



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?

Questions for Yourself:

- What do I still want to ask or clarify?

□ **Step 2: Define Your Why**

What intrigues me about control?

When do I feel powerful, sensual, or in command in everyday life?

What kind of Domme might I enjoy being? (Confident? Quiet? Ritualistic? Playful?)

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

□ 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?

✦ 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: _____

Write your partner's next small step here:

"He will show devotion by: _____

NOTES Questions and problems, thoughts