



Mirror Practice Worksheet: Using Your Voice Like a Domme

Goal: Build vocal confidence, presence, and command as a new Domme. Use this worksheet daily to strengthen your voice, explore your natural style, and embody your authority.

Step 1: Ground Yourself Before You Speak

- Stand or sit tall, shoulders relaxed but lifted.
- Take a slow breath in through your nose, hold for 2 seconds, then exhale through your mouth.
- Look at yourself in the mirror. Keep your gaze steady. This is your space.

Step 2: Practice the Four Vocal Tools

1. Slow Down

Mirror Line: "You will wait. Quietly. Do you understand?" Repeat it three times, each slower than before.

2. Lower Your Tone

Mirror Line: "Bring me what I asked for. Now." Notice how your voice feels stronger when you stand tall.

3. Control Your Volume

Mirror Line: (whisper) "No. You're not ready for that."

4. Pause for Effect

Mirror Line: "You think... you deserve that?"

Step 3: Daily Domme Affirmations

- "I speak with authority, and it is felt."
- "My presence commands attention before I say a word."
- "I am in control of my voice, my pace, and my power."
- "He serves me because I choose to be served."
- "My voice is not loud—it is unshakable."
- "Every word I speak shapes the scene and the connection."

Step 4: Build Your Own Command Phrases

Write 3–5 lines that feel natural to you and practice them daily.

Command #1: _____

Command #2: _____

Command #3: _____

Step 5: Closing Power Statement

"This is my space. My rules. My rhythm. I lead."

Id like something else ? My closing scene statement will be

Practice Commands for a New Domme

Say these slowly, clearly, and with deliberate pauses. Maintain eye contact with yourself in the mirror.

Ritual & Positioning

- "Kneel. Now."
- "Stand where I can see you."
- "Hands behind your back."
- "Look at me. Only at me."
- "Sit. And wait."

Permission & Control

- "You may speak when I allow it."
- "Ask me before you touch anything."
- "You will wait until I decide."
- "Your focus is my comfort."
- "No. That's all you get."

Correction & Expectation

- "That's not what I asked for. Try again."
- "Slower. I didn't give you permission to rush."
- "Do it properly, or don't do it at all."
- "I expect your best. Always."

- "You disappointed me. Fix it."

Reward & Tease

- "Good. Very good."
- "You've earned a little more."
- "Perhaps I'll let you... later."
- "If you please me, I might consider it."
- "Keep going. You're not done yet."

Sensual Power

- "You exist to please me."
- "I enjoy watching you obey."
- "You'll wait... until I'm ready."
- "Do you want my attention? Earn it."
- "You belong to me."