For Women Only

The Good Girl's Guide To Domination

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The Good Girl's Guide to Domination

"I believe that many women are intimidated by and uncomfortable with the concept of erotic female domination because of the way they see it portrayed in adult films and in the media. I believe that men also develop many bad habits after years of satisfying their fantasies on their own, and focusing on their own pleasure. Through communication, trust and safe, sane & consensual exploration of erotic power exchange, I think many couples can experience pleasure they never imagined, and also develop better relationship communication and intimacy."

INTRODUCTION

I receive a lot of email from women who are exploring domination. Many of them are doing it at the urging of their husbands or boyfriends, and the woman's attitude can range from "This sounds ridiculous and twisted and I don't think I can ever do it but I want to make him happy" to "Hmm, sounds kind of interesting, but some of that stuff is just too weird." The common question is always, "Where do I even start?"

I decided to develop a series of

Femdom Help Desk
What do you do when you get stuck?
Open Letter To a Budding Femdom

"scenes" that range from extremely tame to a little more risky. But rather than just say, "Tie up your mate and do this, that, and the other thing to him," I wanted to add what is important:

What YOU might get out of it
How you can do it without feeling uncomfortable
How to communicate about it

Hopefully, the end result will be that you find there are things you kind of enjoy, things you do once and say "not for me," and things you do and look back and think, "Hey, that was really HOT! I want to try that again."

ABOUT ME

To help you better understand where I am coming from, let me tell you a little bit about who I am, and about this web site. I'm a very normal woman living a very normal life, with a career, and a mate. Unlike most of the women I hear from, I got into "erotic power exchange" on my own, when I was an experimenting teenager, and was not introduced to this by a boyfriend or husband. When I was a teenager, while relatively sexually conservative, I was fascinated with the sensualism associated with games like tying up my partner, or using blindfolds. As I got older, I was exposed to more, at my own pace, and found that there were a great many things I could enjoy with a partner. Some of them are considered quite kinky. In fact, some of the things I do now, I would NEVER have imagined I would do! One thing has never changed though, and let me make this clear:

I have always found the portrayal of "dominant women" in adult films and most adult erotica to be cheesy, ridiculous, and sometimes downright silly.

Chances are that you might only know about female domination from these ridiculous portrayals of latex clad divas and men acting pathetic and you feel embarrassed for them. Rest assured, this is NOT what you are going to become. These films are developed to cater to a male audience. And most men, while they kind of dig that fantasy, really want one thing: A woman who really ENJOYS dominating him. That is more important than a costume or a fetish.

First, the rules. Please read these WITH your mate.

FOR HIM:

--No nagging. Don't push her into doing it. Let her do it when she is ready. Don't pressure. If she says "I am going to give this a try when I am ready," you are to back off and let her approach it in her own way.

--No asking for more. When she's done with the scene or session with you, don't ask for more. Even if you think you are complimenting her by saying, "Oh I am so turned on, please can we keep going" -- DON'T. There is a time for communication (more on that later), but when she signals that she is done, you can't ask for more.

--Don't top from the bottom. No hinting at her, no telling her what to do, no trying to "help" her unless she asks for it. No trying to manipulate her into doing more of what you like. THE PURPOSE OF THIS IS FOR HER TO FIND OUT WHAT SHE ENJOYS. You already know what you enjoy.

--Don't get addicted. The rush will be fantastic. Separate your relationship from your passion for these games and don't let it rule your life. Provide her with appropriate affection and encouragement in the hours and days following her exploration, without expecting anything in return.

--Retain dignity. If groveling is your kink, please tone it down. Keep your reactions in check and note how she responds to your reactions. The goal here is to not have her feel uncomfortable when she sees you submit. All women react differently to varying degrees of humility in their mates. It's your job to find out what her comfort zone is. It might change with time, but out of the gate you want her to enjoy it and not be distracted by you acting too pathetic for her taste.

FOR HER:

--Enjoy yourself. Let go. Don't compare yourself to the stereotype of what you think "female domination" is -- whether it be a dominatrix you saw on TV or something you read in the newspaper or saw in an adult movie or B-movie. This isn't the same thing.

--Enjoy yourself. Make sure you do the things you like and do them lots. If something feels right but you feel confused about it, know that you can reflect on it later, communicate with your mate and find out how you feel about it.

--Enjoy yourself. This is YOUR time. Do not get caught in the trap of thinking, "Ok, I can do this. I can stomach it to please my partner because I love him." That's not the point. It defeats the purpose.

--BE SAFE. Most of these examples are fairly tame, but always know your partner, his health situation, allergies. Always have a communication mode set up, either agree to talk openly during the entire time (So if he says "STOP", that means stop), or set up a "SAFEWORD" if you prefer to role play -- so if he says "STOP" and is just being dramatic, have a code word that really means "STOP". Personally, I prefer open communication, especially if you are just starting.

THE GROUND RULES FOR BOTH PEOPLE

--All play is initiated by the woman. She picks the date and time. It is up to her whether or not to give advanced notice, and also to still NOT choose to play at that time.

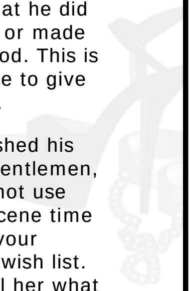
--Play starts AND stops when she feels it should. When she is finished, or "stuck," or if she feels that it just isn't clicking with her, she says, "I'd like to stop now," and all bets are off.

--Communication must take place after the "scene" is over -- in preferably three segments. One, about ten or fifteen minutes after completion. Spend some quiet time cuddling or making love, and then take a few minutes to reflect on how both people enjoyed it. Talk about it again later -- a few hours later. Often new feelings come out. Then, try to talk about it the next day when you have had a chance to totally remove yourself.

TOPICS FOR POST-SCENE DISCUSSION

--What did she enjoy most? This is her opportunity to share what has worked for her. Also, ladies, remember that often a great deal of the pleasure the man receives is in knowing that he did a good job or made her feel good. This is your chance to give him praise.

--What pushed his buttons? Gentlemen, please do not use this post-scene time to lay out your laundry or wish list. YES, do tell her what pushed your buttons. But cautiously phrase things. DO say things like, "When you pinched my nipples, I thought I was going to lose it! That was so intense and exciting." DO NOT say things like, "I wish you would have pinched my nipples more." Don't phrase things in the negative. Say what you liked, not what could have been better, UNLESS she



asks you. This is confidence-building time.

--What odd emotions are you facing? For both partners. Guilt? Shame? Why are you feeling these things? What is worrying or nagging you? Talk through the roller coaster of emotions are you both feeling to better understand how this makes you feel. Note that many times the emotions run VERY high right after completing this kind of scenario, and it takes some time to level off. Think about what you are feeling and talk about it.

--Aftercare -- do not underestimate the importance of "aftercare" for both partners. It is common for one or both people to feel exhausted, zoned, restless or confused. Often a sure-fire aftercare method, to help both people settle down, is good old fashioned quiet cuddling. Gentlemen, do not forget that femdoms need aftercare too -- often they are dealing with confusing feelings of guilt, or wondering if they were adequate. Also, remember that aftercare comes also the next day -- a phone call or an email to say again, "I really enjoyed that." The bottom line: Communicate!

QUICK TIPS FOR HER ENJOYMENT:

Ladies, I cannot emphasize enough how important these few tips are:

1. ENJOY YOURSELF. Don't try to do this just to please your partner. This is playful, sexual experimentation. Treat it as that.
2. DO NOT force yourself to do any of these things if you are not in the mood. Period.
3. KNOW THAT YOU CAN STOP whenever you want. He knows the rules. You do this on your time. Don't feel obligated.
4. THINK ABOUT the fantasy/scene ahead of time -- a day or two before, a few hours before. Think about what will make it exciting for you. Think about how shocked and enamored he is going to be.
5. REMEMBER there is no set start and stop time, or "time length" this should last. It may be ten or fifteen minutes. It may be a half hour. It may be broken up throughout the day or over a few days. When you are done, or feeling not quite into it, you say, "I am ready to stop now." At first, you may want to purposely take less time in your adventures -- they can be exhausting!

ON TO THE SCENES

The following are simple suggestions for games that you can play with your mate. You take on all the risks involved, and please note that these are suggestions. Always keep safety in mind, and be aware of your partner's physical and emotional well being. Always communicate and always have an agreed upon way to stop the interaction immediately. This is critical to trust and safety!

1. LIGHT BONDAGE

Description: Often a little light bondage is the easiest first step for a woman who is exploring female domination. I think I read somewhere that a great majority of couples experiment with light tying-up and blindfolding games at some point. It's the most portrayed on primetime TV of all the female domination scenarios. You may have already experimented with this type of play with your mate. This time, though, do it on your terms. You choose the time, and you choose when and how to restrain him. Some creative, spontaneous examples:

--Lightly bind him to a chair and feed him dessert

--Tie his hands behind his back and make him service you orally

--Blindfold him and instruct him how to make love to you

--Tie him to your bed and pretend he is your sex slave, or someone you want playful revenge on. Pretend he is someone you have wanted forever, and now you have him in your clutches. IF you role play, make sure you tell him ahead of time how you want him to react. Should he be scared and timid? Should he be brave and stoic? Should he be a bit of a smart aleck, so you can give him an attitude adjustment?

Which of these sound most fun to you?

** Always remember to be careful with bondage. Handcuffs are flashy and fun, but have to be watched as they can dig into the nerves and do damage -- only use them if you are not going to be putting a lot of pressure on them. Scarves, pantyhose, ties work well, but do NOT tie the knots too close to the skin. The point here is to create the aura; later, if you want to follow this path, you can learn how to restrain someone so he really cannot get away, and do it safely. Stay away from the neck.

** Never leave your partner bound and unattended with no way to get free.

What do you get out of it?

For me, there is something very sexy and sensual about bondage. Maybe this is just in my wiring. The sight of a man bound tightly or helpless in some way is just raw. I always get fascinated with wrists, ankles, and hips during bondage. The little struggling bits get me very excited. I like to see a man challenged, and to me, bondage is a challenge. He's helpless. I like things like heavy breathing, sweat -- these things come out when a guy is struggling, even if it's make believe. It's also fun turning the tables.

Note to men: Your fantasies may include heavy bondage, latex, straitjackets, cock and ball harnesses, or real imprisonment. My advice to you: Back off. Let her learn to enjoy the concept of bondage first. If you are looking for those games, you have to put your own desires aside and let her evolve. She will not go from light bondage games to complicated bondage overnight. If you help her enjoy the above games, she is more likely to want to try more. Remember, it's about HER pleasure!

2. TAKING CHARGE OF HIS ORGASMS/TEASING AND DENIAL (also known as "Chastity")

Description: This is probably logistically one of the easiest games to play with your mate, and one that will generate the most results quickly. Very simply put, you get to control when and how he has an orgasm. Men often respond very well to being controlled this way. It is exciting for them, and they feel very helpless and enamored with a woman who is not afraid to control his sexual release. You start by simply telling him that he is not allowed to have an orgasm unless you direct him to, and with your permission. You can make the rules. If he is the nagging type, tell him that if he bugs you about it, you will put it off even longer. Make sure you continue to have him pleasure you, however. And make sure you let it be known that you are enjoying having this pleasure, and that he cannot have his own until you say he can. When you are satisfied with his suffering (a few days, a week, even a couple of weeks later), you can make him "EARN" the right to have an orgasm (you pick what he has to do!), or have a great lovemaking session, or even have him masturbate in front of you. He will be putty in your hands. He will probably be on the "honor system" as he could have snuck off at some point into the bathroom, or at work, and satisfied himself. But if he is serious about submission, he will confess if this happens, and you can make him start over again -- or punish him by making him do something he hates (Clean the bathroom? Mow the lawn?). Always remember that the closer you get him to orgasm and then stop, repetitively, often directly results in making him hornier. Timing wise, these kinds of scenes work well in the course of ONE evening (lots of starting and stopping, so by the end of the night he's just ready to explode and will do ANYTHING for you), or over several days, with periodic teasing. Teasing can include things like: A nasty phone call or voice mail in the middle of the day (tell him what you are wearing, that you are masturbating and let him listen, tell him about a fantasy of yours, or just simply say "I bet you wish you could cum right now, eh?"), a handjob in the morning that never leads to anything, the start of a blow job that never happens, wearing something super sexy and flashing him in the bedroom, making him go down on you, sending a pair of your panties to work in his briefcase, pointing out to him casually things about your sexuality, "Gee, it must be cold in here, my nipples are really hard, can you tell?" -- Be a flirty tease, be sexy and know it, be confident and HAVE FUN. Tease the hell out of him. He'll be fit to be tied!

What do you get out of it?

You call all the shots. You have complete control over your sex life. Regardless of your sex drive, this will always work in your favor -- If you have a low sex drive and feel bad about that, who cares -- you deny him, and it gives you the breathing room you have always wanted, and actually you may find your sex drive comes back when you aren't pressured all the time. If you have a high sex drive, you can have your cake and eat it to. All the oral sex you want, when you want it, without having to return the favor. If you LOVE intercourse and can't live without it, train him (it takes practice) to penetrate you WITHOUT having his own orgasm, or experiment with dildos and vibrators. The bottom line is that you will own your own sexual pleasure, and he will become more and more under your spell as his desire for you increases. If he starts whining, or nagging, or his behavior during this "high horniness time" is a turn off to you, TELL HIM. The last thing you want to do is reward bad behavior by not pointing it out. He will be looking to do what you want during this time, and if anyone needs to modify behavior, it will be him. I have found that most men (even non kinky men) respond to this kind of game because it's sexy and fun, and most women can get into it because it's relatively low pressure and she has many options to do it her way.

NOTE TO MEN: Your fantasies may include chastity devices or more severe treatment or humiliation regarding your inability to have release. Back off. This is about having her enjoy the concept of controlling your pleasure, and she must start with what is fun and not complicated. Chastity devices can be expensive and bulky, and in practice are often hard to implement. If she really enjoys controlling you verbally, she may go down that path, so make sure she has fun. Men are often tempted to create their own rituals and rules regarding "not being allowed to cum" because they have done it for so long all by themselves with a make believe femdom, or someone they met on the Internet. DO NOT try to mold your mate into this person. Let her find HER style. Got it? Bottom line again -- let her find out what works for her!

3. PANTY WEARING, FORCED FEMINIZATION, CROSS DRESSING

Description: This one is a little bit harder to define because it can range from a guy who is turned on by wearing panties all the way up to a guy who likes to completely get dressed up. It also can totally vary from a guy who is openly turned on by wearing panties and just digs it, and a guy who puts panties on and actually is embarrassed and he's more turned on by the embarrassment.

I have found that many women have a very hard time with all of this, and this kind of play -- in all forms and variations -- is one of the most commonly hidden by men. A lot of men sneak around doing this. And a lot of women shut it down right out of the gate. Because it takes on so many kinds of forms and styles and intensities, I'll take a stab at just explaining different types of men, what they are into, what I have found makes them like it, and why women hate it. A few quick points out of the gate:

ALL MEN, KINKY OR NOT, LOVE PANTIES. Period. I don't care if he is Mr. Conservative and is more turned off by S&M than even YOU are, chances are that panties turn him on. Women's lingerie has always been erotic to men. Why do you think so many men love flipping through the Victoria's Secret catalog? Ok, so that is fine. Men who like to look at lingerie and look at women in lingerie are one thing...but men who want to PUT IT ON?? (I can see you cringing).

PANTIES FEEL GOOD. Face it -- nicely made panties feel a lot nicer than cotton briefs. We know this because we wear both. You know how nice a good pair of silk or satin panties feel, right? Most men (even the non kinky guys!) at SOME point in their life probably snuck somewhere and put on a pair of panties. Probably during puberty. And they did it because they were curious -- because lingerie was so exciting and sexy -- because panties are the part that TOUCHES a woman's most erotic body part. As a result, many men had a teenage experience that really turned them on. They put on some panties, and they felt good. Period. A lot of them just brushed off the experience, a lot of them felt ashamed. A lot of them kept doing it every once in awhile. It all depends on which man you ended up with.

EVEN JOE VANILLA WOULD GET HARD IF YOU DID THIS TO HIM.

I don't have solid evidence to support this (except for my own experiences with vanilla guys!), but unless a guy was really homophobic or afraid of being labeled a fairy, I would put a large bet on the fact that ANY guy would get a huge erection and be totally turned on if his wife or girlfriend said one day, "Hey, put on my panties." He'd resist, but it would mostly be ego driven ("I don't want her to think I'm some kind of fruit"). But if he put them on, he'd be helplessly turned on because 1) they FEEL better than the underwear he is used to 2) YOU were wearing them, so it means they probably have lingering moistness from your body that drives him nuts and 3) Think about it ladies, they are TIGHT, and anything that presses so hard against his manhood will keep him totally aroused. If he can put aside the macho bullshit, he's captivated.

Ok, so what can you do to explore this?
Start slow. Do something like what is described above. Either tease him with your panties, or make him wear your panties, or if your panties are way too small, make him buy a pair for himself. Try to really separate any hesitation you might have about labels (ie, does this affect his masculinity?). Just look at it as a make believe game, like

role playing. Don't think so much about "oh he is wearing panties," think of it like "these panties are making him so excited, look at how turned on he is." All of that is in your control.

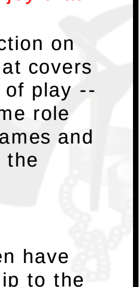
What do you get out of it?

If you have a mate that is wired to be turned on by this kind of thing, you have a sure fire way to keep him hard any time, for however long, and it's easy. It's instant erection time. Who needs viagra? Even better, you can make him do it when he is out of the house, like at work, and then he is turned on all day long. There is nothing better than a man who is dying to have an orgasm and has been hard all day. He will be putty in your hand.

Also, try to separate the cliches and stereotypes and for a moment think about just how it feels to have his cock in something so tight and soft and silky. It feels nicer to touch, and you may find it quite sexy once you get used to it.

NOTE TO MEN: This is a fetish I have seen many men royally screw up. They either try too much too soon, or they totally neglect to address what concerns most women. So let me give you a few tips and you must follow these. First, don't ask for or expect anything more than just some playful experimentation with panties. You may be into more dressing up than that, or your fantasies run deeper, but this is not the time or place. Your partner has to get used to the eroticism of having you in feminine attire, and that will never happen if she can't learn to have a blast putting you in panties.

Second, be extremely careful to assure her of your sexuality, your masculinity and your strength. I think a lot of women fear that seeing their mate in anything like lingerie might confuse their perception of them -- after all, you are her husband or lover, and she wants to see you that way. Refrain from any "humiliate me, Mistress! Tell me what a sissy I am!" kind of talk, that is not appropriate. Offset all of this by not hamming it up with sissy talk. Be a man while you do this experimenting with her. Tell her how much it turns you on, and let her enjoy that.



(I will have a later section on forced feminization that covers more advanced types of play -- more dressing up, some role playing and teasing games and more....but start with the panties for now...)

4. BODY WORSHIP

Description: Many men have eroticized body worship to the point that it's almost a total drag for their mate, because she feels like she's just a woman attached to a vagina that he wants to go down on, or that he's more interested in playing body worship games than pleasing her. Men do not understand that often there IS such a thing as "too much oral" and that massage can be overrated if he's always begging to give one. Ladies, if your man has a body worship fetish, you can control it and have it work in your favor, and do a few things that make it more satisfying for him. In other words, I have observed that many men want more and more of this because they aren't getting their "fix" from the occasional session of it. More on that later.

One key to body worship is that a man wired for this fetish will get a much more rewarding experience if it happens BECAUSE YOU DEMAND IT. In other words, if he always has to ask for it, or suggest it, then deep down he is thinking, "Well I think she likes this but who knows, she's probably thinking about other things and man, I love going down on her and this is so wonderful but I bet if I never asked to do it she'd never ask me too...".

Control the situation. If he has a fetish for this kind of "body worship" (and that can be anything from wanting to bathe and pamper you to going down on you -- or it can be fetishistic to a part of your body -- your feet, your fingernails, your toenails -- it means there is some part of your body, or your WHOLE body that he wants to be charged with completely worshiping) then make it work in your favor. First, you call the shots. Period. Once you control when and how long he does this stuff, you won't dread it anymore. If going down on you is his thing, tell him when, for how long, and when you want your orgasm and how many. Tell him what music to play, tell him what you want on the TV -- hell, read a magazine or talk on the phone. It doesn't matter, it's about YOUR pleasure. Make him do it YOUR way and on YOUR time schedule.

If he's into massaging you, tell him how you like it. Order him to do the bath ahead of time, tell him what bath oils to buy, and tell him you want scented candles. Make him send the kids to a babysitter and have a once-a-month pamper fest. Make him read books on massage. Hell, if you have a guy who wants to be a live in masseuse, make him learn it! If this is really a fetish of his, consider having a professional masseuse come a few times and show him how to do it.

Men who are into body worship often respond very well to things like: Being told when and how long to do something, being told how to prepare and what to buy, receiving a LOT of feedback about how they are doing at their task (this is critical to their enjoyment, so make sure you reward good behavior graciously), being objectified (in other words, you let him adore you, but you do your own thing -- like talk on the phone, or read a magazine, really make him feel like he's just a pleasure toy for you -- make sure this pushes his buttons before you try it, but trust me, if he's into that, he will love it if you push that to the limit -- and do it without feeling guilty!), being commanded to perform immediately and with no notice (he walks in from work and you are already ready for your adoration!), or focusing on one part of a woman's body (he may have a foot fetish, or a thing for nails and he wants to learn to give manicures). Use these to your favor.

NOTE TO MEN: Ok, so maybe your body worship fantasies have to do with extremes -- like having to go down on a woman ten times in a day, or for 2 hours straight. Maybe it is about being forced to, in bondage, with devices, and being totally degraded. Back off. This is a chance for your mate to learn to enjoy being pampered. If you have been pushing her for a long time, she may be to the point that she dreads oral sex because she feels like you are more into licking her pussy than into seeing her happy, and she may be faking orgasms regularly just to appease you. If you want a woman to enjoy being worshiped, let her enjoy it HER way. In time, she may want to explore more intense games. Even though you think there could be NOTHING wrong with cumming ten times in a day, she may not find the same pleasure in that. There IS such a thing as "too much of a good thing" --- if you get her burnt out on pleasure, and nag her, she's going to hate the whole concept of "body worship." So start slow, and let her direct the path.

5. DOMESTIC SERVITUDE --

I wanted to write a little bit about the topic of "domestic slavery/servitude." For women, this may be one of those weirdo terms. You hear it, and you probably think, "Oh great." It sounds so...kinky, weird, and fetishy. Sometimes I think terms were created almost to be more ominous than they really are.

And, in many cases, the term covers a broad spectrum of experiences, intensities, and the overall impact in the day to day lifestyle of all people.

What is it, really? "Domestic Slavery"? By my definition, it's a situation where the man supports the woman in the household in domestic responsibilities. In the "extreme" cases, the man has a fantasy of being responsible for ALL of the household tasks, and in fact, commanded or instructed to do them, while the woman luxuriates. (talk about micro management!)

Nice fantasy, isn't it? Practical? I highly doubt it. Mind you, there are some people who do this, and make it work. But that's the far, far end of the scale.

Many submissive men look to "forms" of "domestic slavery" (or domestic submission, more appropriately) to "scratch the itch" they feel, without pressuring their hesitant female partner to engage in "kinky acts." He may try to assume a submissive role by doing things like:

Washing the dishes without being asked to
Washing the car
Taking care of the kids and telling the wife 'Go out and have a nice time"
Offering a massage, or a foot rub (not domestic, but the concept is there: "serve")
Make a nice dinner
Do the laundry
Surprise the lady with a beautiful bath

Etc.

For many submissive men, this is the only satisfaction they feel they can get, and they use this as a stepping stone to try to prove to their lady that their submission is sincere - that "all they want to do is please!"

If you look into the minds and fantasies of these submissive men, I have found that in many cases, they are sometimes acting out fantasies that are a little more edgy in their minds (and of course, it depends on the man). Some wish they were forced to do the cleaning at the hand of a sinister and commanding mate. Some wish they had no choice in the matter. Some wish they were also judged and given specific orders in how it was to be done. In more extreme cases, some would love it more if they were forced to dress up while doing it (see my section on why men love to wear women's lingerie and panties).

But, many will "settle" for the chance just to please.

In this section, I want to explore why this often fails in relationships, and how you can make it work. As always, I will address the women in this situation first, and then the men.

WOMEN

So what's so bad about having a guy at your beck and call? Imagine that. Your husband or boyfriend - and "all he wants to do is please"? Sounds like a dream come true? It isn't. If you are like many women I have talked to, it's actually more confusing, rattled by bad timing and mixed signals, and a mish mash of hit and miss. Some husbands are up front and try to explain their fawning behavior; others just start doing it, and hope it goes in the right direction.

These are some of the problems women face when in this kind of a situation:

They like to do things their own way, and have a routine. Extra help, while appreciated, only complicates things sometimes.
They feel obligated to return the favor in some way. Some think "Is he doing all this because he wants me to play some of those domination games afterward?"
They don't like the way he acts when he gets into that mood. It feels awkward.
He does not do an adequate job. She'd rather do her own chores because she does them better.
He pours it on so thick, and so often, she gets exhausted from it.
He asks too many questions, asks for confirmation, hints for praise.
He sulks if he is not rewarded properly

And the list goes on. Now, this is not to say ALL men do this, of course not. But these are the types of things, I have heard (and experienced) that make the experience just - kinda weird, or uncomfortable.

So, what do you do if you are a woman in this situation? I will give some advice, for what it is worth, and again, remember this is just one woman's opinion. When I think about the concept of "domestic submission" or the man who "just wants to please" his lady, I break it down and ask myself:

"WHAT DOES THE MAN GET OUT OF THIS? HONESTLY?"

It's one of two things, or a combination. It is 1) Satisfying a fantasy and 2) Genuine pleasure in making his lady happy.

Ok, fair enough. And, it depends on the man, if you are asking "Which does he want more, 1 or 2?"

I think the common breakdown between couples when they try this situation is that he performs, performs, performs, and does not get enough satisfaction in terms of 1 and 2. Sometimes, he turns passive aggressive to get it. Again, lack of communication (and he may not know he is doing it).

What a woman must do is take control of this situation and make it work FOR HER. I can give you suggestions on how to make it work for you, and also how to give him what he needs so it's not so confusing and it cuts out the miscommunication. When I address the men, I'll tell them how to manage their expectations and put themselves in your shoes for a moment (and guys, I do not mean to go into her closet and put on her pumps).

How do you make "domestic servitude" work for you?

I break this down into a not-soclever acronym: "DARC" - And I mean that sarcastically. It's not a dark fetish at all. This is not weird, kinky, and will not disrupt your life or make you uneasy. You just have to relax, and remember YOU are in charge. Take what you want from this experiment and see what works and does not work for you.

What is DARC?

Quite simply:

Demand
Acknowledge
Reward
Command

These are the FOUR things that I think are critical to making a domestic servitude situation run smoothly. If I had any more room for more letters and words I'd add BALANCE. And that is - don't expect (and don't let your man expect) that you are going to become a full-blown 24 hour a day "in charge" lady of the house barking orders all day. That is a nice fantasy, but not for everyone. Certainly not for me. If some day, you think you would love that, then go for it. But to start, it must be clear that you will experiment in steps, and whatever balance you find works for you is the one that will stick (that is, balance between "how life used to be" and "times when the man specifically serves you to please you domestically."

Here they are with a brief explanation:

Demand

Possibly, a large part of your mate's fantasy is the idea that you are demanding a service from him. If this has not been present at failed attempts to achieve a servitude situation, he might have been instead asking you. Nagging you, perhaps, sometimes.

"Can I get you anything, ma'am?"
"Would you like a footrub, my lady?"
"Is there anything I can do for you right now?"

And so on and so on. You may not mind this. Sometimes, women find it to be nagging when it is poured on too thick. I know that I do. There is a difference between helpful and badgering. There are some times that I simply do not want/ need help or fawning and I have my own things going on.

