

WELCOME TO THE LEARNING DOMESTIC DISCIPLINE BEGINNERS PACKET!

You're probably feeling anxious, overwhelmed, and even a little bit scared. But, even with those uneasy feelings dancing in your heart, you're also probably feeling a lot of excitement and anticipation. Domestic discipline has the potential to positively impact your relationship and domestic discipline has the potential to positively impact your home. Domestic discipline also has the potential to bring an elevated level of joy and happiness in your life and we're sure you cannot wait to get started.

Does all of that closely reflect the way you're feeling about domestic discipline? If so, you're certainly not alone. You and so many others feel that way about this lifestyle.

Learning Domestic Discipline believes that this lifestyle can do all of those things for your relationship and home, and all it takes is one little commitment. Well, who are we kidding? All it takes is one HUGE commitment. Don't worry – Learning Domestic Discipline is here to help you and your partner through it all.

Our names are Clint and Chelsea and we founded Learning Domestic Discipline in 2011 after practicing domestic discipline for many years in our own marriage. Yet shortly after we began domestic discipline, we realized that there were no instructional/advice domestic discipline blogs or websites anywhere on the web. Before long, our blogs branched into our website, www.learningdd.com, which is an ever-changing and expanding site.

We designed this packet for several reasons. The first reason being that we wanted an easy go-to resource for people who are contemplating the lifestyle, or for those who are just starting out. The second reason is because we know that, sometimes, on our new blog it can be hard to find information solely for beginners since the information is intermixed with other topics. Third, this is a packet that we wish we had when we were beginning domestic discipline!

This packet contains an abundance of information designed and written for those just starting out with the domestic discipline lifestyle. It starts with defining domestic discipline, and it continues to walk you right through all the information you will need to begin practicing domestic discipline in your own relationship.

Beginning Domestic Discipline

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This packet also contains tips on how to discuss the idea of domestic discipline with your partner, the emotions each partner will experience as they get started with the lifestyle, recommendations on how to safely administer punishments, and so much more.

We hope that you find this information useful and we hope that it provides a good launching pad, or starting point, for beginning your domestic discipline relationship.

We're thankful that you have downloaded this packet, but more importantly, we are happy that you are considering incorporating domestic discipline as a part of your relationship.

So, without further ado, let's get started!

Welcome!

-Clint & Chelsea

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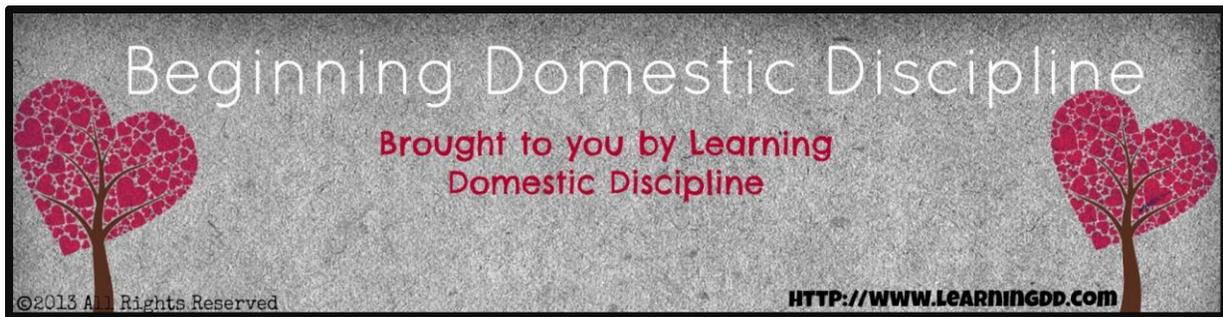
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WHAT IS DOMESTIC DISCIPLINE?

If you look on 10 different domestic discipline websites that attempt to define this lifestyle, you'll likely find 10 different definitions as to what exactly domestic discipline is. It's a difficult concept to define. Domestic discipline means something different to each individual couple that practices it. Once you establish domestic discipline in your own relationship, you'll have your own personal definition of it as well. It's unique to all of us.

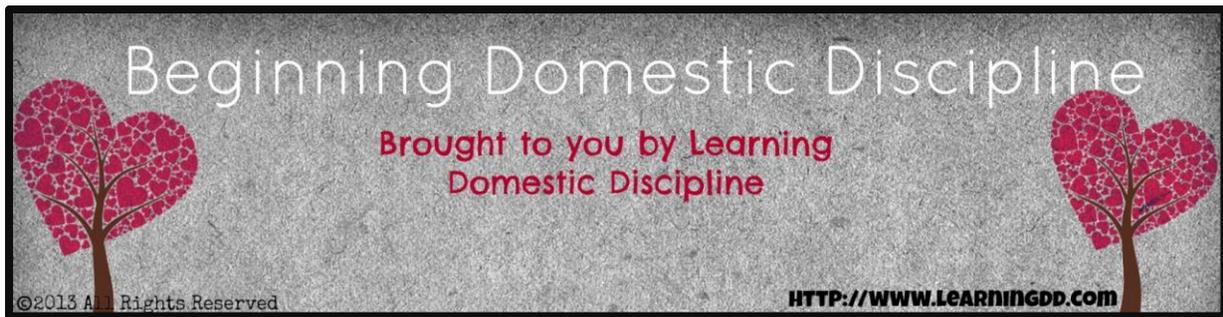
Having said that, a number of defining characteristics of a domestic discipline relationship are fairly universal to each domestic discipline relationship. The following definition includes those universal characteristics, and each of those characteristics is elaborated on below the definition.

We at Learning Domestic Discipline define domestic discipline as follows:

Domestic discipline is the practice between two consenting life partners in which the head of the household (HoH) takes the necessary measures to achieve a healthy relationship dynamic; the necessary measures to create a healthy home environment; and the necessary measures to protect all members of the family from dangerous or detrimental outcomes by punishing the contributing, and thus unwanted, behaviors for the greater good of the entire family. In addition to punishing the unwanted behaviors, the head of the household is responsible for reinforcing positive behaviors for the greater good of the entire family. The head of the household is ALWAYS to conduct themselves in a very safe, loving, healthy, controlled, and composed manner.

There is a lot of information included within that definition, as you can see. In fact, just so we're perfectly clear, let's break down this definition and go into even further detail.

A) Domestic Discipline is the practice between two consenting life partners... - Domestic discipline is generally practiced among married couples. However, the term "life partners" is used in our definition because we feel domestic discipline can be practiced between any two partners who know they'll spend the rest of their lives together. That could mean they're married, or engaged, or even partners living together for numerous years. And, of course, this practice and lifestyle absolutely **MUST** be consensual between both partners. We cannot stress that point enough.



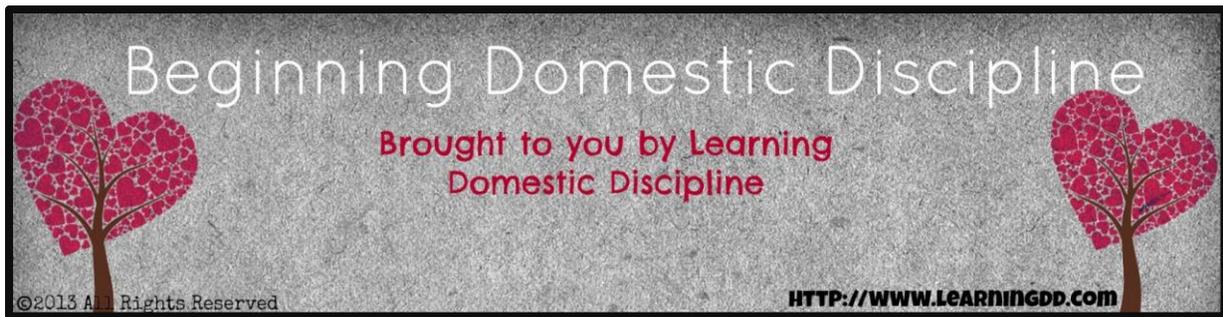
B) ...the head of the household (HoH) takes the necessary measures to achieve a healthy relationship dynamic; the necessary measures to create a healthy home environment; and the necessary measures to protect all members of the family from dangerous or detrimental outcomes by punishing the contributing, and thus unwanted, behaviors for the greater good of the entire family. - It is the “job” of the head of the household to protect their family from harm, even if that means protecting them from themselves. The HoH must protect the family not only in the physical sense, but in the emotional, spiritual, and financial senses as well. It is the duty of the head of the household to keep the family on the right track toward a safe, stable, constructive, and happy future. The HoH is the leader. The HoH sets the example for the rest of the family. In a domestic discipline relationship, this means the HoH punishes dangerous or detrimental behaviors in order to achieve those things. This is the essence of what domestic discipline is all about.

