

**Raven's
Lair**

The Dominant's Handbook



BDSM Basics Training Program

An Intimate Guide to BDSM | Gigi Raven Wilbur

The Dominant's Handbook An Intimate Guide to BDSM Play

BDSM Basics Training Program

Dominant Role Play Training

Gigi Raven Wilbur

<http://ravenslairleather.com>

Copyright © 2025 Raven's Lair

The Dominant's Handbook – An Intimate Guide to BDSM Play

By Gigi Raven Wilbur

<http://ravenslairleather.com>

Published by Raven's Lair

Copyright © 2025 by Raven's Lair

Photographs © 2025 by various artists. All rights reserved.

No part of this book may be reproduced in any form without written permission from the publisher, except by a reviewer, who may quote brief passages in a review where appropriate credit is given; nor may any part of this book be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronic, photocopying, recording, or other – without specific written permission from the publisher.

Notice

Personal responsibility is a part of the BDSM lifestyle. It is a good idea to follow the concepts of safe, sane, and consensual in your adult play scenes. The information contained in this book contains risk of both physical and emotional injury. Any information or safety guidelines provided in this book are simply guidelines for you to make informed decisions about the scenes you play. By deciding to engage in any adult activity, including those mentioned or detailed in this book, you are taking on physical and emotional responsibility for your own actions, and agree to hold harmless all individuals associated with the creation, publication and sale of this book.

Cover Model: Gigi Raven Wilbur

e-book created and distributed in The USA by Raven's Lair



The Dominant's Handbook

An Intimate Guide to BDSM Play

BDSM Basics Training Program

Dominant Role Play Training

More often than not, women in our society are taught from an early age to be submissive and passive. Through cultural influences, social taboo, and social conditioning, women are taught to be demure and flirtatious, and to be the gatekeeper of human sexuality. It is the female role to be enticing and attractive for the males. It is socially sanctioned for a woman to be subservient to men. Women are not supposed to have sexual urges and desires. Women are not supposed to come on too strong if she is interested in a male.

Males are socially conditioned to go out on the prowl. It is socially sanctioned for men to chase after women, take charge and pursue sexual adventures. It is a male role to be libidinous. After all, boys will be boys. Males are supposed to have the sexual urges and passionate sexual desires.



For a woman to take on a dominant role with a male, she must break free from social conditioning, cultural training, and social taboo. She will need to learn not only how to express her forbidden desires, but often she will need to learn how to identify and get in touch with her libidinous desires. She will need to learn how to take charge of the situation, become commanding, and give orders.

For a man to take on a dominant role with a female, he must break free from social conditioning, cultural training, and social taboo. Males are conditioned from an early age that it is wrong to beat a woman. Often dominant males will hold back in a scene because of fears of letting too much of the monster out to play. He will need to learn how to develop empathy and intuition to set appropriate boundaries, playing just hard

enough for a successful scene, but not too hard that it becomes abusive. There is a fine line here, but monitoring the scene and checking in with the submissive periodically will provide a balance.

While things are changing in our society and have been since the women's movement, counterculture influences, and changes in social structure, there is still a long way to go before we lose these stereotypical roles that are based on gender.

Getting Into BDSM Headspace

An important role for a Dominant is to ensure that all players in the scene are in a headspace that is conducive to playing a BDSM scene before the scene begins and to maintain BDSM headspace throughout the scene.

You may wonder is it really all that important to be in the right headspace before starting a scene? When we get ready for a romantic date, people have rituals and habits they perform when they prepare for a romantic date.

It is a different set of rituals and habits for each individual, but the function is the same. The function is to get our self into a romantic mood before the date takes place and to maintain the romantic mood throughout the date.

The same dynamics work for BDSM play scenes. Getting into the right headspace and maintaining it throughout the scene prepares each player and helps transform us into the role we choose to play.

The following are tools that a Dominant can utilize:

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



Providing 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.

One example would be to assign your submissive to polish your boots and leather gear each day. Another example would be to have the submissive build an altar or shrine that represents their servitude to you and perform daily meditations naked. Instruct the submissive to meditate on how they can improve in their service to you.

Another type of assignment example would be to assign your submissive to build erotic energy each day without releasing the energy through orgasm.

Utilizing this method will have the submissive in a highly aroused state when you start the scene. By taking control of their genitals and orgasms, you become a highly dominant force in their life as well as getting them into a good headspace.

These are only a few examples of assignments that you can provide your submissive. With creativity, you can create custom assignments that create deep bonds between you as well as preparing the submissive for a scene.



Build Anticipation

There are several ways to build anticipation for both you and your submissive. Utilizing the BDSM Interest Evaluation is a good method to start building anticipation for a scene. As you ask questions about the submissive's interests, they can't help but wonder about the scene that is coming up.

Other techniques are to use verbal reminders. Statements about what might possibly occur in the upcoming scene can be effective. The statements you make may or may not occur in a particular scene, as that is your decision, but you will have your submissive thinking about it. Add a few visual cues by placing a favorite toy or implement where the submissive will see it periodically.

