

A "sub with a safeword is a
Dom/Domme on her knees."

SUBMISSIVE/SLAVE Journal Prompts

“Only the submissive/slave can write in this journal, unless she gives approval for the Dominant to respond in it. All other responses of the Dom will be by email, text, or handwritten notes only. The sub/slave will not have to answer for anything he/she writes here, or be held accountable. The Dom can indirectly discuss any concerns He/She has but without referencing this journal.”



Sub / Slave Full body check in

DATE _____

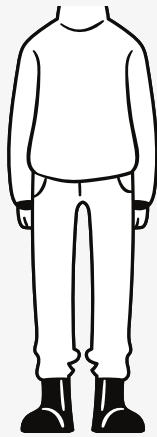
HOW DOES YOUR BODY FEEL TODAY? _____

THINGS I LIKE ABOUT MY BODY _____

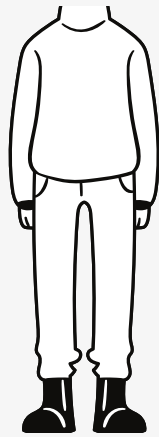
- _____
- _____
- _____
- _____

WHAT CAN YOU DO TO MAKE YOUR BODY HEALTHIER? _____

MARK IF YOU FEEL ANY PAIN _____



FRONT

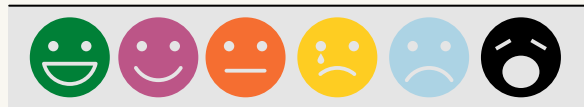


BACK

WHAT FOOD IS GOOD FOR YOUR BODY? _____

- _____
- _____
- _____

HOW DOES YOUR BODY MAKE YOU FEEL? _____



HOW DOES YOUR BODY FEEL TODAY? _____



Sub / Slave Daily check in

DATE _____

TODAY I'M GRATEFUL TO MY
DOMINANT FOR

TODAY'S SUB/SLAVE AFFIRMATION

WHAT WAS THE BEST KINKY
THING ABOUT TODAY?

KINKY THINGS I DID TODAY

TODAY I FELT



PEOPLE I MET TODAY

WHAT I WANT TO REMEMBER
ABOUT TODAY'S SCENE/SESSION

MY RANKING OF TODAY



5 minute submission journaling



ONE KINKY THING I WANT TO REMEMBER ABOUT
TODAY

AS A SUB/SLAVE TODAY I FELT...

TODAY I'M GRATEFUL TO MY DOMINANT FOR

SOMETHING OR SOMEONE YOU COULDN'T LIVE WITHOUT,
BECAUSE YOU'VE TRIED LIVING WITHOUT IT.

SOMETHING YOU WISH YOU HADN'T DONE IN YOUR LIFE

SOMETHING YOU HOPE TO CHANGE ABOUT YOURSELF. AND
WHY.

Monthly goals



MIND GOALS







BODY GOALS







WORK GOALS







DAILY KINK EXPLORATION

Today my kinky lifestyle was transitioned by _

Date:

Today I balanced my kinky lifestyle with _ _

Date:

Today my kinky lifestyle was affected by _ _

Date:

JUNE

. . . . 01 02 03
04 05 06 07 08 09 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 .

TO DO:

GOALS:

04
M

05
T

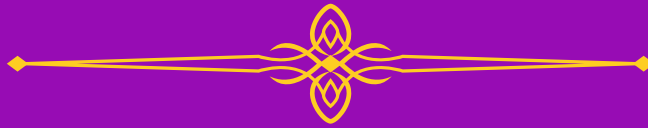
06
W

07
T

08
F

09
S

10
S



- WHAT DOES SUBMISSION MEAN TO YOU?
SURRENDER? HOW IS THIS DIFFERENT FROM
PASSIVITY? ARE THE TWO CONNECTED?





- HOW DO YOU FEEL ABOUT PUNISHMENT IN A BDSM RELATIONSHIP? IS IT NECESSARY FOR ALL MASTERS AND SLAVES? DOES IT TURN THE SLAVE INTO A CHILD OR MAKE HER A MORE RESPONSIBLE ADULT?