I have a theory that a submissive who needs to "ask to be demanded" is getting a "half fix." Sort of like the sub type who wants his woman to "be dominant in bed and force him to please her" but asks her to do it - he may get the acts, but does not feel like she is doing it for himself, so he's not fulfilled.

How can you avoid this cycle? Demand. Simply demand. And you do not have to be a bitch, or harsh. Just know what you want, and request it. Make sure you communicate with your male partner about how he feels regarding "random demands" -- would this push his buttons, or make him feel uncomfortable?

My bet is most subs who are into domestic serving would enjoy a random, spontaneous demand.

Take some time to think about what would help you one day. What would make your day better. Would it be a nice bath? Ask for one. Would it be that a closet is cleaned out and re-organized? Ask for it.

Even take a simple errand, something in the past where you might have called him on his cell phone on the way home and say "Oh, honey, I just realized we are out of milk, can you stop by the store?" Change that to a demand. Playfully. The call would instead be,
"Hello my pet. I want a half gallon of milk, and I want you to go get it, on your way home. Understand? Do not let me down."

Sounds easy? Well, there is one more catch to it. It's called "Command" - and I am going out of order in the spelling of DARC but it will make more sense...

Command

What is the difference between a demand and a command? From a semantics standpoint, not much perhaps. But I consider a demand a request for a task to be completed. "Command" is the oversight of an activity and carries more of a serious tone. In other words, you are not requesting he fulfills a task. You are telling him how, when, where, and what the results should be.

Again, check with your partner to see how he feels about this. I have found that most subs like more detailed instructions if they are being given demands. And if they don't get that, they ask follow up questions, and that starts to get on my nerves. I am not sure why some do this. They say it is because "I just want to make sure I get it right" and I suppose that is understandable, but sometimes I think they just want more demands, more commands, more of the tone, more of the look. Stretch out the fantasy.

And example, extreme, but to make a point. I am sitting on the couch and there is a red ball and a yellow ball at the other side of the room. I tell my man, "I have an order for you. Go get that red ball and bring it to me, now." What do I expect? I expect him to do it. It's a clear demand.

What if he says, "What about the yellow ball?" (follow up question one)
Me: What about it?
Him: Do you want me to bring it, too?
Me: Did I ask you to bring it?
Him: No.
Me: So what is the answer?
Him: No?

Ok, so maybe I am impatient. A few times, this is ok. But again, and again, and again, I tend to feel like any direct demand may lead to multiple questions until infinity.

This can be avoided by proactively being detailed in your demands, being specific and almost taking it to a level that seems extreme. Remember, he is relishing in the moment that you take a normal request and make it a *demand*. So that means the more words that come from you, the more he is sinking deeper into a place where he's thrilled. Make a game out of it. Remember that milk example? Two versions of it:

Demand style one:
"My pet. Get milk on the way home, understand?"

Demand style two, with more flair:
"My pet. How are you? Good. I have a demand for you. And don't think you can say no. I want you to stop and get milk on the way home. I want a half gallon, and I want you to check the expiration date on it and don't get me something that is going to expire soon. I want you to also go pick up a magazine, I feel like reading something. But make sure it is something I will enjoy"

(or, change the "added demand" to something simple that will please you. Tell him to stop and buy an inexpensive bouquet of flowers they sell at the store. Or a pint of ice cream.)

It is important to remember, as you give a demand, that you do not need to be a bitch, but often men respond to a stern tone. Remember, this is not you BEING bitchy, or being FAKE. This is playful. This is like you used to play make-believe, we all did, when we were kids. You can pick your own style. You can be cool and steady in your tone, you can be a smiling type, cooing a little, indulging in the control. You will find, I bet, that being that other person for a moment is actually refreshing. And you will also find his reaction to be different.

So, in summary, if you turn a demand into a command, make it more formal, he will feel more as though he is providing a service to you - not just doing a quick favor for his partner. That changes his mindset, and helps scratch that itch he has.

Now, to the next part.

Acknowledge

I get a sense that some submissive men who are engaging in "service" behavior with their female partner without telling them (instead, just disguising it as "helpful"), get some satisfaction from the act but something is missing. And often, that is "acknowledgement."

Meaning, they do the act, and because the woman doesn't know that in his head this is not just him "doing the act" (ie, she asked him casually to pick up the milk, and he decided to imagine she demanded/ commanded, then he brings the milk home....) - he is trying to live it more like his fantasy. When he gets home with the milk, perhaps she's opening the mail and says quickly, casually, "thanks. Put it in the fridge."

Off he goes. Puts it in the fridge (well, he thinks, at least that was another order) and it's done. It was…maybe…a little rush, for a bit, in his head, but really, it just was --- going through the motions.

There must be an acknowledgement of the act to show the man you KNEW it was a demand, you demanded it, and he did it. All this means is you need to close the circle on the demand/command. When he returns with the milk, you check the expiration date (he is nervous), you nod in approval, and you perhaps follow up with a few questions. You must remind him that you did not write this off as a quick request and practically forgot about it. After all, this is a command - something YOU wanted.

What happens if you don't do this? In some cases, the man might push for it. "I got you the milk." If no response, he might continue to bring it up. The unknowing woman might be getting annoyed. After all, she knows he likes her to be "bossy" but why does he have to drag out something so simple??!? Because for him, it's not just the act. It's her presence IN the act, and he wants to see more of that. Be involved.

And finally, the last part….

Reward

We forget this too much in our vanilla lives, too. Rewards. A reward, at the minimal, is a "thank you." Many women with submissive husbands who are trying to play the role of domestic servant think that "thank you" is adequate. And you may wonder why it is not.

Well, it goes back to his wiring, and again, making the act more of a process (a longer, more involved process for him) - and in his insatiable "desire to serve" probably the single most motivating factor for him is *knowing he made his lady happy*

It's pretty hard to get excited about a half gallon of milk. I'm not suggesting you glorify the moment. But depending on the nature of the act (did he pick up some milk? Did he mow the lawn and he is a sweaty mess? Did he fix you a fantastic bath?) - you should display some sort of "affectionate reward" - still, in that commanding tone. Playful, yet confident, if you like. Or stern, approving. A pat on the head (some men are very fond of things like that), a slap on the tush, or an actual reward. This is different from the kind of appreciation you are used to showing. While I am sure he would enjoy it, the response "I am so grateful for that, thank you, you really helped me" …..if you appeal to his servant side, his fantasy of you being commanding, a more scintillating comment may be, "What a good boy you are. You did exactly as I told you, I might just have to keep you around. What are you smirking about? Wipe that smile off your face, silly. Go get ready for bed."

Final thoughts

Ladies, if your partner has indicated he likes this kind of behavior from you, you need to sample various ways to approach it, communicate with him on which ones push his buttons and find out which ones really push yours. Know that you do not have to do this all the time. Do it when it suits you. When it comes to domestic servitude, sometimes my attitude is, "It's actually just easier to do it myself."

Try to come up with a few tasks that you would appreciate being handled, and dish them out to him. Or make him indulge you on the things you enjoy, but instead of having him nag you if you want them (when he's trying to be proactive and helpful), head him off at the pass and demand them.

COMMENTS TO MEN

Men, if you feel the above situations might be familiar to you, I have some suggestions as you encourage your wife to take a more active, controlling position regarding her domestic needs. Here they are:

As always, back off and let her go at her own pace.
Do not suggest things. You are not being helpful, you might be nagging (check with her on this, some women DO like to be asked instead of having to come up with it)
Do not follow up with a million questions unless you REALLY are confused. Consider why you have the urge to ask more questions.
If you are doing chores, DO THEM WELL.
Do not bring your fantasies into it. If she asks for you to perform a task, do not say "Do you want me to wear panties while I do

it?" as if that is "helping." You and I both know what that really is. Don't frustrate your blossoming femdom partner with that approach.
Always communicate during down time with your partner to see how both of you feel about the situation

As always, I encourage feedback. The opinions expressed are only my own.

Best of luck to all!

6. ADVANCED LINGERIE GAMES

If you've already read and are comfortable with the "panties" section of the Good Girls Guide, you're probably ready to expand into more lingerie games. Don't feel pressured to take it to this next level unless you are comfortable with the panty games you've been playing with your mate.

Are you comfortable when you make him wear panties? Do you see how much it turns him on?

Has he learned to not bother you about it, to not wear panties without being told, to not steal your panties (hey, they have NO idea how expensive good panties are, do they?).

Are you comfortable with how he reacts when he wears panties for you? Remember, you have to forget any taboo issues regarding a man wearing lingerie and think about what is really happening. You've found a way to keep your man aroused almost all the time. You've realized that it’s very logical why he enjoys wearing panties so much – they are more comfortable and sexy, and they represent something so erotic to him – the parts of you that he wants so bad to kiss and worship.

If your partner is highly aroused by lingerie games, you can take it to a higher level and find ways to make him melt. The best part of lingerie games, I’ll admit, is that it is 100% effective if you know your man is into feminization games. Other types of female domination play often leave us feeling unsure of his reaction, or wondering if he’s getting his buttons pushed. With lingerie games, you will be amazed by the consistency and intensity of his reactions.

As the lingerie games go beyond panties, you may find yourself uncomfortable with the idea of your man dressed in such a way. It seems so foreign, maybe even weird. But if you look back at your life growing up, you’ve probably seen or heard of guys dressing up as women for Halloween, or in High School for pep rallies or various pranks. Look at how much the “cross dressed straight man” is portrayed in popular fiction – from the conservative “Tootsie” (Dustin Hoffman) to “Rocky Horror Picture Show.”

Most women do not even know their husbands or boyfriends might be cross-dressing in private. These men are not gay – far from it. They are so afraid of what their ladies might think, they never even get to the point that they can admit it. But, look at the excuses men go through to dress in drag! You think they could not think of anything else to dress up as but a cheerleader or a waitress for Halloween?

Do not get caught up in the stereotypes. Your man is not gay. He's just not hiding it, like many men do, and he's able to share it with you. In turn, you should view this as a bit of risqué role-playing, as a game.

I'll cover a few advanced types of games you can play with your mate and what you can expect:

1. Add more lingerie

If you've found that your mate is highly programmed to respond to lingerie games, you can be sure that other types of lingerie will just increase his arousal. Think of all the sexy things we women wear. Thigh high stockings, sexy teddies. If you make him wear thigh high stockings, it only increases the distraction because he can feel them when he walks. You can make him wear just about any kind of lingerie for you, and you'll be pleased with the results.

2. Send him lingerie shopping – or go with him

You can really make him sweat by taking him into a Victoria's Secret and browsing the lingerie with him on your arm. Look at how uncomfortable so many men are when they are inside the lingerie store. How many men have avoided, at all costs, the idea of going into that lingerie store alone, even to buy a gift? That nervous embarrassment, while surrounded by all that lingerie that makes them hard, creates a combination of fear and arousal that they love and hate at the same time.

Making a browse through the lingerie store an adventure will be a continuous foreplay session with your man. Make him pick out the panties he will wear later. Critique his choices.

You can take this game as far as you feel comfortable. Sometimes, a salesgirl will get a drift of your games, and that just makes your man even more embarrassed. But even if he doesn’t know, he will always assume the worst. No matter what, he thinks every woman in the store is staring at him. He thinks every single woman in the store is wondering if he is buying panties to wear himself. He thinks every single woman is wondering if he is wearing panties right then.

One word of caution, though. Always be respectful of the salesgirls and other ladies shopping, and never reveal more than you know any stranger would be comfortable overhearing. It is not fair to expose someone to our games; we must walk a line of courtesy and excitement. Good judgment is always appropriate.

Remember, you don’t have to go with him. You can send him out and make him buy bras or panties for you (even take the catalog, circle what you want and make him take it to the store so you are sure he gets the right things). This “errand” will keep him horny for days on end, and it will serve a practical purpose – you get the lingerie you want!

3. The next step: An entire outfit?

If you are certain that your mate is into more than just panties, and actually wishes and dreams he'd be dressed up more for you, why not consider it? Consider it a night of dress up play. He may need assistance (at first) with sizes and styles. Ask him point blank if the idea of wearing women's shoes turns him on. You might be surprised by the answer. Go ahead and indulge him, and you may find that the amusement of watching him try to walk in heels is worth the initial discomfort you might have felt.

4. Can you believe this? Pantyhose.

This has to be the most ironic cruel joke of all times. Some men actually get turned on by wearing pantyhose. Most of us ladies consider pantyhose an evil invention, a hassle, or just a forgotten but necessary accessory. Out of the blue, tell your man to get a pair of pantyhose and put them on and wear them under his clothes all day. First of all, he'll start to appreciate you and the effort you go into putting them on without getting a run. Second, the overall tightness and snug feeling accomplishes what you want – he cannot forget he is wearing them. Something so form fitting around his crotch just distracts the hell out of him.

As an added game, tell him he

has to perform certain acts for the number of runs he gets in his hose as he puts them on. Make sure you get what you want!

Still uncomfortable? If you still find yourself uneasy at the idea of seeing your mate dressed up in feminine clothing, try to identify what it is exactly that bothers you. Does he behave in a way that you find unflattering? Does he want to dress more than you are comfortable with? Sometimes, a couple may want to consider a compromise. If your mate is the type of man that just likes to be dressed – and for longer periods of time (like a few hours), don't feel like this means you have to be directly involved the entire time. Don't think that this means you have to even be there. Some men are absolutely content being left alone for the majority of that time – just to experience what the clothing feels like. You can order him to get dressed up, make sure he's dressed properly, then go get your nails done or go take care of errands. Leave him with a list of tasks to complete – vacuum, wash windows, clean bathrooms. This will serve a dual purpose – he'll be forced to move around in his new outfit, and he'll be "serving" you at the same time. And, as for you – you will get some housecleaning done while you are out enjoying yourself! You can also add that when you get home, you want him to be back to normal. If you prefer him that way for sexual intimacy, this will give him time to get aroused and get it out of his system, then make him change back to normal and be ready for you. It might be a good idea to keep him in the panties, though, as a reminder!

Also, I have heard of relationships where the woman can accept the occasional cross-dressing but finds that being a part of it isn't something she is comfortable with. A compromise the couples come to is that the man is given time (a couple times a month, for example) to "dress up" when she is out and does not have to get involved. This way, he is not actively hiding it or sneaking around. Many men are used to indulging in this fantasy alone already – and when given the choice between doing it in private or not doing it at all, their answer is clear.

SPECIAL NOTE TO MEN:

It's important that you respect your mate's limits and understand her hesitation as you go deeper into lingerie games. Some women take to it immediately and consider it a fun game, or just flamboyant enough to minimize the uneasiness. Others, though, don't really like the idea of their man feminized.

Once again, it's always important that you don't push her, and don't overdue it. Some BIG don'ts are:

DON'T wear panties without permission or sneak around wearing lingerie
DON'T ask for frequent cross-dressing play times – unless your mate initiates it – because it's important you remain

primarily masculine for her in your daily roles

DON'T lose track of how much money you spend on your dressing habits. Lingerie and clothing are expensive; always be conscientious of the cash flow and remember that you are a couple. What new outfits or lingerie has she bought for herself lately? Balance!

DON'T sneak around to dress completely in entire outfits. Instead, ask if it's ok for you to indulge during times alone.

7. PAIN GAMES

DESCRIPTION

One of the most common things submissive men tell me their female partners say about not wanting to get involved in any kind of S&M is, "I don't want to hurt you," or "I'm afraid I might hurt you."

Ladies, is this true? I think a lot of the time women say this when a man pulls out the nipple clamps and whip because what she really means to say it, "I don't want to do that stuff."

Men play rough games. Men are physical. They beat each other up in football, they lift heavy things in the garage, some men are extreme athletes. They would get in a bar fight to defend your honor and they can endure a root canal just like the rest of us.

But the idea of inflicting pain for some pleasurable response is simply weird. There's no other way to explain it. And the idea is absolutely contrary to any normal thought a loving, affectionate woman would have when thinking about her husband. And, when he breaks out those props - gadgets and gizmos for his various body parts - that's just plain disgusting!

Like a lot of my advice, I ask couples to each do one thing. Men, back off with the suggestions and the toys and expectations. Ladies, try to not think about the stereotypes and toys for a minute.

Ladies, remember that you may never get comfortable with the idea. I only suggest you give it a try with a slightly different perspective. Let's first get into the head of your mate. Why does he like pain? Why on earth does he want you to hurt him? Does this mean he just wants you to beat him up? (You may have seen the episode of Desperate Housewives when Rex confessed to Bree that he was into her being in control or causing pain, and her reaction was to slap him across the face in disgust and say, "Was it good for you!?" - this is a great illustration of the misunderstanding). Here are some of the reasons men like pain, and your partner may give you a few of his own:

1. Physical pain causes an endorphin rush. This is a well known fact, and that rush is very exciting for some men, especially in a sexual context. It makes his heart beat faster and his skin tingle and he

gets a rush from it. Athletes also get addicted to this high.

2. Physical pain makes him feel more submissive to you. It makes him see you as powerful.

3. Physical pain is an actual fetish for him; for whatever reason, the pain causes a positive sexual response, he is just wired that way.

4. Physical pain adds an element of lack of control that makes it exciting for him (note that he may be very, very adverse to the pain itself! He might just like the idea of it, the threat of it, and the very occasional use of it).

I'll give you what I consider three different types of pain, and then talk about how and when to use them. Keep in mind, this is only if your husband is suggesting that pain is something he is into, and you are comfortable exploring. Or, if it is something you find intriguing, and want to see what it is like.

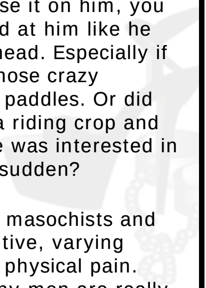
Here are three types of pain:

Lustful/Playful Pain

You probably are familiar with this already, and may have participated in it without even knowing about it. Things like heavy nibbling or biting during sex, hair pulling, scratching, spanking. It's not uncommon to hear even conventional couples talking about "a little rough" sex and how it can be exciting. No one is really getting hurt, and the extra scratches nibbles just add a passionate flare.

Theatrical Pain

Whips and paddles, riding crops, and all the other "implements" make up what I like to call "theatrical pain." If your husband brought out a paddle one night out of the blue and asked you to use it on him, you probably looked at him like he grew another head. Especially if it was one of those crazy fraternity-type paddles. Or did he giving you a riding crop and you thought he was interested in horses all of a sudden?



Some men are masochists and they like repetitive, varying levels of direct physical pain. But I think many men are really more interested in the drama and "aura" of these pain implements when they are in your hand. They give you a sense of dominance and show who is in control. The mere sight of you holding a paddle probably arouses him tremendously, and the use of it is merely secondary. The toys help create a little drama and make you more powerful; they clearly put you in control.

Your husband needs to be absolutely clear with you what is interests in pain are. Does he just like the added flare of it, and only likes pain in the context of his submission? Or, is he really a masochist, and he yearns for serious sessions (I liken this to the S&M version of an extreme athlete; he wants very, very intense physical sensation. This can be extremely intimidating, even for an experienced domina. Do not think you have to make this leap! It is not for everyone, and your partner should understand this. He may get off on mountain climbing and skydiving; that doesn't mean you have to, also. You have to find some compromise).

Your partner should tell you in very clear terms what kind of physical pain he has experienced and enjoyed. This does not mean you have to do it; it just gives you a frame of reference. You can then take a riding crop, or a paddle, and give him a few experimental swats. Make it playful. Communicate about it. Ask him, "Is that what you mean?"

Submissive men often coax their wives or girlfriends into physical pain play right out of the gate, and hand them a whip or paddle and start talking about safewords. They tell you they will use a word to tell you to stop, it's a code word. Suddenly, you are standing there with a weird looking leather thing and your husband is spouting off about code words, maybe one or two or three of them, and you are wondering what the hell is going on. "Safewords?!"

"Safewords" are convenient when you are roleplaying, and your husband might be pretending to not like something. So if he says "STOP!" he might not mean stop. I think safewords are very important and serve a great purpose; but for your first steps into pain play, I suggest using - GOOD OLD FASHIONED COMMUNICATION! The last thing you need to worry about when holding a paddle is which word means "stop." He can tell you, "You can hit me a little hard than that..." or "wow! Slow down, killer!" - then there is no confusion whether "red" which means "stop" really means "that was awful" or "hold on, I need a little break."

Remember, this is just an opportunity to find out how hard is hard, and what's a tap versus a slap. Make it fun and light; give him a spanking with your hand, switch to a paddle. Have fun with a riding crop and learn how it delivers a precise, startling *swat* on a thigh or butt cheek. Keep your impact areas limited to buttocks and thighs and avoid kidneys or genitals. There are many articles on the net that explain safe play with impact items; I suggest you read them, and always remember safety is most important. Probably, your partner has some experience with the implements and their uses and can walk you through it.

Sexual Pain

You may have been shocked or even disgusted if your partner presented you with nipple clamps, cock and ball harnesses and weights, or other toys designed specifically for erogenous zones and genitalia. I've mentioned in these articles previously that the use of toys and implements should be a step taken only after you get used to the idea of dominance itself.

Toys like these are designed to create very specific sensations in the most sensitive areas on a man. They're effective because they're designed to do something specific, and also because they're ominous. Again, going back to the use of paddles or a riding crop - the mere fact that you are holding them in your hand and willing to use them while he is completely helpless just sets up a situation of complete control.

Imagine if you had no toys at all, and you were ready to start experimenting with some light pain and pressure on various parts of your partner's genitals and other erogenous zones. What kinds of things would you do?

Pinch/bite his nipples
Grip his penis very tightly, use varying intensities
Hold him tightly by the balls; pull down on his balls; twist at his balls carefully

In the heat of the moment, you may have done these things. For some men, these sensations drive them insane with pleasure/pain or lust/desire. Other men find that these sensations make them feel very vulnerable to you - and this is a feeling they are trying to capture. Remember, this is all about control.

If you were playing a game with your partner where you had to provide these sensations but keep your hands free, what would you do? We women are very innovative. Maybe we'd use some clothespins on his nipples. Or ice cubes work, but they still require hands. Maybe we'd tie one of our stockings around the base of his penis. There are many things we'd do with household items.

These toys simply make the job easier, and are designed with a purpose. If your partner has expressed an interest with these kinds of toys, he probably has experienced them - often just by himself. When you are ready to see how they are used, have him show you by applying them to himself so you can see where he places them, how tight he makes them, and what might affect the sensations he's feeling. This is a learning time, not a play time.

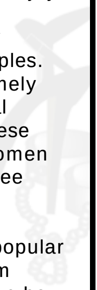
But if these are toys he wants to use, and you are not so sure you how feel about them, I suggest you use your hands, mouth and imagination to create the same sensations.

What do you get out of it?

Enjoy the reactions you get from him - enjoy the fact that you can tease him and make him squirm. The pleasure you get from these activities should come from how exciting it is to have a direct and immediate impact on his sensations. If you are enjoying it, you can't start thinking to yourself, "I'm enjoying hurting my partner," - that is not true at all.

You are enjoying making him feel a euphoric high of sorts; you are making him feel more vulnerable and controlled by you (which he craves); you are making him feel things that no other activity can make him feel.

There is another part of pain/sensation play that most dominant women and a great many "non kinky" women enjoy, and is the reason for the nibbling, biting, and frisky "rough love" between couples. There is something extremely exciting about the physical reactions a man has to these intense sensations. We women are drawn to it when we see men sweat and suffer in competitions; how many portrayals of "heroes" in popular fiction and film feature him grimacing, sweating? It can be extremely arousing to make your man react intensely to sensation, to make him perspire, to make him grit his teeth. See these reactions for what they are - demonstrations of what you are making him feel.



A special note about "toys": If you find that you just can't get over the "creepiness" of toys, or the idea of pain, that does not mean you aren't succeeding. The entire theme of these articles is for you to explore aspects of power exchange and see which ones you find enjoyable. Some of them you will not. Part of your partner's commitment to stop pushing, prodding and nagging you is his willingness to understand there are going to be some things you just don't "get" and don't care to explore.

However, if you seem to be ok with the idea of a little pain play, but just don't like the "toys," remember that most of these items come in a variety of shapes, sizes and quality. Take the opportunity to browse online catalogs or an adult store; you may find that a goofy-looking odd shaped paddle simply was too ridiculous to even hold, but a nicely made riding crop feels kind of sexy in your hand. You may find that a hand-shaped paddle made you laugh, and that you could see yourself using it because it made the act just seem more playful.

A SPECIAL NOTE FOR MEN:

Be clear from the start if you are the type of submissive that likes the "idea" of pain or the "threat" of pain but are not really a masochist. You can see there is a huge difference between this kind of man and a man that actually gets aroused from pain, and needs a certain level of intensity. If you only like very small uses of pain to make you feel more helpless, your partner needs to know this.

One of the most important things about exploring pain play with your partner is honest, clear communication first, so she can really understand the varying levels of pain or sensation these toys give you. Do not muddy the communication by trying to get her to use toys in the context of a real sexual power exchange right out of the gate. You are asking for way too much.

Second, remember that you need to tell your partner both during - and after - that the pain she made you feel is what you want. She needs to know that you LIKE it, even if you are grimacing and wincing. It is your responsibility to let her know when the level of pain is no longer pleasurable. Nothing can turn pain play into a train wreck more than a submissive not being honest about how the pain is, only to have his femdom partner later feel guilty for doing what she thought was what he wanted.

Do not confuse her in early pain play by dramatizing the pain and sending mixed signals. Communicate your positive feelings about the experience throughout the entire process.

Your main goal is to see what she might be enjoying from this. Does she seem to like it when you squirm a little? Does she enjoy it when you give out a yelp? Does she like it when you grit your teeth and try to appear like you are toughing it out? Ask questions at an appropriate time to find out what pleasure, if any, she got out of the exploration.

Don't get too hung up on toys. Some women will never like the idea of toys or props because they've got a negative association with them. Or, she may need some time to warm up to them. Let her go at her own pace. Never push.

Do NOT buy your partner pain toys as a gift, even if you "think she is ready." When she is ready to take that step, it should be when the timing is good for her.

What to do when you get stuck?

What do you think of this section? Feedback from both men and women encouraged! Please **email** me and let me know if this has helped you, or what you'd like to see more of.

Akasha@Akashaweb.com

Akasha's Web

Femdom Erotica * Online Training * Relationships

Online Training

Miss Blue's Next Online Training begins March 2007
Read here!

Submit to Akasha's and Miss Blue's online training featuring the most comprehensive, challenging slut trainings on the web.

CyberDungeon

Chat LIVE with Akasha and others in the interactive **Chat Room**, participate in **Forums** or submit yourself for live **Telephone Training**

Stories

Akasha's original femdom erotica from 1995 to present.
Now, organized by category:

- **Forced Femme**
- **Strap-On & Anal**
- **Humiliation & Groups**
- **Chastity**
- **Cuckold**
- **Pussy Worship**
- **Feet**
- **Seduction & Lust**
- **Sheila's Show**
- **Romance**
- **Illustrated**
- **BDSM**
- **Unfinished Stories**
- **Behind Closed Doors (series)**
- **Space Age Love Song**
- **Corporate Slut (series)**

Miss Blue

Read stories from the mind of Akasha's kinky best friend and visit her Panty Drawer!

- **The Stories**
- **The Panty Slut Drawer** -over 139 panties!
- **My Slumber Party**
- **April Showers IPEE**
- **World Class Whore Training**
- **Boot Camp Training I**
- **Boot Camp Training II**

I am Akasha, welcome to my website.

I'm not a professional dominatrix but I do enjoy female domination on a relationship level.

I've written hundreds of stories, articles, trainings and more. You can find them all here.

"Sign up for Akasha's Web news"

E-mail address: ____________

[Subscribe] [Unsubscribe]

The All New Email Newsletter

Last Update: February 23, 2007

Panty Slut Alert-Peek at Miss Blue's **sexy blue lace g-string panty!**

LIVE MY Fantasy....You now have access to my Toy Chest. My strapon will stretch you. Are you lubed?