Have the submissive keep a journal about their BDSM fantasies and fetishes.



Have them read their writings to you daily and perform a report on their service to you. Once again, this keeps them focused on BDSM and you can determine what will be played out or not from their writings and reports.

There are many ways to build anticipation in your submissive. Think about the carrot on a stick in front of a donkey. Any activity that will entice but not satiate your submissive will build anticipation.

Ritual Bath (taken before the scene)

A ritual bath or shower is a great way to prepare you for many activities. Some people use ritual bathing for intense BDSM scenes, pagan rituals, sacred sex, and sex magick. The ritual bath is great for both the Dominant and the submissive to utilize, either bathing together or separately.

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



A ritual bath is not just a serious event. You can bring out the inner child to explore, play, and have fun. I like to utilize bath toys, which include a rubber duck, a dildo, a rubber squirting fish, and other waterproof sensation toys.

As you play and wash your body, contemplate the upcoming event. Enter a light trance state. Envision the event and the intent of the event.

By taking the time for a ritual bath, you can be fully in the headspace you want to be in for the event. You are fully energized and ready. You are in sacred space, not just physically but also spiritually. Your body is the temple of your energy being. By energizing the body in a ritual bath, you also energize your spirit.

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.

Having been involved in theater, during rehearsals, the play starts taking form. It is when all the actors are in full costume that the play comes fully alive and vibrant. It is amazing how much one's attire can bring energy to the scene.

Along with fetish attire, accessories are the extra touch that can add even more to the scene as well as completing the feeling of transforming into the roles we play.

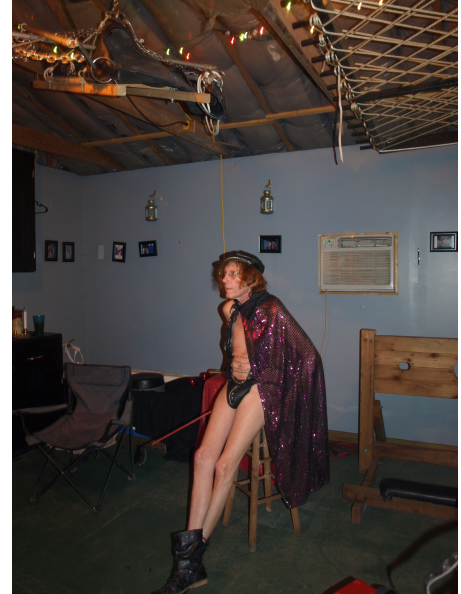
A set of handcuffs attached to a belt, a dagger strapped on one's leg, a small leather paddle hanging to the side of an outfit brings a polished look to one's attire. All this adds to transforming a person into a Dominant persona.



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.



Set Up the Play Area

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. This activity adds to getting your submissive mentally prepared for the scene. As they arrange the toys, they will be thinking about each toy and how it will feel when the time for play finally arrives.

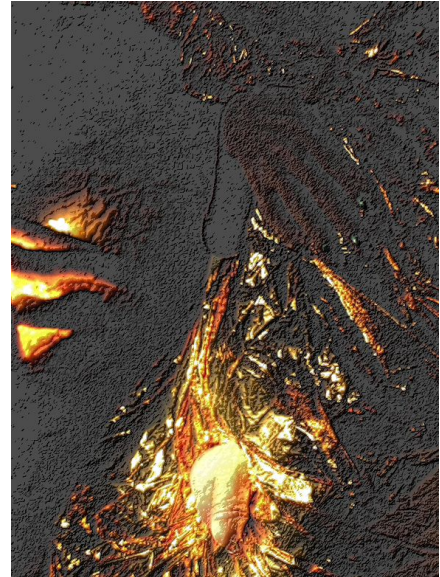


An advantage to having your submissive set up the play area is that it gives you more time to prepare for the scene without having to focus on the more mundane task of setting up. It will take some time to train your submissive on how you want things set up, but if they don't do it correctly to your specifications, they have earned a punishment before the scene begins.

Developing Triggers

What is a trigger and how does a trigger help with headspace? The easiest way to think about triggers is to bring up Pavlov and his experiments on behavior. Pavlov's famous experiment with dogs is an excellent example of how a trigger works. He would ring a bell and then feed his dogs. Each and every time the dogs received food, they heard the bell ring first. Over time, the dogs associated the ringing of the bell with food. He measured the strength of the trigger by measuring when the dogs salivated.

Once the dogs were fully conditioned, just ringing the bell (without food) would cause the dogs to salivate. The bell became a trigger for being fed. By building the trigger, the dogs would anticipate food when the bell sounded.



The same can be achieved with your submissive. 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.

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.

Action Step 1 - BDSM Headspace Tools

Pick one of the seven tools and incorporate the tool with your submissive. The Action Step 1 exercise worksheet provides methods to create and implement BDSM Headspace Tools.