- WHEN YOU WERE YOUNGER, WHAT KIND OF FANTASIES DID YOU HAVE? DID YOU UNDERSTAND WHAT THEY MEANT? HOW DID YOU FEEL ABOUT THEM? DID YOU SHARE THEM WITH ANYONE? TRY TO ACT ANY OUT?

WHAT HAPPENED?

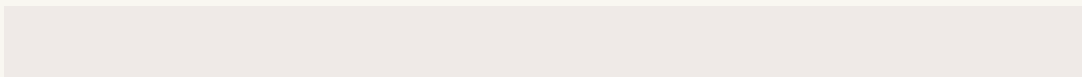




A series of 18 horizontal blue lines spaced evenly down the page, providing a writing area.









206 Sub/Slave Journal Prompts

1. What does submission mean to you?
2. Surrender?
3. How is this different from passivity?
4. Are the two connected?
5. Do you ever desire to be a Top or a switch?
6. In what situations?
7. Why do you think these situations bring out that desire in you?

8. How did you and your Master meet?
9. When you first met your Master/Mistress, what initially attracted you to Her/Him?
10. What was your first introduction to BDSM?
11. Who was involved?
12. What aspects did you like or not like?
13. When did you first begin to think you might like to live a lifestyle as a submissive?
14. Did you enter the lifestyle with complete joy or did you have some reservations?
15. How did you overcome them?
16. Do you still have any reservations?
17. Are you a natural submissive or a learned submissive or both?
18. What parts of you are each?
19. Would you rather surrender or be conquered? Why?
20. When you were younger, what kind of fantasies did you have?
21. Did you understand what they meant?
22. How did you feel about them?
23. Did you share them with anyone?
24. Try to act any out? What happened?
25. How do you feel about punishment in a BDSM relationship?
26. Is it necessary for all Masters and slaves?
27. Does it turn the slave into a child or make her a more responsible adult?
28. What parts of you are submissive?
29. What parts of you are dominant or a switch?
30. How do you balance out these different parts of yourself?

31. What actions does your Dom have you noticed make you feel immediately submissive or small?
32. What actions just annoy or irritate you?
33. Make you horny?
34. Make you resentful? Afraid? Grateful?
35. How could he recreate the good feelings in you and avoid the bad ones?
36. Should he avoid the bad ones or do they help you grow?
37. What aspects of your Master's leadership do you enjoy?
38. What are harder to deal with?
39. How do you find the inner strength and patience to endure the aspects you don't enjoy?
40. What do you think about the phrase, "Topping from the bottom"?
41. Is it always a bad thing?
42. Do you do it sometimes? Why?
43. How does your Dom react?

44. What do you think are the top five qualities any Master should have?
45. What activities or limits did you use to be afraid to try, but have now tried?
46. Did you like them?
47. How did you feel when you tried them despite your fears?
48. Why did you try them?
49. "A sub with a safeword is just a Domme on her knees." Do you think this is true? Why or why not?

50. What personality traits or habits do you most need to overcome in order to grow in your submission?
51. What parts of yourself are not yet totally submitted to your Master?
52. Why do you keep those parts separate?
53. Does he know about them, and if so, how does he feel about them?
54. Do you think you could be happy in a vanilla relationship?
55. What would that look like?
56. Describe what it would look like if you and your Master decided to have a vanilla-only relationship.
57. What would change?
58. What would stay the same?
59. How would you feel?
60. Have you heard "Protect the property"?
61. What does this statement mean to you?
62. Is this a rule in your M/s relationship? If so, how does it manifest?

64. **How does spirituality affect your submission/slavery?**
65. **Have your spiritual beliefs made it difficult to balance your slavery?**
66. **Or is it a natural extension?**
67. **Is your spirituality separate from your submission?**
68. **Or does it play a part?**
69. **How do you bring balance to your submission/slavery world?**
70. **How do you keep yourself balanced and grounded?**
71. **What have you found that works for you to help you relax, balance, and find peace?**
72. **What are your holiday traditions?**
73. **Are you allowed to buy gifts for your Mistress/Master?**
74. **What kind of holiday traditions do you celebrate?**
75. **Do you celebrate with a vanilla family and does this change how you interact?**
76. **What protocols do you covertly observe when in vanilla holiday settings?**
77. **How does your submissive garden grow?**
78. **Is personal growth important to you as a submissive/slave?**
79. **What ways have you found to foster learning and growth?
Classes? Journaling? Reading? Discussions?**
80. **Does your owner encourage or require you to do activities that foster growth?**
81. **If personal growth isn't important to you or your owner, why do you consider it to be unimportant?**
82. **Is punishment part of your dynamic?**
83. **Punishment isn't just corporal. What is punishment to you as a sub/slave?**
84. **Is punishment part of your dynamic? If so, what form does it take?**
85. **If not, how is willful disobedience handled?**

