



Finding Your Femdom Style Worksheet

Companion to the Article series: “The Domme Beginner Series”

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This worksheet is designed to help you explore your dominant style. There is no 'one way' to be a Domme—this is about discovering what feels authentic, empowering, and pleasurable to YOU.

📖 Reflective Questions

When do I feel most confident in everyday life?

What makes me feel powerful, sexy, or irresistible?

Do I want to nurture, command, seduce, tease—or all of the above?

How do I want my submissive to feel around me?

- What turns me on about being in control?

☐ **Femdom Archetype Checklist**

Tick the archetypes or traits that resonate with you. It's okay to choose more than one!

☐ **Ruthless Queen**

- ☐ I love structure, rules, and consequences.
- ☐ I enjoy seeing my partner fully submit.
- ☐ I feel powerful when I am obeyed without question.

☒ **Gentle Goddess**

- ☐ I prefer emotional connection and sensual rituals.
- ☐ I guide with love, not fear.
- ☐ I see dominance as nurturing and magnetic.

☐ **Mindbender**

- ☐ I enjoy mental control and anticipation.
- ☐ I like teasing, denial, and subtle power.
- ☐ I want obedience that comes from inside his mind.

☐ **Femme Fatale**

- ☐ I love being worshipped for my beauty and presence.
- ☐ I find power in seduction and allure.
- ☐ I feel dominant when I'm desired but untouchable.

☐ **Brat-Tamer**

- ☐ I enjoy playful resistance and power games.
- ☐ I love dishing out consequences with a smirk.
- ☐ I feel powerful when I turn chaos into control.

□ Final Reflection

Write a few sentences about the type(s) of Domme you might be:

Write one Domme affirmation or intention:

"I claim my power by _____"