Identify Social Conditioning, Cultural Training, and Influences of Taboos

A first step to becoming a sexually dominant woman or man is to identify the social conditioning, cultural training, and influences of taboos that may be at work in the background of one's upbringing. Often these lurk deep in the subconscious where one is not even aware that they exist and are influencing our behavior. By breaking these influences, one can become free to develop new roles and behaviors around sexual expression and BDSM Role Play. By utilizing role-play, reclaiming techniques, and psychodrama, a person can fully become a sexually dominant individual who is fully in charge.



Developing Personal Sexual Expression



Another step in becoming a sexually dominant individual is to identify one's personal form of sexual expression, sexual urges, and passionate sexual desires. Even if you do not like to incorporate sex in your BDSM scenes, it charges a scene when you are able to raise erotic energy before playing a scene. To be able to fully raise one's erotic energy, it helps to overcome personal taboos and influences of social conditioning.

It is important to distinguish between social conditioning influences that block passionate sexual desire from the feeling that there are no strong passionate sexual desires. In other words, if one has denied oneself from experiencing and expressing a desire for many years (perhaps even a lifetime, never allowing it to develop and take form due to influences of social taboo), then to suddenly get in touch with a repressed desire will take work.

What is a taboo? How do taboos affect us in our daily lives? What impact do taboos have on human development? Jack Morin defines taboo as "a form of psycho-social control more potent than even the most rigid moral code. ... A taboo is a prohibition

collectively shared by a society, with a force so strong that it is rarely questioned or even discussed. It just is.” *Anal Pleasure & Health: A Guide for Men and Women* by Jack Morin, Ph.D. p.16.

We have many taboos, myths, and social conditioning in our culture. Some of them are so subtle, we do not realize how much they inhibit our sexual freedom. Many are based on moral codes that no longer apply in modern society.

To face these forces, it takes courage. When I broke some of my personal taboos, it took facing fear. Many questions came up around this for me. Am I a freak? Am I deranged? Am I doing something forbidden and wrong?

For me, many of my answers came from my heart, my passion, and my forbidden desires. Through the process of identifying, naming, reclaiming, and owning, I was able to find freedom of sexual expression. I had to face my fears of the social conditioning that males are not submissive and meek. I had to reclaim my right to be submissive and weak. There is a paradox in this: once I owned my submissive side and my weakness, I became stronger than I was before.

Through role-play, I discovered and brought to life many of my true passionate sexual desires. I learned how to celebrate the diversity of sexual expression.

There are devices and techniques that we can practice that will help us on this path to becoming a sexually dominant woman or man. They also work well for the submissive in learning how to overcome their taboos. Many of these are used in BDSM play scenes. This topic will be covered in many forms throughout the trainings in The Dominant's Handbook.

Action Step 2 - Developing Personal Sexual Expression

Complete the Action Step 2 Worksheet to identify and change your personal form of sexual expression and start living a sex positive lifestyle.

Power Exchange

Learning some power dynamics and how to exchange personal power can bring about powerful transformations for both the submissive and the dominant. A large part of the power dynamics is about taking or giving up control and taking charge. It is about the use of force.

Power exchange occurs on a physical level and on a psychological level. The two levels work



simultaneously. By working with power exchange, over time a strong bond forms between the Dominant and the submissive.

For the Dominant, power exchange can take many forms. Developing trust, honor, and confidentiality with a submissive, speaking with a commanding voice, utilizing psychosexual control over a submissive, directing the scene, developing an ordeal and a quest, utilizing paradox, utilizing humiliation, utilizing interrogation techniques, directing a submissive into forced behaviors, challenging a submissive to push a little past their boundaries and limits, providing the submissive with self-permission activities and behaviors, reaching the inner child of the submissive, and enticing the submissive are many of the tools that a Dominant can use to facilitate power exchange with a submissive.

Trust, Honor, and Confidentiality

Trust, honor, and confidentiality are all important elements of being a good Dominant. These are part of the responsibilities of being a really great Dominant. If you treasure submissives, they will return for more of your brutal treatment and be willing to go further in the directions that you want to take them.

Develop a strong sense of trust with your submissive. Be knowledgeable of all activities that you engage in with your submissive. Listen to your submissive and be sensitive to their needs and desires. It is good to incorporate their needs and desires into a scene along with what you as a Dominant want to experience from the scene.



Honor your submissives, as they are providing the gift of their body, heart, and soul for your enjoyment. They are providing a very special service to you. They are giving you their personal power.

Personal information and personal intimate scenes that you share and experience together should be kept fully confidential. By keeping confidentiality, you are demonstrating respect for your submissive.

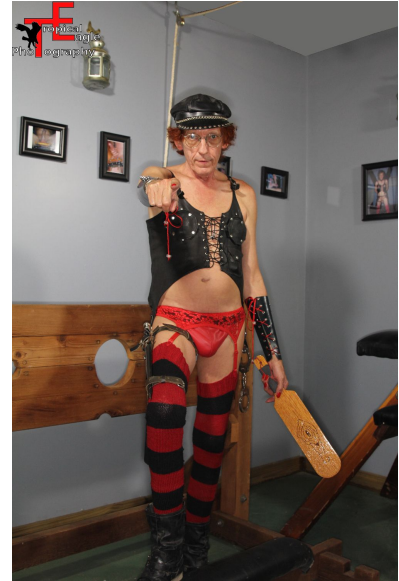
Creating a bond of trust, honor, and confidentiality is a sacred act between you and your submissive. This level of bonding should not be taken lightly, as it will serve as the foundation of your BDSM relationship. Both the Domme / Dom and the submissive need to be responsible in their commitment to this bond.