86. What if you forget or something else happens to keep you from executing assignments?
87. How is not doing what is asked/demanded of you handled?
88. What constitutes service to you?
89. Do you see a difference between normal tasks or chores and actual service?
90. What acts of service does your owner ask/demand of you?
91. What acts of service would you like to be able to perform but can't either because you lack the skill or your owner does not allow it?
92. Are there rituals you have within your relationship?
93. What are they?
94. Were they suggested by you or your Master/Mistress?
95. What ritual would you like to have that you currently do not have?
96. Are rituals important to you? How do they make you feel?
97. What does submission mean to you?

98. What does your submission look like?
99. Describe the actions, thoughts, and traits that describe submission to you.
100. What you like most about being a sub/slave
101. The biggest challenges to being a sub/slave
102. Positive things that happened during the day
103. Your favorite sexual things, or new things you want to try
104. If you could change one thing about your current relationship what would it be?
105. Your goals as a sub/slave
106. What you would tell your past-BDSM self
107. What was your most memorable scene with your Dom?
108. What's your favorite way to serve your Dom?
109. Write your favorite nicknames that your Dom calls you.
110. What are your favorite things about your Dom?
111. What are your favorite things about being a sub?
112. Write about your favorite scenes and kinks.
113. What are some new things you want to try with your Dom?

114. What expectations does your Dom set for you?

115. Write about what you are passionate about and how you would like your Dom to help you.

116. What has been frustrating you lately about your Dom?

117. What is one of your greatest fantasies you want to act out with your Dom?

118. Write about what happened the last time you broke a rule.

119. What's your favorite part in your aftercare? Anything new you want to try?

120. Explain how your last sub drop and how it made you feel.

121. Explain what happened the last time you used a safeword. How did you feel the last time you used a safeword?

122. What types of orders does your Dom give that you resist?

123. Write about the last time you displeased your Dom in public and how you could prevent it from happening again.

124. Are there any aspects of your life you feel you've been neglecting? Explain.

125. When was the last time you felt so overwhelmed, you felt you couldn't keep up with the expectations of being your

Dom's sub? Is there any way you wish your Dom can help you when you feel overwhelmed?

126. What do you believe is the difference between service and submission?

127. What are your biggest turn-ons? How do they make you feel?

128. What are your biggest turn-offs? How do they make you feel?

129. In your words, what does it mean for a person to submit to another person in terms of the BDSM lifestyle?

130. In your words, what does it mean for a person to dominate another person in terms of the BDSM lifestyle?

131. What are the five most important traits of a submissive?

132. What are the five most important traits of a dominant?

133. What can you offer your top?

134. What do you offer as a bottom?

135. What can you offer a Dominant?

136. What do you offer as a submissive/slave?

137. What is the difference between a Master, a Dominant, a

138. What is the difference between a slave, a submissive, a baby girl, and a bottom?

139. In what ways can voice impact a scene – for better or worse?

140. How would you like to incorporate voice into the scenes you do – be it through deepening tone, specific phrases, body language, or something else?

141. Are there any tones or actions that you are *eager* to try in a scene? Why is that?

142. Are there any tones or actions that you are *hesitant* to try in a scene? Why is that?

143. In what ways can dynamics be further negotiated to account for other relationships, while still respecting protocols and consent?

144. What are some ways that you can set healthy boundaries with a new partner without subjecting them to “couple’s privilege” of your existing dynamic(s)?