C) In addition to punishing the unwanted behaviors, the head of the household is responsible for reinforcing positive behaviors for the greater good of the entire family. - Often forgotten within domestic discipline is the need to reward the positive behaviors as well. This responsibility again falls directly on the shoulders of the head of the household. Reinforcing positive behaviors will increase the likelihood of those behaviors repeating, which is always a good thing in any situation.

D) The head of the household is ALWAYS to conduct themselves in a very safe, loving, healthy, controlled, and composed manner. – Any aspect of domestic discipline is NEVER to be carried out when the head of the household is angry or upset. Never. Yes, the dangerous or detrimental behaviors can be upsetting, but the head of the household must ALWAYS punish while composed, calm, and in complete control of their emotions and actions. This practice is always to be done in a loving manner, and never in an uncontrolled manner.

Domestic discipline isn't an easy thing to start in any relationship. However, once a couple begins practicing domestic discipline and remains consistent with it for several months, often times they can't imagine their lives without it.

When looking back at that definition, the term “domestic discipline” makes a lot of sense and is very fitting for describing this dynamic in a relationship. This lifestyle is “domestic” in the sense that it's practiced between two committed consenting life partners, and it obviously contains “discipline” given the punishment/consequence aspect of the lifestyle. Put the two terms together and there you have it – “domestic discipline.”



GETTING YOUR PARTNER ON BOARD WITH DOMESTIC DISCIPLINE

One of the hardest aspects of domestic discipline is physically starting with it. Approaching your partner with an extremely controversial and life changing idea like domestic discipline can be rather difficult, particularly when BOTH of you have to accept and consent to living with this dynamic in your relationship.

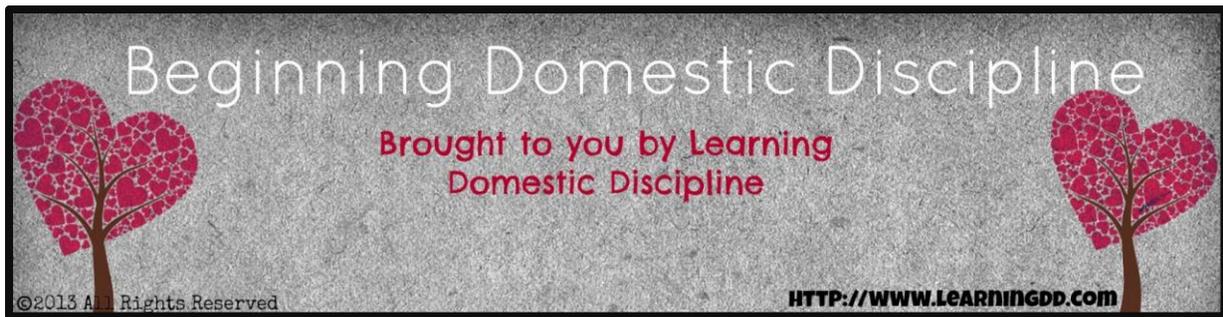
Outlined below are three things we recommend considering before you approach your partner with the idea of bringing domestic discipline into your relationship. Obviously this isn't a fool-proof "plan" but regardless, here are our recommendations.

1. Make sure you want this. The first thing we recommend is making sure domestic discipline is something you want in your relationship. Domestic discipline isn't something that can be turned off and on at will. Don't get the wrong idea - domestic discipline is absolutely something that can be (and should be) stopped at any time if it isn't working for your relationship, but it isn't something we recommend regularly stopping and starting. Consistency is important and needs to be present at all times in order for domestic discipline to be effective. Both partners need to be 100% on board with the idea of domestic discipline, and that starts with **you** being 100% on board before approaching your partner with this concept. Research domestic discipline first. Ask questions you have about this lifestyle to someone who already practices it. Make sure this is a lifestyle that you truly want to adopt for your relationship.

2. Be prepared for the "common hesitations" ahead of time. The second step we recommend is to anticipate how your partner may react so you're prepared for it. Very few individuals are going to say, "Wow! Sounds great! Let's try it!" particularly if they've never heard of it before. Be prepared for a lot of questions and some hesitation from your partner. The following list outlines a number of common feelings some have regarding their hesitations with incorporating domestic discipline into their relationship. Hopefully this outline of feelings will help you to understand your partner's perspective when first hearing about the idea of domestic discipline.

Head of the Household Hesitations:

- They don't want to hurt their partner. This is extremely common, and actually a good thing (after all, who really wants to be in a relationship with someone who enjoys hurting them?) However, it's important to explain to the HoH that there are different kinds of



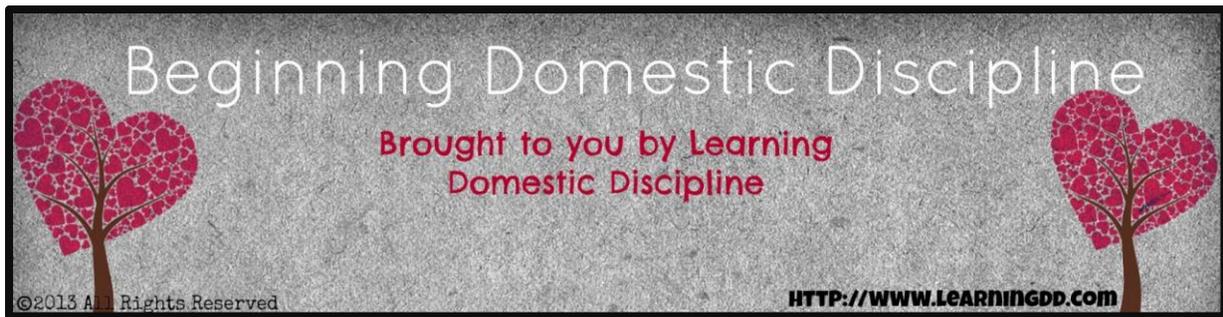
hurt, and the intentions behind the "hurt" matters most. For example - punishment is physical pain (in some situations, such as spanking) done lovingly (that's the key word) with intent to correct. There's also physical pain that is not done lovingly or with intent to correct (example - punching someone in the face), and emotional pain (example - saying rude things). Both of those are **NOT** what domestic discipline is all about, or what it stands for. Domestic discipline is practiced with loving intent. It's important that your partner understands that.

- They don't want to see their partner cry. This basically goes hand-in-hand with the above hesitation.
- They don't want to be a parent to their partner. A lot of HoHs feel that by creating rules/setting boundaries (and then using discipline to enforce those rules if/when they're broken) they will lose their partner and gain a child. This is just one of those "you have to try it to experience the dynamic" sort of things. We've never heard any couple in a domestic discipline relationship say that it felt like a parent/child dynamic. That isn't to say EVERY couple feels that way – we've just never heard anyone say that they feel that way. It's a different dynamic that involves adult emotions and adult situations that has to be experienced to truly understand.
- They want an independent partner. Being disciplined doesn't mean one isn't strong, independent, or capable of making decisions for themselves. It simply means that if any decision is a poorly made one, they have help in fixing it before it becomes an issue in the relationship/family.

Submissive Partner Hesitations:

- They don't want to be treated like a child. This goes hand-in-hand with one of the common hesitations HoHs face when first hearing about domestic discipline, which is that they don't want to feel like they are parenting their partner. The explanation for this hesitation is the same - it's just an experience one has to try to fully understand the dynamic. We could try to explain it, but it probably wouldn't make a lot of sense. It's something that has to be felt, not read in a packet.
- They're afraid it will hurt (the spanking aspect). Well, it does hurt. We're not going to lie about that. However the pain is temporary, and what the relationship and home both gain from the loving correction of negative behaviors is well worth it.

3. Understand the benefits. After you've studied up on all the hesitations your partner might have about domestic discipline, or what fears he/she may have about it, it's important that you understand the benefits of living the lifestyle and explain these to your partner. There are a lot we could list, but we'll outline the most important benefits to living with domestic discipline a part of your relationship.



- It brings a couple closer together physically, emotionally, and spiritually. For someone that has never practiced domestic discipline, this probably sounds ridiculous. However, the entire concept of domestic discipline requires a lot of honesty, trust, communication, and love that slowly but surely brings you and your partner closer and closer together on many different levels.
- It greatly reduces conflict/arguments in a relationship. A lot of couples (who don't practice domestic discipline) argue about things such as children, money, work, time management, among several other things. However, when domestic discipline is a part of a relationship, it reduces those arguments by giving both partners a different avenue in which to express themselves. For example, if the HoH has an issue with how much the submissive partner is spending, the HoH simply punishes the submissive partner for it rather than yelling/arguing/etc. with them about it. This gives the HoH a sense of relief that the problem has been addressed and corrected (hopefully), and it gives the submissive partner a sense of forgiveness. It also makes the submissive partner feel as though the head of the household is with her in fixing the problem, not against her.
- It creates a more structured and consistent environment in the home and relationship.
- It improves and stabilizes the relationship, it defines roles in each partner, and it ends any "power struggle" that may exist in the relationship.

