

Printable Pages to Accompany the Ebook Version of

FEMDOM FOR NICE GIRLS

*A Self-Guided Manual for the
Caring Mistress*

Lucy Fairbourne

Velluminous Press
www.velluminous.com

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Books By Lucy Fairbourne

Femdom for Nice Girls

A Self-Guided Manual for the Caring Mistress

From childhood onwards, females are encouraged into subservient roles, so that taking the lead can feel strange and unnatural, even “unfeminine” and “not nice”. We are discouraged from aggressively grabbing what we want, and instead encouraged to sacrifice and nurture. We are taught to be prizes, not competitors. Surely, there has to be more to life than that. Many men -- the ones who value assertiveness (and even a little cruelty) in their female lovers would agree. So would many women. If you’re one of these women, or if your man is one of those men, then this book could be just what you and he have been searching for.

Male Chastity

A Guide for Keyholders

MALE CHASTITY: The practice of securing a consenting adult male by means of a lockable chastity device such that the chastened male’s sexual release can be achieved only with the keyholder’s involvement and consent.

KEYHOLDER: The one who holds the above male’s key.

The following pages are excerpted from

***Femdom for Nice Girls:
A Self-Guided Manual for the Caring Mistress***
by
Lucy Fairbourne

and intended for purchasers of the ebook version who wish for a paper copy to fill in, as well as for owners of the paperback who prefer to keep their personal reflections separate from the printed book.

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1 This is the table of contents from the full book, and is provided to show how the downloadable forms fit in to the rest of the material.

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Reflecting on Boons

This section is for you to draw together your thoughts and to clarify your feelings about the boons that you might grant to your slave.

Three boons that I can enjoy together with my slave:

1. _____

2. _____

3. _____

Three boons that are neutral for me, but that I think would appeal to my slave:

1. _____

2. _____

3. _____

I'd consider granting a boon that was merely neutral for me Yes

No

Three boons outside my comfort zone but that I think would appeal to my slave:

1. _____

2. _____

3. _____

I'd consider granting a boon outside my comfort zone Yes

No

I think my slave could enjoy a boon that was Yes

too far out of my comfort zone for me to enjoy No

It might be good to expand my horizons by sometimes Yes

granting a boon slightly outside my comfort zone No

Three boons that I would enjoy but that are outside my slave's comfort zone:

1. _____

2. _____

3. _____

I'd consider granting a boon I'd enjoy Yes

but that was outside my slave's comfort zone: No

It would be good to expand my slave's horizons Yes

by granting boons outside his comfort zone: No

Some implications of my answers about my own comfort zones:

Some implications of my answers about my slave's comfort zones:

I would consider granting my slave a boon when:

I will restrict the boons I allow my slave as follows:

If my slave pressured me to grant more/different boons, I would:

The benefits I will receive from granting boons include:

The benefits my slave will receive from my boons include:

I would sometimes permit my slave to request boons:

Yes

No

Some advantages of my previous choice are:

Some disadvantages of my previous choice are:

I could overcome some of those disadvantages by:

Reflecting on Quests and Tasks

The questions immediately below and the space overleaf, are intended to help you gain an insight into your instinctive response to the idea of setting Quests and Tasks for your slave. The remainder of the section lets you explore your attitude to the issues surrounding any Quests and Tasks that you may choose to assign.

I am comfortable with asking my husband or boyfriend
to handle chores Yes
No

I am comfortable with erotically commanding my slave
to do Tasks Yes
No

If I erotically commanded my slave to do a Task,
it would be more for his benefit than for my own Yes
No

If I erotically commanded my slave to do a Task,
I would feel I was unfairly exploiting his submissiveness Yes
No

If I erotically commanded my slave to do a Task, any
submissive enjoyment he took would be an exploitation of *me* Yes
No

He should serve me without needing any rewards
such as eroticized positive feedback Yes
No

Rewarding my slave for valuable service would
make me feel good too Yes
No

Some areas where my slave's skills could be improved are:

How I think my slave would feel if he failed in a Quest or Task:

Considering my slave's personality, the best way for me to respond to a **trivial unintended** failure would be:

Considering my slave's personality, the best way for me to respond to an **important unintended** failure would be:

If my slave failed **deliberately**, in order to manipulate me, I would:

Three Tasks that would benefit me but that my slave would hate:

1. _____
2. _____
3. _____

I'd consider giving my slave an unpleasant Task that he would hate Yes
No

My slave would prefer me to do an unpleasant Task instead of assigning it to him Yes
No

If I gave my slave a particularly unpleasant Task, I would feel obligated to reward him with a matching boon Yes
No

Some implications of my answers about unpleasant Tasks are:

If my slave tried to get me to micro-manage an assigned Task, I'd:

Reflecting on Erotic Punishment

The purpose of this section is to help you explore and clarify your feelings about physically punishing your slave. Particularly if you are an inexperienced Mistress, you might find that you are not yet ready to address some of these questions. If so, you are of course free to leave them blank for now.