Developing a Commanding Voice

When doing a scene (or all the time in a 24/7 slave relationship), develop and use a commanding voice with your submissive. Use directives with your submissive instead of asking them to perform.

When you negotiate a scene, you can use a directive in the form of a question. For example, "I know that you want to please me, so can you perform X for me, as this will please your Dom?"

Develop your assertive skills as a Dom when you communicate with your submissive. By being assertive with your submissive, you are giving them respect and honor within the role of being in charge.



Being aggressive in your communications only breaks down trust and respect. It is important to understand the difference between aggressive behaviors and assertive behaviors. Being assertive implies honor and respect. Pure aggression implies destructive actions.

Utilizing Psychosexual Control Over a submissive

In our culture, we are conditioned not to discuss specific sexual behaviors, especially when we are asked about what we want to experience on a sexual / sensual level. This holds true for both women and men. Many of us fear discussing our sexual and/or BDSM fantasies. It is even more difficult to discuss taboos and sexual fetishes.

The BDSM Interest Evaluation is a powerful tool to start exploring ways to utilize psychosexual control over a submissive. In the BDSM Interest Evaluation sheet, each activity is broken down into one of six categories. Intensely Like, Like, Unsure, Dislike, Intensely Dislike, or Fear is checked off for each BDSM activity listed.



During your first few scenes, it is a good practice to stay in the “Intensely Like” or “Like” category when playing with a new submissive. This allows the two of you to become familiar with your play style, develop strong bonds, and connect with one another within the context of BDSM play.

It is during these early scenes that you as a Dominant will build and strengthen your dominance over your submissive. It is also during this time that your submissive will build a stronger desire to serve you.

After you have developed a strong relationship with your submissive, you can start exploring ways to deepen the connection you have together. To do so, start discussing the possibility of adding some of the “Unsure” activities and some of the “Fear” activities to a scene. At this point you will not add these activities to your play, just open communications about the possibility of adding them.

Take your time with this. To face fear, to try new activities, and to overcome taboo will take time for your submissive to process. As a Dominant, it may take some time for you to process this, too, especially if the activity is one that touches on some of your fears and/or taboos.

There will be some activities that your submissive will communicate as activities that they would never engage in. Respect their space. Over time, this may change.

You will find some activities that the submissive is afraid to face, but does have a desire to experience. It may be a desire that is difficult for the submissive to admit to you and to them self. There may be a time element attached to the desire to experience, but at some point in time they state that they are ready to engage in the activity.

Once you discover these psychosexual desires in your submissive through communication, then it becomes your responsibility to take charge with utilizing psychosexual control over your submissive.

A good way to handle this is to order your submissive to start exploring activities that would act as a bridge to performing the “Unsure” or “Fear” activity. An example might be if your submissive male checked off “Unsure” or “Fear” for “Forced Homoerotic Activities.” Through your communications, you may discover that your submissive is open to the possibility of exploring this at some point in the future.

At this point start exploring some activities that would act like a bridge to the activity that is currently off limits. In the above activity, some bridge activities might include activities like arranging to have another male present to observe while you order your submissive to remove his clothes. It may involve ordering your submissive to masturbate while another man watches. It may take a greater degree of subtleness. The bridge activity may take the form of having your submissive start looking at homoerotic porn while he

masturbates. The idea is to find an activity that your submissive is ready to explore now that will function as a bridge toward the taboo activity.

Once you have identified a bridge activity, negotiate with your sub about setting up a scene where he can experience the bridge activity. After the scene, do a complete cool down with lots of nurturing.

The next day, when you have your after scene review, question how this bridge activity worked for your sub. Have him describe his feelings in full detail. Make sure he tells you both the negative impact and the positive impact that the activity had on him. Have him tell you what worked with the bridge activity and what did not work. Don't give your submissive advice, just be there and listen to him.

It may take several levels of bridge activities before your sub is ready to engage in a taboo activity. You may discover that the taboo activity shifts from "Fear" to an activity that your sub decides he will never want to engage in. As a Dominant, respect his boundaries. It is important to distinguish between Unsure / Fear and Dislike. There are things we fear or are unsure about, but with time we can enjoy these activities. Then there are activities that are complete turn offs that we gain no enjoyment.

If the bridge opens things up and your submissive feels ready to experience the taboo activity, then sit down with him and explore what would help him feel safe when he does the scene. Engage your submissive in the scene planning process when you and he are ready to start putting together the scene.

Once you have negotiated the scene, set clear boundaries, plan the scene, then set a date and time for the scene to take place. Be a support person for your submissive and help build his anticipation of the scene. Let your submissive know that you support him in doing this scene and that you are very pleased with his courage in facing this for you.

