



Beginner Femdom Scene Walk Through: 'Obey and Adore'

A simple, safe, and sexy first Femdom scene to help new Dommess explore control, connection, and confidence with their consenting submissive partner.

Scene Goals

- Establish clear control
- Practice verbal direction and power exchange
- Explore physical service or light restraint
- Build confidence for the Domme
- Ensure comfort, aftercare, and emotional connection

Before the Scene: Setup & Negotiation

1. Consent & Communication

- Agree on boundaries and safe words ('Red' to stop, 'Yellow' to pause)
- Discuss what both partners want to explore
- Emphasize it's playful power exchange, not a performance

2. Prepare the Scene Space

- Dim lights, play soft music, light a candle
- Use a chair, bed, or other space where you feel in control

3. Optional Props

- Blindfold or scarf
- Soft cuffs or rope
- Paddle or wooden spoon
- Lotion or oil for service touch

Scene Structure: 4 Phases

- 1. Command Presence (5 minutes)

Take control with posture and tone. Have them kneel or stand silently. Use firm, slow instructions.

- 2. Ritual or Obedience Task (10 minutes)

Choose one simple task:

- Stillness training
- Objectification (e.g., become a footstool)
- Service (e.g., massage your hands)

Offer praise and correction.

- 1. 3. Sensual Control (5–10 minutes)

Use a blindfold. Whisper commands. Tease with touch (feather, fingers, or object). Deny or delay pleasure.

- 2. 4. Closure & Aftercare (10+ minutes)

Cuddle, hydrate, and check in emotionally. Ask:

- How did that feel?
- What did you enjoy most?
- Anything you'd like different next time?

Scripted Prompts (For Confidence)

- "I own your attention. Every move you make now belongs to me."
- "Don't move unless I say. You exist to serve me right now."
- "Tell me how it feels to kneel for me."
- "Look at me. That's where your focus stays. On *me*."

Encouragement for New Dommies

- You don't need to act cruel—power comes from calm clarity.
- Practice saying no and offering gentle corrections.
- Nervousness is normal. Share your intent openly with your partner.
- Domination is about direction, not perfection.