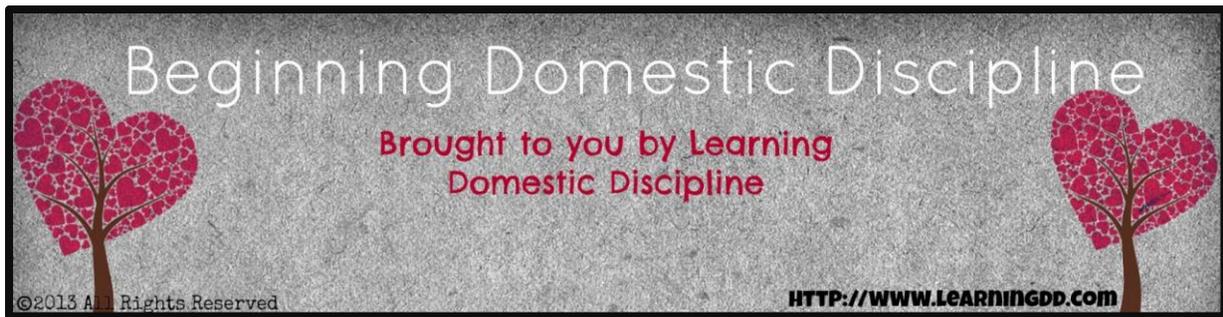
There you have it. These three steps are what we recommend you do before approaching your partner with the idea of domestic discipline.

Once those three steps are completed, it's then time to actually talk to your partner about domestic discipline. This is probably the most uncomfortable part of the whole experience, but it doesn't have to be. Remember, the worst thing that can happen is your partner saying no to domestic discipline. There is more on that a little later if your partner does in fact say no to this whole idea.

The first thing we recommend before talking with your partner about domestic discipline is eliminating all outside distractions. Put the children in bed (if you have children), put away/turn off cell phones, turn off the television set, etc.

How you word the conversation is entirely up to you. You know your partner and your relationship better than anyone, so you'll have to tailor the conversation around your specific situation and needs. However, we recommend the following topics are somehow incorporated into "the domestic discipline talk" with your partner.

1. What your vision of domestic discipline is, and what your vision of domestic discipline is not.
2. Why you want domestic discipline in your relationship.



3. The pros to including domestic discipline in your relationship.

Here's an example:

"Hey sweetheart. I just wanted to talk to you about something I've been learning about called domestic discipline. Domestic discipline is _____, but it's not _____ (put it into your own words). I know it might sound strange to you, and I certainly understand that. But, I think it could really help our relationship, especially with _____ (whatever issues you would like it to help with, or why you want it in your relationship). I've researched this and/or talked to others about it and I think it has a lot of pros to it like ____, ____, ____ (list whatever pros you want). It's something I feel we should try for a while, and if it doesn't work, then it doesn't work. We can agree to end it and move forward if that's the case. But I'd like to try it because _____. I love you a lot, and I want our relationship to be the strongest it can possibly be. What do you think/what questions do you have about it?"

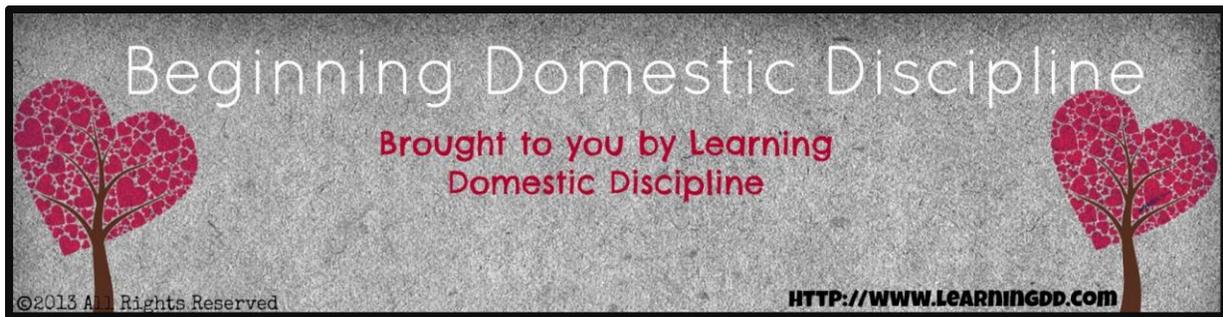
It's important to do three key things when talking to your partner about domestic discipline.

1: Empathize with their feelings. Domestic discipline, especially to someone who has never heard of it before, will likely come off as a completely strange and crazy concept to them, which is something you need to understand. By saying something like, "I understand this might make you nervous, or that you might think it's crazy," you're empathizing with how your partner might be feeling. This will help your partner feel more at ease (like "my partner is understanding why this might be hard for me") which will make him/her more likely to openly discuss it with you. They will feel like they don't constantly have to defend their feelings.

2: Make sure the 3 aspects outlined above are somehow incorporated into your discussion. It's important that you don't just sit down and flat out say, "Hey honey, I would like to try domestic discipline. What do you think?" without giving them any sort of background on what domestic discipline is, or why you think it would be beneficial. It's also important that you don't just say, "I want domestic discipline in our relationship. Now read this website, and this website, and this website (etc.) and let me know what you think." Your partner will feel a LOT more comfortable with the idea if they hear YOUR interpretation of what domestic discipline is, why YOU want it, etc.

3: Express to your partner that this is something you've thought a lot about, researched, and truly want to try. They need to know you're serious about it. It's as simple as that.

If Your Partner Said No...



It's easy to say keep trying, be persistent, etc., but we don't feel that's always the best idea. Generally speaking, the more an issue is pushed on a person, the more turned off they tend to become to it. So, rather than doing that, here's what we recommend instead:

1: Give the issue space. Asking about or bringing up the idea of domestic discipline regularly is just going to create annoyance and hostility. Instead, we recommend the issue be put "on the back burner" for a bit, with the potential to be revisited later. If he/she had the "no way on this earth are we ever doing that" reaction, we recommend waiting at least a month or two before mentioning it again, if ever again at all. If he/she was a little more open to the idea but still had some concerns, we recommend waiting a couple of weeks. The key is to not continually bring the issue up if it's something your partner is clearly against.

2: Explore the reasons why. We listed some of the more common hesitations that individuals have about domestic discipline earlier in this packet. Chances are one of the listed hesitations is the reason your partner is rejecting the idea of domestic discipline. Whether it's one of those reasons or something else, identify why they aren't open to the idea and research (or talk to others who practice domestic discipline) about how to address their concerns/problems before talking to him/her about it again.

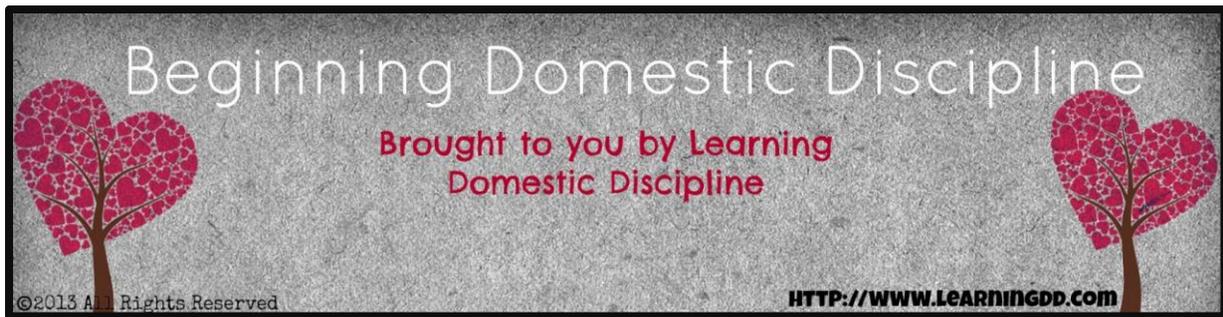
3: Don't get discouraged/act out on purpose. We understand these are two different things, but we're lumping them together for a reason - one often leads to the other. You may initially feel discouraged, disappointed, frustrated, upset, etc. with your partner for saying no, which is understandable. However, just because your partner may have said no this time doesn't mean there's no hope for domestic discipline to be your relationship sometime down the road. Many practicing domestic discipline couples started with a "no." Sometimes these things take time.

The bottom line is this - if the answer was no (for whatever reason), it's not the end of the world. Simply take a break from discussing domestic discipline, research it some more on your own (or talk to others about it), and revisit the idea again at some point in the future when you feel the time is right.