- 145. What are some ways that you can promote harmony in time spent with partners without falling into the trap of treating all relationships as equal?**
- 146. Make a list of Dom and sub role models that are inclusive representations of Dominance and submission. Who did you list, and why?**
- 147. What are some ways that you can incorporate elements of sissification and feminization into play without being misogynistic or compromising the elements about it that you love?**
- 148. Will your negotiations process for FemDom change following this? Why or why not?**
- 149. What are some ways that you can encourage more mainstream practice of Gentle FemDom and tenderness as a valid form of expression of play and power exchange on both sides of the slash in public kink-spaces?**
- 150. In what ways can you encourage gender-inclusiveness in BDSM power dynamics both in your personal relationships and community?**
- 151. What are some reasons that compel you to give or receive service?**
- 152. How important is service in your dynamics?**
- 153. What are some ways that you can differentiate what you need vs what you want regarding service?**
- 154. What services can you offer your partner that they may not have considered?**
- 155. Is your partner able to receive this sort of service? Do they want it?**

- 156. How will you communicate if the service you want to give or receive is within your boundaries?**
- 157. What are some ways to differentiate between partners and to yourself the types of service you consider “intimate”, or otherwise only for special occasions or specific relationships?**
- 158. What are some goals that you and your partner(s) have set for the service you plan to give or receive?**
- 159. Will you express appreciation for giving or receiving service from a partner? How?**

160. How can you develop strategies to check in with partner(s) on the service you give or receive being fulfilling to all parties involved?
161. What are your current wants and needs in your relationship?
162. Have any changed much since you first started exploring?
163. What is your favorite online BDSM resource for information?
164. Why is it your favorite?
165. Can BDSM be considered a sexual orientation?
166. How did you first come to know that you wanted to be in a BDSM or service based relationship?
167. Have you always known, or has it shown itself later in life?
168. What advice would you give a novice about introducing their partner to BDSM?
169. What is the relationship between spirituality and religion? Is BDSM spiritual?
170. Dom, sub, switch? What parts of BDSM interest you?

171. List your kinks
172. How did you discover you were kinky?
173. Any early experiences that, in retrospect, hint at your kinks?
174. What was your first kinky sexual experience?
175. If you haven't had one yet, talk about what you hope to have happen
176. Describe your weirdest/most interesting sexual fantasy.
177. What's your favorite toy?
178. Post a kinky image you find erotic.
179. Post a kink related song or music video you enjoy.
180. What are your hard limits?

181. What are your views on the ethics of kink?
182. Tell us about a humorous BDSM/kink experience you've had.
183. If you haven't had one, talk about aspects of kink/BDSM you find funny.
184. Explain as best you can what the appeal of kink/BDSM is to you?
185. Why are you drawn to what you're drawn to?
186. How would you say real life BDSM/kink varies from fantasy BDSM/kink?
187. If you haven't experienced real life BDSM/kink how do you think it might differ?
188. Post a BDSM/kink activity you're curious about and would like to try.
189. What are the most difficult aspects of having a sexuality that involves kink or BDSM for you personally?
190. What misconception about kinky people would you most like to clear up?

191. Any kinky/BDSM pet peeves? If so, what are they?
192. Any unexpected ways kink has improved your life? If so, what are they?
193. Talk about something within kink/bdsm that you're curious about/don't understand.
194. Favorite BDSM related book (fiction or nonfiction)
195. What do you think is important in keeping a BDSM relationship healthy?
196. How does it differ from a vanilla relationship?
197. Since you first developed an interest in kink, have your interests/perspectives changed? How so?
198. What qualities do you look for in a partner?

199. How open are you about your kinks?
200. What's your opinion on online BDSM play?
201. Do your non-kink interests ever find their way into your kinky activities? If so, how?
202. How do you dress for kink/BDSM play?
203. What significance does your attire have to you?
204. Do you have a BDSM title (e.g. mistress, master, slut, pig, whore, princess, goddess, ma'am, sir)?
205. What is your opinion of the use of titles in general?
206. Whatever BDSM/kink related thing you want to write about.

A good journal prompt is one that speaks to you or will help you learn and grow internally. The best prompts will open up a dialogue with yourself and reveal something you may not have known about how you think, feel or express yourself. An ineffective journal prompt is one that you have a one-word answer for or all you can say is, "I like this."