During the scene, provide support for your submissive. Order him and discipline him during the scene as you normally would, and add extra support by admiring his courage in facing this for you. As he performs the forbidden taboo, provide positive comments and feedback within the context of the scene. During the cool down, do not ask for any feedback. Just take time to nurture him, support him emotionally, and hold him. Wait for the after scene review to explore his reactions to the scene and to ask him for feedback.

I have discovered that there are taboos that I broke that I am not interested in repeating. The experience gave me empowerment in that I faced my fear and I learned a lot from the experience, but I don't have the desire to experience it again.

Other taboos that I have broken in the past are now really hot scenes for me today. Over time, we develop new desires and we change in what activities we like, are unsure about, and what we dislike.

Directing the Scene

As the Dominant, you are in charge of the scene. You are in charge of safety protocol, how the scene flows, and when to end a scene. In a very real sense, you are the director of the scene. It is your responsibility.

When a submissive starts flying in bottom space, they are no longer able to make decisions of any type, much less take charge of a scene. The submissive at this point is totally in your care. The entire scene is totally in the hands of the Dominant once the submissive enters into sub space.

By directing a really hot scene, you are using the power that the submissive exchanged and gave to you. This is a sacred trust and a sacred bond. It is in your power to give the scene direction. You are in full control of your submissive, and you are in control of the experiences you bring into the scene.

It takes empathy, sensitivity, and good judgment to direct a scene and bring about a successful experience for both yourself and your submissive. You are in charge of monitoring the submissive and your own feelings during a scene. Be aware of your submissive's body language and non-verbal communications. This is the heart of a dynamic power exchange.

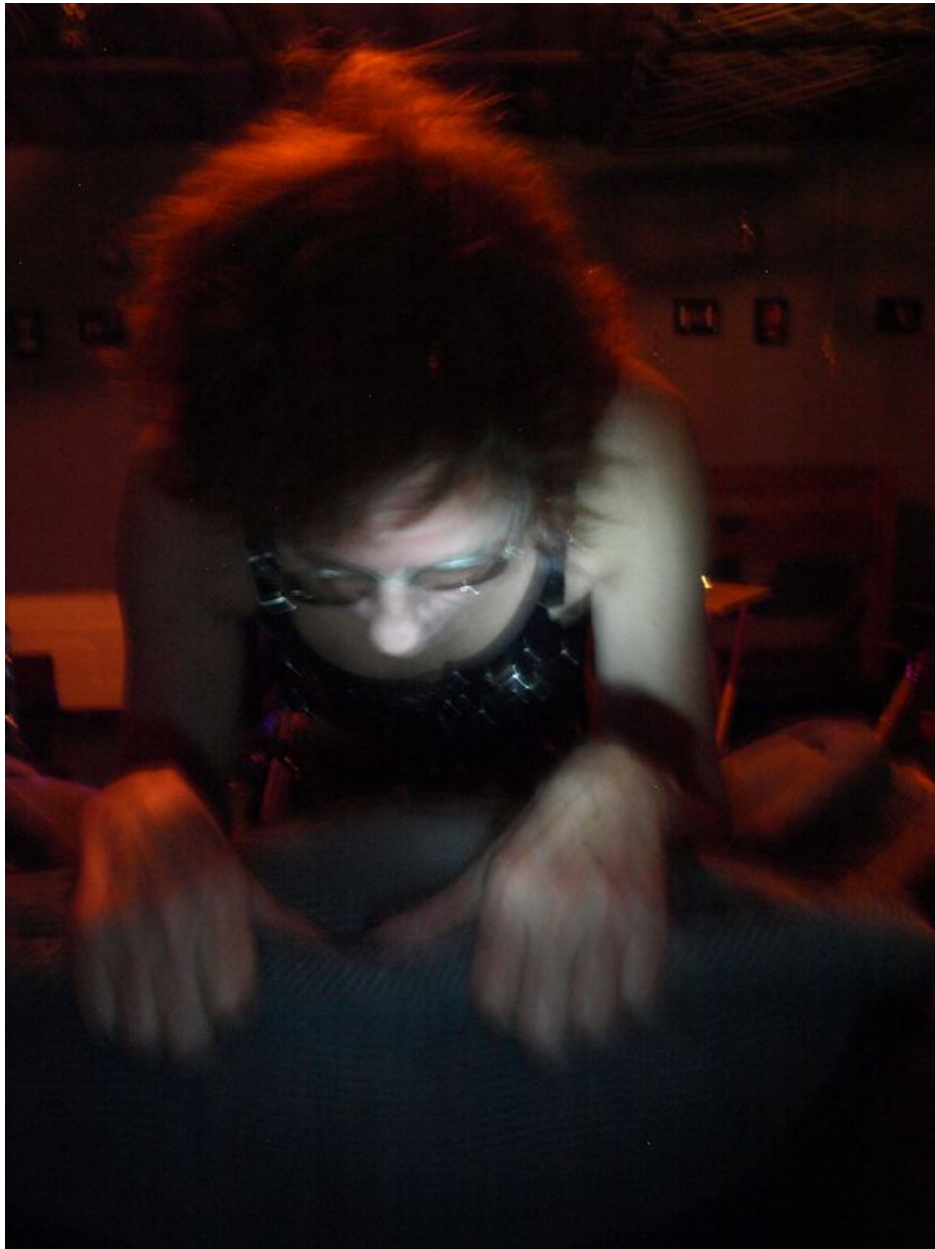
When done well, you will experience power and full domination. You will also receive the added benefit of riding the submissive's sub space. At the same time, you are the tether which will bring the submissive back to reality. It is truly awesome to experience this, especially when you are in an intense scene.