If Your Partner Said Yes...

If your partner agreed to give domestic discipline a try, that's wonderful! Here are a few "starting out" tips we recommend:

1: Start out slow. We really can't stress this point enough. Rushing into something like domestic discipline usually ends with poor results/experiences. Don't be in a hurry to "catch up" with another couple that has been practicing for 10+ years. Take things slow. Establish the



foundation of it first, then slowly begin to add on from there as the weeks, months, and years go by.

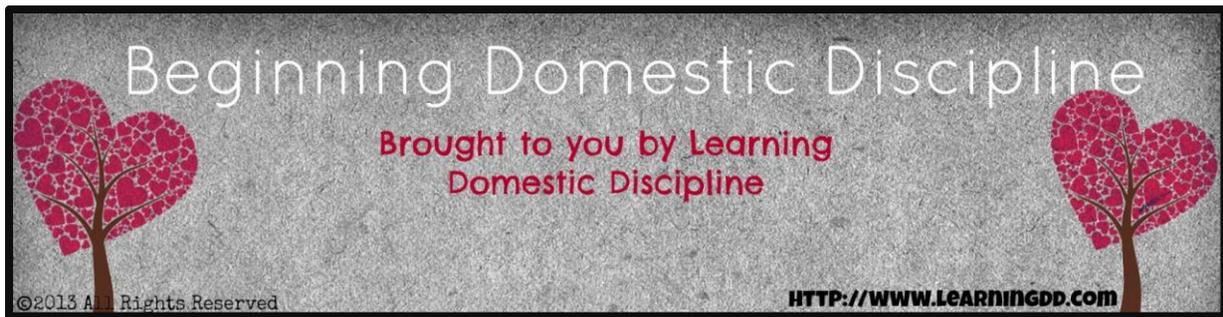
2: Establish the foundation. In our experience, domestic discipline takes four fundamental foundation cornerstones to be successful: honesty, respect, communication, and trust. All four of these relationship components need to be present in both partners. It's going to take all four of them for domestic discipline to function properly, and in a healthy way.

Once you've perfected those four foundation cornerstones, you're ready to begin building the structure of domestic discipline in your relationship.

3: Create a "Rules List." Every couple that practices domestic discipline has a different set of rules. Many couples incorporate what are known as the "4 D's", which are nothing **d**angerous, nothing **d**ishonest, nothing **d**isrespectful, and nothing **d**isobedient. For some, the "4 D's" work perfectly for their relationship. For others, the "4 D's" are too vague and general, prompting them to create a more specific and defined rules list. Whatever you and your partner choose to do, it's important your domestic discipline relationship have some sort of agreed upon rules list established before officially getting started with the lifestyle.

Once the rules list is created, the entire domestic discipline dynamic will operate much easier and much more smoothly. It takes time to set and establish clear boundaries on the rules of the relationship and home, so don't get discouraged if major improvements aren't evident right away. It takes time, commitment, and consistency which aren't always easy to remain patient with, but if you and your partner are patient with these things, there's no question domestic discipline will improve your relationship in ways you never thought were possible.

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HEAD OF THE HOUSEHOLD EMOTIONS

One of the most difficult things to talk about are emotions, particularly for the head of the household (HoH). As difficult as emotions are to discuss, there's no doubt that they're a huge part of living the domestic discipline lifestyle. The emotions involved in domestic discipline are very important and need to be included within this packet so those that consider themselves to be beginners to the lifestyle have a glimpse of what to expect.

The following emotions pertain to the head of the household in a domestic discipline relationship. To keep things organized, we'll break down the HoH emotions into two categories: positive emotions and negative emotions. We feel it's always best to end on a positive note, so we'll start with the negative emotions, and we'll start with the worst one of them all.

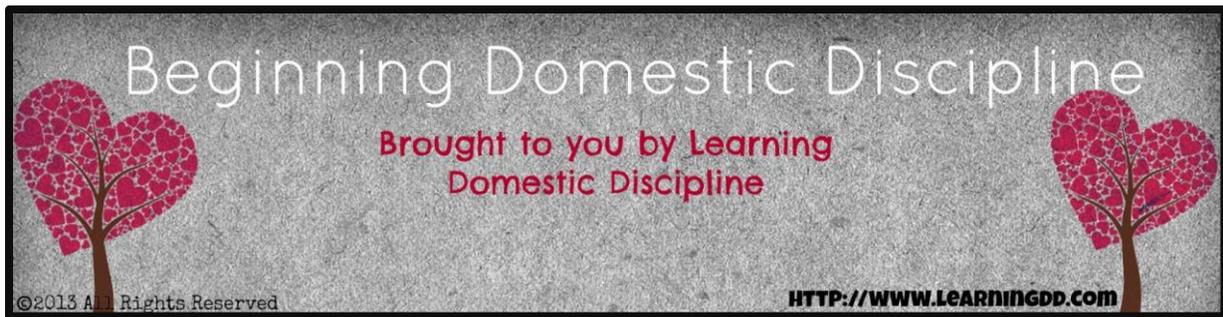
NEGATIVE EMOTIONS (HOH)

- **Anger** - Acting on anger is a big no-no in a domestic discipline relationship. That will always hold true and will never change. However, that doesn't mean the emotion of anger isn't felt in the HoH from time to time. It's how the HoH handles that anger that's important.

Anger is an emotion that the HoH should NEVER act on. It's as simple as that. If the HoH becomes angry, they must do whatever it takes to get themselves back to a calm, reasonable, rational, level-headed, and collected state before making any decision, or carrying out any punishment. This principle is an essential part of living a healthy domestic discipline lifestyle.

- **Apprehension** - When it comes to discipline, particularly discipline spankings, it's natural for the HoH to feel a bit hesitant to proceed with the punishment in the heat of the moment. There's a sense of uneasiness and uncomfortableness, or a feeling of reluctance that is sometimes felt just before administering a punishment.

When it comes to discipline situations, the consensus is that most HoHs don't want to punish their submissive partners – most HoHs feel as though they need to punish them in order to protect/care for them, and to keep the home dynamic functioning smoothly. When a little deeper thought is put into this, it would be a bit concerning if an HoH actually enjoyed the act of punishing their submissive partner and looked forward to it doing it, right? Yeah, that generally isn't the case. It's not emotionally easy on the HoH to punish the one they love.



- **Second Guessing** - It's difficult to get the HoH to admit to this, but make no mistake about it - second guessing does happen. Did I make the right decision? Am I spanking effectively? Was my decision fair to my partner? Did my lecture get through to my partner? Did I explain myself clearly? Am I asking myself too many questions?

These internal conversations come with and are simply a part of the enormous responsibility of being the head of the household. A great HoH always strives to be the best HoH possible for the relationship and family, and often times that drive to succeed prompts these internal questions.

- **Stress/Pressure** - As head of the household, the pressure to make the correct decisions, to set the best example at all times, and to lead the family in a fair, productive, safe, intelligent, happy, and healthy direction is always there. The decisions made by the HoH effect the entire family, and will affect the future of every single person around them. Need we say more? That's pressure. That's stressful.

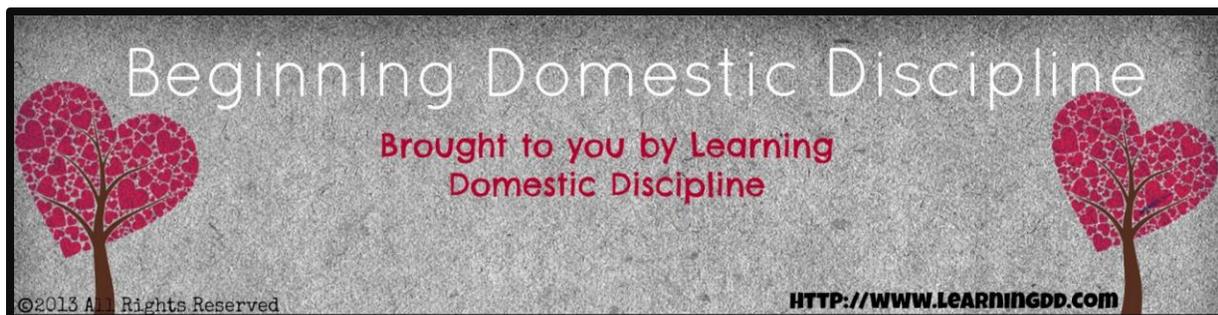
The good news about stress and pressure is that it typically brings out the best in the HoH. That's precisely what the relationship and the family deserve - the absolute best from the HoH at all times.

- **Guilt/Remorse/Sorrow** - The HoH is a human being just like everyone else, which means they're going to make mistakes too. Those mistakes can often leave the HoH feeling guilty, sorry, and/or remorseful. When it comes to guilt/remorse/sorrow, the submissive partner is punished to help alleviate their guilt. For the HoH, relieving those feelings of guilt/remorse/sorrow isn't that easy.