FINAL EXAM TIME! Online Training Slaves, prepare to be **stretched and milked** in **Lesson Twelve**!

Chat Live with Akasha!
Join me in my **Femdom Chat Room** on **Sunday, February 18** at 7:00pm PST. Both members and non members are welcome to join.

LIVE MY Fantasy....You now have access to my Toy Chest. Your cock is mine! I will lock it up and throw away the key.

Online Training Slaves: It's time for your Valentine's Day **Cum Facial!** Read **Lesson Eleven** and find out what humiliation is in store for you -- all day long....

Cross Checking Chad is all about teasing and denial, femdom masturbation and how I MUST control that which makes me so wet. **Slave position OPEN: If you play ice hockey and want to explore female domination, submit this application. I need a new muse!**

Online Training slaves, be prepared to be **Finger Fucked and USED** in preparation for your Valentine's Day humiliation. All this and more in **Lesson Ten**.

Chat Live with Akasha!
Join me in my **Femdom Chat Room** on Sunday, February 11 at 7:00pm PST. Both members and non members are welcome to join.

It's time for the ultimate **Shopping Humiliation Task!** Online training slaves, read **Lesson Nine** and prepare for your task...the ladies at Victoria's Secret await you!

I am pleased to announce the winner of the Super Bowl Slut PARTY is **slave blue**! You should see the pictures he sent! Talk about CUM WHORE! SLURP!

Online Training Slaves: Lesson Eight is posted. It's time to go through your feminine trasformation...and then suffer through the humiliation of your abduction -- Akasha-style!

Prepare yourself for my Super Bowl SLUT Party!
Join me in my **Femdom Chat Room** on Sunday, February 4 at 3pm PST for the ultimate live humiliation and training!
(for a sample of my past Slut Challenges, check out my **World Series** chat rules!) **Here is the recommended TOY LIST for the chat!**

Time to play dress up!
Online Training slaves, **Lesson Seven** is now available. Read about the outfit that awaits you....and your upcoming abduction.

LIVE MY Fantasy....You now have access to my Toy Chest. Take a look and see what torture I will inflict on my slave tonight!

Panty Slut Alert-Peek at Miss Blue's **sexy black lace thong panty!**

CUM ICE CUBE TORTURE! I have been waiting for this one. My online training slaves, read **Lesson Six** and prepare for total degradation -- all for my pleasure.

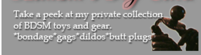
For Women Only

- **The Good Girl's Guide to Domination**
- **Enjoying Female Dominance: A Guide**
- **Questions and Answers about Female Domination**
- **Femdom Help Desk**

Articles

Non- fiction and ramblings on a variety of topics, from meeting and courting a femdom to understanding the workings of the domina mind

Akasha's Toy Chest


Take a peek at my private collection of BDSM toys and gear.
*bondage*gags*dildos*butt plugs*

faq...

- **What is Akasha's Web?**
- **Customer Service**

Links

JT's
Stockroom
All the Best in Sexual Technology
www.stockroom.com

Time for your CUM confessions! Slaves in my online training can read **Lesson Five** and get busy with their cum....and do it my way!

Lesson Four for slaves is now posted! If you are enrolled in my online training, it's time to learn about your ultimate ritual! Start performing NOW, slut!

LIVE MY Fantasy....You now have access to my Toy Chest. Take a look and see what torture I will inflict on my slave tonight!

The return of Phone Domination! Miss Blue's **has posted new hours.** Call her TODAY!

Your HOLE belongs to me! Slaves in my online training program, read **Lesson Three** and find out what ritual you must perform. I will keep my property BUSY!

Chat Live with Akasha!
Join me and my kinky friends on Sunday, January 21 at 4pm PST for a slut party in my **Femdom Chat Room**. Members and non-members are welcome to join

Exclusively Femdom is back! The best "all-femdom" discussion board on the Internet is now safely installed on our own server. Both members and non-members are welcome to read and post!

Akasha's Online Training Continues!
Slaves, read your **Second Lesson** now - and read the consequences for cumming without permission! Also, it's time to suck for me....

LIVE MY Fantasy....You now have access to my Toy Chest. Take a look and see what torture I will inflict on my slave tonight!

Akasha's January 07 Online Training has started!
Sluts who are enrolled, **read your first lesson now**.
Be prepared to start lapping it up, cum drinker!

The return of Phone Domination! Miss Blue's **has posted new hours.** Call her and be ready for your personal slut training.

Slut Chat! Bend over, boys!
If you missed my online chat recently, you missed a chance to serve! Read the **chat logs** and see what the sluts had to do to please me this time. Plugs, dildos, and lube - oh my!

Akasha's Slave Training Kit - Training panties, cock ring, your slave name (selected by me!)on a collar and a **sealed note that will lead to your ultimate humiliation**! **Read details about this personalized training kit....**

Be Akasha's Slave in 2007!

Read details about my nastiest training yet....
Male Submissives interested in my January 2007 training may **enroll now**

Changes to Akasha's Web in 2007? Both members and non-members -- **See what's in the works**, and perhaps your own fantasies will come to life!

My latest Corporate Slut story is "**Inflatable Plug Torture**" - inspired by The Stockroom's **Inflatable Butt Plug Harness**. Oh, there's also some strap on play, a cock gag and more in store for my corporate slut...

* * *

The Femdom In Training online program:

Femdom Training Lesson Nine is all about Pleasure and Pain! Nipple clamps, over-the-knee spanking and more. Learn how to use pain to make your man submit....

Femdoms: Time to Strap It On! Femdom training lesson eight includes step by step instructions for owning and enjoying strap on dildo play!

Femdoms in Training Program: Turn your man into an Anal Whore! Learn how penetration and strap on play can make your man weak in **Lesson Seven**...

BEHIND THE SCENES in Akasha's Femdom Training!
Read some of the **training blogs** from the Femdoms and male subs in the online training program! Get some behind the scenes stories and pictures of the ongoing humiliation!

Femdoms in the Training Program, Lesson Six is now posted! It's time to learn how to use your COCK! Make your man helpless by showing him who's in charge - and make him learn to **suck it!**

The many uses of CUM!

This is the topic of the latest lesson in my femdom training. Femdoms in the training - read **Lesson Five** Now!

Femdoms in the training program - Your **fourth lesson is now posted**! Learn how to OWN your slave 24/7 - here's the best trick for ownership of your slut's mind and soul!

PUNISHMENT! This is something you need to master if you are to be a skilled femdom; The Third Femdom Training Lesson is about punishment - when, why, and WHAT to do when your submissive misbehaves!

The **Second Femdom Training Lesson** is posted -- Own the cock and you own the man! Step by step instructions how YOU can own your man's cock - and make him your slave....

My first **Femdom Training Lesson** is posted!
Male subs, do not read this lesson if your partner is enrolled in the program! My first tip for femdoms: TEASE AND DENY -- mercilessly - and on YOUR terms....

* * *

Read some of the nasty shopping details from slaves that endured my Victoria's Secret Humiliation Task!
Male subs were sent into the lingerie store with a sealed note, then forced to endure humiliating tasks in front of the ladies there....**you won't believe what some subs had to do!**
***Here is the VS Task Outline**
***Here is the VS Secret Humilation task survey.**

Contact me: **akasha@akashaweb.com**

Akasha buys all of her toys at The Stockroom

The Stockroom Etiquette Tip #37
If you must speak, be polite and wait until your mistress has dismounted.

Akasha's Web

HOME * Online Training * CyberDungeon * Story Archive * For Women Only * Articles * Miss Blue

Online Training

Next Training:
Miss Blue's Training
March 2007
Sign Up Now!

____

Read **Akasha's & Miss Blue's Audio Training Archives 2**

Read **Akasha's & Miss Blue's Audio Training Archives 1**

Read **Akasha's Training Archives #1**

Read **Akasha's Training Archives #2**

Read **Akasha's Training Archives #3**

Read **Akasha's Training Archives #4**

Read **Akasha's Training Archives #5**-Femdom Training

Read **Akasha's Training Archives #6**

Read **Miss Blue's Training Archives #1**

Read **Miss Blue's Training Archives #2**

Read **Miss Blue's Training Archives #3**

Read **Miss Blue's Training Archives #4**

Read **Miss Blue's Training Archives #5**

Online Training Program

-- for true sluts!

Have you been seeking a way to submit online to a cruel, demanding Mistress? Launched in January of 2000, Akasha's Exclusive Slut Training now turns men all over the world into nasty little bitches each and every week. Men are subjected to forced chastity, rituals to improve sexual performance, feminization, cum drinking and more.

Homework is provided. Assignments must be followed. Whores are ordered to endure and wait for each lesson, each training session more intense than the one before.

If you missed previous training lessons, you can read the archives listed on the left menu.

Next online training:

Miss Blue 's Online Slave Training: The Return of BootCamp
March 2007 Online Training -- March 12- April 16, 2007

SIGN UP HERE!

Akasha's Web

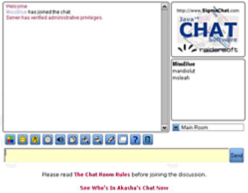
CyberDungeon

The Chat Room

Phone Domination

Femdom Forum

Live one on one interaction with Akasha, Miss Blue and our Femdom friends through phone domination, forums and chats.



Welcome
MissBlue has joined the chat
Server has verified administrative privileges.

MissBlue
mandislut
msleah

http://www.SigmaChat.com
Java CHAT Software
raidersoft
Main Room
Send

Please read **The Chat Room Rules** before joining the discussion.

See Who's In Akasha's Chat Now

Talk in the Chat Room

Submit to Phone Domination

Discussion Forums

Akasha's Web

Stories

This is what made Akasha's Web famous...
Featuring:

- **Forced Femme**
- **Strap-On & Anal**
- **Humiliation & Groups**
- **Chastity**
- **Cuckold**
- **Pussy Worship**
- **Feet**
- **Seduction & Lust**
- **Sheila's Show**
- **Romance**
- **BDSM**
- **Illustrated Stories**
- **Unfinished Stories**.
- **Behind Closed Doors (series)**
- **Space Age Love Song**
- **The Corporate Slut (series)**

The Akasha Web Story Archive

Use the Menu on the left to explore hundreds of stories and trainings.

...Finally she pulls back and takes him by the hair, forcing him to the ground, face down. The cement is cold, she can feel it on her knees through her thigh-highs as she kneels down and straddles him. She leans down and hisses into his ear as his nose is to the ground, "Maybe I'll share you with the next person that walks by, be it male or female, would you like that?"
-excerpt from "What Happens To Teases" in Seduction and Lust

Akasha's Web

For Women Only

The Good Girl's Guide To Domination

INTRODUCTION
1. LIGHT BONDAGE
2. CHASTITY
3. PANTY WEARING, FORCED FEMINIZATION, CROSS DRESSING
4. BODY WORSHIP
5. DOMESTIC SERVITUDE
6. ADVANCED LINGERIE GAMES
7. PAIN GAMES

Tips and Tricks for Femdoms- A Guide

Problems and Solutions

Enjoying Female Dominace- A Guide

Preface
Dominance: Enjoying It
Steps of Domination
Fetishes
Your First Scene

Questions and Answers about Female Domination

1. New femdom afraid of scaring vanilla boyfriend
2. Husband wants to introduce vanilla wife to S&M
3. Sub wonders if he should visit Pro Femdom or wait
4. How can you tell if a woman is dominant?
5. Budding femdom unsure of next steps
6. Man wants to encourage girlfriend to use strap-on

Femdom Help Desk
What do you do when you get stuck?
Open Letter To a Budding Femdom

For Women Only

Use the Menu on the left to explore instructional guides and suggestions about femdom relationships.

"I believe that many women are intimidated by and uncomfortable with the concept of erotic female domination because of the way they see it portrayed in adult films and in the media. I believe that men also develop many bad habits after years of satisfying their fantasies on their own, and focusing on their own pleasure. Through communication, trust and safe, sane & consensual exploration of erotic power exchange, I think many couples can experience pleasure they never imagined, and also develop better relationship communication and intimacy."

As always, I encourage feedback. The opinions expressed are only my own.

Best of luck to all!

Akasha's Web

Articles

- Being the Bitch
- What is a Femdom orgasm?
- Why I enjoy bondage, pain and humiliation
- Confessions of a femdom in a life of chaos
- Femdom Frustrations
- Unrealistic Expectations as a Result of Pro Femdom Sessions
- How to win the heart of a femdom...
- The best quality for submissives?
- Submissives and Jealousy
- Misery
- Why I hate it when men call me "Mistress"
- Thoughts on Negotiation
- Why I like to sink my teeth into novices
- Why I enjoy delivering pain
- A Peek into My Mind Lately... (1999)
- Thoughts on Being a Pure Femdom
- Akasha's Movie Review: "Purgatory Weekend"
- Relationships
- Sacrificing freedom, comfort and pride...
- How important is sexual arousal to you?
- Open letter to the shy, novice submissive
- Letting Desire Simmer
- Open letter to my slave's wife
- Subs have it easy....
- Top ten things I like to hear from a submissive
- My ideal submissive...and why I do the things I do

The Akasha Web Article Archive

Use the Menu on the left to explore non-fiction articles about femdom trust, integrity and instruction.

"That is not the point at all. I want you to listen to me about this. Dominance is about pleasing *you*. It is about putting aside all thoughts and reservations for some time, and allowing the dominant side of you to roam free. I honestly believe once you try it, you will find it as intoxicating as I do."
-excerpt from "Open Letter to My Slave's Wife" in Articles

Akasha's Web

HOME * **Online Training** * **CyberDungeon** * **Story Archive** * **For Women Only** * **Articles** * **Miss Blue**

Miss Blue

The Panty Slut's Drawer
Over 139 panties and counting!

Training Archives:
My Slumber Party
April Showers IPEE
Who Wants To Be My Whore?
Boot Camp
Boot Camp II

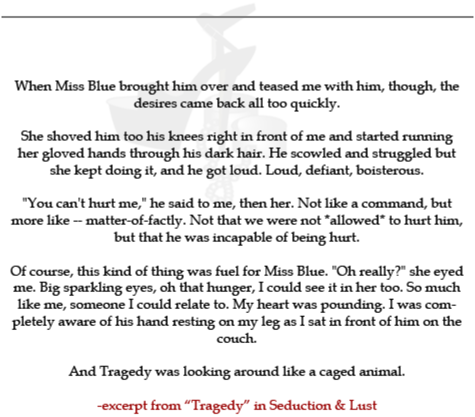
Audio Training Archives:
Akasha's & Miss Blue's Audio Training Archives 2
Akasha's & Miss Blue's Audio Training Archives 1

Stories:
Saturday Night Prowl
Bite: let the blood flow
The Making Of A Marine
Drowning: A love story
PonyBoy Poem
No Safe Word Allowed
Shopping With the Corporate Slut
The Corporate Slut's Day One
The Corporate Slut's Day Two
The Corporate Slut's Day Three
The Corporate Slut's Day Four
The Corporate Slut's Day Five

Akasha Web presents Miss Blue

Use the Menu on the left to explore storys and trainings and more!

Come and meet my kinky best friend, Miss Blue! She is my partner in crime and the gasoline for my femdom fires. You have read about her in many of my stories and tales of nighclub exploits. Read some of her stories and her own brand of online trainings and **phone domination**. And in case you are new here, Miss Blue has a very hardcore USMC fetish! Marines **apply here**!



When Miss Blue brought him over and teased me with him, though, the desires came back all too quickly.

She shoved him too his knees right in front of me and started running her gloved hands through his dark hair. He scowled and struggled but she kept doing it, and he got loud. Loud, defiant, boisterous.

"You can't hurt me," he said to me, then her. Not like a command, but more like -- matter-of-factly. Not that we were not *allowed* to hurt him, but that he was incapable of being hurt.

Of course, this kind of thing was fuel for Miss Blue. "Oh really?" she eyed me. Big sparkling eyes, oh that hunger, I could see it in her too. So much like me, someone I could relate to. My heart was pounding. I was completely aware of his hand resting on my leg as I sat in front of him on the couch.

And Tragedy was looking around like a caged animal.

-excerpt from "Tragedy" in Seduction & Lust

Akasha's Web

For Women Only

Akasha's Tips & Tricks for Femdoms

#1 **Type of Problem: Submissive: Tops from the bottom**

#2 **Types of submissives: How to deal with them and correct bad behavior**

#3 **Type of Problem: Submissive: mindreaders, insatiable, micromanagement**

#4 **The Care and Feeding of Male Submissives - What Motivates Them**

#5 **The Care and Feeding of Male Submissives - How To Dominate Via Chat or IM**

Also Read:

The Good Girl's Guide To Domination

Enjoying Female Dominace- A Guide

Questions and Answers about Female Domination

Femdom Help Desk

Akasha's Tips and Tricks for Femdoms - Starting April 10, 2006

By popular demand, I am going to be starting a **weekly column** designed to help women discover their dominant side. Submissive men, meanwhile, may read and discover how they can better serve their mates or make themselves more desirable as slaves.

Not since my **Good Girl's Guide to Domination** has there been such a comprehensive guide to enjoying the sensual femdom experience available on the web.

Here is a preview of the topics that will be covered:

Types of submissives, how to deal with them and correct bad behavior
(subs...do any of these sound like you? Here's how to fix it before you chase another femdom away...)
- Tops from the bottom -- article posted April 10!
- Passive Aggressive
- Pushy/Needy
- Unresponsive/Needs a mind reader
- Bratty - thinks that instigating will get what he wants
- Insatiable
- Needs Mircomanagement

Care and feeding of the submissive male: What *motivates* them

How to dominate a man online via chat or IM

"That's gross. Why would I do THAT?" -- how to honestly enjoy femdom acts you once found silly or disgusting.

How to have a Mistress/ slave relationship by email, long distance

Strapping it on: Why fucking your man in the ass can be fun

How to dominate a man via the telephone

How to dominate a man using chastity

Enjoying forced feminization - tips, tricks and methods to feminize your man for YOUR pleasure

How to seduce a vanilla man and get him to submit

Humiliation - verbal and public. How to totally humiliate your man and still respect him.

How to tease and deny to make a man do what you want

The truth about financial domination

How to tell if a man is sincere about being a submissive

What is punishment and how should it be used?

....and more!

My first FEMDOM TRAINING Course will happen this summer! Email me with the subject line "femdom training" if you would like to be notified of the start of the course.

For Women Only

The Good Girl's Guide To Domination

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6. Man wants to encourage girlfriend to use strap-on

ENJOYING FEMALE DOMINANCE- Preface

So what is dominance..and is it for me?

On Female Domination

I've been reading a lot of books and articles lately on female dominance.

Maybe I'm just not reading the right books. But, as a woman truly into female dominance, these books often read more like practical "how to" manuals and must come off as disconnected to a curious or skeptical beginner.

The best analogy I can give would be as if they were just about straight sex. They would be best described as "How to have sex" not "How to ENJOY sex." Does that make sense?

In the realm of female domination, though, most could be subtitled, "Or, how to get your partner off your back by pretending to dominate him when in reality you are just doing what he wants."

Where are the books and articles that teach women to enjoy female dominance?

Femdom Help Desk
What do you do when you get stuck?
Open Letter To a Budding Femdom

Of course, there is a very appropriate audience for these "how to" books. I feel those books are appropriate for women who want a practical approach to domination because they want to please their partner, and he does not really care if she passionately craves the control. Maybe, along the way, she will accidentally stumble into something about the domination that she enjoys, but it would probably be an exception.

And yes, there always is a need for good, practical advice on how to use the tools of domination, especially when safety is a paramount concern. But I still feel that no matter how well you explain the how-to's of knot tying, ways to humiliate your partner, or how to pick out lingerie for a man, it doesn't matter if the woman feels no passion for domination.

That seems to be the one chapter missing in these books.

I've seen written work touch on it. They have the obligatory, "So what is in it for you?" chapter. Often it appeals to the side of a woman that wants to be cherished, honored and obeyed. Hell, women can get that in vanilla relationships.

Sometimes they point out that women can enjoy a little bit of pampering and attention, maybe have a free maid if they look at it the right way.

I challenge that it is not rewarding for either party if the woman views it merely as "free maid service."

If a man has the burning desire to submit, it doesn't matter how many books she reads, how many times she dresses up for the part, or how stern she looks when she points to the floor and hands him a toothbrush while telling herself over and over again in her head, "Think about this as free maid service."

If she does not get off on it for herself, the scenes will always fall short.

So where are the articles teaching women how to enjoy female dominance - in its purest forms? Not what the end result will be, but how passionate and thrilling it can be to experience it?

Where are the books that will show her a new found passion she never knew existed, and then one day she will wake up and instead of dreading that this might be the day he brings it up, she finds herself missing it. Wanting to go back to it.

If I ever write a book, this would be the book I would write. Without a doubt. I don't want to show women how to dominate men. I want to show women how to enjoy it.

An anecdote: Why most women can enjoy domination

So how do you teach someone to have feelings and desires that you can barely identify and define yourself? Imagine telling someone how to enjoy a certain kind of food that you love.

The bottom line is, some people will never enjoy it. Period. It is just not part of their drive.

But I strongly believe many, many more women would enjoy dominance if they were exposed to it differently. I've introduced a few vanilla girlfriends to some basic domination games, and they thoroughly enjoyed them.

The difference is that it was presented to them in a non-threatening way, in a manner where they did not feel the pressure of pleasing someone (other than themselves), and it was purposely molded to fit their desires, not the desires of their partner.

Several years ago I was with a very good friend of mine at a party. She was about as vanilla as they come, and it was obvious from our discussions that any kinkiness in her would probably lean toward submission games much more than dominance games. She enjoyed strong men, preferred them to take the initiative sexually, and she had some negative stereotypes in her head regarding dominance in the bedroom (the typical dog collar images, men crawling around barking and woofing, and a woman saying, "You worthless worm!"; of course, she lost all respect for men she imagined would allow a woman to do this to them).

There was a man at this party who my girlfriend had started dating. They were being flirtacious with each other, and both of them knew of my dominant tendencies. I suggested that we go some place private and I introduce my friend, Janie, to some light dominance games. Of course Todd was up for it, so after a few rounds of giggles we retired to a private room.

When I considered doing this with Janie, I thought back to what initially brought me to sadomasochism. I was born to do this, I know that. But why? What were my early desires like?

I can tell you, when I was 15, I was just as embarassed and disgusted by the stereotyipcal portrayals of SM in books and movies. Just like Janie, I found the concept of a man crawling around on his hands and knees on a leash to be laughable and embarrassing. The expansion of desires, the attraction to tools, the desire to push to more extremes - - these all happen in time. To approach dominance expecting to enjoy such extremes is laughable. No wonder so many women are initially turned off by anxious partners; their first exposure to it is sometimes as extreme as some of the things they used to read in Forum and believed were only for serious, hardcore kinky "weirdos."

Instead, I wanted to introduce Janie to the purest, most basic forms of dominance and submission. I wanted her to enjoy what I enjoyed my first times. I wanted it to be subtle, sensual and erotic.

I told Todd that he was to sit, keep his hands to himself, and not interrupt us. He was willing to just observe and behaved appropriately. Meanwhile, I sat with Janie and we spoke softly to each other so he would not hear.

I asked her what she found attractive about him. She giggled a little, and told me her list. Things ranging from his eyes, to his strong arms, to his mouth. She found him very sexy, indeed. I asked her if she wanted to kiss him - then I corrected myself - I asked her if she wanted him kiss her. After all, she was used to men making the first move.

Yes, of course, she said. She would love to have him kiss her.

"Come over here," I told Todd. He started to get right up, but I lifted hand to gesture him to stop. "Come slowly. Look at her. Look at her eyes."

He smiled, enjoying the attention. And as he moved closer, I could see her squeeze her legs together, her hands between them, excited. The way he was coming toward her was exciting her, the eye contact, the impending closeness.

"Do you want to kiss her?" I asked him.

"Yes!" he said, laughing a little as he arrived in front of us. I gestured for him to kneel down, but made no big deal about the fact that he was kneeling. I wanted it to be subtle for her.

"Why do you want to kiss her?" I asked him.

He kept her eyes on her, putting his hands on her knees. I quietly reached over and moved his hands down, off of her body, but again did not bring attention to it. "Because....because she's beautiful."

"Don't tell me, tell her."

"Janie, you are beautiful. I want to kiss you."

"Tell her how you would kiss her. Tell her why you should let her kiss you."

Todd wet his lips. He searched her face, and tried to come up with words. I could feel her next to me, she was holding very still. I wondered if she was getting as turned on as I was. See, this was pure, beautiful submission. In its most basic form.

He was asking for her affection, her attention. He needed something. He was kneeling, politely, not even touching her, but looking at her so longingly. Certainly by now she was wanting that kiss more than anything, but she knew she was going to have it. There was no schoolgirl doubt, waiting and hoping that kiss would come. No hinting, or tilting her head toward him. She was in control of it, and she felt comfortable and content with that control.

"I want to kiss you softly at first. I want..I want to put my mouth on yours, and press really lightly, then -- then -" Todd hesitated. Like most men, he was not quite able to express sensuality with words. But it didn't matter, his eagerness and honesty was getting to her.

"Do you want him to kiss you yet, Janie?" I asked.

She giggled a little. "I kind of like making him wait."

Todd whimpered a little, and his hands popped back up to rest on her knees, trying to rub them affectionately. Once again, I pushed them down slowly. This time, I said, "Why don't you put them behind your back. Janie doesn't want to be distracted with your hands. Right now we are focussing on your eyes and mouth."

"Mmmm-hmmm" Janie agreed, and she was staring right at him.

"And maybe in a little bit, she'll tell you where to put your hands. You'd like that, wouldn't you, Todd?"

He was breathing visibly hard now. "Yes…yes. I need that kiss now, please."

Janie turned to me. She was ready to give in.

"Wait a minute," I smiled. "Look at him, Janie."

She turned again, looking at him, and I could tell she was aroused.

"What do you say, Todd?" I asked.

"Please? Please, can I kiss you, Janie?"

"Will it be a good kiss?" I asked.

"Yes!" he said.

Janie started to pick it up. "How good will it be?" she asked him.

"The best kiss you have ever had."

"Let him kiss your cheek," I told her. "And we'll see if he earns the real thing or not."

Needless to say, Todd did. He earned a kiss, and he earned the ability to place his hands on her knees. And while the entire scenario seems amateurish and juvenile to most seasoned bdsm practitioners, the goal was not to get her to enjoy cock and ball torture, chastity enforcement, or bondage and flogging.

The goal was to get her to enjoy dominance. With a little teasing. And feeling real control over something she enjoyed. Not to play a role that was completely foreign to her.

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There is one tool I believe that is most essential to any expression of dominance. And that is the desire to and comfort with dominance.

This is the chapter that is missing from the books. This is what entire books should be written on. But attaining that comfort and desire I believe is a different road for many women, and unfortunately by the time they start looking for that road, they are already disillusioned about dominance.

Because, chances are, someone suggested they get into it. Someone has already laid out their expectations and that's what sent this woman looking for that road. Because she wants to please her partner. So the complete foundation for dominance is already flawed.

I believe a woman comfortable in her dominance should want to please herself first, and her partner second. It doesn't matter if it is 51% to 49%; she must reserve that little bit of space for herself. With some men, the more she tips the scale in her own favor, the more pleasure he would get from the scene.

I believe most submissive men have desires that can be mapped on an x/y axis. If the x-axis is "Fetishes" and the y-axis is "her dominance", you can map his desires two ways. One is how much emphasis he places on having his specific desires met; the hardcore submissive with several very specific fetishes (ie, he wants to be forced to worship feet, wants to be cross dressed, or wants specific kinds of pain) place him high on the x-axis. If he does not really care how "into it" she is, then the mark on the y-axis can be low. In this case, he probably could be content with a woman who just read up on the technique and acted out the fantasy for him.

