



Intro to Femdom Reflection Worksheet

Supportive Worksheet for Dominant Women & Their Partners

Emotional Readiness

How do I feel about power, control, and leadership in a sexual or relational context?

Am I curious, excited, nervous, resistant—or a mix of all?

What fears or hesitations come up when I imagine being dominant?

Am I doing this because I want to explore it—or solely because my partner asked?

Part 1: Check In HONESTLY With Yourself

Tick any that apply to you:

- ☐ I'm feeling curious
- ☐ I feel nervous or unsure
- ☐ I feel flattered that he trusts me
- ☐ I feel hesitant or awkward
- ☐ I'm excited to explore this side of myself
- ☐ I'm not sure if this is for me
- ☐ I want to learn more before deciding
- ☐ I feel pressured or overwhelmed
- ☐ I feel powerful just thinking about it
- ☐ Do I feel pressured to "get it right," or am I open to learning over time?

Motivation and Intention

What about Femdom intrigues or excites me?

Do I feel aligned with the idea of taking the lead in certain dynamics?

What does dominance look and feel like to me (not just what I've seen online)?

What kind of connection do I want to build through this—erotic, emotional, psychological?
feeling(s): _____

Desire and Pleasure

What do I want to feel, receive, or explore through Femdom?

How does it feel to prioritize my own pleasure and control?

What might it look like to make my needs the center of our play?

Part 2: Journal Prompts

1. What was my first reaction when he asked me to be his Domme?

2. What am I curious about in Femdom?

3. What parts of control or dominance already feel natural to me?

4. What worries or fears do I have?

5. What would *success* in trying this out look like for me?

6. What are some low-pressure ways I can begin exploring my dominant side?

Part 3: Your Boundaries Matter

Boundaries and Consent

What are my absolute yeses, maybes, and hard no's?

Am I comfortable expressing my limits clearly and consistently?

What are you NOT okay with right now?

What might you be open to trying with the right information and time?

✓ **Part 4: First Steps Checklist**

Tick anything you'd like to do next:

- ☐ Read the a beginner guide to Femdom
- ☐ Talk more openly with my partner
- ☐ Explore CollarNcuffs.com's free resources
- ☐ Try giving a simple command in bed
- ☐ Set up a safeword or communication tool
- ☐ Join an online community for support
- ☐ Write out a fantasy or scenario that excites me
- ☐ Practice saying "yes," "no," and "not yet" with confidence
- ☐ Other: _____

☐ **Final Note to Self**

Write yourself one gentle reminder or affirmation as you explore:

"I give myself permission to _____."
