Even more powerful for building the mood? Give the sub a list of things to lay out for them to use and then ask them to clean them as needed as well. This will make the sub's mind race and will cause them to be ready to serve when the scene starts.
- **Binding the sub and then slowly building the scene** – If blindfolds aren't as effective in your relationship, using bondage can often help to keep the sub from moving around or away from what you intend to do to them.

Other ways to enhance the mood of a scene is to light incense, include foods and other sensory items like ice, wax, etc. You might also want to include certain words and phrases that might help to set the mood for the sub as well as get you into the mindset as the Dominant.

Creating High Intensity Scenes

When you're ready to create a scene, whether as a Master or Mistress, the intensity is something you need to keep in mind. Scenes aren't just about testing the mettle of a slave, but they are about finding out how well they can keep up with you and with the energy of the scene. In addition, as a Master or Mistress, you're the one in control of the energy, so you need to know how to ramp it up, how to bring it down, and how to sustain it as your slave continues to serve you. Intensity is tough, but the results are worth the effort.

Set the Stage

Building a high intensity scene is not difficult once you've seen a few in action. You will notice that these higher intensity scenes begin with a setting that is ready for the action to come.

- **Tools are laid out** – There's nothing more energy depleting during a scene than when you have to go look for something you need. Instead, make sure that you have all of the tools you need laid out before you or in a convenient location so you can reach out for what you need when you need it.
- **High energy music is playing** – An easy way to boost the energy of a scene is to use high energy and volume music. Not only will this disorient a slave, but it can also help to create the backdrop and soundtrack for your actions.
- **Anything you need is ready** – No matter what you think you might need for the scene, it should be ready, set up, and available.
- **The slave sees where they will be** – A clear view of their position will help a slave focus on the energy of a scene, rather than on anything they need to do to get prepared.



Build The Energy

To build the energy of a scene, it can help to have a common thread that begins when you begin. This might be a phrase, something you're testing your slave on, etc. No matter what this is, start using this phrase or idea early on and then push this idea harder and harder as the scene continues. Louder and louder, harder and harder, you will begin to push the slave to do things you've never seen them do before. Continue to the point that they begin to have troubles maintaining their own energy, and then push them again and again. Whether this looks like them repeating a phrase or you spanking them again and again, continue to go faster and faster, harder and harder.

Maintain The Level Of Enthusiasm

Since no one can go on forever, and you will get tired too, you need to find a way to maintain the energy once you've brought it up. A great way to do this is to stop what you're doing so you can relax for a moment. Then switch things up to something that the slave is not expecting and that is just as high of intensity. When you do this, you will continue to have the energy, but you will also make things new for the slave and for yourself. This will continue a new energy level and allow you both to continue to be engaged.

With an awareness of energy, you can begin to see that your part in a scene as a Master or Mistress is to start building the energy and keeping it up there. And once you're done with your slave, then they can begin to slow down and rest. But only then.

Tricks To Keep Focused During A Session

While your Dominant probably makes it look so easy, they are depending on the submissive to make each session productive and effective. Though the submissive might feel completely under the Dominant's control, part of a sub's job as the submissive is to maintain their focus and their attention each and every minute of the scene. While this isn't always easy, it can be done with practice. A submissive can become the sort of slave who is always ready for their Dominant's next command, the sort of slave that makes their Master/Mistress smile, albeit wickedly.

Clearing Your Mind

The best way to keep your mind ready for anything your Master/Mistress might have planned for you is to clear your mind. No, this isn't just a New Age, woo-woo concept. Clearing your mind is something that is crucial for a slave when they walk into the dungeon. You need to leave the rest of your life at the door when you walk up to your Dominant and get into the desired position. Everything that happened that day needs to be gone from your mind and everything that you might still need to do must be banished from your mind.

One way to do this is to write down every worry that you have on a piece of paper before you head into your session, leaving those thoughts for you to worry about later. Or you might want to learn to meditate as that helps you learn to quiet your mind. Close your eyes and try to push any thoughts out of your mind. It's difficult at first, but once you practice a bit, you will begin to get better at it the



more you try.

Staying in the Moment

Once you're already in a session with your Master/Mistress, you need to stay focused. This can be difficult for new slaves who are unaccustomed to so much happening at the same time. But when your Dominant wants you to count or to do something specific, you need to be ready and willing to do this. Here are some quick tips to staying in the moment:

- Keep your eyes where your Master/Mistress tells you to – This will help you guide your attention to wherever your Dominant wants your focus to be.
- Think about what your senses are experiencing – Think about sight, sound, smell, taste, and touch. How are these senses being engaged?
- Count along with your Master/Mistress – This might be something that you do anyways, but if you are not told to do so, then you might want to count in your head to help stay attentive.
- Breathe each time you feel something painful – This will prevent your body from becoming too excited by pain and distracted.

What you're trying to do is to bring your brain into the session and into what you need to do at the time. This will help you be attentive to the needs of your Dominant, even when they do not tell you to do certain things.

Preparing Ahead Of Time

Of course, it never hurts to prepare yourself for the session ahead of time in order to be the best slave for your Master/Mistress. Before you go into each session, you will want to think about things you might have done wrong the last time and ways you can be a better slave. Or you might want to think about ways you want to please your Dominant. If you have been given homework or tasks, make sure these are done ahead of time and that you are ready to show your Dominant what you have learned on your own.

Being a focused slave is something that comes with time, practice, and effort. When you want to become a true slave, one who submits fully, your focus is just another gift you give to your Master/Mistress.

Becoming A Graceful Slave

Gracefulness is one thing that comes to mind when watching a well-trained slave. They move easily from one position to the next and they seem to always be aware, not only of themselves, but also of the needs of their Master. So are some slaves just inherently better than others? Not exactly. Some slaves are simply working harder at becoming graceful than others. By practising how to move, thinking about their actions, debating how to speak, and reviewing their behaviours later, these slaves are becoming the kinds of slaves that you long to be. Of course, taking a lesson from other slaves is never a bad idea. After all, this will only help you when you serve your Master.



Watching How You Move

The way you move seems to be the thing most people link to grace and to gracefulness. But the way you move isn't necessarily grace – it's how you choose to move that matters. To move with grace, you will want to look at each movement as being connected. For example, when you lift something from the floor, you will slowly move to get it and then slowly move up. Refraining from jerky movements will allow you to look graceful, even during awkward movements. Be deliberate in the way that you move from one place to another, focusing on smooth movements of your arms and legs. This is a great time to begin to think about manners and about what is considered appropriate as well. For example, you should always keep your legs crossed demurely when sitting or when getting out of a car.

Thinking About Your Actions

Just taking the time to think about your actions and decisions will encourage you to be a more graceful slave. Slow your mind after your Master has asked you something, and then think about what you need to do. While there will be times when your Master might want an immediate response, most of often this is not the case. You will have a few moments to consider what you need to do and how you will want to do it. And the more you practice this deliberate thought, the more quickly deliberate actions will follow.

Taking Time To Speak

When asked a question, you should take a few moments to consider your response. This will allow you to make the best response possible, while also helping you to understand the question fully. When you are speaking, take your time to respond, speak slowly and think about the word choices you are making. While this might seem awkward at first, the more this is practiced, the easier it becomes. You don't want to rush answers as they will not be carefully considered – and they will not be graceful.

Reviewing Your Efforts Later

Later after your training sessions, consider your actions and how you could have done them better. This will allow you to make notes as to what you want to do differently the next time, while also helping you to see how well you have already done. If there are any issues that you think you need more training with, ask your Master for guidance. Your Master will appreciate the time you are taking outside of your sessions to become a better servant and submissive.

Grace does not come naturally for everyone. But that does not mean that grace can not be a goal you set for yourself within your Master and slave relationships. By simply learning to be deliberate, you can begin to learn how to be gracious, elegant, and a slave worth showing off.



When A Sub Doesn't Tell You When Something Hurts

You have a slave who wants to impress you. It's cute, isn't it? They grin and bear it through all of your tortuous ideas, but that's only a good thing up to a certain point. You see the blood on their skin and you notice that they have injuries that make certain positions difficult. And yet, they don't say a thing. While you have to admit they are being 'good' slaves, they are also being stupid at the same time. What is a Dominant to do? Plenty, it turns out.

No Pain, No Gain?

Now, there's a strong connection between BDSM and pain as those who are involved in this are generally big fans of feeling pain and giving pain. That said, there is a line which should not be crossed – the point at which pain might be inflicting pain that is going to be permanent. For example, if you were to pinch a nerve in a slave for too long (because they didn't tell you to stop), you might find that this nerve continues to hurt, long after the session is over. Nerve damage can lead to even more painful conditions, which is going to make a slave less than useful to you in a dungeon.

Stepping In as the Dominant

Your role as the Dominant in this situation is to set the pain limits right from the start. If you've started off your relationship with a slave as a bit of a contest to see how much pain the slave can take, it's really no wonder that your slave might not want to tell you that they're in a lot of pain. You need to begin your slave contract with the understanding that while a slave is going to feel pain, they are not going to be suffering pain for longer than is absolutely necessary. The slave also always needs a way to express their pain to you, whether with a word or with a movement.

Encourage your slave to let you know when they can not take the pain anymore or when they feel like something is going wrong. As the Dom/me, you will stop, evaluate the situation and then decide whether you should continue. This way if there is a problem, it will be controlled before things get out of hand.

