CollarNcuffs.com For All Your Femdom Needs ©



What Now? Femdom First Steps Worksheet

For Beginners Exploring Dominance After "The Talk"

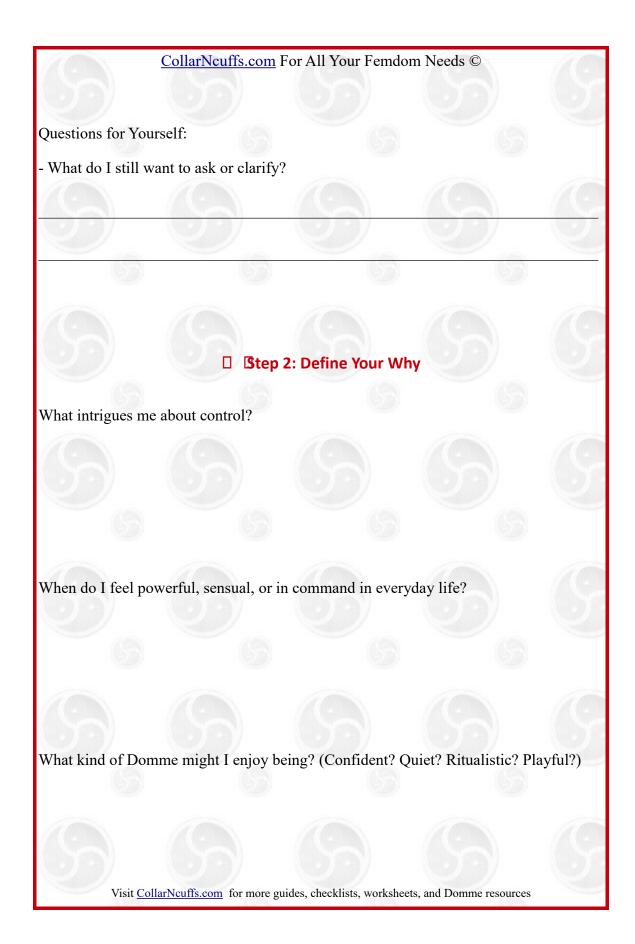
Companion worksheet to "So He Wants You to Dominate Him — Now What?"

☐ Step 1: Deeper Communication

Questions to Ask Your Partner
Tick the ones you've discussed or plan to:

- [] What does "submission" mean to you?
- [] What do you fantasize about?
- [] What are your hard limits?
- [] How do you want to feel when I take control?
- [] What support do you think I will need?

Visit CollarNcuffs.com for more guides, checklists, worksheets, and Domme resources



CollarNcuffs.com For All Your Femdom Needs © 2 Step 3: Let Him Help—but Don't Let Him Lead Check-In: [] Has he shared helpful fantasies or resources respectfully? [] Have I felt overwhelmed or pressured by his suggestions? [] Have I clearly expressed that I need space to grow in my own way? ☐ Step 4: Learn with Support What support do you want next? (Tick all that apply) []Beginner-friendly guides or e-learning [] Real stories from other women [] Tools to build rituals or commands [] Help setting boundaries and expectations A community space for advice or encouragement → Visit CollarNcuffs.com for any of the above. Notes for the above Visit CollarNcuffs.com for more guides, checklists, worksheets, and Domme resources

CollarNcuffs.com For All Your Femdom Needs © ☐ Step 5: Start Small, But Real [] Create a daily ritual (e.g., "Kneel when you greet me.") [] Establish a rule ("No speaking until I speak.") [] Say a Domme affirmation aloud [] Explore posture, eye contact, or tone of voice [] Try giving a task with a reward or punishment [] Other idea: **For Submissive Partners: Quick Reminders** Dommes need: [] Patience [] Honesty [] Gratitude [] Space [] Devotion Are you offering those? Visit CollarNcuffs.com for more guides, checklists, worksheets, and Domme resources

CollarNcuffs.com For All Your Femdom Needs © **★** Final Thoughts Write your Domme affirmation here: **Confidence Affirmations:** • My pleasure is powerful. • My words have weight. • I can lead without knowing all the answers. • My presence commands his submission. • I deserve respect, devotion, and desire. • I am learning, growing, and leading in my own way. • My dominance is valid, even in softness. • Every scene is a step toward deeper power. • I hold space for his surrender and my rise. • I am a Domme becoming more myself each day.

"My dominance looks like: _____

Visit CollarNcuffs.com for more guides, checklists, worksheets, and Domme resources

CollarNcuffs.com For All Your Femdom Needs ©				
				(.)
6				
Write your partner's next small step here:				
"He will show de	evotion by:	- 69		
				10
				(-)
6				
				10
				$(\cdot)^{-}$
6				
10				40
(5)				
10				40
(8)				
100				10
				(:)
Visit CollarNcuffs.com for more guides, checklists, worksheets, and Domme resources				