However, many men need to know their partner is really enjoying his submission. Some of them require it at least on a minimal level; others really want her to thrive on it. The importance they place on this desire can be mapped on the y-axis. If the acts that he must endure for her pleasure are not specific in his fantasies, the mark on the x-axis can be low. I find this submissive to be the easiest to work with because my drive for dominance is high, but I prefer not to have to deal with too many submissive agendas.

Now, a submissive with a very high fetish-drive, and a high drive for a woman with pure dominance in her blood is the most difficult type of man, in my opinion, to satisfy. Not only does he have a significant list of fetishes that he needs to feel fulfilled, but he desires a woman with a very high dominance drive to make him do them and enjoy it, honestly and truthfully, as much, if not more, than he does. Phew! I think these men are going to be looking a very long time, and may want to consider readjusting their expectations in one of the two areas.

In helping a woman learn to enjoy dominance, my goal is just to bring her up on that y-axis, even if it is a little bit. Unfortunately, by the time women start looking for their dominance, several negative things have happened that will undermine it ever being developed.

First, they were probably

presented with their partner's agenda. After all, very few men will just suggest that a woman should experiment with the vague term "domination". He may have suggested bondage; he may have asked her to control his orgasm. I've heard of some men even presenting the idea of dildo or strap-on play to a woman who has never considered domination in any form.

This immediately puts some level of expectation on the woman, whether that was her partner's intention or not. She knows what is expected of her, and she knows that she wants to, ultimately, please her mate. Already the roles have been reversed; she is seeking approval. There is a huge fear of failure.

Second, in many cases the submissive inadvertently intimidated his partner with the tools he chose to introduce her to his fetishes. Perhaps he showed her some magazines that portray dominant women as latex-clad Goddesses, or toys that frightened her - paddles, clamps, restraints.

So, what now? My first bit of advice to women who are reading this because their partner pointed them to is it this - forget every thing he ever told you he wanted done to him. If he wants dominance, it starts with you.

If he wants specific fetishes fulfilled, I think both people should sit down and have a long discussion. If his desire to have these specific needs met is higher than the desire to see you truly enjoy dominance, you should consider gaining the practical knowledge needed to do it, and agree on the frequency for doing it. Just like providing oral sex, or any other variation of typical sexuality. If you object to the fetishes that he wants you to fulfill, you need to have more serious discussions and find a way to compromise. If you hated giving blow jobs but he felt it was integral to his sexuality, would it be fair to never allow him that pleasure again?

If he wants you to enjoy dominance, then he must be willing to sacrifice for you. His first step should be to leave you alone. That means not bringing it up. Putting away all the magazines. Putting all the toys he may have bought into a trunk and locking it and giving you the key. Staying off of chat rooms to all hours of the night when you know he is chatting up Cyber Dommes. No pouting, whining or hinting.

He needs to give you time to find your own dominance. His first act of submission should be to give you the space you need. Tell him you need one month.

By now, he might be worried about what he is getting himself into. After all, it can't possibly be fair that he's just tossing out every single one of his fantasies because you are going to dominate him. He needs to realize something, first and foremost. You are never, ever going to feel comfortable with domination if you have a list in front of your face.

If he wants the fetishes met, he can go back to plan A and accept it without your passion, and not whine when he feels you just aren't "into it".

If he wants you to learn to enjoy dominance, he must allow you to find your own passion and then help it grow from there. Eventually, with patience and encouragement, there will be a time when his fantasies and fetishes will probably come into play.

But I cannot emphasize this enough. The first step toward dominance is feeling free of expectations and agendas. He must let you do it your way.

Who is into this weird stuff, anyway?

You may find it difficult to get rid of any preconceived notions about sadomasochism.

Because I was into this as far back as I could remember, I had the fortune of being able to develop my own passion, on some small level, before I even knew what sadomasochism was. I was playing my own thrilling little power games long before I read a Forum magazine, saw a dominatrix on television or read about a sadomasochistic crime in the paper.

I was playing my own little power games before I ever had sex, had an orgasm, or even kissed a boy. Well, I think it started in tandem with the kissing part.

I never had a guy tell me, either after we had been dating or once we got serious, "Hey. I'm kind of kinky. Will you dance around naked with a fish on your head?"

I use this ridiculous example because I imagine that is how ridiculous it must have sounded to you. Like, here is this guy who you really are into, and all of a sudden he comes up with an idea that is so unlike you and he expects you to just do it. Without laughing, even.

You don't have to dance around naked with a fish on your head. All you have to do is give it a chance, but do it your way. I am probably starting to sound like a broken record now. But it's time for you to start figuring out how you really feel about dominance.

The Essence of Domination

I think many women get very nervous and insecure when they think about dominance. Having all of that control must be overwhelming. It means he is waiting for you to do everything. It means you have to control everything and make all the choices. It means you have no freedom - you have to do all of these things while he is watching you very closely.

This is backwards. Do not look at it this way. Later, you may love this kind of control of the situation; for now, it is way too extreme and intimidating.

Instead, look at it this way. There is no pressure, because there is no wrong way to do it. All you need to do is please yourself. And before you say, "It would please me most not to have to do it at all," remember that we have already tossed out all of his ideas. We are talking about what turns you on, now.

So now, here is the fun part. Just what turns you on about that man?

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I am making a few assumptions here. First, I am assuming that you and your partner already have a decent to aggressive sex life. If you are having other issues with intimacy and passion, you need to resolve those first and foremost before adding a new element.

Second, I am assuming that you are open to at least giving domination a chance. Otherwise, you wouldn't be reading this.

With that in mind, I think you should start by considering the following examples of domination that might exist in your life already. You may be enjoying it, and not even know it.

Do you have a dominant streak in you?

Does it give you a little thrilll when you wear something for the first time and catch him looking at you? Do you remember when you were courting, and how exciting it was when you could tell by the way he was acting that he was completely turned on?

I have yet to meet a woman that does not get a bit of a twinge of excitement when she is dressed up one night and notices her mate is always staring at her in awe. When he whispers how hot she looks, how he can't wait to be alone. How can that not make us feel good?

Or how about when you are having really great sex, and you are doing something to him that you know drives him crazy. How about that feeling when you know he is about to have an orgasm and you know you could control it if you wanted - maybe when you are going down on him, or even when you are having sex. Doesn't that feel kind of good?

Here is something more abstract - has he ever done something for you that you both know he did not want to do, but he did it anyway? Maybe it was an errand he didn't want to run but he had promised it, and even though it was inconvenient, he wanted to stick to his word and do it without one bit of complaining. How did that make you feel?

And even think back to your first big crushes in high school or college. Your first real loves. Did you ever have an experience with a guy who you were madly in love/lust with, and he was the strong, silent type. Maybe you dated a long time, and had a lot of fights. Maybe you even broke up a lot. Haven't we all had those kinds of relationships? Do you remember the first time he called you, and cried, because he said he loved you too much to lose you? Did it make you cry, too? Do you remember the first time a guy showed emotions to you that you knew made him feel vulnerable and scared, but he did it, because he didn't want to lose you? It was amazing to think guys could behave that way. It felt good, because we like to be loved and appreciated, and it showed he was willing to drop all the masculine bullshit because he cared so much, and you cared about him just as deeply.

These are all examples of dominance and devotion that were not scripted or dictated. These are things that make us feel good, as women, on both sensual and emotional levels. But they are not kinky, or require all kinds of toys and gear.

The emotions that we feel in these types of situations are sometimes very powerful emotions. They are not every day emotions. Think back to some of your personal examples as they relate to the above. Didn't it give you a sort of high? That time when you were wearing the hot outfit, didn't you feel like you could conquer the world? The time when your first love cried tears of devotion for you, didn't it feel more romantic and intense than the gift of a hundred red roses?

When we play subtle power games, we play with these same emotions. We play with sensuality, the controlling of pleasure, the demonstration of devotion, and the willingness to serve. When your partner tells you he wants you to tie him up and tease him, he's using loaded terminology.

What he really wants to do is that same thing you do in bed when you know you can make him orgasm at any time. He just wants to know that you know that, and he wants you to enjoy it. The next time you are in that situation, stop for a moment, look him in the eyes, and say, "I can control whether or not you orgasm, right now." He will be speechless.

When he says he wants to be teased and tortured, don't start thinking of whips and chains and having to dress like those latex-Goddesses in the magazines. Think of the last time you wore one of those dresses and he couldn't stop looking at you. Now, think of what would have happened if you passed him a note on a napkin that said, "You can't stop looking at me, can you?" Again, all you are doing is acknowledging the effect, and enjoying it. Trust me, this would have blown his mind.

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Hopefully, by now, I am starting to shift your thinking from stereotypical sadomasochism to how you can integrate power games into your own relationship. What I hope will happen is that you'll find you enjoy the feelings you get when you start to experiment, and then you will want to take it a little further.

By no means should you feel rushed, or that your very subtle acts of dominance are "not enough." If you ever start thinking these things, you must go back and remember the first rule: You are the one setting the stage. You are measuring success by your own pleasure for now, not his expectations.

The only thing you owe your partner, during this stage, is honesty about what you are feeling. When you do any of these things and it gives you a little rush, tell him. Even if you know he can tell, verbalize it anyway. The more he knows you are adopting even the most subtle types of domination into your play, the more encouraged he will be to not try to push or grow impatient.

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For Women Only

The Good Girl's Guide To Domination

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ENJOYING FEMALE DOMINANCE: A Guide- Dominance Enjoying It

How can I begin to explore dominance - and enjoy it?

I believe that self confidence is a key factor in effective domination scenarios. But I remember I didn't have much self-confidence at all when I was 16 and experimenting with these feelings. In fact, I was terrified. I was terrified at what he might think, or that I would look silly or stupid. I was terrified that I would run out of things to do or say once I finally got him to agree to it, and then he wouldn't want to play with me anymore.

It took some time to develop self-confidence. It will take you some time, as well. I can't recall what events shaped that for me, or whether it was just a matter of practice and experience.

Finding out what you need from domination One of the problems with domination stereotypes are the types of things you associate with it. Maybe you think it is mostly about pain, about hurting your partner. Or maybe you think it is about tying him up and acting really nasty, even though that makes you uncomfortable.

What do you do when you get stuck?
Open Letter To a Budding Femdom

Maybe you think it is about doing humiliating things to him that make you uneasy because you are afraid you will lose respect for him.

None of this is true. Domination is about getting a reaction from your partner. People use and enjoy different tools --some are very subtle, and some are very extreme. Keep in mind, both people enjoy the tools being used in all of the above scenarios. If you don't enjoy any of them, that does not mean you are not capable of dominating him. It means you have to develop your own style. A style that fits you, and that you can grow with.

The most important, effective tool in domination you already have. It is you.

It is your attitude. It is the way you feel about your body, and the way you feel about your sexuality.

But, let's get back to "reactions".

I think one of the most basic rewards or rushes from domination is "button pushing", or trying to get certain reactions from your partner. It gets more specific for me, as it may for you - and I start to want to create specific reactions. Then it becomes a challenge - what tactics can I use to get those reactions?

When you think back to the example where you were wearing the dress that made him stare at you, you are pleased with his reaction. The reaction that makes you feel good is that he can't keep his eyes off of you. It feels good that you have done something to generate sincere arousal and distraction in him. The reaction is a combination of the way he looks at you, or the changes in his behavior - the way he breathes, speaks, or expresses himself.

It is quite a charge knowing you did this to him, isn't it?

What are other things you like to see your partner do when he reacts to something?

Roadblocks to Enjoyable Domination

Nervousness/Thinking too much

There is no doubt you will be nervous. I still get nervous to this day, especially if my partner is new. Mostly, though, it is nervous excitement.

When I was newer to domination, I found that nervousness manifested itself mostly in questioning myself. In my head, I was asking myself a ton of questions, and sometimes asking him the same things. Maybe some of these questions are familiar:

Does he think I'm weird for doing this? Is this boring for him? Am I not being forceful enough? Am I going to do something bad and he won't tell me, then start acting distant? Is this coming off as silly?

In addition, since dominance is

not a natural drive for you (yet), you probably have these additional questions:

Am I doing this right? Is this what he wants? What am I supposed to do now? Is he disappointed in me? Do I even look dominant?

At some point, you need to get out of your own head. I can't recall how long it took me, but I can tell you, honestly, I am very rarely in my own head when I dominate now. And that is a very good feeling. If you find yourself asking too many questions, try to stop. Consider that you have plenty of time to think about these things after you have finished. Instead, think only about what you can do to make the experience more enjoyable. In short, what do you want?

Insecurity

Part of the questioning probably comes from insecurity. You have a right to be insecure about domination if you have never done it before. There is nothing wrong with that.

But you should not be insecure about your sexuality, your prowess, and your ability to push your partner's buttons. I guarantee you one thing: No one knows better than you how to push your partner's buttons. You are a goddess to him. You must remember that.

When insecurity manifests itself in domination, it creates a vicious circle of self questioning, self doubt, and then more insecurity relating to the expression of those feelings in an effort to make them go away. In other words, you may find yourself telling your partner about what you are feeling in an effort to get some positive feedback or direction, and then regardless of what he says, you feel like a failure for asking him when you are supposed to be dominating him. This is one of the biggest pitfalls in novice domination.

If you are dealing with insecurity in the middle of domination, you need to express it and squash it in a manner that will not undermine your confidence and how you perceive your partner is seeing you.

For example, if you feel suddenly not very sexy, do not ask, "What do you think of me right now?". Don't ask, "Do you think I'm sexy?". Because I promise you, no answer he gives will be good enough for you. Never "fish" when you dominate. Women, I have found, tend to fish for things from their partner when they want to be stroked emotionally. Because, let's face it, it just is not the same when you have to ask for it. But we have learned, over time, that men are not mind readers, and chances are when you send him out fishing, unless it's with a pole and bait, he's going to be scratching his head and you are going to get frustrated. Leave all guessing games out of domination.

Instead, consider asking/stating, "You find me incredibly sexy, don't you?"

I guarantee you his reaction will be what you want to hear, and in the right tone of voice. When you speak with that kind of confidence, you get the reaction you want. Men love self confidence. Men love women who are self confident about their sexuality and their body. Men love women that express that openly and freely. Trust me on this. You will see the reaction.

If you are dealing with insecurity in your session, try turning it around by taking the insecurity, announcing the opposite, and letting him affirm it for you. If you are worried that you don't know what to do, smile at him and tell him, "I can do anything I want to you."

Later I'll explain what to do when you get stuck and don't know where to go next. For now, deal with eliminating distractions like insecurity. You will feel entirely different about the experience when you don't have to deal with that baggage.

Expectations of your partner

This is probably the most common and most damaging roadblock to domination. I've already talked again and again about how your partner must toss all of his expectations and desires into the trash during this growth stage for you.

There is nothing more damaging to the mindset and comfort of a woman than knowing her partner is expecting something, wanting something, or is dissatisfied with her performance. This completely undermines the essence of domination, and I urge you to consider these men as not submissives, but men with agendas and a lack of empathy and understanding for women and the nature of human interaction. Believe it or not, there are ways to have desires and agendas without undermining the confidence of your partner.

Even to this day, when I encounter this kind of thing in a domination session, it destroys my mindframe and ruins my time. I usually stop everything and often do not even attempt to try it again with that person. Unfortunately, you may not be in that situation if this person is your spouse or lover.

At this stage in your domination development, any expression of a desire, want, or expectation when you are actually in your dominant role is completely off limits. It may seem harsh, but I believe it is completely necessary to build your dominant self confidence and find your own pleasure in domination before you start juggling the desires of your partner - especially if he expresses them inappropriately.

You must communicate this to your partner so he knows how serious this is. In good time, tell him, once you have learned to enjoy dominance in your own way, you will be ready to sit down and look at his fetishes and fantasies and figure out how to incorporate them into your style (and realistically, you probably won't do it with all of them).

For now, he must vow to you, especially in your first scenes together, that he will not interrupt your train of thought or process by asking for something related to his own kinky desires. Period. It is perfectly fine for him to alert you to a problem he may be having - this is quite different from, "I would really like it if you would paddle me."

Along the same lines, you must eliminate all spoken and unspoken expectations regarding what dominance should look like. In other words, do not adopt any of the traditional, stereotypical styles that either of you may have heard of. Some examples are:

Specific "toys"
Do not use toys at all in the beginning.

Protocol
Definitely stay away from things like making him call you "Mistress" or you call him "slave"

Dress
There is no dress code. Wear whatever makes you feel comfortable.

The reason I am insisting on this is because, chances are, these are tools that will just pile up in the "expectations" ring. They will make you feel like you are dressing up for a part, playing a role that is not you. You will feel like you are trying to "live up" to those women in S&M stories or movies you might have seen. You will feel like the only way you are powerful is if you pretend to be something you are not.

Granted, you may find some of the above tools to be empowering. And, in time, you might adopt many of them into your style. However, initially, I strongly urge you to stay away from props and roles. Your dominance should be purely from inside of you, and the tools you use should be those you carry inside of you.

When I think back to my early domination games, I wonder what would have happened if a partner kind of introduced me to it first, but then also introduced me to the entire range of "S&M" lingo, tools, and literature. I think I would have been bewildered and confused. I was not interested in props, I was interested in playing sexy, erotic games with my partner. If I had a myriad of strange tools and props before me, I probably would have been intimidated and overwhelmed, and my first experiences would have been awkward and uncomfortable.

The adoption of tools into my play was gradual and exciting. At 16, I was not buying dog collars, leashes, blindfolds and big red ball gags. I was using silk scarves (or my boyfriend's tie), handcuffs from the magic shop or simply ordering him to "hold still". He was not calling me "Mistress"; the power in his reaction was simply that he addressed me, always, by looking into my eyes and saying my name. That was far more erotic than any fantasy word someone plucked out of a book. And it made an impression that helped me build my dominant side from that day forward.

Analyzing too much

This is very similar to the self-questioning and insecurity issues. Again, it has to do with being too much in your own head. Can you imagine how unsatisfying sex would be if you were analyzing it the entire time? Wondering if what you were doing felt good to him, or if you were turning him on?

The hard, fast rule is this: If you find yourself thinking too much, stop. The only thing important enough to cause self doubt or questioning should be related to emergencies and safety (which will be of less concern in these initial scenes you will be trying, but should still always be in your head). The things that should occupy your mindspace are things related to what you would enjoy, first and foremost.

When I am dominating my partner, my mind is clear from nagging distractions. What I feel is a very heightened sense of awareness. I am not sure where this comes from. I have heard that other women do feel this sometimes, too. It is an amazing feeling.

Scripting: Too much or too little

Once you get some of the basic steps mastered, you will probably start having more in-depth domination experiences. One of the roadblocks I see in novice dommes is the tendency to either plan too much or plan too little.

When you plan too much, you get stuck on a path and things are too structured. One of the most exciting things about domination is its unpredictable nature. If you are stuck in a structure or script that you want to follow, you will wind up in your head again too much. You will find that he does things you did not plan for, and then you are busy thinking of what to do next.

The opposite problem is when you plan too little. If you don't put any thought into it, you will wind up having him helpless before you, and then not know what to do next. This is another thing that undermines your confidence as you feel like you built up this tension and then let him down.

There are a few things you can do to avoid this. One is to plan, but don't plan with any structure. Instead, think of several things that you want to do. Imagine yourself doing them. In your head, go through the motions of how you would accomplish it. Imagine the desired reaction of your partner.

Don't put these things into any specific order. Instead, just consider that you will probably do them, and do them when the mood hits you once you start.

Guilt / fear

If you are playing with intense emotions, you might find yourself feeling unsure or guilty about what you are doing or feeling. It is natural to feel uncomfortable if you realize that you are really getting turned on by making your partner do something for you or endure a completely different role than he is used to.

I used to have a very hard time with guilt, especially after we were done doing our scene. I didn't have as much trouble with guilt during the domination; I was having too much fun and enjoying the sensations.

Then, later, I would look back and think, "Oh my god. I can't believe I just did that. I can't believe I enjoyed that!". I was afraid to talk to my partner about it because I felt uncomfortable and weird.

I came to realize that this was just a very emotional, vulnerable time for me. I needed reassurance just to know that my partner was completely fine with what I did, and in fact enjoyed it tremendously.

The only thing that will help you deal with feelings of guilt or fear is reassurance from your partner and having security about what you are doing. Here are a few things that might help:

Before, during, and after your domination, have him say to you, "I want this," or "I need this." Don't feel shy about having him give him positive reinforcement any time you feel you need it. Don't feel like you are not being dominant if you ask for feedback. Use statements that don't undermine your control. For example, don't say, "Do you want me to stop?" - instead, say "Tell me how this is making you feel" or "Tell me, is this getting to be too much for you?".

You can ask, "Are you ok?".

In many of my early scenes, and sometimes with new partners who I don't know very intimately, I use a "check in" voice. It was never a planned thing, it just sort of happened. It might be helpful for you, too.

Basically, my domination "mode" is much more assertive, demanding and powerful. I speak slightly louder and use very direct questions. I use a lot of eye contact. If I felt like I was unsure about something, or about moving forward, I would take a very brief "pitstop" that was subtle and quick enough to not interfere with the pace or atmosphere. Usually it consists of two words, spoken quietly, or whispered - "You ok?". His response will probably be equally brief, and you may notice he also speaks out of his typical mode - either a quick nod, or a whisper of, "I'm fine." If you feel you need to "check in", do.

There should always be a strong communication flow between you and your partner. You should feel confident that you are doing fine and he is doing fine, mostly by his reactions and by checking in as needed. If you don't feel comfortable with your domination, and it is related to guilt or discomfort with your role, you need to talk to your partner about it.

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So what am I supposed to do?

Real stages of domination

You may get the impression that a domination "scene" lasts a few hours, or an evening, and then is over. I believe adequate domination happens this way. I believe passionate, exceptional domination occurs over a slower period of time, allowing you to manifest the feelings of domination and bring them to a peak. This means you are prepared for the control and power you are going to have, and you've already started to break down the barriers in your partner's head, weakening him a little because he knows something is coming up.

This is a lot like foreplay. Good sex has a lot of foreplay and passion. Often the best sexual encounters come from the built up desire over a period of time and knowing that the release will be happening. Certainly "quickies" can be extremely exciting as well - but for now, consider domination to be a longer process than just what you see on the surface.

Each of the following elements exist in every single one of my dominant scenarios. Sometimes

they occur over a period of several days. Sometimes the early stages occur, literally, in a matter of minutes, and then the domination is spread out over a longer period of time. It all depends. For now, consider giving each at least some time and consideration. Do not skip any of these elements as they all help build a rewarding interaction.

1. Desire
2. Plotting
3. Allusion
4. Seduction
5. Domination
6. Resolution/Recovery

Desire

By "desire", I mean a very motivating sense of lust or attraction. I think the desire to dominate is similar to the desire for straight sex - it is more passionate and more intense if you let it build and enjoy the suspense as release draws near.

You must find that part inside of you that views your partner as a very sexy, arousing man. You have to let it build over a period of time and psych yourself up, so to speak.

Plotting

After you have come to the realization that you are feeling lust and desire for your partner, you must spend some quality time planning what you would like to do. In your early stages of dominance, you can keep it very simple. Just imagine in your head what types of things you would like to do. Later I will give some examples, but you should rely on what motivates your desires and what really turns you on.

Allusion

After you have had time to let desire build and start considering what you will do to your partner, it helps if you give him a hint that you've been thinking about it. It is important that your partner does not view this as an "ok" for him to ask when, how, where or what is going to happen to him. All you are going to do is let him know that something is going to happen to him, something you are planning.

This is the first stage of breaking him down. This will start his brain working overtime, and he'll go into overdrive anticipating what is going to happen. It might be a good idea to not place "allusion" too far away from the act itself unless you enjoy dragging it out for him.

Seduction

So, what is it that really turns your partner into jello? I'm sure you know of several things you can do that turn him into a pussycat for you. You know what his hot buttons are. During this stage, right before you start the domination itself, you are going to push him further into the mindframe of submission while building your own sensual self confidence.

There are many ways to do this, but mostly it revolves around using your own sensual style and tricks that you know affect him. This is the stage where you have him sit on the couch and you pace slowly, watching him like a cat. You tell him to sit back down when he starts to stand nervously. You enjoy this slow changing of power tables. This is where it all begins. He has been thinking about this ever since you alluded to it, and now he knows something is about to happen. He will be nervous, anxious and excited. Enjoy that. Enjoy that you are making him feel that way. Take as long as you like.

This is where you must let your sexual self confidence shine. You can straddle his lap and put your arms around his neck, purring seductively at him. Finger his hair and tell him you have been thinking about what you want to do to him. Watch his reaction to that; he will probably swallow hard, or have this huge nervous grin on his face.

If he starts to touch you, gently push his hands away. You don't want this to turn into straight sex; not this time - there is plenty of time for that later. Instead, tell him this is your turn.

Hopefully, you will find that you are starting to feel more powerful and sexy, and he is starting to appear more nervous and timid. This is a change in the mindframe, and it happens slowly over a period of time often.

Domination does not work, generally, just because one person says, "It's time for me to dominate you," and then they do something to their partner and expect there to be some magical change in the roles. Domination is a slow process - in you, it starts with desire and planning. With him, it starts the moment he hears that something is going to happen to him.

At the end of your seduction, you will feel more in control. If you are unsure what things work when seducing your partner, try trial and error. Here are a few things that I consider part of my generic seduction bag-of-tricks. Try them, and if you get a positive reaction (a moan, a sharp intake of breath, a very apparent erection, nervous twitching, swallowing hard), consider them part of your own repretoire. Men are very reactionary; when it comes to seduction, trust me, it does not take much to make a man feel extremely aroused and weak.

Some things you might try:

Straddle his lap and hold his hands down or out of reach
Stare into his eyes very intensely - like a predator
Kiss his fingers suggestively and make him watch the entire time
Tell him you're wet and prove it to him
Talk to him in very aggressive terms. If you rarely use colorful language, consider shocking him: "I want to fuck you," or "I can feel your cock between my legs right now." Ask direct, bold questions. "You're turned on right now, aren't you?" or "You wish I would let you touch me, don't you?"
Finger his hair and tighten your grip in it, pulling until you are obviously holding his head

completely in your grasp
Rub his erection through his trousers
Kiss him possessively by holding his chin still and turning his head to give you just the piece of flesh you are interested in

I'm sure you will have your own little tricks as well. The point is - do things that excite you, and that affect him. Enjoy the effect you are having on him. Enjoy seeing him start to melt in your hands. Enjoy knowing that he would do anything for you, and this is just the beginning.

Your partner may offer some ideas to you as well. He may have told you at some point what things really turn him on or what things make him feel submissive. That is fine; however, I am reluctant to suggest you follow those too closely, as it sets the standard that you are doing what he wants. The rule of thumb should be that you do things that you enjoy and they have that effect on him.

Later, you may find that you enjoy doing things that make him react because you enjoy the reaction, not the act. But, for now, as to not turn you off to domination at all, you should only focus on the things that you enjoy doing.

Domination

This is tricky, because domination itself can come in so many different forms and types. It can be something that lasts fifteen minutes, or it can be something that is drawn out for an entire weekend. Some people actually live in dominant and submissive roles for their entire relationship, though I can't imagine how. It must be exhausting!

For your first scenes, I suggest you shoot for something that will last around a half hour. If you are thoroughly enjoying it, you may want to extend it.

In the most basic sense, "domination" exists when you are in control of the situation. There are things you can do to your partner to establish control. I have found that it can be broken down into three categories:

1. Helplessness
2. Pain
3. Humiliation

Now, before you start getting uncomfortable, let me clarify these things. There are no words that exist that can be used to convey the meaning behind it without possibly illiciting an uncomfortable response if you are new to all of this, and I don't blame you.

When I first started experimenting with dominance, my only interest was in helplessness. I just liked to see a guy tied up and squirming - for some reason, I found that extremely erotic. The other things held absolutely no interest for me. Still, to this day, if I had to limit my "dominance diet" to only games involving helplessness, I would be content. It is my main fetish and always will be.

I contend that helplessness-play is the least intimidating of the three, easiest to execute and probably holds the most erotic charge for many women. So, in my examples later, I will focus on this style of domination.

Later, you may feel ready to venture into the other forms of domination, so I will elaborate on them a little bit more.

Pain is probably perceived (inappropriately) to be the main element of domination. Unfortunately, I think this turns off a lot of women right out of the gate . We are not wired as human beings, and especially as nuturing, caring women, to hurt the people that we love.

For whatever reason, your partner may find pain, in certain contexts, to be extremely erotic. Just as sometimes we enjoy being bitten, or held very tightly during sex. There are some acts, when done in the context of an erotic experience, that can be mindblowing. The same acts, when done randomly, would be so un-erotic that it is hard to believe it is even the same thing.

I enjoy pain primarily for the reactions. But, that shouldn't surprise you - as I said, I think a large part of the passion behind domination are the reactions from my partner. I am not a sadist just for the sake of being a sadist. I like pain in small doses, depending on the tolerance of my partner. I like it only in the context of domination, and most of the time only after being extremely into it - that is, well into our scene, not right at the beginning.

For now, don't concern yourself with pain as part of your domination. It is not important, and may never even be a part of your "domination diet".

Humiliation is even trickier. I think this is the hardest one to define and explain, let alone defend. There are no good words to describe what I mean when I use the term "humiliation". But let me say that is not about psychological cruelty. It is about making my partner endure the bending of his pride just a little bit, and to have the courage and trust in me to be that vulnerable.

Men, by their nature, are usually our protectors. To some degree, we all want to be with a man who is strong, protective, and bold. To that end, why would someone want to trash all that? And why would someone enjoy that?

I like it when men are vulnerable for me. Do you remember the example I gave about the first time a guy cried because he cared so much about you? The power behind that act is that he was willing to throw away all the masculine "rules", lower his pride, and show himself as vulnerable because he wanted to prove something to you. I find that extremely passionate (in an emotional sense). It makes me tingle all over.

I have a hard time with it, actually. Just as the image of the boyfriend and tears was uncomfortable but beautiful at the same time, there is a part of me that does not want to see him go through that. What makes it ok, though, is that he wants to do it also. Always remember that. He wants to endure, to prove himself. He wants to go to those places, and he trusts you enough to do it. He also probably feels a very overwhelming sense of worth that he can be that vulnerable for you, yet you still desire him. It is a tremendous break from the role that men must endure every waking moment of their life.

When I deal with humiliation in dominance, I have to be careful to choose acts and scenarios that I know are difficult for him but are not something that will affect my respect for him or his respect for himself. Later I will give some examples of things you can try, but again, I urge you to start your exploration with helplessness games until you find your own place and style.

In summary, the "dominance" part of the interaction is the challenge, or test, or project you have him endure for you. After you have played out your seduction role and made him feel sufficiently weakened by his desire for you, you choose the act, or acts, he must endure for you. In the beginning, you should choose one act. Later, you may find that you enjoy a series of things, spread out over time, and the scene itself becomes a more drawn out experience. Go at your own pace.

Resolution / recovery

When the scene is over (I will talk later about knowing when it is over), you may feel a series of emotions. Sometimes, even now, my feelings when it is over seem very new.

I feel a lot of things. Mostly, I feel tired. It is amazing how exhausting it can be, even if you are not exerting any energy during the entire scene. It is a different kind of exhaustion - an emotional kind of exhaustion.

Because of that, I sometimes get a little bit sensitive. You know how you felt when you finished your last final exam after getting no sleep for three days? Or after you completed a job project that worked you so hard you thought you would collapse?

I find that I need to be held and have some quiet time together. I like to talk about what we did - sometimes right afterward, sometimes after having some time to just rest. I need re-assurance that my partner feels ok, that what I did was not bad, and that he's emotionally healthy. Sometimes I want to comfort him, even if he doesn't really feel he needs to be comforted.

Even if you feel great after the scene is over, I still suggest you spend some quiet time together. When I was younger, just experimenting, I did not know this was something I needed. I just knew that if I leaped back into real life too soon, I would get a strange, nagging feeling. Like something was just not right.

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ENJOYING FEMALE DOMINANCE: A Guide- Fetishes

I have been talking constantly about letting you find your own style of dominance. Your partner hopefully has stopped nagging you and has listened to your requests not to bring up what he wants.

But we both know he has fantasies. In fact, you may already know more about them than you even want to know. Maybe it had to do with pain, or maybe it had to do with him being dressed in lingerie. Maybe he showed you magazines that he reads, and you find them to be weird, laughable or just plain freaky.

I believe men eroticize objects, acts and sensations more than women. Chances are, he has had a very long time to develop intense, erotic attractions to his various fetish buttons. This may put him anywhere on the "Scale of Domination" I spoke of earlier - he may have a list of things he wishes someone would do to him, and at the same time, he wants her to sincerely enjoy them.

I believe women, on the other hand, eroticize emotions and relationships (as in - the nature and beauty of an interaction and

Open Letter To a Budding Femdom

the chemistry of that interaction).

So when does your partner get to enjoy the essence of your blooming domination - with a little taste of his fetishes thrown in?

My answer is pretty simple. When you are ready for it.

But, I want you to read and think what I am about to tell you. I am going to talk about men and how they are wired, especially submissive men. I am going to hopefully help "undo" any negative associations you have with his fetishes, if he already approached you with them.

First, I want you to consider one very important thing. You will never "have" to do something you do not want to do. You must tell your partner, in no uncertain terms, that you will not be forced to do something you do not find pleasurable simply to please him while veiling the whole thing as "dominance."

Certainly you may, at some point, do things to him that you do not enjoy because he needs them. We have all done that. Maybe it is a sexual position that isn't very comfortable, or a blow job when you feel like shit but damn, he wants it so bad. We are into pleasing our men; of course, we will probably do many things for them.

But you must make it clear to him that you will not do what he wants and "fake" domination. You will only adopt those things into your "dominance diet" that really do turn you on. And if he wants the passion in your sincere enjoyment of the act, he must accept that not all things will make it into that diet. We are not all wired the same way.

However, you should understand that there are things today that you find ridiculous that a year from now you might find very erotic. You may find things today you consider downright unthinkable that three years from now are the most amazing turn-on in your life.

If there is one thing I have learned about domination, and its mysteries, it is that we have an amazing ability to adopt and eroticize things once we know what affect they may have on our partner. It takes time, but it happens. I can't explain why, or how. I can tell you, though, that it requires patience and an open mind. Most of all, it requires having a partner that won't nag. Suddenly, one night, in the middle of a dominant frenzy, you may find yourself curious about that act, and you might just try it. And you will see his reaction, you will feel amazing things, and then the rest is history. You have adopted it into your bag of tricks, so to speak.

The key to all of this is that we adopt these things in our own way. We go at our own pace. We are never, ever pushed into it, or talked into it. The moment we decide to try it, we do it on our own. And that alone gives us an amazing sense of power and excitement. It is like we hold our partner's most intense fantasies in our hands, and we are about to turn his world upside down. If we can successful integrate his fetish in this way, an amazing thing happens. The thrill of the passion and excitement of that exact moment far outweighs our previous interpretation of that act.

Let me make this clear. At that moment, it is not that we are "doing" it for him, and we don't like "it" but, hell, he likes it. At that moment, we are taking something that is powerful and we are turning it into a tool for our pleasure. Suddenly, the act itself becomes secondary. It is as arbitrary as waving a magic wand and pointing it at our partner and saying, "Poof. You are jello for me. Right now," and marveling at the effect it has on him.

Suddenly, we find that magic wand, which previously was a little weird and unusual, to be a pretty nifty tool. Actually, in time, we may find we like that little magic wand a lot.

The key to this, I must emphasize again, is that we pick up that magic wand when we are damn well ready and feel comfortable with it. And we do it knowing we don't ever have to do it again. We do it for ourselves primarily, for him secondarily. It's that 51/49 percent again. As long as we have the scales tipped slightly in our favor, we are able to enjoy it in the context of domination.

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Have you ever had a pair of

shoes, or an outfit, that while was not your favorite, or was downright uncomfortable to wear, you found that it pushed your partner's buttons? Or maybe you knew he had a "thing" for a certain type of lingerie, so you bought it and wore it, even though you didn't have a thing for it yourself?

This is not to be confused with a situation where you didn't want to do something but he talked you into it, and you begrudgingly agreed.

This is something that you took initiative on and did - not because you liked it, but because you liked what it did to him. Maybe it had to do with a pair of 5 inch pumps that you would never, ever think to wear during girls' night out, but you throw them on sometimes because you know your partner turns to mush when he sees them. By the end of the night, your feet are sore as hell, but damn, it was worth it.

The entire act, the situation itself, maybe you looked back on it and considered it a good thing. Otherwise, you probably wouldn't have put those shoes on again.

Maybe, in some weird way, over time, you found you actually enjoyed those shoes. The aching in your calves seemed to be less of a concern. Or, that lingerie that pushed his buttons - maybe you started to not feel so silly wearing it. Over time, you eroticized the item or the act, and actually started to enjoy it.

Let's take a more fetishy example, and I'll explain a wrong way and a right way it might be introduced to your dominant style. It is all about communication, your partner's patience, and your attitude toward the act.

Tricky Communication Consider the following statement from your partner: "I would like you to spank me."

Is this considered pushy? Is this the wrong way to communicate his desires? I believe there are definitely wrong ways for a submissive man to communicate his fetishes, and then I believe there are ways he can do it right. But we still, as women, must make an effort not to imply things from his statement. That is, we can be just as guilty of labeling it "pushiness" even if he isn't being pushy, and this is much more likely to happen with something that shocks us or makes us uncomfortable. In this case, we must take responsibility for our own interpretations.

If your partner says, "I would like you to spank me" right in the middle of the domination scenario you are putting together, that is definitely not appropriate. Unless, of course, he is being playful in a way that you find fun; I personally don't find any "backseat domming" to be fun.

If your partner says, "I would like you to spank me," one morning in bed when you are reading the paper, and continues to qualify it with questions like, "Would you ever do that? Do you think we can try it some time? Can you at least give me some clue as to when?", then I believe he is being pushy. The moment a statement becomes an expectation, in one or both of your heads, it is a domination stain. In other words, it's a messy area for you - when you do decide to go there, who are you doing it for? Are you doing it because he nagged so much that one day?

If your partner tries to appeal to your sympathy because of your fetish, he is definitely out of line. We understand that these desires for him are powerful and distracting for him, but he cannot manipulate you by appealing to our natural desires to make our man happy. If he complains that he needs it very badly, that he wishes you would just try it once, or if he brings it up then mopes, he is not helping you develop your dominant interest in that desire.

If your partner tries to hint at you, he is being even more dubious about it. It is a way to ask for it without asking for it, or maybe trying to appeal to your "leaning curve" by shoving something under your nose but not flat out asking for it. After all, if he never asked for it, how can that be considered pushing you?

If he puts a paddle on the pillow one night with a rose, he may think he is being romantic. But if he knows paddling is something you have not made a decision on, he is setting the expectation.

I strongly believe that when it comes to toys, our partners should let us buy them when we are ready, or buy them for us when we tell them to (if we are shy about getting them ourselves).

So, what is the right way for this poor guy to bring up his fetish to you? I have presented what looks like a virtual domination land mine for any poor submissive, doomed to go down in flames should he ever inappropriately bring up his desires and step on your toes, terrified that if he mentions his fetish the wrong way (and it probably is even hard for him to bring up because he is shy about it, in many cases), you will shun him, curse him, and that fetish will never be introduced to play.

Actually, it is very simple. He should bring up his desires to you casually, during conversation, or during pre-determined times to discuss fantasies. It might be a good idea to set aside time to talk about it, and both understand that it is just conversation, and this is a learning process for you.

You may also consider having him write his fantasies for you so you can read them at your leisure while you are alone. I strongly suggest NOT having him write stories for you, however. Men tend to rattle on and on about physical things, outfits, and in their minds they build on their dominant dream goddesses to be somewhat unrealistic. You might end up with a 5-page story trying to explain that he likes to be spanked, yet you are reading about a dominant creature you could never be or would desire to be. In reality, he isn't asking you to be her; this is just the package that his fantasies come out in. It is just as effective for him to write one line: "I would love to be spanked."

If he writes out his fetishes for you, have him do it in a list format, and you can ask him questions about them later.

Now, here comes the tough part for you. You also have to take some responsibility for the interpretation of his communication. Even to this day, I have to catch myself from getting upset with a man when he brings up his desires. It is my natural reaction to assume he is trying to push me because I have had so many experiences in the past that turned out that way.

Quite often he is bringing it up in a casual, open way, just providing a piece of information for our later use. If you are having dinner and your mate says to you, "Spanking really turns me on," you probably won't consider that to be pushiness unless he starts asking the qualifying questions.

If he tries to personalize it, with good intentions, consider how it sounds now. "I would love it if you spanked me."

There they are: expectations. We read this sentence as, "I would be unhappy if you didn't spank me." This is not what he is saying. He is simply personalizing his desire. When he brings up his fetishes, we need to listen with an open mind. If he is not being pushy or trying to talk you into it, we must be patient and listen. Remember that by listening you are not agreeing to do them. You are taking this information to decide if you want to use it later.

Hopefully he will let you consider these things at your own pace and not push you. Let him know that merely expressing his interest is enough; he must not try to "help" you along by presenting you (innocently) with reading material on the topic. I ask that you stay away from this material because quite often it is written in that unrealistic, fantasy style that I want you to avoid. It is all part of the building expectations roadblock. If he hands you a story about paddling that he really liked, you might read it and think that's what he wants done to him. That's not going to happen. If you decide to try paddling, you will do it in your way. Not the way in that story.

*

So, what do you do when you find his fetishes to be weird, or you find no appeal at all in them, or you can't even consider doing them?

Chances are, the first time he brings up his fetishes, many or most of them you may find completely out of your realm of reality. That is, you have no intention of doing them, cannot ever consider enjoying them, and would really rather have nothing to do with them.

I have been there. And I will tell you again, there are things I used to think that way about, and now not only do I do them -- I enjoy them, and I miss them. I actually desire doing them to other men, even though they may have been introduced to me by someone else years ago.

When you have your list of his fetishes in your head, consider them all during quiet time and pick out a few that are the least uncomfortable for you. Choose the things that you react to with, "I wouldn't enjoy that" rather than "I would never do that".

Now, consider the following things:

Why does it turn you off so much? There may be roadblocks in place that you have to identify and eliminate before you can really consider doing that thing and enjoying it. Was it something you read about it? Was it because he used to push you so much to do it, and it became an annoyance?

Try to remember that this act, whatever it may be, is as arbitrary as using that magic wand. This is an act, a fetish, a tool that for whatever reason, your mate has developed a very intense erotic attraction to. Do not try to understand why. Just recognize that this is a tool that we can use to make the domination experience more intense. It is a tool that we can use to exercise erotic control. It is something we can use to turn him into jello - just like using that magic wand.

Think back to the real world example where you wear the hot dress to a cocktail party and he can't stop looking at you all night. You like that. You like the effect on him. What's more, you are comfortable with it because you are just using a tool that exists in every day life - your dress, and you.

What if you replaced that dress with a rubber raincoat? What if, for whatever reason, your mate has an erotic attraction to rubber raincoats? As I stated before, men are far more likely to get fetishy about objects and items. Just because as women we don't get this way, can cannot deny their power or condemn our men for being reactionary this way.

We may as well enjoy it. And you will find that you can.

So, instead of being at that cocktail party, you are alone with your mate. In the past, he used to beg you to wear this silly rubber raincoat. Even more weird, he would want you to wear it in bed. He wanted you to do this in the context of domination. You found that downright silly. What's more, when you did it, you felt like you were doing it for him. He sensed that, and on top of that, he also knew he had pushed you into it. Even if you did enjoy it on some level, he was already shooting it down afterward in his mind because he felt you were not really dominating him. No one wins. The raincoat goes back into the closet. His physical reactions were there, sure. He had the erotic reaction he had expected; but both of you felt empty and cold about it afterward.

Now, consider using that raincoat in our new context. You picked that from his list of fetishes because you found it to be the least threatening. After all, it did not require inflicting pain, or doing something that you feel goes against your nature.

One night, without warning, you decide to surprise him. This is after carefully thinking about it for some time, and after taking the time to get psyched up about it and about him. Imagine how surprised he will be. Imagine his reaction. Imagine that cocktail party example, but turn it up about 5 notches. Men are completely helpless to their fetishes. We are lucky that as women we have these powerful tools.

When you introduce that raincoat to your play, you will get an erotic rush from it. I promise you that. You will an erotic rush because of his reaction, and the power you feel. Then, something magical might happen. It does not happen all the time, but it does happen.

And that is, you'll be thinking, "Hey. I kind of find this raincoat sexy." What happens is that you eroticize the reaction, and the relationship it is creating for you and your partner. That is, you are enjoying the bond, the emotional charge and the overall pleasure it is bringing your partner, in the context of erotic power exchange. You may find that the pleasure you get from doing the act far outweighs your previous ambivalence about it - then poof, that ambivalence is gone.

It might not happen the first time. It might not happen at all. But I promise you, it will happen with some things. And as you start to adopt things into your dominance diet that are real button-pushers for him, you'll see your relationship in this realm start to really bloom. As you start enjoying his fetishes in the context of real domination, not just partner pleasing, you will find that you get an even deeper pleasure and satisfaction from domination.

An important note to him about fetishes

When your partner starts to attempt to adopt your fetishes into her play, you must be very careful not to objectify her unintentionally.

How does this happen? Well, it happens when you are so overwhelmed and blown away that she is doing it you start going overboard about it. It happens when you start to appear like you are much more into the fetish than her. It happens if your actions seem to communicate to her that the power is in that object - not her using that object.

There is no doubt you will be

completely moved when she starts adopting your fetishes into her play style. You just must be careful in your communication style and remember that we are women, first and foremost. Don't focus on the object or act; focus on the way she has chosen to adopt it.

Be encouraging afterward, but don't overdo it. By being way too praising, you are re-building expectations. For example, if you tell her you were extremely shocked, turned on and pleased by her very adequate use of your fetish, she feels good. If you gush about it for a half hour, she is already feeling like this is something that she probably will be expected to do again. You always want to stay away from expectations, because they are roadblocks to effective domination. When she decides to do it again, it must be for her; if she had a good time doing it and knows that you did to, chances are she will be doing it again.

Let her set the stage for the level of discussion about it. She might want a lot of encouragement and feedback because she is feeling new emotions about it. Be encouraging and positive without being pushy or demanding.

Most of all, understand that she might not like it. If she has a weird reaction afterward, let her know that you appreciate that she tried it. She may try it again, in a different way, but at her own pace.

As always, be supportive without being pushy. The process of adopting your fetishes into her play is slow and should be done at her own pace.

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For Women Only

Akasha's Tips & Tricks for Femdoms

#1 **Type of Problem: Submissive: Tops from the bottom**

#2 **Types of submissives: How to deal with them and correct bad behavior**

#3 **Type of Problem: Submissive: mindreaders, insatiable, micromanagement**

#4 **The Care and Feeding of Male Submissives - What Motivates Them**

#5 **The Care and Feeding of Male Submissives - How To Dominate Via Chat or IM**

Also Read:

The Good Girl's Guide To Domination

Enjoying Female Dominace- A Guide

Questions and Answers about Female Domination

Femdom Help Desk

Akasha's Tips and Tricks for Femdoms

Updated every Monday starting April 10, 2006

These are the opinions of only one femdom, based on my own personal experience. There is no "one true way" to domination; much of it depends on your own needs and the needs of your partner.

Types of submissives, how to deal with them and correct bad behavior

#1 Type of Problem Submissive: Tops from the bottom

You've probably read the term "***topping from the bottom***" many times on the Internet when researching femdom activities. What exactly does it mean? It can mean different things for different people, but I define it simply as ***behaviors a submissive uses to manipulate the domina to do what he wants her to do.***

This is different from "clear communication" where a submissive discusses with his partners what his dreams and fantasies are. These discussions happen at an appropriate time – not in the middle of her actually dominating him.

Here are different types of “topping from the bottom” you would observe while dominating your male submissive:

1. **He hints at the use of a toy or prop – completely out of the blue and when it has nothing to do with anything you’re doing.**
2. **He makes “helpful suggestions’ right in the middle of your thought process and disrupts your mindset.**
3. **He prepares the toys and props without you asking him to**
4. **He tries coy attempts at “begging” you not to do something, when in reality you know he is just bringing it up to put the idea in your head.**

These are just a few examples. What is more important and how you can recognize Topping from the Bottom is by what *you are feeling*. Do any of these feelings seem familiar?

1. **You thought you were doing really well and enjoying the vibe, then he said something or did something and you felt like you were being judged or evaluated.**
2. **You were having a great time until he brought up a toy or act and you suddenly felt like he was more into the act, not into YOU**
3. **You stopped having fun.**
4. **You stopped being aroused**
5. **You felt sudden and unexplained feelings of resentment or frustration**

If you feel these things while you are dominating your partner, chances are he is starting to Top from the Bottom and you feel undermined.

Why is Topping from the Bottom a bad thing?

Most new femdoms will admit they like the idea of feedback. One of the things they get frustrated about is a lack of ideas. Having direction is a good thing. You may feel these things, and wonder what's so bad about a little topping from the bottom?

Of course, if it works for both of you, that's all that matters. But in my experience, repetitive Topping from the Bottom results in one or more of the following:

- **You start having less fun and feeling more like you're just performing an act**
- **You experience more self doubt and start to rely on feedback or cues from your partner**
- **Your partner gets bored and starts to complain, "You just don't seem that into it."**

The third one is the kicker. How can that be? A submissive that successfully "tops from the bottom" actually gets what he wants and then eventually is unhappy? Yes, that's exactly what happens. You could be fulfilling his wildest dreams night after night and he will still start to complain that something is missing.

A man who really wants to

submit will find himself feeling completely unfulfilled, eventually, if he realizes he is the one in charge and ultimately directing the action. He will like the fact that the acts are happening, but he'll start to realize it's not domination – he's just the director playing a role. He'll long for you to be in more control and take back the reins again. It's a new vicious circle of him wanting to guide you but wanting you to take control.

There is no way out of this trap unless you absolutely embrace full control and eliminate ALL "Topping from the Bottom." Period.

How do you eliminate Topping from the Bottom?

1. Identify it.
2. Discourage it.
3. Punish it

First, you must make sure your partner knows he is doing it. Keep in mind, most submissive men have no idea they are doing it. Many either are overwhelmed by their desires. Others are just trying to be helpful. When you feel that your partner is pushing that limit, you need to stop him and tell him. You say to him, "I don't like you trying to tell me what to do. That's going to stop right now."

Many submissives will be sad to hear what I define as punishment in these kinds of cases. If your partner continues to Top from the Bottom even though you have identified it and told him you don't like it, the only solution is to punish him – by stopping the activity completely. No more domination. The games end right there, the “scene” stops and you take some time apart – an hour or two – and discuss the problems on equal ground later. You tell him that this behavior undermines both your confidence and your enjoyment, and that if he wants a scripted fantasy designed to meet his needs, he must find someone who will cater to his desires. If he wants to submit – honestly – to YOU – he must submit to your desires, not his.

The most important key to this entire dilemma is to provide your partner with an avenue to talk with you about his fantasies and desires so that you may choose to incorporate them in your own way and style and in your own time. You cannot operate in a vaccum. Him telling you what his fantasies are is NOT the same as you acting them out; it is a learning process where you take information and then make empowered choices to use them for your own pleasure. You may choose to act on some or all the information. The choice is yours.

The second important part of this process is getting feedback from him during downtime. Find out what worked and did not work for him. This is the time to find out what made him feel most submissive, what pushed his buttons. Again – information is power. You learn his weaknesses, learn what makes him melt. You learn what makes him see you as powerful and passionate and sexy. That information makes you a more effective and seductive domina.

Oh -- when all else fails, a secure gag does eliminate a great deal of Topping from the Bottom..especially verbally!

Next week I will discuss other types of difficult submissives and how to deal with them. Questions? **Email me**!

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The Good Girl's Guide To Domination

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ENJOYING FEMALE DOMINANCE: A Guide- Your First Scene

I've been thinking a lot about recommendations for first scenes ("scene" is a term for an actual domination experience or session). The funny thing is - I can't imagine what the ideal best scenes would be. The most important thing about your exploration of domination is that you enjoy it. That means you develop your style around the things that you enjoy (or will enjoy).

I'm sure many submissives would like to see me listing out all these really hot, intense scenes for you to try. In fact, I bet many dominant women have received little notes or printed stories from their partners saying "This is the kind of thing we could try." Then you read it and realize - Oh my god - he wants me to do THAT? Even some of my own stories are so unrealistic that I feel almost guilty that some men might have forwarded them to their mates as a 'helpful hint'.

Well, here is my helpful hint. When you consider what your first play time will be like, don't consider what he wants; consider what you want.

I'll list out a few basic concepts

to get your imagination going, and from there you might feel comfortable enough to branch out on your own. Then I'll tell you the best ways to actually turn them into a reality.

* *

For the first time you experiment (on your terms) with female domination, there are a few basic rules. One is to keep it short - maybe twenty minutes. Two is to not use any toys, costumes or roles. Just be yourself.

Three is that you completely disregard everything you know your partner wishes you would do to him.

Doesn't that sound funny? It is so contrary to what women (or people in general) are taught - to please others, to give your fair share. I've mentioned a few times that this line of thinking gets in the way of domination - at least initially. The goal right now is not to turn you into the perfect dominatrix who can do everything that blows his mind AND enjoy it at the same time.

The goal is to make the essence of domination fun and not intimidating. Sexy and not 'weird." On your terms - not his.

* *

I've read a lot of how-to articles for women about domination (many written by men - first mistake) and I feel sorry for the poor ladies who read it. Your first exploration into domination and people are already telling you how to dress ("Leather and latex make a man weak," "Really high heels are powerful and sexy"). They are telling you to use funny words like "Mistress" and "slave."

They are telling you to adopt little leather toys and things - collars to symbolize ownership, leather shackles, riding crops. Good lord! I can imagine many women thinking - what is this, instant bitch goddess, just add leather?

I'm not going to tell you to get all dressed up, buy a whip and tell your partner out of the blue, "On your knees, worm." I'm not going to tell you that the proper protocol of domination is that your 'slave' must call you "Mistress" and ask for permission to even look at you, kneel at all times and keep his head bowed.

Do you know what those things are? They are protocol developed mostly by men over the years to feed their own fantasies. Later you may find that some of the little tricks of the trade are kind of neat and you may adopt some of them, but I am telling you right now: NO MATTER HOW YOU DRESS, WHAT WORDS YOU CHOOSE, OR WHAT TOYS YOU HAVE, what makes a truly erotic, captivating dominant woman is her attitude and enjoyment of the game. Plain and simple. And the major pitfall is that when you take a woman, no matter how sexually adventurous she is, and dress her up in funky clothes, stick a whip in her hand and tell her to start using weird terms to address her partner and herself - she is not going to be comfortable, and she is not going to be enjoying herself. And she is not going to be dominant to herself, and not to him. It will be a forced 'make believe' session that seems to contain all the elements but you both just sit there afterward and go "It just didn't seem…real."

So toss all of that right out the window.

And with it, toss out the stereotype (again, mostly perpetuated by men) that dominance equals bitchiness. You may have had the unfortunate experience of being introduced to female domination through books (written by men for men) or adult movies (now come on, who buys these movies? The men do). These "personalities" are developed again to cater to the reinforced stereotypical image of female power (according to men).

Trust me - when you adopt your own style, you will be a hundred times more effective (and enjoying it) if you don't try to fit into some "bitch" mold. Most of us just aren't that way. What communicates power and dominance is not the way you use foul language, berate your man or sneer.

Consider for a moment the attitudes and demeanor of women in REAL LIFE who are seen as powerful, sexy and strong - whether they be in media or in films. Powerful women are generally women who are self confident. Sexually powerful women aren't just bitchy windbags (I mean, come on, we all have had enough psych classes to know that any woman who has to bark like that and act like a total bitch must be insecure), they are women who are comfortable with their sexuality and understand the power it gives them. They are soft spoken, seductive, and alluring.