I will communicate a safe word to my slave for use during any punishment I inflict on him Yes
No

If using a safe word, it is:

The idea of punishing my slave...¹ Arouses Me
Disturbs Me
Intrigues Me

The idea that my slave might wish me to punish him... Arouses Me
Disturbs Me
Intrigues Me

A punishment can sometimes also be a reward Yes
No

I think my slave would like more severe punishment than I would be prepared to give Yes
No

I think I would like to give more severe punishment than my slave would be able to tolerate Yes
No

¹ A single idea can be arousing, intriguing and disturbing at the same time, so check multiple boxes if appropriate.

The ordeal I think my slave would fear most (or desire least) is:

because _____

The ordeal I think my slave would fear least (or desire most) is:

because _____

I would punish my slave for my own pleasure Yes

No

I would punish my slave to improve his behavior Yes

No

I would punish my slave for “made-up” reasons Yes

within our shared fantasy No

I would punish my slave to secretly reward him Yes

No

I believe that my slave could gain pleasure later Yes

from a punishment he was reluctant to accept at the time No

Three possible reasons for punishing my slave:

1. _____

2. _____

3. _____

Three punishments I could inflict on my slave without striking him:

1. _____

2. _____

3. _____

I think my slave *desires* to be punished...

Yes

No

because _____

Some implications of my previous two answers are:

I think my slave *deserves* to be punished...

Yes

No

because _____

Some implications of my previous two answers are:

Some reassurances I might need after punishing my slave are:

Some reassurances my slave might need after I have punished him are:

I am mentally and emotionally resilient

Yes

No

I believe my slave is mentally and emotionally resilient

Yes

No

I plan to engage in particularly demanding dominance games with my slave

Yes

No

With the above three answers in mind, my feelings about aftercare are:

Reflecting on Ritual and Role-Play

This section is for you to consider and explore the kinds of erotic or other rituals and role-play that you might enjoy with your slave.

I view rituals of dominance and submission as¹

Arousing

Embarrassing

Intriguing

A way to control my slave's mental state

A way to direct my own mental state

It would be easy to find rituals that would please both myself and my slave ...

Yes

No

...because _____

¹ As usual, check multiple boxes if appropriate.

Three explicitly erotic rituals that might please or serve me:

1. _____

2. _____

3. _____

Three rituals (not directly erotic) that might please or serve me:

1. _____

2. _____

3. _____

Three explicitly erotic rituals I think would please my slave:

1. _____

2. _____

3. _____

Three rituals (not directly erotic) that I think would please my slave:

1. _____

2. _____

3. _____

Three role-play scenarios that would mainly be for me¹:

1. _____

2. _____

3. _____

Three role-play scenarios that would mainly be for my slave:

1. _____

2. _____

3. _____

1 Feel free to choose scenarios that do not involve eroticism or power-exchange, if you so desire.

Three role-play scenarios that would be for both of us:

1. _____

2. _____

3. _____

I would feel uncomfortable or embarrassed about taking part in a detailed role-play scenario Yes
No

As a girl, I used to enjoy “pretend” games Yes
No

As a woman, I have enjoyed masked balls, fancy dress, murder-mystery parties or similar Yes
No

The level of planning and preparation I would put in to a scenario A detailed plan by me
A detailed plan by my slave
A detailed plan, done together
A brief outline will suffice
Choose an idea and wing it

I would get scenario ideas from My own imagination
Suggestions by my slave
My favorite movies, books or plays
Current or historical events
Browsing the internet

I would feel more comfortable about playing out
a scenario on-line than in-the-flesh

Yes No

On-line role-play could offer a way to ease
the challenges of a long-distance relationship

Yes No

My taboo subjects (if any) that should *not* be explored in role-play:

My taboo subjects (if any) that *could* be beneficially explored:

Reflecting on Orgasm Control

This section is for you to examine your feelings about taking control of your slave's orgasms, and various issues that can arise from that.

I should be the only source of erotic fulfilment that my slave needs

Yes No

When my slave is sexually frustrated, I enjoy it

Yes No

I think my slave is self-disciplined enough to succeed with "honor chastity"

Yes No

I would like my slave to be more attentive to me

Yes No

I would like my slave to be permanently aroused around me

Yes No

The idea of having my slave discreetly under lock-and-key appeals to me

Yes No

I am entitled to receive more orgasms than my slave

Yes No

(if "Yes" above, I should receive around _____ for each one of his)

My slave should earn his orgasms

Yes No

Unauthorized orgasms for my slave should be discouraged or punished Yes
No

How I would feel about restricting my slave's orgasms Aroused
Intrigued
Pragmatic
Accepting
Justified
Embarrassed
Disturbed
Puzzled

Three possible results of limiting my slave's orgasms and controlling when he has them, that would benefit me:

- 1. _____
- 2. _____
- 3. _____

Three possible results of limiting my slave's orgasms and controlling when he has them, that would trouble or inconvenience me:

- 1. _____
- 2. _____
- 3. _____

Ruined orgasms should be a possibility for my slave

Yes

No

How I would feel about ruining my
slave's orgasms

Aroused

Intrigued

Pragmatic

Accepting

Justified

Embarrassed

Disturbed

Puzzled

When I consider ruining my slave's orgasms, I feel:

Forced orgasms (on command) should be a possibility for my slave Yes
No

How I would feel about commanding my slave's orgasms Aroused
Intrigued
Pragmatic
Accepting
Justified
Embarrassed
Disturbed
Puzzled

When I consider commanding my slave's orgasms, I feel:
