



The Dominant Role Play Training Program

Action Step 1

BDSM Headspace Worksheet



Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

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At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit. Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.



The following are the BDSM Headspace Tools:

Provide Assignments for Your submissive
Build Anticipation
Ritual Bath (taken before the scene)
Fetish Attire
Discuss The Scene
Set Up Play Area
And Developing Triggers

Pick one or more of the seven tools and incorporate the tool with your submissive.
Each tool is covered below with methods to create and implement BDSM Headspace.



Provide Assignments for Your submissive:

A few days to a week before a scene, give your submissive a daily assignment that will keep them focused on preparing for the scene. Assignments can involve a variety of activities, but the focus should be on something that will keep your submissive thinking about the scene or an aspect of the scene.

A few examples include:

Polish leather gear.

Build a shrine.

Build erotic energy.

Devotion ceremony.

Write a journal on BDSM journey as a submissive.

Assignments for my submissive are: _____





Build Anticipation

There are several ways to build anticipation for both you and your submissive.

A few examples include:

Utilize The BDSM Interest Evaluation. (For new submissives.)

Verbal reminders about possible activities that may happen in our next scene.

Write a BDSM fantasies and fetishes journal.

Have your submissive perform a daily report on their service to you.

Place a favorite toy or implement where your submissive will see it periodically.

Place a photo of you where your submissive will see it periodically.

Have the submissive wear a collar or a fetish item.

Assignments for my submissive to build anticipation are: _____



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Ritual Bath (taken before the scene)

A ritual bath or shower is a great way to prepare you for many activities.

Before entering the bath, contemplate the upcoming event. Get in touch with your emotions and feelings. Listen to what your heart is telling you. Form a genital/heart connection.

When you perform a ritual bath, you are preparing yourself on several levels. You are cleaning your body and spirit. You are raising erotic energy. You are getting into a good headspace for the upcoming event. You are centering and grounding your entire being.

A ritual bath can involve the following elements:

Meditation

Sensual Touch

Sensual Washing with hot soapy water

Erotic Massage

Bath Play Time with fun sexy bath toys

Masturbation without climax to raise erotic energy

Envisioning

Contemplation

Forming a Genital / Heart Connection

Centering

Grounding

Sensual Rinsing allowing the water to fully stimulate your body



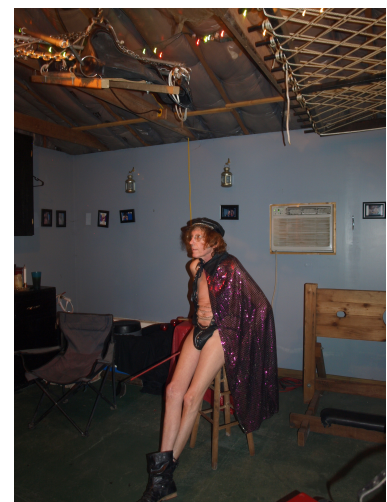


Have the submissive take a Ritual Bath a few hours before each BDSM Role Playing Scene with you. Order the submissive to include the following elements in their Ritual Bath:

Fetish Attire

After completing a ritual bath, getting dressed up in fetish attire adds to getting into the right headspace for a scene. This works for both the Dominant and the submissive. The feel and look of leather or other fetish attire adds to getting into a mind set of being dominant for the Dominant and gets the submissive into a frame of mind of servitude.

Order your submissive to wear the following attire and accessories:





Discuss The Scene

Discussing the scene prior to play time is another great way to get into role playing headspace. This also gives the Dominant a time to mentally rehearse the scene. Discussing the general overview of the scene with your submissive will build anticipation and can set imagination into full swing.

Imagination is a powerful force. Imagination can tap into creativity, primal forces, and erotic desires. Through discussions of the upcoming scene, you are tapping into your submissive's imagination.

Tell the submissive about the general overview of the upcoming scene. Include specific instructions that you want the submissive to complete prior to the scene:



Having the submissive set up the play area and arranging all the play toys on a table will invoke anticipation for the scene and the activities you will be engaging in.

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Developing Triggers

Developing a trigger takes time, but is well worth the effort. When you choose a trigger, use something that is fairly unique and the submissive would not experience in their regular life. It could be an uncommon word or activity that is only experienced during the conditioning phase.

Use the trigger each and every time you start a scene. Over time your submissive will learn to associate the trigger with BDSM role play scenes. By building a trigger, the trigger will act as a stimulus to shift your submissive into a good headspace for the scene.



Some of the above examples including ritual bath, setting up the play area, and dressing up in fetish wear can make good triggers. For example if you have your submissive set up the play area every time you play a scene, then over time, setting up the play area will become a trigger. Or you can use a word or sound as a trigger. The important thing to remember is that the trigger should be a stimulus that is only used for getting the submissive into BDSM headspace and is not experienced in any other context.

Potential triggers to use are:

Uncommon words.

Ring a bell or other unusual sound.

A gesture that is uncommon. Examples: Squeezing the left ear load. Pinching the right pinky finger.

Once the trigger has been fully conditioned in your submissive, you can use the trigger to shift your submissive's consciousness. Triggers can be built and used for a lot of different activities. I have even built and used triggers that condition my submissive to become highly erotically aroused when I utilize the trigger.

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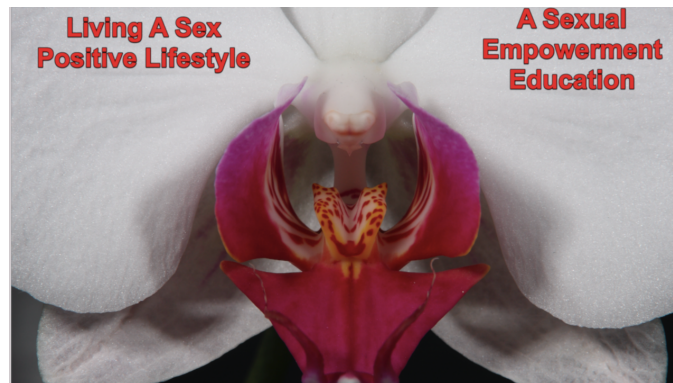
Start building a trigger for your submissive.

List the word, action, or gesture that will serve as the trigger. _____

Describe what your trigger will be used for to activate a response in your submissive, what is the response you desire:

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Start conditioning the submissive by using the trigger when they are in the zone or headspace that you want the trigger to activate.



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At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

If you gain benefit from these training materials and are able to transform your sex life, we ask that you consider making a donation. We believe that making an arbitrary decision about setting a monetary price for these materials does not account for the value each individual obtains from these materials.

So, if you obtain value from accurate adult sexual educational materials, now or in the weeks or months ahead, please make a donation to Raven's Lair. Visit our Patreon Page and make a donation based on the value you obtained from this training.



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