Depending on how much a poor decision effects the relationship and/or family, guilt in the HoH can sometimes linger for days, or even weeks. These emotions can take a toll on the HoH, but the sooner the HoH can make things right again, the sooner these feelings will go away.

- **Disappointment/Frustration** - To say one will get frustrated at various times in their relationship is kind of like saying water will be wet or the sun will rise from the east. It's a fact of life. That's just the way it is. One partner may do or say something that's extremely disappointing and/or frustrating to the other partner, but again, it's all in how these emotions are handled that make the HoH a truly great one.

To be brief, anytime the HoH experiences disappointment and/or frustration, it's recommended they remain calm (or take time to get calm) and make all decisions when thinking clearly.



POSITIVE EMOTIONS (HOH)

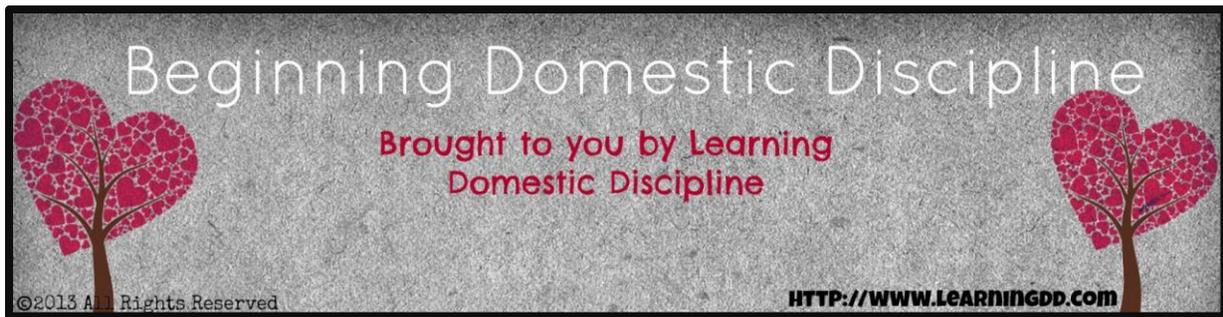
- **Happiness** - Happiness in a domestic discipline relationship comes in many forms. The elevated emotional connection between partners brings happiness. Improved behavior in both partners brings happiness. Better communication between partners brings happiness. Fewer arguments and fewer disagreements between partners brings happiness. If living the domestic discipline lifestyle doesn't make you and your partner happy, you're doing it wrong. It's as simple as that.
- **Confidence/Pride** - When the HoH makes a great decision - a decision that ultimately proves to be beneficial for the entire family - naturally their confidence grows. Being the decision maker, the leader, the disciplinarian, and the authority figure for the relationship and home spawns confidence in the HoH. The HoH protects the entire family, and when they do a good job of that, their confidence blossoms by leaps and bounds.

When the HoH leads the family down a healthy and productive path, and protects the family from harm, they should feel pretty good about themselves. They're doing their duty as the head of the household. Any HoH should feel good about that.

- **Relief** - There are many moments of relief for the HoH in a domestic discipline relationship. Relief that the punishment is now in the past. Relief that the submissive partner learned from their mistakes/punishment. Relief that everyone is now smarter, safer, and healthier. Relief after guilt from making a mistake is gone. Relief is a good feeling, and one that is experienced often by the HoH.
- **Feeling Needed, Appreciated, and Admired** - These emotions speak for themselves. There's no greater feeling to the HoH than knowing their family needs, appreciates, and admires them for being a great leader. All of these emotions are regularly felt by the HoH in a domestic discipline relationship.

The family needs leadership and direction. The submissive partner appreciates the HoH stepping up to help them become a better person (which, in turn, makes the HoH a better person), and the submissive partner admires the HoH for being the leader of the house. Any HoH should feel pretty good about that as well.

- **Love/Intimacy** - The HoH already loves their partner. That goes without saying (hopefully). But when the HoH regularly goes through very intimate experiences with their partner (like spanking for instance, even for discipline reasons), it strengthens and



enhances their love connection on a much deeper level. Embracing the one you love after an intimate spanking experience is a powerful moment for both partners. It's a moment when both partners are reminded how much they love one another. That love increases and strengthens with each intimate experience.

Are these emotions part of a relationship that does NOT include domestic discipline within it? Sure they are. Every single person in any relationship dynamic is going to experience these emotions from time to time. That's life. However, in a domestic discipline relationship, these emotions are often magnified and intensified, and in most cases need to be handled much differently.

Not everyone is prepared to handle the heightened intensity of these emotions, particularly when first starting out with the domestic discipline lifestyle. This lifestyle requires a couple to put themselves in certain situations that they are not generally accustomed to. These situations trigger different emotions - some negative and some positive - that often require a very different approach to handling them.

As a beginner to the domestic discipline lifestyle, it's important to be prepared to experience these intensified emotions along the way. The magnification and intensification of these emotions are certainly a part of what it means to live with domestic discipline in your relationship. Expecting them, understanding them, and knowing how to appropriately handle them gives you an advantage to achieving long term success with your domestic discipline practices.

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SUBMISSIVE PARTNER EMOTIONS

Similar to the HoH, the submissive partner will likely feel a wide range of emotions throughout domestic discipline. Domestic discipline is not structured to be a relationship where the submissive partner (or, *any* partner) should be afraid to show emotions. Emotions within domestic discipline can be positive or negative (as you're about to see), but whether positive or negative, it's important that the submissive partner not hold their emotions back. Emotions play a big part in what makes domestic discipline effective.

As we did with the HoH emotions, we will start with the negative emotions first.

NEGATIVE EMOTIONS

- **Frustration:** Frustration can occur for many different reasons. Most often, it occurs when the submissive partner feels that the HoH is struggling with consistency. This can lead to the submissive partner feeling like they have no options (because you cannot force consistency) and thus causing a frustrated feeling. Frustration can also occur when the submissive partner is frustrated with themselves for breaking a rule, forgetting a rule, etc.
- **Disappointment:** Similar to frustration, the submissive partner may feel disappointed in either themselves, or their HoH for several different reasons. The submissive partner may feel disappointed in themselves for not following the rules, or for getting punished. The submissive partner may also feel disappointed that the punishment the HoH chose was not handled the way the submissive partner felt it should have been handled.
- **Anger:** Anger is something that should not occur in a domestic discipline relationship. However, the realistic fact is that it does from time to time. Anger most often occurs when the submissive partner feels that a punishment was unfairly handed out. If, or when, anger does occur it is important to remove yourself from the situation and take some "quiet time" to yourself to avoid escalation of the situation.
- **Guilt/Remorse:** This is the most common negative emotion for a submissive partner, in our opinion. Whenever a person makes a mistake, or does something wrong, it's natural to feel bad about it. With domestic discipline it is no different. When a rule is broken,

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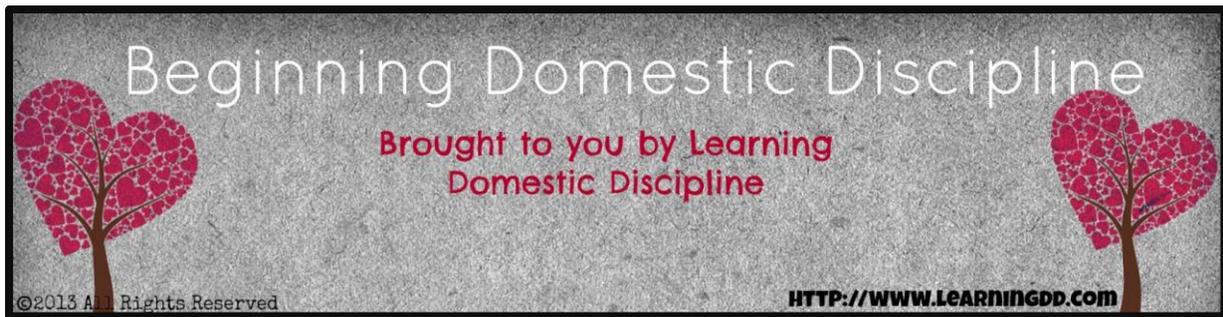
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guilt is almost always an emotion that is felt whether it is felt before the punishment, during the punishment, or after. With guilt, it's important to not let it build up over time. This is one reason why we do not recommend that the HoH delay punishments longer than necessary. Remorse is typically felt after the punishment and can often times lead the way in erasing the guilt.

