

The Fem Dom Universe

#1 Rule of the Fem Dom Universe = Females are Superior/males are inferior

1. Have fun with this! It's a *Kink, it's a mind-set, it's a psychology.*
2. You must believe it and they must believe it.
3. Even if it's not your LifeStyle, but just some fun, hot and kinky "Role-Play" this is the world of *Female Supremacy.*



Start to embody this. Think about it....

What type of Fem Dom are you?

Circle the titles that appeal to you.

Trainer

Teacher

Sensual Domme

Domina

Goddess

Sadist

Queen

Seductress

Temptress

Punisher

Mother Figure

Brat

Princess

Other: _____

Share with your partner.

#2 Rule of the Fem Dom Universe = Play Safe!

Safe

safety, safe sex, knowing your toys, getting out of bondage, how to end a scene

list a few more: _____

Sane

communication, use power responsibly, take seriously the trust that is put in you, limit the use or no use of substances during play

list a few more: _____

Consensual

safe words, boundaries, negotiation, limits

list a few more: _____

Share with your partner.

#3 Rule of the Fem Dom Universe = there is a specific psychology of the male submissive, know it and use it to your advantage!

Take your best guess:

Psychology of men attracted to BDSM, Fetish/Kink, Fantasy:

(some men are in positions of power all day at work and want to finally surrender to someone else, some are always in control and need a safe space to relinquish control, some get off on the idea of a woman taking advantage of them, etc...)

How can you use this to your advantage?

Share with your partner

#4 Rule of the Fem Dom Universe = Know what you are doing, Desire to learn more, practice practice practice!



A lot of study and time goes into becoming a female dominant. What are some ways you can do this? Are there classes in your area? Are there tutorials online?

Discuss with your partner

#5 Rule of the Fem Dom Universe: Experience being a submissive and/or a switch for pleasure, learning purposes, to be better Dommies

Some women will never think of themselves as submissive, however, to be an excellent Fem Dom from time to time become submissive to a play partner so that you truly understand:

PowerPlay

Boundaries

The psychology of a submissive

How it feels to be on the receiving end

Finding our own kinks/fetishes

List some more:

What else is there to do?

1. Use Google and research everything you can!
2. Go to a Kinky Convention (Dark Odyssey or others)
 3. Take classes at The Armory Studios
 4. Take classes online at Kink Academy
 5. Keep practicing!



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