* Remember to check in with your slave throughout your session and remind them of their safeword. Sometimes with such an intense scene, a slave can lose themselves and even forget their safeword.

Punishing For Keeping Pain Silent

A slave who has been instructed in how to communicate pain is one that should be punished for not expressing this pain to you. And the best punishment for this sort of situation is to simply tell the slave to go sit in the corner for a time out. Let the slave sit in the corner uninterrupted for a half an hour to an hour, so they can think about their actions and their decisions.

Make sure you tell them why you are making them sit in the corner and that the sub needs to use this time to think about what they did wrong. When the half hour to hour is up, check in with your sub and ask them what they have learned from their time out. If they give you a good explanation, apologize



for their action and promise to never do it again, the both of you can move onto aftercare. Do not continue your scene from where you left off. Instead take this time to talk and express your concerns and why you punished them in more detail.

If they do not give you a good explanation or do not genuinely apologize then extend their time out. If you keep getting no where with them after some time outs, then sit down with your sub and explain in detail your concerns. Express to them that you can not continue to play with someone who can not communicate when things become too much.

Inform them your play session is over and that you will not be able to play again until they have learned this important skill. Let them know that you will see them again once they can prove to you that they are able to communicate in the way that pleases you.

Few slaves don't learn from this sort of punishment. Pleasing you is their top priority, after all. Once they realise they need to be taking care of themselves, then they will make the changes they need to make.

Some slaves think they need to be as tough as possible in order to please their Dominant, but then forget to take care of their own health. This does not have to be the case in your contract. Remind your slave they can not please you, if they do not take care of themselves first. Slaves need to be able to tell their Dom/me they are in pain so they can play another day.

After A Bad BDSM Scene, What Do You Do?

Just like a bad date, you might feel awkward and confused after a bad BDSM session. Maybe the slave couldn't reach any of the goals set by the Master or Mistress, or the Master or Mistress just couldn't get the slave to do anything they wanted them to do. Whatever happened, the session just didn't go as planned. Both parties might be feeling bad at the end of the session and neither may know what to do. But these things happen. It's what you do after a bad session that helps to predict whether another one is going to happen.

Find Out What Went Wrong

You can't fix a problem until you figure out what went wrong in the first place. You will want to sit down together after a bad scene, maybe in a day or two, to help figure out what happened. This meeting should take place outside of the bedroom and be when you are both calm and not in a rush to be anywhere. You need to have the time to sit down and honestly talk about what went wrong from your perspective. Both parties should have an opportunity to talk and to use 'I' statements in order to be as non-threatening as possible as you speak. Or you might have both parties just write out what they think went wrong and then share these pieces of writing with each other – via email or in person. Another thing to keep in mind is that you don't want to list every little thing that went wrong. Just keep your list to no more than 3 things that you feel needed to be improved.



Make a Plan for the Next Time

Once you have determined what you think may have gone wrong, it's time to figure out how you can avoid these issues in the past. This requires being a bit more diligent about planning your sessions ahead of time. While you might not have to plan ahead in the future, it is especially important when you are trying to overcome a problem with the last session or two. Sit down, talk about the session, what will happen, and what the goals will be. This way, you can focus on what you're doing right from this point on and then if further adjustments need to be made, then you can try another plan from that point on.

Accept That Things Happen

Of course, you need to be realistic. Even the best BDSM relationships will have troubles from time to time. Someone might be tired or stressed, or someone might just make a mistake without realising it until later. Instead of stressing out about the misstep, you need to realise that most of the time, things will go just the way you plan. But at other times, they will not – and that is okay. The mistakes are a great wake up call to reassess the way things are doing and how you might want to change things to make them even better. And while it might be tempting to blame one person or the other for things that happen, addressing the problem as a team will ensure that once-in-a-while problems don't become long term issues.

The good news is that 99% of the time, you won't have significant problems in your BDSM relationship – or, at least, no more so than you would have in any other relationship. The only real trouble happens when you don't address the issue when it first happens. Address the problem, make a plan to avoid the mistakes in the future, and then accept that you have done all you can. That's the way to encourage smoother sailing in the future.

Aftercare

After experiencing an intense scene most submissives are both physically and emotionally drained. After every session make sure the both of you take some much needed time together in aftercare. What you need for aftercare:

- A blanket to warm up the body after being cold and naked for so long
- Juice to help hydrate the body and get the blood sugar levels back up
- A snack such as fruit and yogurt, to fill the empty stomach and get the blood sugar levels up

The last thing you need is two people and a lot of cuddling. Rest from the intense scene, relax into each others arms and lastly let go. Don't talk about the scene just rest, replenish and reenergise your body and mind.

Wait for the intensity of the scene to wear off before you sit down with your partner and discuss how the scene went. If you discuss things too early, people still overly excited from the scene can easily



become offended and hurt.

When everybody is calm and level headed, then is the time to ask them how they enjoyed the experiences.

- What did they like? Why did they like it?
- What didn't they like? Why didn't they like it?
- What would they like more of?
- Was there anything they really wanted to happen?

You are not your partner, so you can never truly understand how they felt during the scene. With this discussion you can have a small window into what it was like for them (both Dom/me and sub).

Keep an open mind and don't become offended from what your partner is saying. This is a time to LISTEN and LEARN. Don't become upset because your sub prefers a different to be spanked or your Dom want you to respond faster. Take from what they are saying and apply it to the next time you are both together.

Aftercare is all about becoming closer and understanding each other. Learning from each other, so the both of you can create more intense scenes together in the future. Also remember to keep an open mind and heart during these discussions.

Conclusion

There's a saying in the BDSM community that goes something like, "Your kink is your kink." And that basically means that everyone has their own brand of BDSM they like to practice – some more disciplined than others, some less so.

But the main theme that everything boils down to is trust and control. Trusting someone enough to allow them to make decisions for you, do things to you, and to protect you is something that should not be taken lightly.

On the other hand, trusting a slave to do what is asked of them, when it is asked of them, and trusting they will let you know that everything is still all right – is important too.

Remember:

**SAFE
SANE
CONSENSUAL**

Know your limits, know your slave's limits, and abide by them.

Communicate well and communicate often.



Getting into the D/s world can be a wholly gratifying experience for everyone and by learning about the basics as you have in this book, you're sure to be ready for whatever challenges lie ahead – for both the Master and the slave.

MASTER BISHOP'S BDSM TRAINING LESSONS

When You're Deciding Whether To Accept A New Slave

The trick with starting out with BDSM is that there aren't a lot of step by step guides that can help you create a great session for You and Your partner. You tend to see a lot of general guidelines, but nothing too specific. Instead of keeping everything a secret, here is an example session that you can use to see if a certain person will make a perfect slave for You. For slaves it will be a good example to see what will be asked of you. It will take time to prepare, so be sure that Y/you read through this entire guide first to be sure you understand what to do and then keep it nearby for reference.

To set up this session, You will need to have a slave in mind that has contacted you and wanted to enter into a slave training program. When You find someone that sounds like they have the most potential, arrange for a session with them (You can also use this guide for a partner that is interested in training as a slave).

This session should not be used the first time you ever meet the person. Its always a good idea to meet the person you are interested in first and get to know them outside of their BDSM interests. That takes time to ensure the person is who they say they are, and have proven they are trustworthy. Do not jump straight into a session like this.

If after taking the necessary time to get to know someone and both partners agree they would like to move into a physical BDSM session together, then you can begin with a session like this one.

Start by creating a list beforehand of things that will be expected of the slave when they arrive:

- Location and time they should arrive
- What they should wear or not wear
- A list of 7 to 10 items that they need to memorise
- A list of positions that they need to know
- A list of things that they need to keep in mind (to not look you in the eyes, for example)
- A list of the ways they can address you during the session
- A list of things that you may do to them during the session (keeping it mild for the first time)



When the slave arrives on time, You can begin the rest of this guide immediately, but if not, you need to use one of the punishments that you have already listed that they could expect (that both partners have agreed too).

Dom/me: **And slave, why is it that you were late?**

Slave: **I have no explanation, Sir** (or Ma'am or Master or Mistress or Dom/me).

Dom/me: **Do you think that this is something that I tolerate?**

Slave: **No Sir.**

Dom/me: **Do you think that you are making a good impression with me?**

Slave: **No Sir.**

Dom/me: **Do you think that I should forgive this transgression?**

Hopefully, they will say no at this point. Begin by telling them to bend over, grasping their ankles if they can in front of You.

Dom/me: **I do not tolerate someone that does not follow directions. For that, you will receive _____ (punishment).**

Give him or her the punishment as You said that You would. When You're done, have them sit in another position that you described for them. A kneeling position is good.

At this point, You can test them in several ways. Ask them about the items that You told them to memorise. Try to make them look up at You if they were instructed not to. With each task they fail to complete, have them receive the same punishment. When they do something correctly, tell them that You are proud of them.

Dom/me: **Slave, do you remember the things that I told you to memorise?**

Slave: **Yes Sir.**

Dom/me: **Tell them to me.**

During this session, You should be looking to see if they're even attempting to follow the rules that You've set. If they're trying hard, that's the sign that they will be a good slave. If they seem to be failing because they just want a punishment, they don't really want to be in slave training.