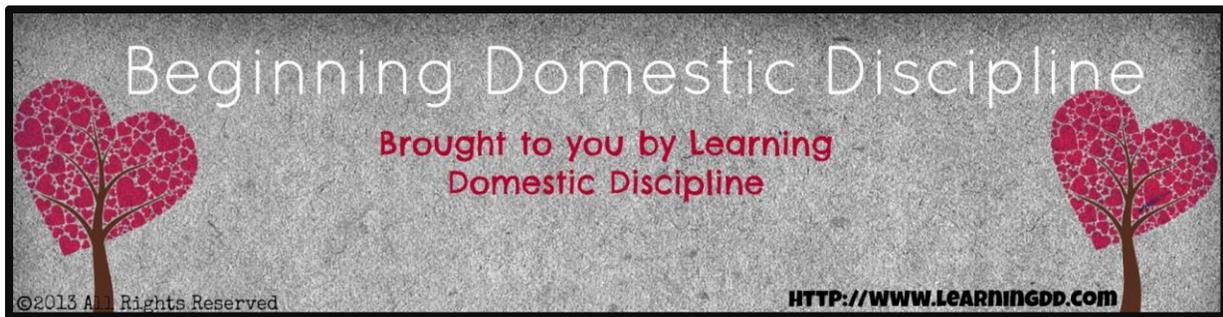
- **Apprehension:** Apprehension in domestic discipline can occur in many forms. It could even occur before domestic discipline has even started where one partner feels nervous or apprehensive about approaching the other partner with domestic discipline. Apprehension also commonly occurs before a punishment takes place or before confessing a mistake to their HoH.
- **Pain:** Unfortunately one of the punishments commonly used throughout domestic discipline can often cause pain. Anytime a spanking is necessary the submissive partner will most likely feel physical pain in an effort to correct the unwanted behavior. Although the pain should not last long (and in most cases subsides rather quickly), it is still felt by the submissive partner when a spanking occurs.
- **Embarrassment:** Although embarrassment should not be the focus of a punishment by any means, it often times occurs unintentionally. Some submissive partners are embarrassed by getting spanked, corner time, or having their HoH see him/her cry. It is also fairly common for a submissive partner to be embarrassed about his/her behavior. Submissive partners may also become embarrassed that a friend, family member, neighbor, co-worker, child, etc. may discover that they practice domestic discipline. Although embarrassment can be hard to solve completely, it is important for the HoH to do whatever he/she can to make sure the submissive partner is comfortable.
- **Isolation:** Often times couples are very private about domestic discipline and while that is not necessarily a negative thing, it can also lead to the submissive partner (or both partners) feeling alone within the lifestyle. If the submissive partner feels that she/he has to keep it completely private from his/her friends, family, etc. it can make that partner then begin to feel isolated. This is why it is so important to either make friends within the domestic discipline lifestyle, keep a domestic discipline journal, talk to others about domestic discipline or participate in groups online relating to domestic discipline. The more outlets a person has to be able to discuss domestic discipline (even if it is with people they do not know) the less alone they will feel.



POSITIVE EMOTIONS

After reading through the negative emotions, it is understandable how one could become fearful or nervous about incorporating domestic discipline into their relationship. However, domestic discipline also has a series of positive emotions that are often present within the relationship and, in most cases, the positive emotions are felt significantly more than the negative ones.

- **Peace:** It's been said by every domestic discipline couple that we've ever come into contact with - when asked for one word to describe their relationship since starting domestic discipline, *peace* always seems to come to mind. Many times the submissive partner feels more at peace with himself/herself, more at peace with his/her relationship, and peace can be felt tremendously more throughout the household.
- **Happiness:** While there may not be anything happy about getting punished, there is a great deal of happiness found throughout domestic discipline. Submissive partners will, most likely, begin to feel happier with their marriage, their family dynamic, themselves, and happier with fewer arguments and disagreements within their marriage and household.
- **Proud:** There's a lot to be said about being the submissive partner. It's a title that not everyone is able to have, although many people want. Many times the submissive partner feels proud that their HoH loves them enough to embark on a domestic discipline journey with them and cares for them enough to correct unwanted behaviors for the greater good of their family. Watching the transformation from their partner into the HoH and leader of the household also can result in a very proud feeling from the submissive partner.
- **Love:** Like peace, this is another emotion that every domestic discipline couple seems to feel. It probably goes without saying that you loved your partner prior to domestic discipline. However, domestic discipline often times increases the love that you have for one another. It can cause greater intimacy, affection, and an overall closeness between two people.
- **Cared For:** It's common for the submissive partner to feel more cared for within their relationship from their HoH. When the HoH sets forth a rule and then punishes if the rule is broken, or rewards if it is not, it causes the submissive partner to feel as if the HoH is

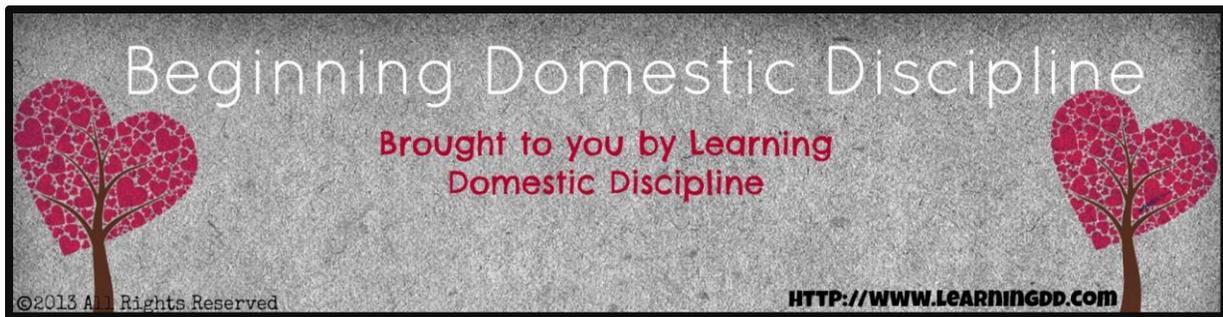


taking a genuine interest in both the submissive partner, and their relationship as a whole. Knowing that the HoH cares enough to go through a punishment, or plan a reward for the submissive partner, is always a great feeling.

- **Cherished/Adored:** Every person wants to feel cherished by their partner, and with domestic discipline it is a feeling that most submissive partners feel on a daily basis. It has been said by numerous domestic discipline partners that the HoH seems to take a more active role in the relationship after domestic discipline is incorporated, and with that comes the submissive partner often receiving more affection, surprises, and love overall.
- **Protected:** HoHs have a natural tendency to protect their submissive partner and this can be evidenced by taking a look at the rules the HoH has set forth. The majority of the rules, in some way, shape or form are typically to protect the submissive partner from danger/harm, hurt, sickness, etc. Feeling that your HoH is always watching out for you, and your wellbeing, is a wonderful feeling.
- **Relief:** After a punishment or confession takes place, many submissive partners feel relief that the punishment is over, and like a weight has been lifted off their shoulders. Domestic discipline is designed where the slate is wiped clean after each offense has been taken care of. Knowing that after a punishment life returns to normal and the offense has been forgotten about can bring a great sense of relief to the submissive partner.

When beginning domestic discipline, it's important to have a grasp on the emotions that you and your partner may feel throughout your domestic discipline journey. As stated before, everyone feels different emotions, and while these emotions may not be ones that you experience right away, over time you may at some point.

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LECTURING

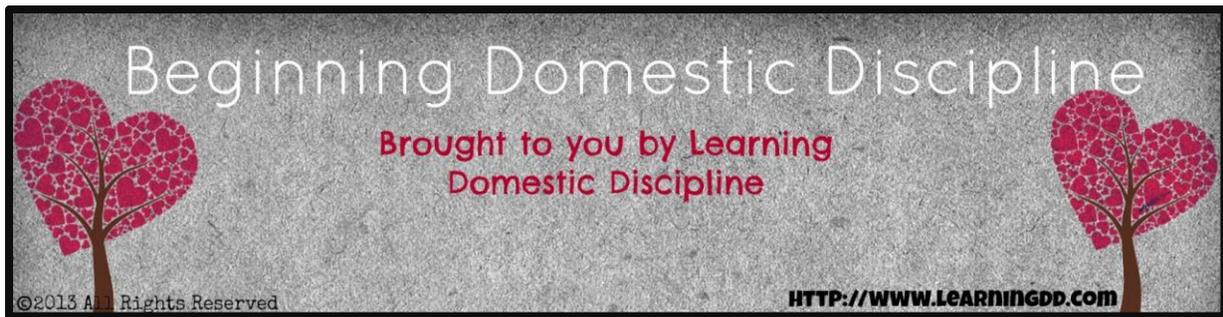
One thing that is evident among many domestic discipline couples is how difficult it is for the head of the household to conduct an effective lecture. Lecturing is not an easy thing to do, but it's certainly a vital component to the long term correction of a problem, and it's important the HoH know how to effectively conduct a lecture.

