



## Beginner Scene Plan

*Support worksheet For Your First Femdom Scene with Confidence. Breaks down the "KISS" method for your first scene. Simple steps to avoid being overwhelmed the first time. We will in later downloads go more in depth. The idea here is FIND YOUR FEET AND CONFIDENCE*

### Scene Intention

*What do you want to explore or emphasize in this scene? Are you going for seductive? Stern? Teasing? Ritualistic? Just pick one. You don't need to shape shift into every fantasy he's ever had. Start with the energy that feels most natural to you.*

### Tools & Setup

*What tools/restraints will you use?*

*Have you double checked they are good working order? You know how to use them?*

☐ yes

☐ No

## Set the Stage

- ☐ Do you wish to dim the lights or light a candle?
- ☐ Do you want to have music that makes you feel confident?
- ☐ Do you want to have an outfit that makes you feel sexy or comfortable?
- ☐ Put him somewhere specific—kneeling, standing, waiting naked in bed?

You're not decorating a dungeon. You're setting a mood the YOU feel good in.

*Notes on what YOU wish to see*

## Did you set a safe word to stop all action for you both?

Our safeword is -----

*[ ] Did you ask for consent ? Yes is the only answer! This can be as simple as today we doing X are you ok with this?the idea is no surprises, that way you have full consent. Consent matters*

## Power Ritual or Entry Phrase

*How will you begin the scene? (e.g., command or ritual)*

### Try One Ritual or Task

Choose one simple act that defines the scene:

- Inspecting him while he kneels
- Giving him a task (like kissing your feet or folding laundry at your feet)
- Letting him beg to kiss your hand or thigh

This is where the dynamic becomes real. He serves. You receive.

*Notes on what YOU wish to see*

## Use Simple Language pick three things you plan to say?

You don't need to sound like a movie Domme. Start with basic commands:

- "Kneel."
- "Don't speak unless I ask you a question."
- "Keep your hands at your sides and your eyes down."

Say them slowly. Pause. Let the silence feel powerful. You are the Domme!

*Notes on what YOU wish to say*

## Scene Flow

*What actions or dynamics will you explore? Remember to keep it simple, shorter is often better.*

*General outline of actions in order*

## Close with a Ritual

*Let the scene end clearly. A soft touch, a word like "we're done," or a cuddle if that's your vibe. Transitioning out of Domme mode helps both of you return to connection and care. You might like to use this everytime and create what are called protocols.*

*General outline of actions*

## Aftercare

[ ] I'm using the worksheet 'Femdom after care planning guide'

*How will you reconnect and care for each other after the scene?*