The Quest and the Ordeal

One powerful technique is to utilize the ordeal. In many quests, there is an ordeal that the protagonist must face to accomplish the quest. By setting an ordeal for your submissive to face, the submissive will perform with their best effort to meet the challenge in the ordeal you provide.

There are many stories and myths from our history where the quest and ordeal help the main character develop into a fully functioning human being. In many of these myths and stories, the quest and ordeal are in fact a coming of age transition for the main





character. There is a lot of power contained in the process of the quest and ordeal. In the stories and myths, by facing the ordeals and achieving the quest, the protagonist becomes a hero.

An ordeal can be complex or simple. For example, a simple ordeal would be to tell the submissive that they will take 5 really hard swats for you after you have been working them over with the paddle. An example of a more complex ordeal is when a Dominant creates a game or scene where the submissive must perform difficult tasks to accomplish the guidelines of the game or scene. Failure to do so will result in severe punishment.

Be creative in developing a quest and ordeal for your submissive. A complex quest and ordeal should present your submissive with a challenge. It should involve difficulty for the submissive to achieve. Once achieved, it is good to include a reward at the end. The ordeal should include an activity that is difficult and require the submissive to endure torment and suffering during the ordeal. Make it challenging but attainable, even though the submissive may not accomplish the quest with their first attempts.

Paradox

Sometimes the Dominant can provide an ordeal that is impossible for the submissive to accomplish without making mistakes. Along with this impossible ordeal, it is understood up front that failure will result in a severe punishment. By setting the stage this way, the submissive will fail in their task and earn their punishment. In a power dynamic, what happens in the subconscious mind is that the submissive is facing a paradox and knows that they cannot succeed. The logical part of the brain does not deal with paradox well, so the submissive starts to shift into a submissive headspace and enters the realm of intuition, trance, and dreams.

When sensual / sexual components are added to the game, the power dynamics become even more intensive. As a submissive I was once ordered to play a game for my Master.



He arranged dildos on the floor in various locations. He told me the rules of the game. "When I say start, you will hand me your ball leash, get down on all fours and crawl to the dildo of your choice. I will have a specific dildo that I want you to fetch for each round. If you guess wrong, I will pull you away by your ball leash and punish your balls. If it is the right one, I will order you to suck it into your mouth without the use of your hands. Then crawl to the basket and deposit it in. Then select another dildo to fetch to the basket. For each round, you must choose the right dildo. If you choose wrong, I will yank harder on the leash for each wrong guess and slap those balls harder for each mistake. Then as you make your next choice after choosing wrong, I will follow behind you with the riding crop and spank your bottom as you crawl on all fours till you reach the correct dildo."

In this game, I knew that I could not guess correctly each and every time. I was able to earn my punishments. With the sexual component of sucking dildos into my mouth, I was both rewarded and sexually stimulated through the act of performing oral sex on dildos. Before long, my rational thought processes shut down completely. When that occurred, I was in sub space and ready to serve my master at every level of my being.

Humiliation

Another technique that adds to power exchange is to add humiliation to a scene or game. What is humiliating for one person may not be for another. A good example is for a man to wear women's clothing. For some men, this will be humiliating, for others it won't be. One of the tasks of a Dominant is to ascertain what is humiliating for their submissive. With the component of humiliation added, the submissive has a paradox, the submissive wants to please the Mistress/Master while at the same time they want to avoid embarrassment from humiliation. It becomes even more intense when the Dominant introduces humiliation into a scene or game that is performed in front of an audience.

Another dynamic of this is the opportunity for the submissive to perform the humiliating ordeal in order to reach the quest of serving their Dominant fully.



There are also powerful sexual dynamics that reward the submissive when facing humiliation. Humiliation if done well can supercharge sexual release and orgasm for the submissive as well as the Dominant. For more information about Humiliation scenes, a complete training module on Humiliation is offered in Psychosexual Components of BDSM Training Program.

Interrogation

A good way to determine a submissive's sense of what is forbidden sexuality, of what the submissive finds humiliating, and what a submissive's secret desires are, is to do an interrogation scene with the submissive. Of course the questions asked during the scene will center on extracting information about their secret desires, forbidden fantasies, their personal taboos, and what they find humiliating.



With the right amount of torture, the submissive can give up the information with the feeling that it was forced out of them. In this way, they give themselves permission to share their most guarded secrets. Part of giving up the secret during an interrogation scene is a power exchange in and of itself. You as the Dominant can decide if you want to negotiate a future scene centered on this information or not. The power exchange is when your submissive shares information that is this intimate. It can create strong bonds of trust between you.