Having A Slave Prove They're Worthy Of Training

Finding out if a slave is worthy of training can be a difficult process. You don't want to spend too much of your time trying to decide if they're serious about their commitment to being a slave, but you also want to give them a chance to prove that they are someone that you want to train. To help you find out if a slave is a worthy one, here is a sample session that you can have with them. Feel free to change the tasks or the wording if it suits you better.

Things you will need: A flogger or a crop, some privacy, a blindfold

Have them stand in the middle of the room with their hands behind their head.

Dom/me: You are to hold this position until I say otherwise. I am putting this blindfold on you to see if you are able to trust me. Do not remove it and do not say a word unless I ask you a question.

Dom/me: Slave, are you ready to show me that you're a worthy slave?

Slave: Yes.

(hit with flogger or crop)

Dom/me: Yes, what?

Slave: Yes Sir (ma'am, Mistress, Master, etc.).

Dom/me: Better. Why are you here?

Slave: To become a slave.

(hit)

Dom/me: Why are you here?

Slave: To become a slave, Sir.

Dom/me: You say that you enjoy pain. Are you enjoying yourself right now?

Slave: Yes Sir.

(hit several times)

Dom/me: You are not to enjoy the pain unless I say that you can. Is that understood? This pain is meant to correct behaviour, not for you to enjoy.



Slave: Yes Sir.

Dom/me: Now, slave, can you count to ten?

Slave: Yes Sir.

Dom/me: Count for me slowly, saying 'Sir' after each number.

Slave: Yes Sir. One, Sir.

(with each new number, hit the slave the same number of times as they are repeating the number back to you)

If they lose count, start again until you can get all the way to ten without the slave losing their place.

If they move, start over.

Dom/me: Good slave. It seems that you can handle simple directions, but can you handle more complicated directions?

Slave: Yes Sir.

Dom/me: I want you to stand on one foot and only one foot until I tell you to put it down. Is that understood?

Slave: Yes Sir.

(repeat the same exercise of counting, but start with ten and count down)

Dom/me: Slave, I have other tasks that I want you to do. These will show me whether or not you are worthy of my time and attention. Are you ready to follow my commands?

Slave: Yes Sir.

There are many other tasks that you can have a new slave do as well in order to show that they are worthy of being your slave:

- Have them move as quickly as possible from one side of the room to the next
- Have them move as quickly as they can from one position to another.
- Teach them various positions and then test them on each. Start with three positions and then add more in later sessions.

The point of this session is to test the slave's ability to both follow commands and to do them as quickly and as gracefully as possible. You want to find a slave that's willing to try to work harder, even



if they fail many times.

The point is not to judge them on how well they do necessarily, but how willing they are to do your bidding. Change up this session to include other tasks as your imagination sees fit.

Make sure you check in with your submissive from time to time. You want to make sure they are enjoying themselves and that you are not doing anything too hard or crossing any lines you might not have known about from previous discussions.

Dom/me: *Are you enjoying having Me Dominate you slave?*

Slave: *Yes Sir.*

Dom/me: *Am I pushing you too hard? Or striking harder than you are able to handle?*

Slave: *No Sir.* (perfect, continue as you are)

Slave: *Yes Sir.* (Inquire as to what they are not enjoying and assure them you will not do it again. Of course, make sure you stick to your work. Also remind them of their safeword and that they can call it at any time if the session becomes too much)

Learning To Present To The Master/Mistress

One of the most basic ways to begin to train a slave is through the presentation of the slave to the Master or Mistress. This is a way to bring the slave into their place as well as to create a sense that they need to be focused on the task at hand.

This can be difficult for a slave that is new to BDSM or that doesn't know a lot about the 'why' of presenting to a Dominant. You might want to start by explaining why this is important to you and when you will be requiring this from a slave.

Have the slave undress quickly and stand before you. If they should cover themselves up, make sure to tell them to stop and to rest their hands at their sides. Allow them to stand there for a few moments, pondering their nudity and how you are looking them over.

Look them over carefully to see what they might be uncomfortable with showing to you. This will help you when you continue to train the slave in the future. You want to always be looking for ways to push your submissive further than they thought they were able to go.

Once the slave seems comfortable in standing before you, you will want to show them the various slave presentation poses you will want them to learn. Here are a few that are basic and often used:

Have the slave stand in front of you with their hands behind their head, pushing their chest forward. They should not be looking at you or trying to 'ham it up' for you. This should be a solemn presentation of their body for YOUR pleasure. The legs should be far apart and the genitalia easy to access and to see.



Have the slave kneel on the floor facing you. Have them place their head on the ground and pull their buttocks apart. This is a classic anal position that makes a lot of slaves squirm.