My "role models" when I was a babydom of about 12 or 13 were women like Catwoman and the villain type femme fatales in spy movies. Do you see these women shouting and barking orders at their men or using words like "worm"? No.

It was instilled in me from an early age that powerful women were sexy while still being feminine. I admired how calculating they were, and how they just seemed to command attention and obedience through their sexuality (even though I was still not very aware of how that worked).

I put myself in your shoes now, and imagine what would happen if at age 30 someone gave me what is considered 'rolemodels' for female domination based on the characters in bondage porn and femdom movies. Good grief! I would be turned off and feel silly - to think someone would want me to behave that way?

Do we - as women - find these characters to be sexy and commanding? No. If you are like me, you've watched (and groaned through) your share of 'female domination' media and thought the women characters were plastic, bitchy, or so overly done (and OOOOOOOZING with sexuality) that they are laughable.

Yet here are our male partners, lapping it up like starved little puppies. They just can't get enough of it.

Well, I have news for you. You don't have to be like those women in those books and films.

You are going to be a completely different kind of female dominant. And it will be more powerful and more effective than you can even imagine - because it's real.

* *

Ok, so now that I've made you toss all the stereotypes out the window, you might be wondering what DOES make you look dominant, feel dominant, and enjoy dominance?

For your first experiment, I suggest you test the waters of being in control. Your partner, at this point, should know the rules about your exploration (most importantly, to leave you alone and let you do it at your own pace).

If you look back at the steps of domination I listed, you'll remember that domination doesn't start just when you start "playing" with your partner. It starts when the wheels begin turning in your head, and when you plant that seed in his mind.

I talked earlier about the

calculating nature I found in women I admired for their dominant sensual energy. I get a big kick out of calculation, and it helps me get really worked up before the big moment. When I suggest you start being calculating, I mean that you should take the arousal and attraction you feel for your partner and use that energy to get yourself psyched up.

How do you do that? Well, I do it mostly through fantasy, or thinking about what I would like to do with my partner once we are finally alone together. I know it will be on my terms, so the sky is the limit. I imagine the things that about him that I find very irresistible, and I ponder how I will get him to react in those ways.

Wait until you have one of those days where you just feel lustful and really want him. Then - don't do anything about it. Instead, use that energy to motivate you, to build up your drive. I'm not talking about days or weeks - just when you start feeling one of those moments coming on, don't seize the time just then to have passionate sex. Instead, watch him get dressed in the morning, fantasize about what you like so much about him sexually.

Next, drop him a hint that you are starting to feel a little bit frisky. You will be amazed at his reaction, I am sure. When you drop this hint, do it without a hint of reservation, and do it without any warning at all. Call him at work and start off by telling him that you really want to have your way with him. Tell him that you are spending some time thinking about how you will make him please you.

He will probably start fishing (after he picks himself up off the floor) and want more details. Give him none. Tell him he just has to wait and see. No hints, nothing. Just tell him that later he will be doing what you want, to please you. If he makes the fatal, overly submissive error of trying to push you into it right then (ie, asking questions like, "Would you like me to wear my x, Mistress?" or, "Shall I bring some toys with me?" or trying to appear casual but looking for orders by saying things like, "Anything else I can do for you Ma'am?" or "What shall I do the rest of the day while I wait?" or "How can I please you now?"), do not feel pressure, feel like you have to respond, or let it trip you up. This is a huge mistake many overly eager submissive men make. They get so excited they start getting right into it and they don't realize that it undermines every cornerstone of true domination. It is pushing, prodding, manipulating and rushing. Just ignore it. Let him babble his questions then say simply, "I'll see you tonight." Later on, after the scene is done, tell him that he shouldn't be asking those types of questions when you bring up domination. You must break him of those bad habits.

Now, back to his reaction after your phone call.

Trust me, his head will be spinning the rest of the day. And you will probably get a little kick out of knowing you did that to him.

That feeling - that knowledge that your action got an amusing reaction from him - is the basis of domination. You're already enjoying it, and you never even had to pick up a whip.

**

Your first scene with your partner should be more of that. Your actions causing him to react, and your understanding that you're the one pushing all the buttons.

Pushing buttons can be fun. It's fun to make a guy react. Think back to that example from before about how it gives you a little thrill when you wear an outfit he really likes and you know he's staring at you all night. You wouldn't wear that dress just to get that reaction from your girlfriends or family - this is about sexual interaction. You do something. He reacts. You feel a rush from having that control.

That night when he comes home, tell him to take off his clothes. This is your first dominant command. Don't bark it, don't put your hands on your hips and try to ACT commanding. Just use your own voice, and your own tone, and your own demeanor.

If he hesitates or starts asking questions, just repeat the sentence again. There will be some reaction, I am sure of it. Either shock, or total arousal, or anxiety.

All with a single line from you. And you didn't even have to wear a latex catsuit.

If you find him more sexy in boxers, or half dressed, or with everything off but his shoes, tell him that. Whatever "mode" you find him the most appealing in, have him dress down to that point. Some women like sheer nakedness in front of them. For me, I kind of like having a guy start off with his shirt off but pants and belt still on. There is something very primal about that to me.

During this time, consider what you are feeling and thinking. If you are bogged down with thoughts about whether or not HE is enjoying it, stop that. If you are distracted wondering whether you are doing it right, stop that, too. There is no wrong way.

This is about doing something for you. So think about things like what turns you on about him. What you want from him. How good it is going to feel when you get it.

For this first scene, I want you to simply enjoy basic intimacy but totally on your terms. Consider it like a big buffet of foods you have never tasted before, and you are there to just sample at your own pace and decide what works and doesn't work.

Get close to him, but don't let him touch you. Have him put his hands behind his back or on his head, and spend time touching him in ways that please you. When you kiss him, be the one controlling it.

All the while, pay attention to his reactions. Is he nervous? Is he turned on? Is he like a teenager all over again? How do these reactions make you feel? How does it feel to be the one instigating all of that?

There are subtle things that are more naturally feminine (that those bad S&M movies we talked about before ignore) that command authority without being cheesy. Think back to those powerful women rolemodels that you find admirable.

Things like direct eye contact, speaking slowly and clearly, and being direct are all ways to communicate power and control but are not cheesy and overbearing. Before kissing him, say "Open your mouth for me."

If you want to experiment a little with a more controlling demeanor, consider giving him more rules to follow. Put him in a position and make him stay there. Use commands often - but commands that are natural. Things like "Look at me." Or "Come here." Or "Sit still."

Now, I suggest you try being a little cruel. Just to see how it feels.

Again, you're probably bombarded right now with all sorts of negative images and feelings related to that word "cruel." You imagine that latex clad dominatrix with a big leather whip, or ridiculous spanking scenarios that go on until your hand is sore.

That's not what I'm talking about. Think to previous examples - I use my own background again to illustrate. When I was 16 or so and starting to date and something inside of me wanted to experiment with playful cruelty, can you imagine what would have happened to me if someone suggested I buy a paddle, or a pair of nipple clamps?

I can see myself right now. "EWWWW GROSS."

Maybe that was your reaction too when you saw what "cruel" dominant women do to their partners according to that ever popular porn out there.

Well, it isn't like that. Again, I say that someday you might be a whip yielding fiendess and loving it, but I certainly wasn't at 16, and if someone told me I would find some of those things enjoyable by age 25 I would ask them what they were smoking.

For now, don't concern yourself with whips, paddles, or nipple clamps.

Instead, practice what it feels like to be a little mean, in a sexy way, and see what the reaction does to you. You may like it, you may not.

* *

I'll give you some good examples of sensually cruel things you can do. These are the things I adopted when I was a teenager just on my own, and they are things that still hold a lot of passionate appeal for me even to this day (the basic groundwork, the foundation for enjoying dominance, never changes. This might make more sense later.)

A simple thing you can do is pull his hair. Now, I don't mean reaching over and giving him a sudden YANK. Instead, run your fingers through his hair affectionately, slowly, and watch his reaction carefully. He might be looking at you adoringly. Maybe he still looks a little nervous because he knows something is going on here.

Clench your fist slowly until you can tell it's starting to get pretty tight, and watch his reaction. Keep in mind, you aren't killing him here. Men are tough. They play tackle football and enjoy it, remember? This is a little hair pulling. It's probably hurting you more than it's hurting him.

But the fact that you are doing it to him - that's what is going to make him react. I love reactions. Watch his feet. Watch what he does with his hands. Listen to the sounds he makes. Watch his expression. If he parts his lips, take advantage of the moment and kiss him. Keep holding onto his head that way and kiss him possessively.

Doesn't that feel good?

Other sensually cruel things

include light biting (like the hair, it's sort of evil if you start affectionately - ie, nibble and suckling..then turn to biting. The stage where total pleasure starts turning into slight discomfort brings about an interesting range of expressions) on various parts of his body. The neck, hips, and inner thighs can be especially vulnerable.

* *

So what it is about cruelty that thrills me? It's hard to explain. A lot of it is the reactions, as I've said before. You get very sensual, very animal reactions from a guy dealing with even a small level of discomfort.

A big part of my desire to be slightly cruel to a man is that it is very sexy to me that he will endure it because I want him to. In old fairy tales, men went out to slay dragons and came back from battle all beat up and had to be nursed back to health by the princess they defended.

In older times, men stood up for women and were willing to fight for them if someone dishonored them. Granted, it's not the violence about that which holds appeal for me; it's his willingness to do it - it's that bravery.

Nowadays, men have lawyers to take care of that kind of thing, and chivalry is dead because standing up to a punk on the street could mean getting shot.

So when does a man show courage and bravery for the woman he adores?

The answer is obvious - when she is pulling his hair until he has to flinch because it's starting to hurt.

Well, it doesn't make a tremendous amount of sense, but there is some connection in there, once you dig down deep. A man willing to endure discomfort, risk losing his pride, and go to scary places in order to please me is a sexy man indeed.

* *

One of the most important things about domination but most often overlooked is this: If you enjoy something, you must make it known.

This is crucial. It is crucial because of several things: 1. It communicates your comfort with the role - a woman comfortable with power and sexuality makes a man melt. 2. It communicates that you are clearly doing it for you, not him. 3. It gives him the feedback he needs to react in ways that you do find appealing. Hopefully he is paying attention.

If something turns you on, say it. "That really turns me on."

An aroused woman is not necessarily a weak woman - she is a woman who can admit she is turned on, and that is a woman confident with her sexuality.

If you enjoy his predicament, and his predicament is one of some sort of submission, make that very known. For example - "You look very good when you are helpless," or "I like the way you flinch." By communicating that you are also enjoying his situation, you again reinforce that you find pleasure and comfort in your new role.

Another way to assert your dominance is by making an observation about his situation. It shows that you are aware of, and causing, his helplessness. You can say things like, "You can't move, can you?" or "That hurts, doesn't it?" These are obvious things to both you and he, but by saying them you are making him face it even more.

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Budding femdom afraid of scaring vanilla boyfriend

Akasha,

I never thought of myself as a femdom kind of lover, it's just sort of happened in the last few months. I started seeing this guy a while ago. On the phone one night after our first date, he started asking me about my fantasies. Instead of telling him my fantasies, I told him the things that I need from him, how I need to be held, where I need to be touch, etc, to make it all happen for me. Then I asked him about his fantasies. He told me he wanted to be beaten. That really shocked me and I had no idea what to make of the whole thing. All of my relationships up to this time had been what you'd call vanilla. I asked him how he got into it and he told me that his last girlfriend was a professional dominatrix. I knew that I couldn't pull it off. I had just gotten out of a long relationship and was only beginning to get comfortable with my sexuality again. I wasn't about to pick up a whip all of a sudden just because he wanted me to. Right about that time I was perusing the nerve.

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com links and I found your web site. And started reading and reading. I love your stories, especially how you portray your emotions and what you are going through during the whole experience. I was so amazed to hear that there's more to it than just beating guys.

My relationship with the boy who wanted me to beat him didn't last long. I don't know if it was because I couldn't give him what he needed. He was beautiful and an incredible lover. He had a Prince Albert (piercing on the tip oh his penis) and gorgeous tattoos all over his body. Even after I knew it wasn't going anywhere I called him to come over for one last night of play. I tied him up and teased him a bit. I don't know how it was for him, but it just didn't work at all for me. Maybe it was because I knew that we were really over and that he wouldn't do anything for me. He'd just get up and leave when we were done, and I probably would never see him again.

In the meantime I kept reading your stories. They were really starting to push my buttons, as you would say. I was shaking all over from stories like Samantha's Drive and The Price of Fear. I recently started seeing someone new. I really want to incorporate some light bondage into our play, but I don't want to scare him. He's so sweet and gentle, I feel like I am going to break him if I cause him any pain. I have been doing little things here and there, and I know that he likes it so far. The other night I pulled the same *thing that the other guy did to me, I asked him about his fantasies. I almost died when he told me that he just likes to serve! Also a few times during sex, I pushed him down on his back and held his hands down. The moans I get from him at those moments are just amazing. I never last too much longer after that.*

So I guess my question is how do I incorporate some bondage into our play without scaring the hell out of him. I keep picturing him tied up on the floor at the foot of my bed. Can I do that the first time or am I just going to scare him away completely?

Budding Femdom

Dear Budding Femdom:

First, I'm happy to hear that you found my site helpful in exploring dominance and enjoying it. I think many, many women would find S&M or power games extremely erotic if they discovered in a non-pressured, non-stereotypical way. Women are wired differently than men, and what most "S&M" movies and literature portray as "hot domination" is tailored for men; women just get off on different aspects of the entire experience. Once you get a taste of that, I think many women find they love it.

With your new boyfriend you are in a great position to learn, explore and grow in a non-pressured way. Your last boyfriend sounded like he had some unrealistic expectations; he dated a dominatrix - -so he was used to having a woman who had the energy to "deliver" a certain type of play, probably tailored to his desires if he wanted it, and had an arsenal of "equipment" at her disposal.

Domination isn't about toys or clothes or reading his mind to do what he wants; it is about enjoying your erotic, sensual power as a woman, and exploring fantasies while using him as a tool for your pleasure. It sounds like your current partner enjoys being the person to give you that pleasure and to grow with you.

He has expressed a willingness to explore, has responded favorably to your initial flirtations and admitted in his fantasies is a "desire to serve". This certainly indicates a clear consent to move forward to the next step. However, keep in mind, people do change -- and consent is crucial, and should he ever back off, express confusion or unhappiness, everything must be re-evaluated. It may be sort of obvious but I felt it had to be said; sometimes we get so enamored with the passion of submission that we may want to overlook signs that he's unsure -- we must always, always be measuring, understanding and evaluating consent and the motivations for consent.

That being said, on to the fun stuff. Here are a few random hints and suggestions that I hope will give you a few ideas:

1. Do more of the same: subtle, erotic power games

You mentioned that he has

responded well to things like holding his hands down, etc. Continue to do that, but slowly increase the parameters a little at a time. Try variations, and watch his reactions to each of them -- ask him to hold still, for example, while you explore him. Have him stand and put his hands on his head while you run your hands all over his body. Tell him you want to playfully frisk him and have him stand with his hands to the wall while you explore him for "weapons".

2. Make sure he knows how much it turns you on

He may already know just by the way you react, but still tell him. Men sometimes react favorably to dominance, but are dealing with some insecurity in their head (they are not like women who love to communicate feelings, they often ignore them or just try to sort them out alone without saying anything). If he has any uncertainty, it might be related to masculinity, power and a general "Newness" of not being in control. Address this by just making sure you communicate all the same adoration and respect no matter what games he endures for you. Compliment him on the ability to turn you on, make sure he knows he is really making you happy.

3. If all goes well, move to light bondage

The best way to introduce bondage, I think, is to do it on a whim, during flirtation or foreplay, in a very spontaneous way that gives him a very quick and easy way to say "no" (that's why preparing ahead of time is bad, it sets up expectations on both sides). One night when you are holding his wrists down and you are both loving it, grab a pair of stockings, a scarf, something you have around and deviously ask him how he'd feel about being tied up. You can safely maintain the dominant aura but give him an "out" by phrasing it this way: "Ohhh, I wonder what would happen if I tied you up right now?". This is not "asking for permission" but gives him a chance to respond.

If he grins and moans and purrs and coos, you can assume he is giving you the ok. If he says something negative, it means he is not ready. If he says nothing but appears like he is trying to appease you, he may be unsure. If you receive any vibe that is not totally positive, I suggest holding off, finishing your scenario to satisfaction without the use of restraints and then later complimenting him on his ability and adding that you'd have loved to see him tied up, but didn't want to push it, and ask him if he had some reasons for uncertainty -- then talk about it.

If you receive positive signals and move forward, keep in mind that he still may not like it when it happens, and just because he said ok, it may not be ok. It is rare, and maybe I am a little more on the paranoid side, but I personally always look for signs of distress/uneasiness in these situations. What makes it more tricky is that he may not have the courage to admit it, so look for physical signs. Does he avoid eye contact? Has he stopped moaning? Is his body rigid and his body language more closed? Arousal and fear look dangerously alike; watch him like a hawk. Ask questions and don't feel that undermines your dominance -- ask him, "Are you ok with this?" as a check-in. I can almost guarantee you he will be fine with it (and in fact love every minute of it), it is just always best to be cautious when introducing this to someone.

Chances are, he will love it, and you will be on cloud nine seeing him helpless and writhing for you. Have your way with him, explore your dark side. Go slow. Afterward, give him a ton of reassurance and tell him just how hot it made you. Men who are wired to enjoy serving live for that moment -- knowing what they did made you hot. Don't tone it down at all, really let him know. Cherish and adore him.

Also, make sure you show him WHILE it is happening that you enjoy it. Even if you are a reserved person by nature, be very vocal and expressive about how turned on you are (men who enjoy serving are driven by that reward). This could range from telling him in his ear to masturbating right in front of him -- whatever you are comfortable with. The bottom line is -- make sure he is fully aware of the effect he has on you.

4. What about pain?

Pain is a trickier element. If you think about hurting him or ritualistic things like paddling or whipping, you still should stick to the same fundamentals -- start slow. First with role-playing, then with light versions, then slowly escalate. Begin with hair pulling -- slowly, erotically. While kissing, tighten your hand in his hair until he starts to either wince or grimace, then ease off. Or, slowly lick and suck his fingers sensually, while he watches, then bite just a little, and watch him for reaction as you increase the pressure. The key is wait for his reaction (which I am sure you will love) then stop, back off, and tell him how hot he is. The bottom line is -- make him know that his reactions to the discomfort turn you on. That will give him reassurance and make him see that you are turned on by it -- and that will motivate him. If he reacts sharply or quickly, pulls away, expresses discomfort with the situation -- stop. Wait, and talk about it later. Find out what made him uneasy, and address it.

5. Communication is critical

No matter what, open communication is the most important aspect to all of this. You may not feel comfortable just yet sitting him down and saying, "Hey, I really want to tie you up and use you," and that is why you've chosen to explore a little at a time, see how he reacts, build your confidence and move on. That is fine for now, but you still need to start establishing communication about it -- especially afterward, when you are cuddling or resting. That is the best time to talk about how it made you feel and why you loved it, and hear from him what it does for him.

Always make sure he knows you still respect him and adore him. Also make sure he knows you are attracted to HIM, not to what he does for you. Sometimes men fear being lost in the passion of what they do -- just as women worry about being objectified.

I hope this helps. I believe he will love every minute of it, just go slow and be aware of his personal fears and uncertainties.

Please keep me posted!

Best regards,

Akasha

Do you have a question you'd like to see answered here? **E-mail me** with your thoughts!

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Dear Mistress Akasha,

First, I have to say that you have the best web site out there! Your stories are intellectually stimulating and very entertaining. I share in most of your interests, passions and moods, but from the submissive side. I too have done very well professionally at a very young age, yet personally I have not been so fortunate.

This is my dilemma...I have been married to a wonderful woman for 7 years and we have four beautiful children. I love her so much in so many ways. However, the big however, is that we have two separate ideas when it comes to sex. I like it more leather and she more lace. It hasn't helped that I "jokingly" bought her kinky clothing and toys for various occasions but I think they scared her off from S/M. She doesn't like them and thinks, wrongly, that they must be used as a part of the role play. My fault entirely! I do believe that there is a dominant woman in her, I just have had no luck in getting it out of her. I see signs of it when she argues with a sales clerk, or a waiter,

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but not with me. She turns to complete mush.

I am sorry that I rambled on a bit, but I was wondering if you had any suggestions? Perhaps a book(s), movie, magazine, etc. Anything to help me pleasure her the way I know best.

Sincerely,
A Faithful Fan

Dear Faithful Fan:

I think you face a problem that many men do in relationships with women who are, for the most part, vanilla. Even if they show signs of dominance -- like they have the capacity to be somewhat sinister, to stand up to people and be aggressive, to even be "bitchy". That might have been something that attracted you to her in the first place.

But for every man, including you, in a relationship with a non-kinky woman where you are considering introducing it to her, heed this warning:

Many women, no matter how open minded they are, will think sadomasochism is weird, sick, twisted, scary, intimidating, or just downright wrong.

Your wife may think these things. First, put yourself in her shoes. You have to understand that your wife, unlike you and I, has not grown up examining, exploring, and becoming comfortable with images and concepts related to sadomasochism. You and I are the type of people that grew into S&M or bondage games because we had natural desires that evolved that way.

Next, consider what perception outsiders have of S&M, and where they get it. From the news -- from broadcasts about serial rapists and killers. From bad TV talk shows, where freaks come out in leashes, who cannot talk in complete sentences, who are basically white trash with whips (the show producers know what they are doing -- middle America people talking about S&M would not boost ratings, they want the freak show element). The image of the "Professional Dominatrix" in print and media -- leather or latex-clad Goddess in super high heels, with some man at her feet licking her boots while she squashes him with her high heel and calls him a "worm".

All of these images and concepts, to the uninitiated, are weird. They are just plain weird. More importantly, they are not sexy, not inviting, and not something that is going to spark your wife's interest. You need to distance yourself, and your relationship with your wife, as much as possible from these concepts.

So what do you do with a wife or girlfriend you want to introduce into S&M? Here is my advice:

1. Don't buy her toys, books, magazines, or watch S&M videos with her.
All of these professional

representations of sadomasochism, while you find them erotic, will probably turn her off or at the very least intimidate her. It sets a woman up thinking she has to live up to a role, or play a part, or do a scenario that she probably is not interested in and definitely not comfortable with. You may find these images erotic, but they will not turn her on most cases. Secondly, you are sending a bad underlying message, and that message is, "I want you to be this way." Whether it is in dress style, demeanor, or toys. Giving a woman a toy says to her "Use this on me, what you do is not enough." Meanwhile, the mixed signal is added stress: You are asking her to use these things, but to be in control. How could she be in control if she is doing what you asked her to do? Get rid of the toys, books, magazines and videos.

2. Be a good lover

If your sex life is already in the toilet, it isn't the time to try to add a new element to it. S&M is NOT a 'fix it' for a bigger problem related to intimacy. Before you evolve into the S&M realm, be comfortable enough to admit your sex life with your wife is thrilling. Is she being satisfied? Are you making her feel comfortable with her body? Are you communicating in bed? If your sex life already has all sorts of problems with her not liking sex, not liking her body, or not liking to be touched, you have to fix those problems FIRST. Adding one more element to the mix will just make it worse.

3. Discuss your fantasies

During an intimate, non-threatening time (i.e., not right in the middle of sex, but perhaps in the afterglow), share your fantasies and ask to hear hers. If you have done this already but it caused road blocks, re-do it, and do it in a way that makes no mention at all of S&m, bondage, toys, fetishes, the word "dominatrix". Do not refer to any outside example (i.e., "remember that dominatrix we saw on the sitcom tonight? God she was kind of hot, that really turned me on, would you ever do something like that with me?").

So you wonder what the hell that even leaves to talk about? Talk about the erotic exchange of power in very subtle ways. Talk about emotions, sensations, passion, trust and beauty. Highlight patterns in her behavior that already exist and talk about why they are so sexy to you -- "Sometimes when we are making love, you really seem to take charge. That turns me on so much, you are so hot when you get like that." Or "You pulled my hair when we were making love today. That was really hot, I felt like you were being an animal. You are so sexy when you get like that."

When you talk about your fantasies, don't talk about them in graphic, stereotypical ways, or in structured ways. A bad example would be, "I have this fantasy where you come in all dressed up in a hot leather outfit, with a riding crop, and you make me bend over, tie my wrists to my ankles, humiliate me, then paddle me with the crop. Does that turn you on at all?". A better example would be, "I fantasize sometimes about you taking control in bed, where I am mesmerized by you and can do nothing but please you. Where you command me and I am helpless to do anything but obey, and you are a little bit sinister but it is so sexy."

Finally, don't set ultimatums or put pressure on her. Tell her that no matter what, you still think she is the hottest woman on the planet, and these are just fantasies that you love, but you love them with HER in that role. Do not make her feel like she has to do them or she has failed as a lover. Explore what she finds sexy and appealing about them, and find out what she finds intimidating about them.

4. Encourage behaviors that show glimmers of dominance

You mentioned that you see sparks of it at times. In bed or out of bed, when you do see these things, make mention of it to her in a way. But don't communicate it in a way that makes her uncomfortable or seems to be asking for more. If she is curt with a waiter and that turns you on because she's so commanding, don't say, "Gosh honey, I wish you'd be that way with me in bed!". Instead, say "Wow, I have to admit, I got a little turned on by that. Do you have any idea how sexy you are when you speak with that kind of confidence? Turns me to jello, you could have anything you wanted from me with that tone." Then leave it at that. Don't follow it up with

"So will you do that to me tonight??" Just encourage, praise, compliment, and let her know you enjoy it.

Additionally, when she does things in bed or during sex or foreplay that push your submission buttons, make sure she knows. Don't reduce it to the act, make sure you compliment her. In other words, don't say "I love it when you hold my head between your legs when I'm going down on you," say, "You are so hot when you hold my head that way. I get weak in the knees." Always remember there is a person behind the dominance, and many women shy away from S&M games for fear they are being objectified -- make sure it is HER you are complimenting.

5. Introduce power games in a light, non-threatening way -- spontaneously.

During the heat of the moment, if you see some stockings laying around, ask if she'd consider tying your wrists together -- tell her you'd be the most attentive lover ever. Be playful about it, and don't be demanding. If she says no, take no for an answer, and move on, but still have great sex. Don't pout and don't be demanding. Don't set parameters or expectations. If she says, "Tie you up and then what?", don't say "Well, ok, then you could sit on my face or spank me," instead say "Whatever comes to mind, whatever you want. I just feel so turned on right now by you, I want to be here for your pleasure."

6. No matter how it goes, be positive and encouraging

Don't expect that it will be the hottest thing in the world. She won't tie you up playfully one night then suddenly turn into a stark-raving-mad femdom, go out and buy a leather wardrobe, paddles, nipple clamps and a strapon. Instead, focus on how it makes her feel, and what emotions and sensations it brings out in her. Even if she only managed it for awhile, tell her how great it was and how hot she was. Don't use it as a bargaining chip for more and don't make her feel obligated -- make sure she knows that one of the reasons it was so hot was because it was on her terms. Be very open about how it made you feel, especially on an emotional level. Be vulnerable, and open.

7. Be devoted. Don't cheat. No Pro Dommes, and no cyber/phone sex

If your wife or girlfriend gets any indication you are out getting your jollies behind her back, even if it is on the net, you risk blowing the whole deal. Firstly, it will piss her off. Secondly, it shows that you are more interested in the act than your devotion to her. It will make her resent the kink, and resent you. If you can't control yourself enough to stay off the cyber domination chat line, call phone sex operators, or sneak around to pro dommes, you can forget getting her into it. You have to show commitment to her.

Those are my major bits of advice. Also, let me offer this summary of what I believe most vanilla woman would find appealing in dominance and submission, and keep these in mind as you play with her. This is not a complete list, but I think these are some major themes I see in vanilla women who try dominance and realize they like it. Keep in mind these are very different from what attracts MEN to submission -- but as you know, men and women are quite different.