For more information about Interrogation scenes, a complete training module on Interrogation Techniques is offered in Psychosexual Components of BDSM Training Program.

Directing a submissive into Forced Behaviors

There will be activities that a submissive wants to experience while at the same time he does not want to experience. Often breaking a taboo falls into this category. All human beings have internal conflicts. A part of us wants to experience it; a part of us doesn't.

Through a negotiated scene, a Dominant can "force" the submissive to perform the act. When this happens, the submissive can free themselves of responsibility by saying to themselves, I was forced to do this. Even though the submissive gave consent to be forced, a shift occurs in the submissive's head that allows him to perform the activity.



In forced behaviors, the submissive gives up a lot of personal power to their Dominant.

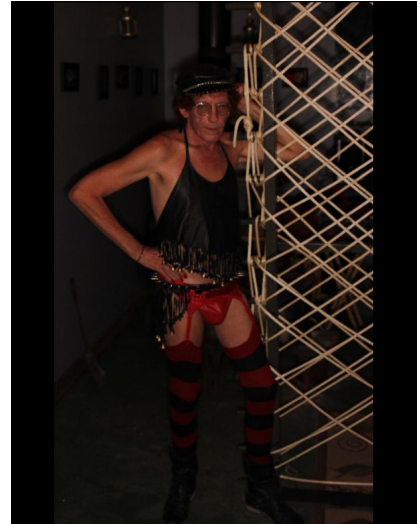
Challenging a submissive to Push Boundaries and Limits

In challenging a submissive to push their boundaries and limits, the Dominant is using her/his authority. What happens is that the Dominant is making a judgment call about the submissive's ability to safely go beyond what the submissive has set as a boundary or limit.

This can be a tremendous power exchange involving trust and bonding. When you as the Dominant decide it is time to challenge your submissive, your intent is to provide the submissive with an opportunity for growth.

It is important to have a clear intent and not push boundaries and limits arbitrarily. It can provide the submissive with an opportunity for growth and development, but realize that we do have limits and boundaries set as a way to ensure our own safety.

Some boundaries and limits are present to protect a person on a psychological level. When you push limits and boundaries, take it slow and challenge your submissive to push the boundary or limit. It is important that the submissive not only wants to push their own boundaries, but that they are ready to take this new journey with you for their own personal growth.



Self-Permission Activities and Behaviors

We have touched on this subject a little bit already, but this can be a powerful tool when working with submissives. Often a submissive will block certain activities and behaviors in BDSM play, due to ambiguous feelings.

With self-permission activities like forced domination, humiliation, interrogation, and paradox, we as Dominants provide our submissive with an activity that allows the submissive to give themselves permission to engage in an activity that they would not be able to experience on their own.

This can be very powerful, especially if this is an activity that the submissive has secretly desired for a long time. By utilizing these self-permission activities, the submissive will feel a high sense of liberation and freedom.



Reaching the Inner Child of the submissive

In BDSM, there is a reason that we use the word “play” in many of the activities that we engage in. Much of what BDSM is about is adult play. As adults, we often have lost touch with our ability to play.

By reaching and appealing to the inner child of the submissive, we allow the submissive to get in touch with the part of themselves that gives them the freedom to play. The inner child for most people is not afraid to make mistakes or do activities that are

playful. The inner child craves adventure and challenge.

This is not the same as age regression play, but rather getting the submissive into a state of mind that allows him to play. Reaching the inner child of the submissive is fairly easy.

When you find your submissive being too serious in a scene, invite the submissive to allow his inner child to come out and play. Incorporate playful activities and games into the scene that will draw out the inner child. Utilizing childhood games, but with a kinky twist, is a good way to bring out the inner child. Some examples of childhood games would include things like hide and seek, pin the tail on the donkey, musical chairs, truth or dare, playing doctor, and spin the bottle. With a bit of imagination, kinky twisted elements can be added to these games.



Enticing the submissive

Enticing a submissive can occur in many ways. Think of the old adage of holding a carrot on a stick in front of the donkey. To entice a submissive, you give a taste of something he wants, but you don't allow him to obtain full satisfaction, at least for a long while.

Sexual and/or sensual stimulation can be very powerful in enticing a submissive. There are many ways that this can be achieved. For example, allowing the submissive to play with himself but ordering him not to cum is one example. When flogging a submissive, lightly striking his genitals or other erogenous zone a couple of times during the flogging scene can be very enticing.

Varying the severity of a punishment with light sensations periodically can be enticing. The sound of a paddle being lightly spanked across the Dominant's hand before playing with it on the submissive can be enticing, too.



Verbal enticements can be very powerful. Ordering your submissive to play with his cock without reaching an ejaculatory orgasm until you specifically tell him to cum can be very enticing. You may even add a condition to your order by saying, "I may allow you to cum tonight or I may not allow you to cum. If I allow you to cum, it will be because every part of your body wants to cum. I want to see you hungry for an orgasm, hungrier than you have ever been in your life. If I let you cum, it will be the most powerful orgasm that you have ever experienced."