Have the slave kneel before you and have them lean back to hold onto their ankles. This is a hard position at first, but it exposes the front of the body and the genitals, making it perfect for the presentation.

You will want to label each of the chosen positions with a short label to give the slave a clear idea of what each position will be named when you order them to do it. It can be as simple as 'Present penis to me' or 'Prevent ass to me.'

As you tell the slave what each position is named and they move into it, have the slave hold the position for a while. Walk around them, moving them into the right position for you. If they aren't staying in position, you will want to perhaps use a small crop to hit the place that needs to move or you can tell the slave that you are disappointed in them.

When the slave is in the final position that is correct to your standards, you will want to give them some sort of acknowledgement. You can then have them stand up and move into another position, repeating the process above.

From here, you can have the slave move until they get the commands right and the positions perfect. If they do not, you will instruct them to practice on their own until your next meeting at which point they will be tested. You might also want to shout out these commands outside of a scene to see how well the slave is focusing on learning these positions as well as their place.

Starting With Physical Punishment

Creating a punishment session is probably the most difficult part of training a slave. When you care for a slave, you want them to succeed in their training, so when they have failed you, you have also failed. But that does not mean that punishment can not be used as an effective training tool.

The main concern with punishment is that you never do it when you are angry or when you are too emotional about something that has happened. Punishment is not about your feelings, but rather about showing the slave that they have done something wrong and there are consequences when this happens.

There are a number of ways to inflict physical punishment, but when you are first starting out; good old-fashioned spanking is generally the best way to begin. From there, you can move up to other instruments like whips, floggers, etc.

Start by having your slave present themselves to you in a way that you see fit – naked in front of you with their body exposed.

As they are holding this position, ask them what they have done wrong. If they say nothing, you



will need to explain their offences to them as well as why they should have known that these were mistakes in your eyes. If they explain their offences to you clearly, you will acknowledge that they have done well to think about how they can correct themselves as a slave.

From there, have them repeat that they have done wrong in your eyes. Have them repeat what they have done wrong over and over to you, for as many times as it seems necessary for the lesson to sink in.

When they are done memorising what they have done wrong, you will want to have them come over to you, but not look you in the eyes. Have them lay over your lap or over a high piece of furniture to present their buttocks to you.

With a cupped hand, begin to spank them on one cheek and then the other with force. You will notice the skin becoming redder and the slave beginning to squirm.

When you notice the slave squirming, ask them (as you are still spanking them) whether they have done wrong. They should answer you, "Yes Ma'am/Sir" and you should answer that you are only punishing them for the things they did wrong. Continue to spank them, holding them firmly in place.

Ask them what they did wrong over and over to make sure that the connection between the spanking and the lesson is clear.

Ask them if they are sorry for what they have done. When they answer "Yes Ma'am/Sir," ask them again. Ask a total of three or four times before you stop spanking them.

At this point, you might want to talk to them or some Masters/Mistresses will leave the slave alone for a few minutes to let the message sink in. Other Masters/Mistresses will cuddle with the slave to show that they still care for them and will tend to their sore bottoms if needed.

Now talk to the slave about what they can do in the future to avoid this punishment situation. Since they will be vulnerable after this kind of physical punishment – especially the first one – this is the perfect opportunity for training them to learn from the experience.

Since punishments will need to increase as the offences increase, you need to be ready with more intense sensations for the slave. If the punishments do not seem to be making the slave behave any better, you might want to consider alternative forms of punishment.



Verbal Humiliation To Control A Slave

If you've never had any experience with verbal humiliation, this might be a training session that both you and your slave will learn from. In learning what makes your slave react, you will begin to understand more fully what their role as a slave in your life will be.

Controlling a person goes beyond the physical punishments and the way that you treat this person in the bedroom. Creating a scene in which you emotionally dominate a person can be just as effective, if not more so. But when you use verbal humiliation in the wrong way, it can also be damaging.

For example, if you fail to create initial boundaries with your slave, you might end up saying something that causes a deeper emotional scar than you intended – and that can lead to mistrust, not feeling safe, and overall a bad slave training experience.

Please understand that verbal humiliation is not an activity that everybody enjoys. Some people can find verbal humiliation insulting, degrading and emotionally traumatic. It is very important that you understand problems that may be emotionally painful for your partner and avoid them at all costs.

Make sure you have talked to your partner about the level of humiliation they want to experience. Be sure to make a special understanding of words such as “worthless”, “pathetic” or “fat” etc. before you ever incorporate them into play. If you do use these words please make sure to assure your partner that you do appreciate them before and after play. Always monitor your partner and keep an eye on their reaction. It only takes one word to traumatize your partner.

The point of verbal humiliation is to have fun and turn the both of you on, not upset and potentially scar your partner.

A good way to start out a humiliation scene to make sure both you and your submissive are in the mood for it, is to ask them.

By them saying yes, it gives you the confirmation you are looking for to make sure you are both in the same mood and interested in doing humiliation. If the answer is No then you can't do humiliation no matter how much you may want to.

Here is a sample training session for verbal humiliation that can work:

First of all, you need to learn what words or phrases are not something that a slave will want to hear from you. Some people have past memories that will trigger something deeper in their soul, so you want to avoid these phrases as much as possible.

You can start out by having your slave present themselves to you and make themselves available to you by displaying their genitals as well as not looking you directly in the eye.

Go up to them when they are in this position and grab their chin, asking them, “Whose slave are



you?"

If they try to look up at you and you have not given them permission, tell them, "You are not worthy enough to look at me, you [insert favorite humiliating term (slut, whore, etc.)]. You are just an object to me – someone who I control and who does whatever pleases me."

Then let them know what you think of them. This can be something that talks about their behaviour that have not pleased you or something from a role play, like a bad schoolgirl or boy, if you like.

Use a deep and commanding voice (for Masters) and always look them straight in the eye, if you can. For Mistresses it will depend on what your slave enjoys to hear. Some like a strong forceful military sounding voice, while other slaves prefer a softer sensual feminine touch. Find out from your slave what they like.

Repeat the question, "Whose [slut] are you?" Have them repeat that they are your [slut, etc.] until they can say it without hesitation.

"That's right, you're my [slut]. And you're a dirty little one, aren't you? "

Feel free to list anything that you might point out as dirty from your slave, making them feel more and more objectified.

"You're nothing but a slave that will cater to my every whim, aren't you? You have no pleasure unless I give it to you. Isn't that right slut?"

Have them agree with you, making sure to use 'Yes Ma'am or Yes Sir.'

When you do something to them (whip, flog, etc.) or they begin to become aroused, this is the time to begin to point out how 'dirty' they are and how naughty they are.

"Oh, you like that slut? I thought you would. Tell me that you like it."

Have the slave say everything that you are doing to them and how much they like it. This will put the focus on them and their actions as well as make them embarrassed by what they are admitting to liking.

Of course, this kind of scene in humiliation can go on and on as well as move into the public arena as well. If the scene has worked well to create a submissive tone in your slave, be sure to keep a record of what words you used so that you can use them again.

A Session In Giving Up Control

The ultimate gift from a slave to their Master is the final release of control. And while complete submission only comes with time and training, you can begin to show the slave your power over them with this simple session.

The act of orgasm is usually the time when a slave is most vulnerable and most open to being controlled. Since their bodies can not help but respond to certain stimuli, they can feel ashamed that while they want to have pleasure, they are not in control of the pleasure they are feeling.



Giving up control can be difficult for some slaves, however, in the beginning. Sometimes the Dominant needs to use other methods of training in order to bring out the submission in their slave. Here is one such session:

Begin by having your slave present themselves to you and have them close their eyes while next to a bed or soft location.

Ask them if they trust you. They should respond 'Yes Ma'am/Sir.' If you can't hear them, ask them to repeat their answer.

Begin by blindfolding them in some way. A handkerchief will do, as will a necktie. This will eliminate one of their senses and begin to take their feeling of control away from them.

Whisper in their ear that you are going to show them who is the Dominant one – or you could say that you are going to show them who their Master is.

Walk around them in a few circles, letting them hear where you are, but not letting them know what you are doing. Make sure they stay in the position they were told to stay in.

Take neckties or ropes and place them on the bed behind them. Tell the slave that you are going to show them what control is, that you are going to show them how to give up their control completely to you. Ask them if that's what they want from you.

When they say yes, you will gently pull them up to the bed

Have them lay in the middle of the bed with their legs wide open for you. Be forceful when you tell them to spread their legs and then give them a vibrator or whatever they need to masturbate.

Tell them to masturbate for you, but they can not orgasm until you say they can. Tell them that they need to ask for permission before they can orgasm

If they seem like they're not trying very hard, be sure to tell them that you expect them to do a good job for you as it's pleasing to you to see them please themselves.

When they first ask if they can orgasm, tell them no.

When they ask again, tell them no.

When they ask a third time, tell them to stop what they are doing.

Tie their wrists to each other or to opposing sides of the bed, securing them away from their body and out of reach of any other parts of the bed.

Then tie their legs apart and stop for a moment to admire the helpless slave in front of you. Let them hear you breathe, but don't touch them or talk to them.

If they say anything, don't respond. When they begin to get anxious, begin to masturbate them until they beg for orgasm and then allow them to do so.



This scene works well because it creates the sense that the Master is always the one that is going to call the shots, whether the slave likes it or not. But at the same time, this is pretty low key, which allows the slave to begin to see what being controlled is really like.

Training In Commands

One of the basic ways to begin to train a slave is in basic commands. These commands can order the slave into certain positions or they can simply remind the slave of their position in the relationship.

What you need to do is start by making a list of your personal commands. Many people will start this process, but then make the commands too complicated or hard to remember – but this only slows down the training. Instead, you want to create commands that are short and easy to recall.

You also want to make sure you are being consistent in the commands you create. When you keep changing up their meanings, it can be quite confusing for the slave as well as for the one giving the commands. This diminishes the power of the training and can cause problems in terms of control.

Here is a sample session in which you teach a slave four basic commands. Anything more than four commands can be too confusing at first and you can always build on these in the next session together.

In this session, you will want to give the slave the three commands that you are going to teach them BEFORE you meet. However, you do not want to define these commands just yet.

At your session, the slave will be led to a position of presenting and told that whenever you say “Present” that’s the position they should get to as quickly and as gracefully as possible. Practice this command and action ten times.

It’s good to note that if the slave picks up this command easily that they should be acknowledged with a ‘Good job slave.’

Next, you will want to teach a slightly harder command, like “Position Two.” This can be any position that you like, but you will need to be consistent about whatever position this might be. Some Dominants like to create a list of ten positions and then call upon them whenever they want to test their slave’s focus.

Place your slave into the appropriate position and then repeat the previous training process – repeat the command ten times and have your slave follow the command ten times.

Now, tell your slave that you are going to quiz them on the positions they have already learned.

A willing slave will be able to follow your commands easily, so be sure to go from one command to the next to see just how quickly they can change gears and positions.



Once they have tried a few different changes, present another command for them to learn – like ‘Down’ or something like that. This might be something that will have the slave lay at your feet.

Again, practice this ten times with the command to reinforce the link between the command and the action.

Repeat the same process with a fourth position or command.

Now that the slave has learned these commands, it’s time to test them on what they have learned. You might want to stand behind them as you do this in order to keep the element of surprise.

Go through a series of commands to see just how willing your slave is to try to get into each of the positions without falling over or doing so in a sloppy manner.

You might also want to create a series of commands in the slave’s head, but then tell them to wait until you are done listing the commands before they start. This will check their memory of both the commands and the overall order.

This command training process is one that you will need to go through on a nearly daily basis in order to create the connection between the command and the action. Have your slave follow these commands at times when they least expect it to see just how well their training has gone.

The Mystery Box Scene

You need to have surprises in any relationship and a well-trained slave might feel you have nothing more to show them after you’ve been together for a while. That’s where the mystery box can come in handy. This scene will allow you to be in control of your slave, without having to tell them what’s happening, why it’s happening, or what might happen next. Make your slave feel as though they are new to the training deal once more – and bring out this box when you begin to see that your slave needs to be reminded who’s in control.

What’s in the Box?

Before you can start the mystery box scene, you need to figure out what’s going to go into the box you have to give to your slave. Some ideas but not limited too include:

- A sexy outfit
- Bondage materials
- Clamps and clips
- Corset
- Instructions



What you might want to do is create an entire scene, placing the things you need for this scene in the box. This will ensure you have all of the items you need to torment and tease your slave, but the slave might not be sure how you are using all of them. In fact, if your slave is bright and well-trained, you may want to throw a few things into the box that you aren't going to use, just to keep them guessing.

This box might contain instructions about what to wear, when to put it on, how to bind themselves, etc. This box will be a sort of game that the slave plays with themselves, acting both as Master/Mistress and slave.

Delivering the Box

The box might be something that gets delivered by you personally or you can take a risk and have the box delivered to the slave at home or at work. Let them know there is a package coming for them that is for their eyes only. When they know this, they will begin to create a strong picture in their mind about what they can expect, even though they might have no idea what you are up to – and you might want to keep it that way.

You can also deliver this box to them at their home without saying anything to them. Place the box in a place where your slave will find it and then see what their response is once they receive it. You will then be calling the shots, even when you're not in the room with them.

A Slave and the Box

Your slave might be instructed to follow a certain set of instructions in the box, on a certain day, in a certain manner. They might be told to listen to a certain song, wear something, or present themselves in a particular way. If these instructions are not carried out as ordered, the slave might need to have a certain punishment or they might need to try a new Mystery Box in order to see if they are willing to listen to what you have commanded them to do. If the slave follows the orders, you have a scene to create with them and then you can decide during the scene if the slave is a good one that deserves rewards as much as they might want punishments.

The Mystery Box is a good way to test out a new slave and to see what an older slave can do when they aren't sure what to expect. The more that you can test your slaves, the better, but it doesn't hurt to have a little fun along the way too.