So what probably would turn a woman on about S&M or bondage?

1. Sensuality

Women are sensual creatures, and love sight, sound, touch. When you explore with her, make sure you are sensual and passionate about the experience. Moan, twist, wiggle, breathe hard into her ear. Say erotic things to her.

2. Vulnerability

Most women enjoy seeing vulnerability in a man. I am talking about TRUE vulnerability. When you feel she is in control, show her how vulnerable you are -- don't hide it. Look in her eyes and show her how helpless you are, and how you would do anything for her. Communicate it in your voice and in the words you choose. Tell her how helpless you are. Be a little boy. Be scared. Be timid. (mind you, some women detest this kind of thing from men and demand strength above all -- but I have found MOST women adore vulnerability in small doses, at least. So try it.)

3. Freedom of expression

A lot of women find that it's fun being in charge, period. Being able to call the shots, to say what she wants, to be the boss. Indulge her in the ability to bark commands and have you spring to action, totally attentive to her needs.

4. The chance to be a bad girl, or a nasty girl

Many conservative women love the chance to be able to be nasty and evil. Keep in mind, YOU may not think she is being THAT nasty, but she may feel it -- and it is important to sense it, acknowledge it, and affirm it. Compliment her on it. Encourage it. Tell her not only it is ok, but it turns you on, and that she's GOOD at it.

So, that is my summary, in a nutshell. I can imagine what you are thinking -- "ok, this is all fine and good..but what about.. well..what about the kinky stuff I do want...what about the toys, and outfits, and more extreme fantasies? can I get those too?"

Maybe. But -- maybe not. It all depends on your partner, and how she evolves. But I can promise you this -- if you try to start at the top, you risk not only turning her off, but turning her off to more than just S&M. You risk alienating her and putting a major dent in your sex life.

Rome was not built in a day.

I am a natural-born femdom -- I was born this way. I love my S&M and bondage games, and I would never want to give them up. But in my first year of exploration, I wasn't doing those things either. At 16, I was experimenting with just what I propose you start with your partner -- power themes, light bondage, roleplaying, sensual things. I evolved to toys in a couple of years, then to more hardcore things in my 20s. It's a process, and you must lay the groundwork first to ensure that she appreciates the erotic nature and passion in power exchange -- then possibly evolve to toys and outfits and more hardcore stuff.

But the only way she will embrace the more stereotypical aspects of S&M are if she decides she loves the feelings and emotions enough that she can forget the stigma she may have toward the media image of "S&M" -- and that is a tough battle. She had years to build that up -- people like you and I decided we LIKED power exchange well before knew what the media and society thought of it.

Be patient. Communicate. Encourage. And be honest.

Best of luck,

Akasha

Do you have a question you'd like to see answered here? **E-mail me** with your thoughts!

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Sub wonders if he should visit Pro Femdom or wait

Akasha,

I hope you have the time to read and respond to this.

I've really been inspired to write this by your advice contained on your web page.

I've always had a very aggressive nature since I was a kid, especially in sports, but there's a deeper, hidden submissiveness in myself that I can no longer control. I've suppressed this desire to really be "controlled" for a long time and with no luck in relationships to help this emerge. I'm thinking of contacting a Prodom. In fact, after extensive research, I've finally narrowed it down to one. Consequently, all this planning has taken out one of the very elements I desire the most..... surprise!

I found your opinions on the Prodom topic right on the money! I'll probably get an interview asking what I like, when my interests began, then

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a short "practical" exercise. How can a Dom tap into my fear when I already, basically, know what to expect? It's the fear of not knowing what a Dom will do to me for her pleasure that really interests me! Why is she doing this to me? What world is she in when she's "unpredictable?" ....and will she take me there with her? If there are really women out there that just " totally enjoy" having a man helpless and vulnerable to her whims then, to me,.......... that's scary!

I've been waiting for it to "just happen" but without luck and I'm nearly out of patience.

Any advice on how I can approach this before going to a Pro and becoming "RUINED" as a slave with REAL potential?

Would appreciate any comments, Thanks,

Unsure about ProDomme

Dear Unsure about ProDomme:

You have a dilemma that many sincere subs and sub-curious men have. I can only imagine the frustration -- I know when I don't have many options for an outlet for my femdom desires, I get quite pent up and impatient.

You asked me if I thought you'd be "ruined" by a visit with a pro domme -- perhaps referencing the article I wrote on why subs who visit dommes develop bad habits. (Http://www.akashaweb.com/habits.html).

Definitely not. One visit, or a few visits now and then, definitely won't mold you into a mode that makes you difficult to connect with when you meet a non-pro femdom and she wants to have her way with you. In my experience, this mostly happens with men who visit pros chronically -- ie, weekly for months, or monthly for years. Or, for those that have a very limited view of submission (through male-focussed porn or movies) and very few experiences with pros, then very little real-life interaction with women on the side to balance it all out.

You sound like a well-rounded person with a solid grasp on reality, but someone who just has not clicked with the right woman yet. I doubt an experience or two with a professional dominatrix will turn you into a submissive who is totally molded into a robot and will be lackluster, uninteresting and meek to a non-pro femdom when you come across her path.

The bigger question is: Will you enjoy it? After all those years of thinking about it and searching, will you go into this experience with a pro and come out of it feeling vitalized and thoroughly satisfied, or will you be totally let down and consider it a waste of time and money?

No one could know for sure. I can tell you a few things that I would bet on, though. I think if you have done your research and chosen a pro femdom that you know you can connect with and she has enough experience and is comfortable with her role, you will, at the least, find the experience extremely interesting, eye-opening, exciting and engaging. Just on a purely scientific level, if anything. I think you will enjoy the sensations and emotions.

However, if you seek to scratch that more primal itch, I think you will come away from it as expected -- feeling somewhat like it was too scripted, too planned, and not enough about what she wants. I think you seek connection with a woman, and submission that comes from a place deep down where you do something for a woman you adore and cherish and she gets off on it, and you can see it in your eyes that she is getting off on what it does to you, and how helpless it makes you feel. I think you seek an experience where she is in full control and you are at her mercy, and you have no idea where it might lead. Those types of things cannot really effectively be accomplished in most professional sessions.

Those things cannot effectively be accomplished in a NON-professional session, either, with a woman you are not intimate with! Those things come from being with a person, growing with them, trusting them, and developing layer upon layer of trust. As a non-pro femdom, even I don't get to have those kinds of experiences, on that level, at that intensity, with men I am getting to know. Our first play-sessions look, ironically, like a pro session might -- a lot of questions, a lot of limit investigation, a lot of setting of parameters. After all, just like a pro, I have to be careful not to take a man to a place that he is not comfortable with.

The difference is, in a non-pro situation, this process of discovery takes place along lines of intimacy, giggling, holding hands, idle talk in the lobby of movie theatres, late night whispered phone calls, cuddling in front of the fireplace talking about fantasies. It doesn't come through by having a man sit down and fill out a checklist of things he must rate, from 1-5, how much they turn him on. (Actually, some non-pro femdoms use these checklists as well -- they just don't appeal to me). It takes place through a series of trial and error, play and communication, building and building until suddenly we find ourselves in a situation where I could plan his abduction, gag and hood him and take him into a secret location and torment him mercilessly for days at a time, marveling at how beautiful he is in his submission.

If this is what you ultimately seek, you will not find it with a professional. A fairly simplistic analogy would be to consider the impact/pleasure a sexual virgin may get in visiting a prostitute. If you are asking me whether or not he can find the total bliss, intimacy and passion two lovers find when they make love for hours and experiment with each other's bodies -- no, he could not find that with a prostitute. If you are asking me whether or not he can enjoy exploring the sensations and emotions related to physical sexual intercourse -- yes, he could. He could feel and taste and experience some of those things -- minus the emotional, intimate groundwork.

As an experiment, you may find the experience revealing. I do not feel it would satisfy your deepest desires -- what you seek is much deeper.

Keep all of these things in mind as you make your decision. And a final side warning -- should you decide to do it, I can almost guarantee that you will find it captivating and addictive, even in a non-intimate setting. The imagery, the passion, the thrill, the experience -- you will probably find it quite intoxicating. It may lead you to want more, again. It may lead you to want to work even harder finding a non-pro mate, or it may result in you wanting to see more pros.

Also, as a final bit of advice, should you decide to see the professional, make sure you tell her what you told me. Be up front, and explain that what you seek has been more emotional, mental, and a great deal of the passion comes from knowing it is for the woman, and on her terms. Perhaps consider paying her session rate but to take her to lunch, just to talk, to get to know her as a person, and for her to know you -- as a way for her to develop a sense of what she would LIKE to do to you. Try to appeal to the side of her that chose dominance as a profession because she found it exciting -- tell her that while you understand you can't develop instant chemistry with a person, you want to come away from the experience feeling as though she truly explored areas of dominance she found most rewarding. Hopefully, she will appreciate this sincerity and selflessness.

Best of luck. Please let me know what you decide and how it goes.

Akasha

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How can you tell if a woman is dominant?

Dear Akasha:

Hey, thanks for writing back...I wanted to know what advice you would have on how I would find out if a woman that i was dating (or potentially going to date), is interested in female domination...It sounds dumb, I know, i just want to make sure I don't offend her, or make a complete idiot of myself.

Trying to Tell

Dear Trying to Tell:

If you are wanting to know how to find a dominant woman or identify dominant women, there are a few quick solutions:

One easy solution to trying to find a dominant woman is to visit local S&M groups, clubs or organizations where dominant women exist.

For some, though, this is not an option. In those cases, the submissive men must look in normal everyday walks of life, and are left trying to identify what women in a crowded room

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might be femdoms. After all, we (dominant women) don't wear tags that say "IN THE MOOD TO WHIP". Sometimes men try to pick out dominant women by their attire or demeanor -- a woman in some nice leather boots or a short leather skirt, or a woman who comes off as a bit on the bitchy side.

Sadly, many men find out, after dating these women for some time, that they are in fact totally submissive in the bedroom. Sometimes men even marry these women, hoping that the dommish "edge" they thought they recognized would eventually blossom into full-blown domina -- and it never does.

There are two kinds of women that fit into the category that you seek, I believe. The first is a full fledged, totally self admitted dominant woman -- I'd put myself in that category. I enjoy my good dose of S&m once a week or more, I have a closet full of evil toys and implements and I thoroughly enjoy erotic power exchange on a regular basis, and it is a requirement in my relationships with men. The second kind of woman you are probably seeking is a dom-curious woman, or a woman that has never been exposed to it, but would take to it if she were. In short, a woman that will not slam the door in your face when you bring it up, or go "What are you, a freak?".

Identifying the first type of woman (the type that I am, the full fledged femdom) is easy. The answer is simple: if she is attracted to you, she will let you know. She will be the one to say, "Are you into S&M at all? Have you ever been tied up?".

However, it sounds like you want a faster solution. You want to be able to pick out the femdoms so you can pursue them as partners, and you want to be able to ask them right up front if they are into it so you can know for sure. As much as that sounds like a great way to do it, it just doesn't really work that way. Sure, you can eliminate costly dating and wondering by just asking a woman in the first five minutes, "I see you are wearing some very night leather boots. I hope I am not being too forward, but are you into S&M?".

The problem with this approach is twofold. First, if she is a dominant woman, you may be giving her a bad first impression -- that you are looking for a femdom, and are hoping she'll slip into that category for you. That is, you are looking for the femdom first, not the woman. If it's the first thing you notice, some women may be put off by it.

The second problem is that you may alienate her, even if she is the type that COULD warm up to bondage and S&M if introduced to it in a slightly different manner -- ie, after dating and getting to know someone.

Take a vanilla guy for example. Take a vanilla guy who loves blowjobs more than anything, and it is his favorite type of sex, and he cannot live without it.

There are some women out there that hate giving oral sex (I have no idea why, but that's another story). Even though he knows it's a valuable (critical, a deal breaker to be honest) part of his sexual needs, he can't feasibly eliminate the discovery process with a woman by asking early in the flirtation stages, "So, how do you feel about blowjobs?"

In the real world, you have to get to know a woman before you can find out about her sexuality, pure and simple. Luckily, we do live in a time where it's common to be open and frank about sexual matters fairly early on in relationships, as we have the need to discuss safe sex and past partners.

I strongly discourage men from trying to peg femdoms by looks, attitude and clothing. I also strongly discourage asking pointed questions before developing a mutually engaging flirtation, or going on a few dates. I think it's reasonable to expect that as you get to know someone, you can bridge the question early enough to not result in heartache because you've totally bonded only to find out she'd never even consider doing anything kinky.

Now, for the good news.

I can tell you this: It is VERY possible to develop the ability to identify women who are either into dominance or open to it. In short, you will find yourself having better intuition, and ending up with women who take to dominance. The trick, though, is to learn how to attract these type of women.

I have met several men in the past few years who had successfully courted and dated not one -- not two -- but three or more "dom-curious" women -- and they didn't meet them through ads, S&M clubs, BDSM parties or anything. They met them in normal social situations.

What is the common theme between these men? What are the traits they possess which make it all possible? I'll share them, and encourage single men who are looking for femdoms to adopt them.

The biggest common theme among these men is that they admit they "learned" to identify what kind of women would be open to it. But it wasn't because of the way a woman looked or acted, it was just a "gut feeling". Perhaps it is an intuition that is developed.

The other common threads are:

1. **They were socially outgoing, self confident and didn't have much fear.** I think this is important because it takes some level of comfort and guts to not only identify but to APPROACH and PURSUE a woman they feel may be "open" to S&M -- rather than sit back and wait to see if she contacts him.

2. **They were extremely educated** -- I am not sure if this is a common theme or just a coincidence, but they all had multiple degrees.

3. They were good at dating. They had very honed social skills when it came to women and had refined "dating" skills. I think this may come from just having a lot of experience.

4. They were in touch with their feminine side or at least had a very keen understanding of women and how the female mind works. Again, this may come from just spending a lot of time dating and being with women. I think by understanding women better, they perhaps are able to subconsciously understand subtle personality traits that may be akin to dominance.

5. They were very good lovers. Good in bed, good sensualists, very experienced and not at all insecure about their capabilities in bed. I think this also may be related to experience -- and I think that perhaps sexually comfortable/ competent men attract women who are also of that type -- hence, probably more open to alternative sexuality.

6. You would never, in a million years, pinpoint them as being submissive if you just met them. They are not meek, shy, timid or at all softspoken -- but not loud and obnoxious either. Again, I think that women who are of the same social type are naturally attracted to them (and vice versa), and perhaps that points to their higher level of social intersecting with "femdom" type women.

7. They were "out" as kinky to close friends and sometimes family. I think this demonstrates a level of comfort with their "sub" side on the one hand, and secondly also increases their social networking circle to include women a friend may meet, hear she's kinda kinky and say "Hey my friend Joe is kind of into that. You should hook up with him." It also demonstrates they don't have ambivalence or uncertainty about their sexuality.

8. They weren't looking for 24/7, lifestyle domination or even "always power games in the bedroom" -- they were looking for regular, sincere domination from a woman who got off on it and loved the power and let it add spice to their lovemaking. It wasn't something they would give up, but it wasn't the ruling factor in the bedroom, either. It was a very regular, integrated part of their sex life.

9. A key component to what they seek was "The woman MUST enjoy it"; secondary (if present at all) was any fetish or specific fantasy.

10. The common theme in "how did you bring it up to the vaniilla woman you were dating" was something along the lines of "When I let her know I was into S&M, she wasn't offended, shocked or all that surprised, and was kind of intrigued by it."

See any common themes? I think "women" that are "open" to power games in bed are women who are generally more aggressive, outgoing, sexually very adept and comfortable. As a result, they seek men that are the same -- and would not initially be attracted to the shy, quiet guy -- or the guy that doesn't really have an understanding of women, dating, or human sexuality. They are open to a wide variety of sexual "games" and adventures, and often take to domination because it gives them the ability to explore fun, kinky things with a man they trust and a man that makes them feel very good in bed.

While women fully self-identified as "femdoms" have a better understanding of the wide variety of dynamics in sub men (ie, that some may be shy, some may be a little less experienced if they have waited to date because they sought dominance), your average "vanilla" woman with "good kink potential" probably is more likely to orient herself toward men that express typical values and styles that women, statistically, are drawn to--- drive, success, self confidence, strength and initiative.

That's what I have witnessed in my own personal experiences. I can tell you, the sub men that I have dated who said "You are the first femdom I have met that I didn't introduce it to" all had the above qualities, but also admitted to having very little trouble finding women to grow with and explore with, and had some very longlasting, kinky relationships as a result.

Best of luck,

Akasha

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What do you do when you get stuck?

Budding femdom unsure of next steps

Dear Akasha,

In the past I have always been rather dominant in bed with my boyfriends, but not to the point of being a dominatrix. More like I was on top, I did most of the pleasuring, trying to control when they'd cum, etc. Recently, my new boyfriend shared his secret fantasy with me. He has always had this fantasy of being dominated and being submissive and asked if I could do that for him (telling him explicitly what to do, making him beg, withholding him cumming for a day or two) Although I am very free and comfortable talking dirty to him and telling him what I want him to do, etc. via writing, I'm afraid I'm a little shy when it comes to doing it in person. There have been times when he tells me to talk to him or tell him to do something and I feel that I don't quite know what to say. Any ideas or suggestions you could give me to help fulfill this fantasy of his? Although I'm a little shy about using sex toys, I'm open to it... Thanks!

Wanting to take the next step

Dear Wanting to take the Next

Open Letter To a Budding Femdom

Step:

Thanks for your question.

I think one of the obstacles you probably face is being put "on the spot". You admitted you have enjoyed showing signs of dominance in the past (probably uninitiated, you just did it when you wanted to), and are probably happy to hear your current boyfriend is into it -- but when he asks you to "be dominant", suddenly your mind goes blank and you do not know what to do.

I wonder if this has to do with expectations -- wondering what he expects, and being put in a position where you are expected to perform a certain way. After all, if he brought it up, surely he must have something in mind? Suddenly are you not dealing with dominance, but trying to read his mind and do what he is pushing you toward.

My first advice is to explain to your boyfriend during "down time" (when no sex is happening, maybe you are just having a talk or walking in the mall) that you are interested in exploring dominance in sexuality, but would rather he not ask you to do it during the heat of the moment. Explain to him that it is better if it comes from within you, when the mood hits you, and plus that will make it more exciting for him -- he will have no idea when it is coming! That way, you immediately get the pressure off you. I trust (I hope!!) he will be patient with you. If he brings it up again during sex, remind him that it can't be pushed, it has to come when YOU are in the mood.

Next, spend some time thinking about what turns YOU on. You mentioned that you have enjoyed it in the past. What were the feelings and sensations that made you enjoy it? Was it the fact that you were in control? I suspect it is, which is why you freeze up when your boyfriend tries to suggest you "get dominant" on him -- because then who really is in control?

Now that the pressure is off, you can be free to explore it on your own terms. He probably has mentioned some fantasies to you from time to time, so you already know what makes him tick. But what makes you tick? Is it controlling his pleasure? Making him vulnerable?

I suggest you wait until the mood really hits you, and then start taking control in a subtle way. Hold his hands down in bed. Maybe have some toys stashed away, and bring them out to surprise him once he is tied up to the bed. Don't do ANYTHING that makes you feel like you are catering to his whims -- and don't feel like you HAVE to do anything. Go with your own passion and at your own speed, and enjoy his responses to your actions.

You mentioned that you are fine talking about it and writing about it but a little more shy in person. Think a little bit about what makes you shy about it. At first I suspected maybe you were shy about your sexuality or body (many women are!), but you sound very sexually open and adventurous, so I don't think it is that. Are you shy because you don't want to do something wrong? Are you shy because you are afraid he won't take you seriously, and your "dommishness" will come off as silly or fake? Are you shy because you worry you will go out on a limb, do something, only to find out he was totally disappointed and wanted something else?

You have no reason at all to be shy -- and these types of worries should be squashed. Dominance is about exploring your fantasies and being free to be passionate, confident and cruelly selfish with your sexual desires. Do not worry about *his* expectations -- the first step in enjoying dominance is catering not to his desires, but to your own. You will always be cognizant of his needs, and you can deal with them, but you cannot let them distract you from being comfortable with your role.

If you fear that your dominance will not see real or the role will be fake, consider that dominance does not have to be flamboyant. Maybe you are picturing these latex-clad women in 6 inch heels holding a whip and using booming voices to command all sorts of things. That does not have to be you. That is not what dominance is.

Think back to those times that you enjoyed dominance in bed -- controlling when your partner came, controlling his pleasure. There was no flamboyance in that. It was you -- using your sheer sensual power. Being confident with yourself and your body, and knowing you did hold the keys to his pleasure. Dominance can come in forms that are very quiet, soft spoken, even whispers. It can be a look in your eyes, a knowing smile. Step away from dramatics and instead be natural. Engage in a scenario where you never say a word, yet yield total control. You don't even have to open your eyes -- just enjoy the feeling. This can be as simple as tying his wrists to the arms of a chair, leaving him fully clothed, and teasing him with your body. Or as simple as prolonging his orgasm when you provide him oral sex, making him beg for release.

If you are shy because you worry that you will not be doing the things he wants or expects, instead put those worries aside and focus on your own fantasies. Before you can start to really explore dominance you have to become comfortable with the role -- then you will take his fantasies and do with them what you will. The "success" or "failure" of a domination session with your boyfriend is not rated on how well you cater to his desires it is rated on how well you enjoy your power and he enjoys engaging you.

If your boyfriend has made suggestions about scenarios or toys that interest you but scare you, consider that you are probably afraid of failing -- either failing to use the items properly, or failing to use them and pull off dominance at the same time. Remember, toys are just props -- inhuman objects to add to the dynamics of power exchange. Nothing more. Do not use them unless you want to use them, and do not use them if they intimidate you.

Using toys, or props, or outfits, adds an entirely new element to power exchange, because there *is* the element of uncertainty. Paddles may sting too much, floggers take practice to use accurately. Nipple clamps slip off at the worst possible moment. Handcuffs cut off circulation. Dildos can be clumsy, and anal penetration may see just too foreign, and you wind up wearing a strapon thinking "Jesus, how did I get into this situation, and how on earth can I pull this off?". Using toys takes practice and comfort with the items, and a desire to use them. They also do add more unpredictability, and you need to be at a place with your own sexuality and dominance that a toy-related snag does not undermine your confidence. Especially if you know he really wants the scenario to work.

What does all this mean? Don't bite off more than you can chew. Do the things you enjoy most and are most comfortable with until you are totally at ease with your own self confidence and sexuality and dominance. I strongly believe that the early introduction of sex toys into power exchange relationships turns many women off because it undermines their confidence. Enjoy first and foremost the feelings of control, and then slowly start using toys as you become comfortable with them.

If your partner is impatient, tell him to not be greedy, to let you grow at your own pace and to encourage you by saying what he likes about your dominance, not what he wishes you'd do instead. Keep him focused on your pleasure.

I hope some of these ideas provide direction and support. Don't ever dominate a man out of a sense of obligation or pressure -- then you are doing both of you a disservice.

Best of luck,

Akasha

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Man wants to encourage girlfriend to use strap-on

Hello,
I was reading your website, and found it quite interesting. My question is this. I would love to have my girlfriend use a strap-on on me, in all the ways you describe, but I don't know how to bring it up without her thinking I'm gay or something. (She has had a tendency in the past to be attracted to men who turned out to be gay, so its kind of a sensitive area for her.) I can tell she has a latent dominant tendency, so I think she'd enjoy it as much as I would...

Wanting to Explore

Dear Wanting to Explore,

You did not give me much information about the sexual relationships you have with your girlfriend. You mentioned that you can tell she has a latent dominant tendency, so you think she would enjoy the strap-on as much as you would.

Big mistake. Big risk, I should say.

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Many men sense a "latent dominant tendency" in a woman and think (hope, I should say) that means she will enjoy dominance and S&M games. This is not always the case. In fact, many women with dominant streaks in their personality instead love being submissive in bed.

If you have sensed some dominant tendencies in her and she expresses them in bed, that's one thing. But do not try to analyze her. Instead, see how she really feels. Ask her about these dominant tendencies, and whether or not she has ever considered using erotic power in sensuality.

The next red flag I see is your wanting to bring a strap-on into play based on just an instinct that she may enjoy dominance. Whoa, slow down there. What a way to kill a potential play interest! Strap-on play is not considered "beginners domination." Unless you first have established that she enjoys dominance in bed, and then established she likes toys, and THEN established that she likes anal play -- I think bringing a strap-on fantasy to bed is a sure-fire way to turn her off.

I don't think it has anything to do with her having some bad experiences with past lovers turning out to be gay. If she is confident in you as a lover and you do not have any tendencies toward homosexuality, the fact that you enjoy anal play should not be a big warning sign to her -- IF she is comfortable with anal play. You did not state that she is -- and that may be your greater problem.

If your girlfriend associates anal stimulation with homosexuality, you have to work on that first before asking her to basically adopt a male genitalia and take you from behind. You are jumping multiple steps to get to the end result (no pun intended) and rushing things could only mess them up.

First, establish for sure that she does enjoy dominance. Do that by openly and patiently exploring erotic power exchange in bed without the use of toys. Build up her confidence. Explore the things she enjoys. Introduce toys like vibrators (for her pleasure) and light bondage. Explore anal play by engaging in erotic licking and teasing, or fingering one another -- if she is already getting squeamish, you may be pushing her where she does not want to go.

Unless your girlfriend is not only comfortable with dominance but is comfortable with anal sex, penetration and more, you are likely to turn her off to the whole concept early in the game. Once you graduate to anal penetration with fingers, plugs and dildos, then you can consider giftwrapping that strapon dildo and giving it to her. Better yet, let HER pick it out.

Never speculate that a woman may like something as personal and taboo as strap-on play without first fully exploring, with positive results, all the types of play and sensuality that lead up to it.

Also, expect that it may take some time-- months, if not more. Be patient and open minded, and start with establishing positive attitudes about dominance and anal play.

Best of luck,

Akasha

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What To Do When You Get Stuck

What to do when you don't know what to do...

I've received emails from women who ask:

"What do I do when I run out of ideas? What if I get stuck right in the middle of it?"

Or, they find themselves stuck and just sort of at a loss for what should be next. There is no simple answer to this. The answer that I want to give -- and it probably won't help you -- is "do what feels right, and what is fun for you."

But what if you don't know what that is, and instead get stuck in a cycle of wondering what is supposed to happen next? The problem here is that this cycle sucks any self confidence right out of you. It's like being on stage and talking to a group of people -- if you know attention is on you (and you KNOW your partner's attention is definitely on you!), you know that any lull is noticed, and any break in the "excitement" might ruin the

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momentum of your time together. All of these worries undermine your ability to have fun and enjoy your dominance, so get rid of them.

I thought about this for a few days, and I came up with a list of things, varying from very tame to a little nasty. All of these things are things I personally love, and they are things I have used during my "play time" -- either just because I feel like it, or because I'm at a point where I'm figuring out what I want to do next, and I want to keep my partner "captivated" so to speak. Just like you, I have had times where I am sort of in a state of "hmm, what next" -- and when I get like that, I don't want my partner to get distracted, or worse, start thinking he should give advice or ideas (Akasha's rule: "No comments from the peanut gallery!").

So, in no particular order, here is my list. These are also things I have found that submissive men respond well to. Remember, all men are different. Watch your partner's reactions and make sure you communicate later -- find out if you are pushing buttons or not. Usually you can tell by body language....

Akasha's List of things to do while you have your man helpless...when you are stuck, or when you are stalling a bit to clear your head, or just because....

Smile. Remember this one rule above all. Real dominance is about enjoying yourself. It is about pleasure. I have met very few men who do not melt when a woman smiles because she is satisfied -- smile a mysterious smile, a sexy smile. Smile just because you are in control. If he asks what the smile is for, don't tell him. You own that smile. A slight smile is very, very sexy. Learn to smirk -- to taunt with your lips. Use your eyes with your smile.

