



Femdom Aftercare Planning Guide & Reflection

Supportive Worksheet for Dominant Women & Their Partners

□ Why Aftercare Matters in Femdom

Aftercare is the emotional, physical, and psychological support provided to both the Dominant and the submissive after a BDSM or power exchange scene. In Femdom, it's not just about helping the submissive "come down"—it's also about honoring the emotional dynamics between Domme and sub. In Femdom, where psychological intensity and control can run high, it's essential to help both Domme and sub re-ground, reconnect, and feel safe. Aftercare isn't a weakness—it's responsible dominance.

Section 1: Understanding Your Needs

□ What to Look Out For The Domme

Dom drop: emotional fatigue, self-doubt, or guilt in the dominant.

Physical needs: dehydration, soreness, over stimulation.

Emotional misalignment: something didn't go to plan or feel right.

Disconnection: difficulty returning to everyday connection or affection.

*How do ***I*** feel as the Domme? Did I feel in control, safe, and connected?*

For the Dominant Woman:

After a scene, I feel (Tick):

☐ Energized

☐ Drained

☐ Tender

☐ Powerful

☐ Uncertain

Other: _____

I feel most supported when I...

Example: Have alone time / Receive words of appreciation / Share affection

□ What to Look Out For for the submissive

Sub drop: feelings of guilt, sadness, or emotional vulnerability in the submissive.

Physical needs: dehydration, bruising, soreness, overstimulation.

Emotional misalignment: something didn't go to plan or feel right.

Disconnection: difficulty returning to everyday connection or affection.

Did anything surprise you during our scene?

For the Submissive:

After a scene, I feel (Tick):

☐ Vulnerable

☐ Floaty (subspace)

☐ Grounded

☐ Emotional

☐ Happy

☐ Guilty

Other: _____

I feel safest when I...

Example: *Cuddle / Get reassurance / Drink water / Talk openly*

Section 2: Aftercare Toolkit Checklist

Physical Needs

- ✓ Blanket
- ✓ Water / Electrolytes /hot Drink/ energy drink
- ✓ Snacks /candy/chocolate bar
- ✓ First-aid (if needed) Allergies?
- ✓ Warm bath / wipes

Emotional Needs

- ✓ Soft words or praise
- ✓ Space to talk about the experience
- ✓ Affirmation of roles (e.g. "You pleased me")
- ✓ Touch (cuddles, holding hands)
- ✓ Journaling or decompression time

What are your special requirements after this scene ends? _____

Section 3: Custom Aftercare Plan

Fill this in with your partner(s). Update regularly.

Scene Type: _____

Intensity Level: ☐ Low ☐ Moderate ☐ High

Submissive's Name: _____

Dominant's Name: _____

Aftercare Steps for Submissive:

1. _____

2. _____

3. _____

Aftercare Steps for Dominant:

1. _____

2. _____

3. _____

Check-In (Post-Scene):

10 mins after: _____

1 hour after: _____

Next day: _____

Section 4: Notes & Aftercare Reflection

★ What went well this time?

★ What would we do differently next time?

★ How do we both feel after reflection?

★ Were there any moments that felt awkward, strained, or unclear?

★ How did my submissive respond to the scene overall?

★ Was the aftercare I provided sufficient? What could be added next time?

★ Did I feel in control and confident in my role? If not, why? Are there any boundaries that need to be adjusted or clarified?

★ What is one thing I'm proud of from this experience?

★ What is one thing I'd like to improve for next time?

★ Is there anything I need to talk about with my partner now or later