Essentially there are three components to the punishment process: 1) the lecture, 2) the punishment itself, and 3) the comforting afterward. All three components are important, but ironically the punishment itself is the least important. Don't misunderstand – the punishment is still very necessary, but the lecture is what helps the submissive partner realize their mistake/poor judgment on a deeper level, and the comforting afterward is what strengthens the love and emotional bond between partners. For now we'll focus on the lecturing aspect of the punishment. We'll discuss the importance of lecturing, and we'll cover how to effectively go about lecturing.

When it comes to the lecture, first thing is first – the head of the household needs to have a thorough discussion with the submissive partner about what happened. To prompt the need for a lecture, clearly a mistake was made or a rule was broken and the submissive partner likely feels bad about it. The HoH should definitely be sensitive to and understanding of that, however the HoH must still ensure that the submissive partner understands exactly *why* the behavior or action was/is a problem/dangerous. Deep down the submissive partner probably already knows this, but the point needs to really “hit home” and “sink in” for the problem to be corrected. The first thing the HoH is recommended to do is very calmly, and very respectfully, escort the submissive partner to a quiet place in the home to discuss what happened.

It's important the HoH not use force, and it's important the HoH speak very softly with genuine politeness, concern and care. It's recommended the HoH not choose a punishment for the infraction until the entire situation has been thoroughly discussed with the submissive partner. If the submissive partner asks, “What's my punishment going to be?” it's recommended the HoH say something along the lines of, “Don't worry about that too much right now, dear. Let's just go into the bedroom and talk about what happened. I want to hear your side of the story. I just want to get to the bottom of what happened.”

Once in a quiet room, it's recommended both partners sit down to thoroughly discuss the issue. It's recommended that the HoH essentially “walk” the submissive partner through the conversation and let them do most of the talking/thinking. The role of the HoH is to guide the



conversation where it needs to go, and to chime in here and there with relevant thoughts/suggestions. The point is to get the submissive partner thinking about what happened since, generally speaking, they weren't thinking at the time the mistake was made. It's the role of the HoH to mentally take the submissive partner back to that moment, get them thinking about it, and have them explain what they were thinking at the time.

The HoH can achieve this by asking the submissive partner a few leading questions. The HoH essentially helps the submissive partner come to the realization on their own that the infraction was dangerous and/or that poor judgment was used (even though typically, deep down, they already know that). The submissive partner saying the mistake out loud will not only help them come to this realization, but it will also illustrate to the HoH that they've thought about it and now know unequivocally that it's a problem. These realizations ensure a high probability that the negative behavior will not be repeated, which is the whole point of the lecturing/punishment process.

Within this same discussion, the transition into the punishment is important as well. At the beginning of the lecture, the punishment aspect should be in the back of the submissive partner's mind. The initial focus of both partners should be on the infraction, however toward the end of the lecture, the punishment needs to be discussed as well. The HoH is responsible for bringing the thought of punishment to the front of the submissive partner's mind at that point in the lecture. The submissive partner needs to think about what the punishment is going to be, and it's the responsibility of the HoH to ensure that happens.

By the end of the lecture, the submissive partner should have illustrated that they understand two major things: 1) the magnitude of the mistake and why it's a problem, and 2) that a specific punishment is appropriate and fair for the infraction. Once those understandings are achieved, the submissive partner's cooperation should be much better, and things should go much more smoothly when it comes time to carry out the punishment.

It's important a lecture be conducted each time a punishment situation arises. That holds true for all punishment situations, not just spanking situations. The lecture doesn't have to be a lengthy one, it just needs to be long enough to achieve those two important aforementioned realizations from the submissive partner. At some point in the lecture, it's also important that the HoH express what is expected of the submissive partner in a future similar situation.

Lecturing is certainly an important aspect of a healthy domestic discipline relationship. It's absolutely vital to the long term correction of a mistake/problem. When done correctly, lecturing ensures the same mistake is not repeated for a very long time, if ever again at all.

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REMOVING PRIVILEGES

Perhaps the most basic punishment within a domestic discipline relationship is removing privileges. Some people who are not in a domestic discipline relationship may already do this without realizing they're practicing a mild form of domestic discipline. If anyone has taken a privilege away from their partner (credit cards, video games, phone, computer, etc.), they're practicing a form of domestic discipline.

There isn't much to conducting this punishment. The head of the household literally removes access to a privilege that the submissive partner was misusing or abusing for a period of time. It's really as simple as that. There's a "thinking" factor with this punishment like the others, of course, but removing a privilege will generally get the "thinking" part done without an extensive lecture from the head of the household. Every time the submissive partner wants to exercise that privilege, they'll be reminded why it was taken from them in the first place.

This punishment is often used in conjunction with another. For example - a common problem that some submissive partners struggle with is excessive spending. Generally speaking, for most HoHs excessive spending is a spankable offense just for the act alone. However, it's also appropriate for the head of the household to remove the credit/debit card privileges from the submissive partner for a period of time until some financial responsibility from them is shown. A mistake of that magnitude - a mistake that can destroy a relationship - often requires more than just a spanking alone. As always, the ultimate extent of the punishment is determined by the head of the household.

Some examples of privileges that can be removed include, but are not necessarily limited to, the following:

- **Credit Card Privileges**
- **Driving Privileges**
- **"Going out with friends" Privileges**
- **Computer Privileges**
- **Television Privileges**
- **Phone Privileges**
- **Cosmetic Privileges**

The length of time these privileges are to be removed is naturally determined by the head of the household. It's a good idea to have a starting point (for instance, a day or a week) and adjust

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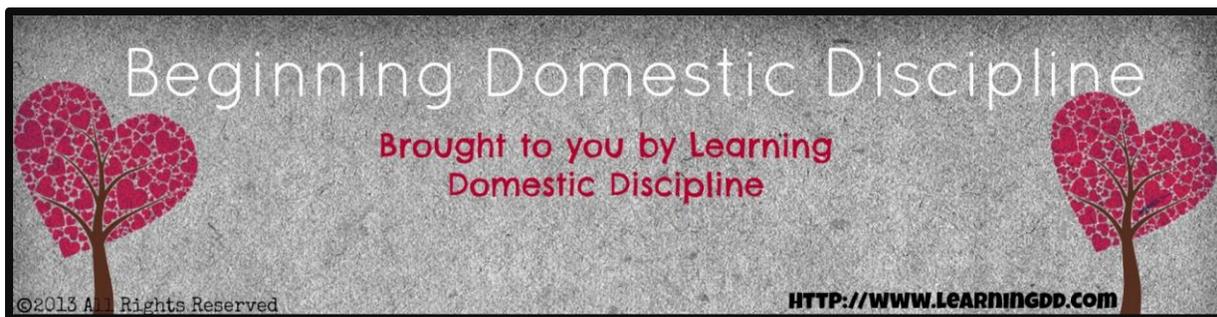
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the length of time according to how the submissive partner handles the punishment. If the submissive partner uses the privilege while restricted from it, it's appropriate for the HoH to add another hour/day or two on to the duration of the punishment. If the submissive partner handles the punishment well and doesn't use the privilege when restricted from it, then it's appropriate for the HoH to decrease the duration of the punishment by an hour/day or two. The HoH should always be fair, and should always reinforce positive behavior from the submissive partner.

This punishment is generally used when the privilege is being misused or abused, but it can also be a punishment for specific behaviors. It can be used as motivation as well. For example, *"Before I left for work you said you'd get all the laundry done, but it sounds like you've watched TV all day instead. No more TV until the laundry is finished. It's up to you as to when you get your TV privilege back."* That sort of thing.

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CORNER TIME

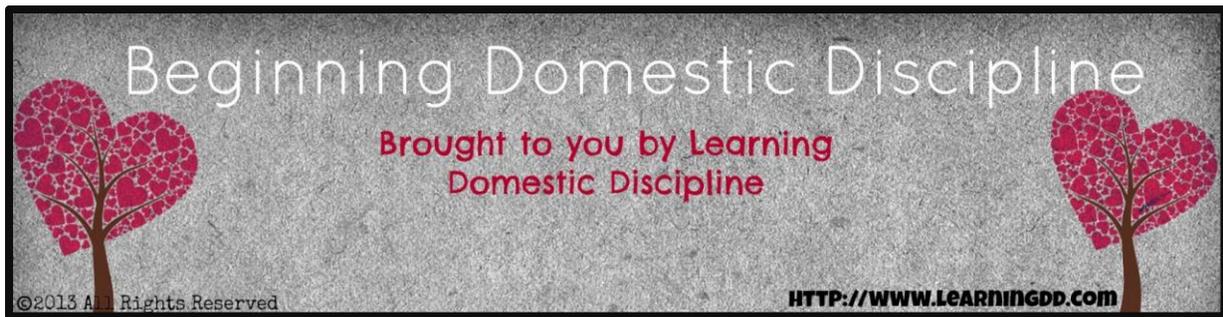
Within a domestic discipline relationship, there are several different punishments that can be administered, most of which are pretty straight forward. One of the most basic punishments is **corner time** (also referred to as a **time out**).