Blindfold him. If he's staring at you and you are getting distracted, cover his eyes. For short term, use your own hand. For long term, use a blindfold, a scarf will do. Or, even make him cover his OWN eyes. Say it from across the room even. "Cover your eyes with your hand. Don't take it down until I tell you to." You can always say "Close your eyes" any time you feel like he's staring too much. Do not be afraid to tell him where to look, or to avert his eyes. Practice commands! You get to call the shots!

Own the kisses. Sinister affection can make a man come undone. Possess him. Whether or not he is tied up, you can still own the affection -- hold him by the chin and kiss him, keeping his head where you want it. Use your fingers to pry down his chin when you want more tongue. Turn his chin away if the kiss is not pleasing you and say "stop" and give orders. Take his face in one hand, turn it up and away, say "Don't look at me" (or "close your eyes") and place kisses on his neck and chin. Ladies, remember that normal day-to-day affection takes on an

ENTIRELY different spin with these men if you CONTROL it -- and that is as easy as putting your own control on it.

Point to the floor. Sounds silly? It is. But trust me, it will grow on you. What does pointing to the floor mean? You have to teach him this one, probably. Point to the floor means get on the floor. It puts him in a submissive posture. Now, how far you take that depends on what turns YOU on. If you are fairly conservative about this whole power exchange thing, just have him kneel, and make sure he learns to do it with dignity, and slowly, romantically. If you are in between, have him lower himself to both knees and maybe tilt his head down, hands behind his back. If you find yourself enjoying the power exchange thing more and more, experiment with having him do things like lower his head down to the floor, or kiss the tip of your toe. I have found that the trick is for the man to do this in a way that is still endearing and sexy (like how Mel Gibson or Sean Connery would surrender in the latest action film when faced by a woman he adores but must surrender to, against his will) -- not groveling and pathetic (like those guys you see slobbering all over a woman's toes in S&m porn -- echh!)

Say "Tell me what you are thinking." This is a great way to buy time, and also give you some clues about how his mind set is. Important tip though -- if he starts rambling in a way that is turning you off or ruining your mood, tell him to be quiet. Or put your fingers to his lips and say "shhhh." Never tolerate something that is turning you off.

Make him watch you touch your body. Men love to watch women touch themselves. If you touch yourself and enjoy it, and make him watch, he will melt. If you blatantly masturbate in front of him, he's going to be a puddle on the floor. If you are shy and unsure about this, you can blindfold him -- it adds to his torture and gives you freedom to make all the noise you want and not feel like you are on display. As you get more comfortable, do let him watch though -- it drives men wild, especially when they cannot participate.

Let him know how wet you are. This works instantly. You either tell him or show him that you are turned on. Be blatant about it. You can tell him about it, you can take his hand and make him feel how wet you are, you can wet your own fingers and show him, or you can peel off your panties and show them to him or make him kiss them. Men LOVE the scent of a woman, love lingerie and love it when women talk about their arousal. Most of all, submissive men, most often, are driven by PLEASING -- and seeing/smelling/tasting arousal is their reward.

Make him kiss your fingers (or other parts of

your body). If you want a break and need to give him a task, have him kiss your fingertips, your toes, the insides of your thighs or any other part of your body that pleases you. Distract him by giving him a task to do. Just remember to tell him if he is doing a good job and correct him if he is not.

Tease. Teasing comes in many forms, from sensual to sexual and everything in between. In this context, I am talking about the type of teasing that comes from you not giving him something he wants very badly. Some tame, sensual teasing includes things like leaning over to kiss him on the mouth, the stopping and making him inch forward to put his lips on yours, but backing away slowly so he can't. Then taunt him for it, "Ohh, you want a kiss, don't you?" More sexual teasing is similar -- offering to let him lick your pussy, but then staying just out of reach. Make him squirm for it, but never let his lips or tongue actually touch you. You can turn the tables also and tease him by pretending you are going to touch him sexually, and either only giving a tiny bit and stopping, or not doing it at all. Your lips close to his cock, just a light kiss there, a half stroke with your hand, etc. Make him writhe in agony begging for more attention.

State the obvious. Talking in a very direct way will put you in control. State the obvious to him -- "Well, aren't you helpless now?" or "Hmm, you are apparently VERY turned on right now, aren't you?" -- look at him, talk with confidence, and tell him what you see. Be amused by it, enjoy it, bask in the power of it all.

Most of all, relax and have a good time. Remember there are no set rules -- this is about your pleasure. Do what makes you feel good and do what is comfortable for you -- the rest will fall into place.

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For Women Only

The Good Girl's Guide To Domination

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Open letter to a budding femdom...

Dear Linda,

You need to learn to enjoy humiliating your boyfriend,

I tell you this not to scare you; I tell you this as a friend. And I hope you will read through to the bottom of this letter. And I hope you finish it with a sense of excitement, and arousal, about the possibilities for passion that you have never imagined in your relationship.

Your boyfriend is extremely hot. He is very masculine, and he is very strong. When I look at Richard sometimes I even wonder -- how could that guy be into something as kinky as sadomasochism? He doesn't even seem like the type.

But Linda - that is what makes it so damned hot. Trust me on this. When you have him on his knees, begging you, looking up into your eyes and pleading with you, you will be more turned on than you ever have.

When you see him willing to grovel, to lower his nose right to

Femdom Help Desk
What do you do when you get stuck?
Open Letter To a Budding Femdom

your feet and offer to do ANYTHING for mercy, you will feel power like you never have before, and you will be more wet than you can imagine.

I want you to picture this. Picture your darling Richard in his best suit. He is sitting in that tall wooden chair in your front room, and his wrists and ankles are tied to the chair. Ropes also are wrapped around his chest, pulling him back against the back of the chair firmly.

His hair is a little sweaty, and he looks worried. Maybe..he looked concerned. He looks at you suspiciously. You know those eyes of his, how they can pierce you? Imagine them looking right through you with a sense of awe, and a slight trembling in his body. You can see it in his throat, the way he swallows. He cannot take his eyes off of you.

And you, Linda, are looking stunning in a tight black dress and spiked black pumps. I will help you find the perfect outfit for this. You will be sauntering up to him with a whip over your shoulder, and you'll be wearing gloves.

Trust me when I tell you that you will see something in his eyes you have never seen before. Respect. Awe. Fear. Trepidation.

He is so strong there. You will run your hands all over his body, over his frame, so you feel the muscles, and the strength. Every time you touch him he will inhale - your touch sends shivers into his body.

He's afraid of you, Linda. Not because he is weak, or a wuss. He is afraid of you because he is smart, because you are powerful, and because he knows you can make him vulnerable.

Vulnerable men are sexy. Do you want to know what is so sexy about vulnerability? I bet you are uncomfortable with the thought of it because you think vulnerable means weak. You think it means he can't protect you. You want him to be strong, to be a provider, to be a protector.

He can be all of those things. But he can also be vulnerable.

But only for one person.

YOU.

When he is vulnerable for you, you will feel a love deeper and stronger than anything. When you see tears in his eyes, for you, you will feel a connection like nothing else.

So trust me when I tell you this. You want to make him feel vulnerable. And you want to humiliate him, just a bit, to put him there.

* *

So imagine him, again, in that chair. As you unbutton his shirt, he you can see him breathing hard. You can feel his breath against your face. Maybe he even whispers, "Linda, what are you going to do to me?"

I don't know about you, but those words get to me. Words like that make me so wet, I personally would be ready to mount him right there. Well, if he were my boyfriend, that is!

Using your nails, you can tweak his nipples just enough to make him feel a little pain. Don't worry, he is a big boy, and he can handle it. And you will make sure he handles it. Handled what ever you want to dish out to him.

This is your night.

**

Playing with a man's cock and getting him hard but not letting him cum is a great way to make him very vulnerable. But to humiliate him, you need to do things like slap his cock or squeeze his balls, or tie a little pink bow around the base of his shaft and make him keep it on.

Take away his masculinity, Linda. Trust me. It will make you feel very powerful, and it will make him feel so vulnerable and close to you. It will bring him closer to you emotionally, and it will turn you on at the same time.

You can take a pair of your frilliest panties some time and make him put them on, then tease him about the way his dick looks in them. Make him saunter around and show you, and giggle at him (you probably will be laughing a little any way). This strips away all the bullshit masculinity that he deals with on a daily basis, and gets him back to the core basics of what he needs to be for you - a man to please you.

Let me show you something. Next time he is going down on you, making him do it while wearing your lingerie. Trust me, his tongue will do a better job than it ever has, and you'll be so turned on that you'll come twice as fast as well. Eventually you may have him wearing panties all the time; it is a great way to make sure his mind is on you all day long, because every time he feels those panties, he will get hard and think of you.

I have so much to teach you, Linda.

You are going to never want to give up domination once you see how hot it makes you, and how intense it is.

Let's go shopping this weekend and find an outfit for you. Richard has no idea what we have in store for him...

Akasha

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For Women Only

Akasha's Tips & Tricks for Femdoms

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#2 **Types of submissives: How to deal with them and correct bad behavior**

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Types of submissives, how to deal with them and correct bad behavior

#2 Type of Problem Submissive: Passive Aggressive

Nothing is more damaging to a femdom relationship than indirect or manipulative types of communication. That's where the "passive aggressive" submissive wreaks havoc. Many submissive men don't even know they are doing this, so you need to be patient with them.

These are some of the traits of passive aggressive behavior:

"Forgetting" to do something on purpose

Making a habit of putting off or being late with social and/ or job tasks

Failing to do one's share of the work or doing sub-standard work on purpose
Having a constant negative attitude
Criticizing authority figures, not openly, but in subtle ways

Subs may have this personality problem in their every day life, but the way it commonly affects a femdom relationship is that it is used to create an "I need to be punished," attitude. Or, it can result in an attitude of, "I don't deserve you. I guess I am a useless submissive. I'm a waste of time" (in order to get you to argue with him and tell him what a good submissive he is).

If this is a chronic problem, then your issues go far beyond the stumbling blocks of BDSM and the power exchange dynamic. If your submissive uses poor behavior to get attention or to self criticize, you need to NOT encourage him and point out that his behavior needs to improve. Do not give positive feedback by engaging in make believe punishments and do not encourage poor behavior by giving him attention.

Instead, discuss the problems and try to find out what is at the root of it.

#3 Type of Problem Submissive: Pushy/Needy

I think there are two kinds of pushy/needy subs. One is an easy fix, and the other can be a nightmare. Put simply they are:

1. Subs that are needy because they are so very excited to finally be

experiencing what they have fantasized about forever, and they just need to tone themselves down and have a reality check.

2. Subs that have demands that are completely unrealistic and want to live in their fantasy; that is, a woman who is “in charge” all the time and in the manner he dreams is ideal, and she can slip into ‘femdom mode’ at the drop of the hat. It’s never enough for him; no matter how much she dominates him, he wants more. He says things like, “I love what you are doing I just wish you would take more control.” STOP!! This is a train wreck about to happen.

Let’s talk about the first kind of submissive. It’s not uncommon that a submissive has spent years fantasizing about what it is like to submit. When it finally becomes a reality for him, he’s like a kid in a candy store. More is always better. When he is not being dominated, you can be sure he is thinking about it.

What happens is the femdom is pressured constantly and even her “downtime” she is consumed with the knowledge that he’s wanting more. He may drop hints, he may flat out ask for more, he may overwhelm her with compliments about her “femdom time” but ignore complimenting her on her everyday beauty and presence. The woman feels that she’s just not doing it enough or he’s unfulfilled.

Submissive men need to be told

that there is a limit to a woman's energy and ability to be "on." He needs to realize that the fantasy of the woman who is in dominant mode 24/7 is mostly just that – a fantasy. Sure, there may be some exceptions. But if you are reading this and shaking your head, chances are your submissive partner has at some point indicated to you that he wants more or wishes you would "do it more often," or that he loves it so much he can't understand why there can't be more of it. Especially if you have indicated that you like it too.

Let's face it. Even joe vanilla would want to be getting blow jobs 9 times a day by a woman who was insatiable – it is a FANTASY. Just like he won't be finding Ms. BlowJob Right, he is not going to find a woman that is "on" 24/7 – or, "on" when he is in the mood.

Submissives need to know that domination takes energy – not just physical, but mental and emotional. It's a mindframe that is different and requires energy that isn't unlimited in resources. Most importantly, subs need to realize that it is no fun submitting to a woman who is burnt out, faking it, or doing it with a resentment brewing that he's guilted her into it. Rather, he should want to submit to a woman who is fresh, energized, passionate and engaged in the act.

Most submissives will understand this when a woman explains it to him, and will respect her wishes when she tells him he needs to be patient and let her go at her own pace. However, there are some submissives (category #2) for whom it is NEVER enough.

My suggestion to you: **RUN, and run fast.**

The insatiable, “do me” submissive is the worst of all – because he believes that his desire to please – because it is just that, a desire to PLEASE – is not a bad thing. It is not his fault that he just wants to do more for you. It’s not his fault that he wants to BE more for you. It is YOUR fault that you cannot accept his gift. He will be courted by professional femdoms (of the unscrupulous types, not the legitimate pros that offer service in many of the fine dungeons of the world) promising they could satisfy his dream of 24/7 domination. He will stray because he needs more. His compulsion is like that of an alcoholic or addict. There can never be too much of it, and if his primary partner won’t get it, he will soon justify finding it elsewhere.

Painting a bleak picture? Perhaps. But rest assured, these types of submissive men are not that common and are the extreme, and you’d be wary of them early on based on their one-track mind when it comes to BDSM and inability to relate on any other intimate level. If you have a solid foundation with your mate that is based on trust and communication, then you can adjust his expectations – with some growing pains.

However, if he insists that it’s never enough, and his need for BDSM is starting to mess up your sex life and daily happiness, it’s time to take a reality check and find out where his priorities are. You are entitled to a life of happiness; just because in his mind it must be a dream to have a 24/7 submissive does not mean that it is true. Like anything in a relationship, it takes work.

Tired of hearing about the drama and frustrations of problem subs? There are more -- coming next week: including brats and those needing micromanagement. But these are only some of the negative aspects of femdom relationships. Trust me, the benefits far outweigh the drawbacks -- the trick is to recognize problem behavior and correct it with solid communication and positive reinforcement.

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Types of submissives, how to deal with them and correct bad behavior

Type #4 : Unresponsive / Needs a MindReader

I absolutely love having control and not being pushed by a submissive. I love it when he does not "top from the bottom" or give me lists of what he wants done to him. The more I am able to bend him to my will and get him to submit to my erotic fetishes, the happier I am.

However, domination is all about button pushing for me. It's about reactions. It's about doing things to a man that makes him squirm, makes him nervous, or makes him so incredibly turned on that he can barely control himself.

So what happens when a man is impossible to read? What if he is stoic? What if he does so little in the way of feedback, I really have no idea what is going on?

There's nothing more frustrating than feeling like I have to stop everything and ask questions like:

"Are you even enjoying this?"
"Are you paying attention?"
"Would you rather be someplace else?"

In my experience, I've asked these questions, and overwhelmingly the submissive responds, "hell no! I am LOVING THIS!!" – he is beyond happy, he's on edge, he's feeling tingly all over, he's nervous and intimidated and blown away.

Then why the lack of reaction? Why no response? Why no clues, no sounds, no body language, no moans, no subtle whimpers?

There are some men that do not respond to anything – they just shut down. Some of them are so affected this way, even their cock gets soft. Nothing is more confusing than a submissive who is insisting he is incredibly aroused, but his cock says otherwise.

These men are just not going to show how they feel. You cannot rely on non verbal cues because there are not any. What can you do?

Ask questions – a lot of them – during "downtime." Make sure he tells you just what got him going, and what had less of an impact. Have him keep a journal and write down a reflection of how it made him feel. Dig out little nuggets of information this way.

You can also try to “teach” him to be more responsive. I do this by giving a lot of positive feedback. To be honest, I get really bored if a man does not react to things. What is core to my enjoyment is seeing/hearing/knowing what my dominance is doing ot my man. I want to see squirming, hear heavy breathing and see that look I his eyes. If he’s just sitting there idle, I get bored.

So, what’s the “mindreader” part of this about? It’s about the submissive who really does have expectations, needs and fantasies but he won’t say what they are. Instead, he will either expect you to be an expert at reading his mind, or he will hint at things or leave clues around.

If your partner is trying to be coy to get you to play into his game, I suggest you tell him to just be up front with you and honest about his expectations and fantasies. Once again, this does not mean you will FULFILL them; it means you will analyze them and apply them to your own dominant style and see what you can pull from them – for your own pleasure and enjoyment.

Type #5: Insatiable

Much of the “insatiable sub” malady was covered in the section on pushy/needy submissives. In this case, however, I point to the submissive that never knows when to stop. He just wants to go and go and go. You are clearly DONE, and he wants to keep on submitting.

In practical terms, what does this mean? Say you just had him trussed up for an hour and a half and went through a long teasing and denial session that had you both breathless and aroused. You finished it off by making him climax on command and then had him clean up the mess in a cheerily nasty way, something you know really gets him going. You are absolutely exhausted after the experience, but had a great time.

You relax in bed, only to find him wanting to start worshipping your feet or asking, "How can I serve you?" There's nothing more annoying than the question, "How can I serve you?" when it really translates into, "How can we keep this up and you keep dominating me?"

Submissives need to learn that dominance is not something that is constantly flowing and that you do not have an untapped energy source. When you are finished, you are finished, and downtime is needed. The overly eager sub should be reminded who is in charge and sent to write in a journal or use his submissive energy on tasks that will make your life easier. This is your time to relax.

Be careful of the submissive that can never be satisfied, or that mopes when his needs are not continually met. Part of honor and devotion includes the ability for him to temper his horniness as it relates to submission and respect your boundaries, your energy level and your moods.

Do not fall prey to pressure as it relates to compliments and praise. He may say to you, “But you do it so well…” and “It is so amazing, I just want to worship you more…” – remember, it isn’t dominance if you are doing it out of obligation or with a sense of boredom. It may work temporarily – for both of you – but ultimately it will start to sour the experience once he tires of sensing you “faking it” and you grow resentful of his demands.

Type #6: Needs Micromanagement

This is a clearly defined type of submissive characterized by these traits:

- **He likes lists of things to do**
- **He likes things to be structured**
- **He wants expectations listed clearly and punishments just as clear**
- **He fantasizes about giving up “complete control”**
- **He longs to be kept 24/7**
- **He wants his orgasms completely controlled**
- **He sends long, detailed emails describing his actions and how they relate to submission**
- **He wants a detailed contract**
- **He likes constant communication via email, phone, instant messenger**

- **He wants things controlled – like his money, his time or his orgasms**

In all of my experience, this is the most difficult submissive to deal with and the most impossible to enjoy dominating. Perhaps some ladies who enjoy micromanagement will feel like a kid in a candy store with this type of submissive. For me, I feel like I am bogged down in keeping track of things, monitoring things, giving instructions and it's never, never enough. I get exhausted just reading the emails!!

I've tried things like getting the sub to structure his expectations and limits for me (might as well make him do the work) but it still comes down to monitoring him; these types of submissives get off on being controlled at the most minute level, and I have never had the time to do it adequately. I get bored quickly on IM, I can't juggle dozens of emails a day, and I can't remember what is what by the time we are on the third day.

I've tried just about every flavor of domination. I've met a man I've found incredibly hot and when I found out this is his "style" of control, I've said to myself, "Sure, I can manage him, I can manage his cock and monitor him and I think I would get a kick out of it." Sure, I did. For about two hours. After that, it becomes a task and a chore, and the erotic buzz is gone.

For me, if there's no erotic

charge out of it, I lose interest fast. I imagine there are femdoms out there who have a real knack for organizing and micromanaging and would find this kind of submissive to be a kick, and would enjoy structuring his time on a daily basis and making him report. Trust me ladies, there are many of them out there!

Once again, the rule of thumb is simple. Know what your needs are, know what his are. Then honestly try to assess whether or not you can enjoy the erotic thrill of domination in the context of his fantasies. Or, will you just be “faking it”?

Next Article: The Care and Feeding of the Submissive Male

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The Care and Feeding of Submissives. What motivates them?

Part One

There is no easy answer to the question: "What motivates a man to submit? What do they get out of it? What fulfills them, vs. leaves them unfulfilled?"

I think submissives range on a spectrum regarding the acts, fetishes, and fantasies that, in their mind, comprise "the act of submission." Some are rigid in this listing of expectations, others are fluid. On the extreme end of it are the fetishists: Their submission relates in a great deal to specific acts that "make them feel submissive."

If you take away foot worship from a foot fetishist, he probably will never be fully satisfied as a submissive.

If you take away strap on play from a man who associates being “taken” with his submission, he probably will be unfulfilled.

On the other extreme end of the spectrum are men that have ideas, fantasies, fetishes – but they are fluid and flexible.

However, there is one thing in common with all submissives. I strongly believe that at the very core of every submissive man is this desire:

They seek an experience with a woman who clearly, honestly delights in his submission.

What does it all come down to? What is the magical element of dominance? It is not how well she wears the latex, it’s not how good she is with the whip, it’s not how effective she is with the strap on. See, all of these things can be learned or acquired.

What the magic ingredient is her attitude. Her mischievous nature, her motivation (vs. being told what to do, or acting on a list given by the submissive), her pleasure in the acts, her enjoyment of her partner’s plight and her desire to make him submit.

At the core of it all, a submissive wants this: He wants his partner to enjoy it.

But beyond just enjoying it, he wants her to:

- Demand it
- Orchestrate it
- Control it

Many submissive men have partners that are perfectly willing to engage in various acts and are more than happy to do it. They just want to know what they are supposed to be doing. This preface basically ruins it for the submissive. No matter how good she “fakes it” or acts it out, no matter how much enthusiasm she puts into it – all he knows in the back of his head is this: She is doing this just to please me.

Other submissives have the financial means to visit professional dominatrixes, but say they never would because they would not enjoy it. Why not? Because they feel like something is lost if the woman is merely acting out on his fantasies per his request.

So, how can you improve qualities of your demeanor and personality that will appeal to his submissive nature? Here are a few easy ones:

- Be more demanding
- Tease him; make light of his suffering or humiliation when you are engaged in consensual power exchange. Mock him.
- Laugh at his situation when he is helpless – and mean it. Search inside yourself for that femdom fireball that finds it amusing that he’s so helpless for you. Come on,

you know you like it!

- Take control and don't let him know what is going on or what your objective is. Lack of knowledge will leave him unsure and nervous
- Without warning, order him to do something you know is a huge fantasy for him.
- Tell him how turned on you are. Be graphic about it. Tell him how wet your pussy is.
- Show him how wet you are; be blatant about your sexual pleasure. Own your own sexuality and flaunt it.
- Take pleasure for yourself and deny it from him

All of these things can be done simply, with little preparation as part of a little flirtatious moment or as part of a larger, more complicated bdsm session with him. Make sure you are comfortable in your role. Do it without pressure, and do it by taking his fetishes and fantasies and molding them into tools for you. Remember, it is about control – and you have it all.

Next week, I'll give more advice regarding the "care and feeding of submissives…"

Akasha's Web

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For Women Only

Akasha's Tips & Tricks for Femdoms

#1 **Type of Problem: Submissive: Tops from the bottom**

#2 **Types of submissives: How to deal with them and correct bad behavior**

#3 **Type of Problem: Submissive: mindreaders, insatiable, micromanagement**

#4 **The Care and Feeding of Male Submissives - What Motivates Them**

#5 **The Care and Feeding of Male Submissives - How To Dominate Via Chat or IM**

Also Read:

The Good Girl's Guide To Domination

Enjoying Female Dominace- A Guide

Questions and Answers about Female Domination

Femdom Help Desk

Akasha's Tips and Tricks for Femdoms

The Care and Feeding of Male Submissives -- What motivates them?
Part Two

Read Part One here

FETISHES

The second part of keeping a submissive motivated and content has to do with their fetishes. While I discourage femdoms from trying to cater to the fantasies and fetishes of their partner, I do feel that there is an appropriate time to tap into them.

I consider a man's fetish to be a tool to use to push his buttons, to get him to obey, or to lavish in his reactions. Using a man's fetish can be powerful – you will feel like you have him in the palm of your hand.

One of the ways to keep a submissive on the edge is not to feed his fantasy outright, but play into it a little at a time. If he has a foot fetish, call him up and describe to him how you are painting your toenails. Go into great detail about how pretty they look, and ask him what he would do to have the opportunity to suck on each of them one at a time. You will hear him begin to melt. Make him keep talking about it – make him feel immersed in his fetish before you stop him, and tell him that you will have to continue later. Make him wait hours; then, start the game again.

Here are a couple of methods to use a man's fantasy as a tool:

1. Make him write his hottest fantasy for you. Use this as a guideline and for insight into what makes him tick.
2. Make him send you links to what his dream toys are. You can tell a lot about a submissive by what toys turn him on.

FEEDBACK/PRAISE - Some subs will wither away without this!

A submissive needs constant feedback and praise. Those that really get off on serving are not as "self contained" as they may lead you to believe. They may tell you that they just want to please and that's all they need. They are usually kidding themselves and would like to think of themselves as low maintenance, but they are not.

What they really need is feedback, or at least acknowledgement that they have done well and you recognize their efforts. Basically, they need attention. The slightest bit of attention from a femdom will go a long way, then. If you praise them, you will make their day. Make sure you reinforce good behaviors. Make sure you tell them when they have done something to please you. Make sure you smile, pet and commend them for a job well done. This kind of nurturing will go a LONG way to having a satisfied and fulfilled submissive.

Often their self esteem and self worth is tied directly into serving. This means that if you do not give enough feedback or warm praise, they will start to feel neglected and useless and feel like they are not good enough. You may think they are doing a fine job but forget to praise them, and then wonder why they seem gloomy and unfulfilled. Simply put, you are not "feeding" their desire to be needed, be appreciated and be rewarded with words. I can't emphasize this enough!

How to Dominate a Submissive via Chat or IM Part One

People often dismiss the Internet as a medium that does not allow for any kind of effective domination or power exchange. This isn't true at all. But what must be in place is a real bond – you have to trust that the man is sincere about his submission and means what he says. Is it a game for him? Is he just reading your words and jacking off?

Not that there's anything wrong with that; sometimes a little "hot chat" is good for both people. But you have to both be on the same page regarding what is going on. It's a waste of your time if you're giving orders and expecting that he is doing as told, but he's not.

Whether it is in a chat room or on Instant Messenger, the key to dominating online is to use your words to create pictures. Remember, men are visual creatures. You will capture them by painting pictures in their minds. The submission will come easily after that. Your commands must have bite, and your words must be visual. You will have him hanging on every word you type.

Before I go into a few tips and tricks, here are some logistical items that should be addressed:

How long do you plan to do it? How much time do you have available?

If you are online and dominating a man, it’s important to know how long you plan for this interaction to last. Otherwise, you’ll find yourself dragging it on and on; it’s better to end on a high note, and leave him hanging. Trust me, a turned on submissive will want to stay online forever; or, the other extreme – he will want to log off as soon as he ejaculates! Ladies, if you do NOT know the man well, do not let him cum until you are through with him. He will vanish as soon as he cums, quite often. It’s best to make him wait…and wait as long as possible. The build up will be worth it.

So how long is long enough? How long is too long? It really depends on how much free time and privacy you have. Twenty minutes, an hour, a couple of hours; just make sure you know in your mind when you want to wrap it up. A good “session” online is like sex; it has foreplay, build up, climax (even if you DO NOT let him cum) and a “come down” period. If you don’t know in your head how long you plan to spend online, you will not have any pace.

I’m not saying this is the only way; you may have a great time kind of winging it. However, in my experience, passion can burn out and intensity will falter if you drag it out, don’t have a game plan or let a submissive stall the end because he just wants more attention. You call the shots, you control the action, and you control the time.

Read Part Two Next Week: Tricks of the Trade - how to make him weak!