



Domme Emotional Reflection Worksheet

Why reflecting on your feelings after a scene is essential for growth, confidence, and emotional wellbeing.

1. Scene Details

- Date: _____
- Scene Name / Theme: _____
- Duration: _____

2. How Did You Feel Before the Scene?

Reflect on your mood, energy, and mindset going in.

- Nervous? Excited? Curious? Calm?

3. What Went Well?

Celebrate your successes and moments that felt good or powerful.

- What did you enjoy doing or saying?
- How did your partner respond?

4. What Felt Challenging?

Gently note moments that felt awkward, confusing, or uncomfortable.

- Were there things you wished you handled differently?
- Did anything make you doubt yourself?

5. What Did You Learn?

Every scene is a step forward. What insights or new understandings did you gain?

6. How Did Your Body Feel?

Notice any physical sensations—tension, relaxation, energy levels.

- Were you confident in your posture and voice?
- Did you feel tired or energized afterward?

7. Emotional Aftercare for You

New Dommies often focus on caring for their submissive — but how do you care for yourself?

- What do you need right now? (Rest, validation, quiet time, celebration)
- How will you nurture your emotional wellbeing?

8. Positive Affirmations

Write affirmations to encourage and support your growth.

Examples:

- “I am learning and growing every day.”
- “My power is real and deserves respect.”
- “Mistakes are part of becoming confident.”

My Affirmations:

9. Next Steps

What would you like to try or improve for your next scene?

- Skills to practice
- Communication topics to revisit
- New ideas to explore

10. Gratitude & Celebration

End by acknowledging your courage and commitment to this journey.

- What are you proud of today?
- What small wins can you celebrate?