A Choice Between Two Evils

Another form of enticement is to give your submissive a choice between two implements of torture or a choice between two different activities. Direct your submissive to pick out 1 heavy flogger and 1 moderate to light flogger. Let him know that both will be used. He then has the choice of which of the two implements will be used on him first.

Choice can also be used in helping your submissive face fear, break a taboo, and/or a number of other emotional challenges. Have your submissive list 3 – 5 taboos a few days before the scene. For the final part of the scene, let the submissive know that they will choose one challenge to face for you from their list. Let them know that they are brave in facing this for you and that it pleases you very much when they face a challenge with bravery.



When you start the final part of the scene, order the submissive to take deep breaths. While they are breathing deeply, lecture them about your roles, and in particular, your role to provide safety. Let them know that while it may hurt, no harm will come to them. Let them know that you are there with them and that you are their Dominant. Then, order the submissive to let you know when they are ready to start.

By giving the submissive choices, they will feel more empowered and their focus will change from tunnel vision on the fear or taboo to a broader vision where they have the illusion of control. (You both know that they will face the challenge.) To even make this more potent, let them know that eventually they will face each challenge on the list and remind them that working down from the highest challenge to the lesser challenge will be easier in the long run. Then let the submissive decide.

Action Step 3 - Power Exchange

Explore how you can incorporate 3 or more activities into your play scenes using the information we covered above:

Developing Trust, Honor, and Confidentiality with a submissive,
Speaking with a Commanding Voice,
Utilizing Psychosexual Control Over a submissive,
Directing the Scene,
Developing an Ordeal and a Quest,
Utilizing Paradox,
Utilizing Humiliation,
Utilizing Interrogation Techniques,
Directing a submissive Into Forced Behaviors,
Challenging a submissive to Push a Little Past Their Boundaries and Limits,
Providing the submissive with Self-permission Activities and Behaviors,
Reaching the Inner Child of the submissive,
Enticing the submissive
A Choice Between Two Evils

Summary

In The Dominant Role Play Training, we covered the following:

Getting Into BDSM Headspace

Develop Personal Sexual Expression

Power Exchange

In each of these areas we provided a variety of methods to implement into your play scenes, either directly or behind the scenes. Be sure to download the Action Steps as they contain worksheets to help you develop these elements.



Raven's Lair

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.



<https://www.patreon.com/c/RavensLair69>

About the Author

Ladyboy Gigi has been active in the BDSM community for over 30 years. Gigi started out as a boy toy sex slave and played as a submissive for many years. For the past 12 years Gigi identified as a switch, often playing the role of a Domme.

Gigi has been following an eclectic pagan sacred sex path since pre-adolescence. S/he has studied art, philosophy, ancient religions, ancient civilizations, photography, human sexuality, and sculpture. Gigi has a Bachelor's of Arts degree in Philosophy and a Master's degree in Social Work.

Gigi published *The Dominant's Handbook – An Intimate Guide to BDSM*. This book provides training information about physical, psychological, and psychosexual aspects of BDSM for individuals who want to learn Dominant Role Play.

Go to: <http://www.ravenslairleather.com>.



In 1999, Gigi was awarded the AIB Globe Award for outstanding service to the bisexual world community. Gigi, along with Michael Page and Wendy Curry, started Celebrate Bisexuality Day. For more information about CBD, go to: [Celebrate Bisexuality Day - Wikipedia, the free encyclopedia](#). Gigi served on BiNet USA's Board of Directors for two years.

Gigi was born intersex (hermaphrodite). Shortly after birth, doctors performed sexual reassignment surgery. Gigi has been active in the Transgender community, the bisexual community, the BDSM community, and other diverse alternative artistic communities. S/he has studied human sexuality in both undergraduate and graduate studies programs. Gigi is a hermaphrodite and identifies as being pansexual. Gigi has presented many diverse workshops for bisexual conferences, pagan festivals, BDSM events, and for other alternative communities. S/he has presented information in college courses as an invited speaker.

Gigi was a co-producer of AfterHours, Queer Radio With Attitude, KPFT 90.1 FM, a radio program that provided information about human sexuality and alternative lifestyle choices. Gigi had been on the air for over 25 years and has covered many diverse topics centered on human sexuality, BDSM, and sacred sex. The radio show provided sex-positive information about human sexuality and alternative lifestyle choices.

Ladyboy Gigi produced a podcast on iTunes called Adult Bedtime Stories. Adult Bedtime Stories is a show dedicated to bringing sacredness back to our sexuality and to learn about everything sexual. Allow the beautiful sexy creature within you to emerge. Each week the focus of the show was on different sexual topics designed to enlighten you so you develop more fully as a sexual being. This is the sex education that you didn't receive in high school, but should have.

Currently, Ladyboy Gigi through Raven's Lair is providing free sex positive educational videos on YouTube and [Raven's Lair's Website](#). The videos include free transcripts & workbooks designed to help people live a sex positive lifestyle.