

THE *Language* OF *Desire*

Module Six Worksheet Tools of a Dominatrix

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Tools of a Dominatrix

This worksheet (well, mini-lesson) is about mindset. Because the ultimate tool that a dominatrix uses is her confidence and authoritative attitude.

But first...

In case you've harbored a secret fantasy of transforming into a whip-wielding dungeon master, let's go over the tools outside of mindset that are usually found in the domina's kit.

Clothing

Skintight leather and rubber/latex are popular. Think cat woman and full-body suits. A pair of thigh-high stiletto boots are a good investment. Also, corsets and bustiers. Things that lace up, have metal studs, or generally look bad ass are great.

Most sex stores carry some types of these items. You can also look online for them, too. Just search "Dominatrix Clothing".

Props and toys

A few standard props and toys include:

- Restraints
- Riding crop / whip
- Ball gag
- Blindfold

Be creative—many household items can be utilized so you don't have to break the bank shopping for accessories. Ropes, ties, scarves, ice cubes...lots of options!

The dominatrix mindset

The dominatrix is in control. Plain and simple. She dictates what happens. She toys with the man's level of pleasure and is the aggressor.

It's good to know that in a professional setting, some men pay a dominatrix to act out scenes of humiliation or pain. It's possible that may be a secret turn-on for your guy, although it's more likely he's not going to ask you to spank him and tell him what a rotten loser he is. And generally speaking, the dominatrix actually doesn't even have sex with her clients.

In the situation you are going to experiment with, it's more Dominatrix Lite—unless your partner reveals some specific turn-ons that are more hardcore.

For a lot of women, they aren't used to being the one in charge when it comes to sex. You may find that you much prefer him being the one making the moves. That is part of why this can be a really fun thing to experiment with.

Just think of it as role-playing and getting into character. Channel your inner dominant side!

Ways to reveal your inner dominatrix

Attitude is everything here! You are the one in control and he must submit to your desires. You can do this in a very overt role-playing manner... or it can be more subtle.

Blindfold him and/or tie him up and use a series of different items on his skin. Ice cubes, a feather, candle wax (not scalding hot!). Then feed him different foods like fruit, chocolate, whipped cream (watch the movie *9 1/2 Weeks* for a great example).

Play a sexy game of Simon Says. You get to be Simon and he has to do what you say. Even if you don't get raunchy in your language, taking control and telling him what he is going to do is very erotic. You do this in a variety of ways:

- Tell him to undress

- Tell him to undress you
- Inform him of how you want him to seduce you
- Require him to massage your neck, back, feet
- Direct him to kiss, suck, nibble various body parts
- Instruct him on the position/speed/style you want him to fuck you
- Order him to stop/start or that you want to move to a different room during sex
- Command him “do not fucking stop!” if he’s about to make you cum or is doing something particularly enjoyable.
- Give him permission to orgasm

Try a little spanking/whipping. Tell him he’s been a very bad boy. Use your whip or riding crop on him. Start out playfully and softly to gauge his response. If he doesn’t like it, stop. But he may totally get into it! If he does, you can go a little harder. Always ask for consent though! You don’t want to hurt your man! (And never EVER whip near his penis or balls unless he specifically asks you to. And even then, make absolutely certain that is what he wants and start out soft. Yikes!)

Whoa! That sounds like way too much. . .

If the idea of doing this in person with costumes and props seems like too much—or that you’d dissolve in a fit of giggles—try out these less-scary ways:

- Go back to the Erotic Action Movie and write a script where you dominate him.
- Send him some Simon Says texts. Tell him, “Let’s play a virtual game of Simon Says. I’m going to tell you what I would have you do to me. And you can answer back only with a yes, a smiley face, or a wink unless I tell you otherwise”
- Definitely use a commanding tone during Verbal Viagra if you think he likes the idea of you taking charge.

- Play around with subtle ways of asserting yourself during sex and see how he responds. Giving directions and commands without wrapping it into a full-on dominatrix persona is fine.

- Place his hands/face/mouth where you want them. Be bold! Want him to go down on you? Move his face southward.
- Tell him what position you want, as directly and explicitly as you want to.

I want you to flip me over and take/fuck me from behind

Put my legs over your shoulders (so you can fuck me deep)

Lay back and let me ride you (and your hard cock)

I want you to lick my pussy until I cum

- Tell him you know he likes what you are doing, it's more aggressive/confident than asking if he likes it

I know you like. . .

how I suck your dick

fucking me

watching me cum

how wet I get for you

how tight I am

Write down your ideas

I hope this has sparked some ideas for you. Take a moment and jot down anything that turns you on or that you think your guy will specifically like! You can do this here, or better yet, in your journal!