Corner time (or time out) is a punishment in which the submissive partner stands in a corner of a room for a designated period of time (determined by the head of the household). The idea is for the submissive partner to think about what they did wrong and think about why it's a problem without anything distracting them. There's a lot more that goes into this punishment than the submissive partner simply standing in the corner for a few minutes, as you'll see in just a moment.

Corner time is a light punishment typically administered when the submissive partner exhibits a minor negative behavior. Corner time is considered to be a reasonable and appropriate punishment to address behaviors such as a poor attitude, failure to listen, nagging, light back talking, or any other minor behavior deemed immature, annoying, or completely uncalled for and unnecessary by the head of the household. Corner time is perceived as somewhat of a "childish" punishment, but typically it's only administered when the submissive partner exhibits a "childish" behavior. The punishment should fit the "crime", so to speak, in a healthy domestic discipline relationship.

The following is a recommended guideline of how to administer a corner time punishment within a domestic discipline relationship. This guideline should only be considered to be a template of how to conduct the corner time punishment. As with everything in a domestic discipline relationship, a couple should find what works best for them.

Step 1: It's recommended the HoH communicate a few things to the submissive partner before the corner time punishment is administered. First, it's important the HoH lets the submissive partner know why they are being punished, and what the punishment is going to be. *"Since you are clearly having a hard time listening, you need to spend a few minutes in the corner and think about why it's important to listen to me."* Second, it's important the HoH express how he or she expects the submissive partner to conduct themselves in a similar future situation. *"All I asked you to do was turn down the volume so I can focus on what I'm doing. A few minutes in the corner should be enough time for you to think about your behavior and why it's a problem. Next time please just turn the volume down when I kindly ask you to do so."*



Step 2: The HoH must determine the length of time the submissive partner will be required to stand in the corner. It's recommended the starting time be seven minutes, adding or subtracting minutes based on the cooperation of the submissive partner. If the submissive partner handles the punishment well, the HoH can then reward that cooperation by reducing the length of corner time. If the submissive partner is defiant and uncooperative, the HoH can then add time to the punishment.

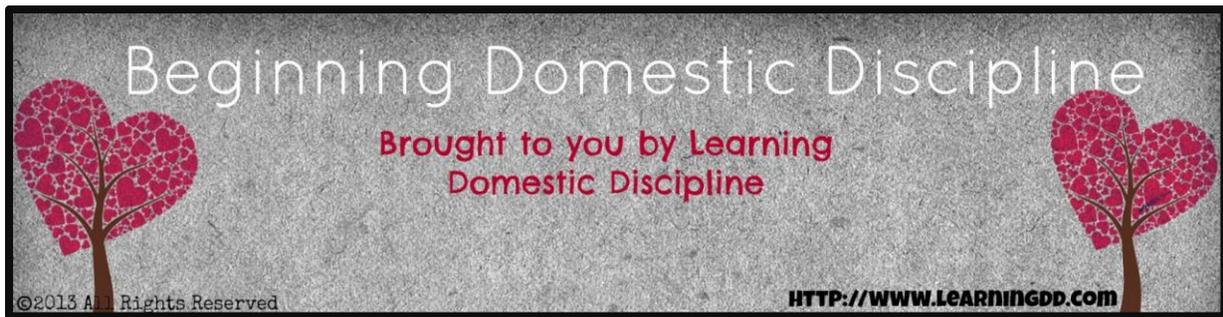
Step 3: The submissive partner must stand in the corner for the length of time the HoH has determined. It's recommended the submissive partner stand with their face to the wall to cut out any kind of distraction. It's important the submissive partner be thinking about their behavior, why it's a problem, and how to handle themselves next time. The HoH has given all of that information to the submissive partner already (step 1), and standing face to the wall eliminates distractions that may shift focus away from those things.

It is also recommended that the same corner be used each time this punishment is administered. That way every time this punishment is conducted, the submissive partner will know right where to go. If the submissive partner tries to leave the corner, turn around, ask when it's over, etc., it's recommended the HoH add 2-3 minutes to the overall length of the corner time.

Step 4: Once the time is up, the HoH then informs the submissive partner that the punishment is complete. It's important that the HoH comfort the submissive partner after the punishment by embracing them, reassuring them, and expressing love for them. It's also important that the HoH ask the submissive partner why they got punished. *"Alright dear - you understand why you had to stand in the corner, right?"* It's important the submissive partner respond with the correct answer so the HoH knows the punishment was understood and effective.

Step 5: The HoH again reminds the submissive partner what to do next time. *"All you had to do was turn the volume down. There was really no need to be so rude/immature about it. Had you just listened, you wouldn't have been punished. Next time just listen to me so things don't escalate into a punishment or an argument. Understood?"* Once the submissive partner indicates that they understand, the couple then continues on with their day.

As previously mentioned, there's a lot more to this punishment than just putting the submissive partner in the corner and leaving it at that. There's a point behind everything the HoH does and says, and it's important the HoH stay as calm as possible. That isn't always easy, but the HoH is the one setting the example for the submissive partner so it's very important. This is how it's recommended the corner time punishment be administered.



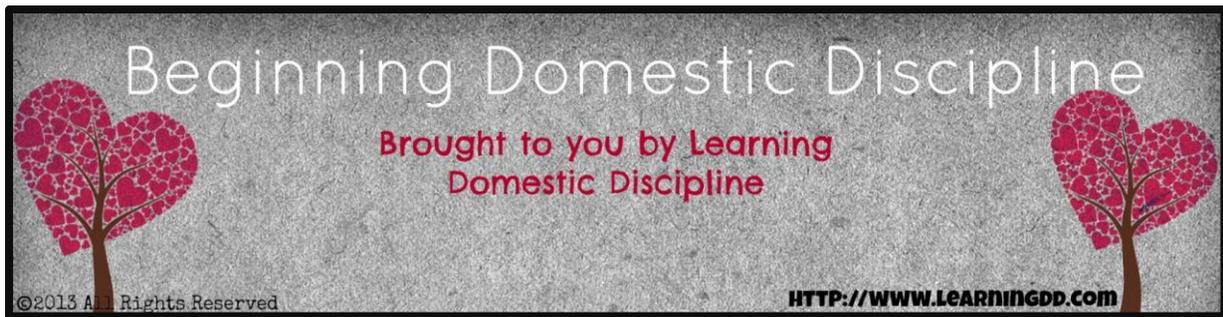
BEDROOM TIME

Another common punishment within a domestic discipline relationship is **bedroom time**. Bedroom time is essentially when the HoH requires the submissive partner to remain alone in the bedroom for a period of time (the length of time is determined by the head of the household). It's another "thinking" punishment where the idea is to give the submissive partner some time alone to think about what they did wrong, and why their behavior is a problem without anything to distract their focus. Bedroom time is essentially an escalation of corner time.

As with most punishments, there's a lot more to bedroom time than one may initially think. More goes into this punishment than just sending the submissive partner to the bedroom for a half an hour and leaving it at that. It's important to get the submissive partner thinking about the infraction and thinking about why it's an issue. We'll go over a step-by-step breakdown on how the bedroom time punishment is recommended to be done, just as we did with the corner time punishment.

Step 1: Just as with corner time, the HoH needs to do/say two things before sending the submissive partner to the bedroom. The first thing is to let the submissive partner know why the punishment is necessary, and what the punishment is going to be. *"I shouldn't have to repeat myself three times to get you to do something, dear. I really need you to listen to me. Since you're having a hard time with listening today, I think you need to spend some time in the bedroom to think about this."* Second, the HoH communicates to the submissive partner how the situation could have been better handled. *"Rather than argue with me and get yourself in trouble, you could have saved us both a lot of stress had you just done what I asked the first time. I really should only have to ask you to do something one time. This has become a much bigger deal than it needed to be."*

Step 2: The HoH must determine the length of time the submissive partner will be required to remain in the bedroom. Thirty minutes is a general recommended time frame to begin with, which can (and should) be modified based on the cooperation level of the submissive partner. If the submissive partner cooperates and shows remorse, it's fair to take 10-15 minutes off of the bedroom time. If the submissive partner fights and argues with the HoH while trying to administer the punishment, it's fair to add 10-15 minutes to the bedroom time. If defiance from the submissive partner is persistent, it's recommended the punishment be escalated to a spanking. The HoH being fair with the punishment in this manner will give the submissive partner more incentive to cooperate.



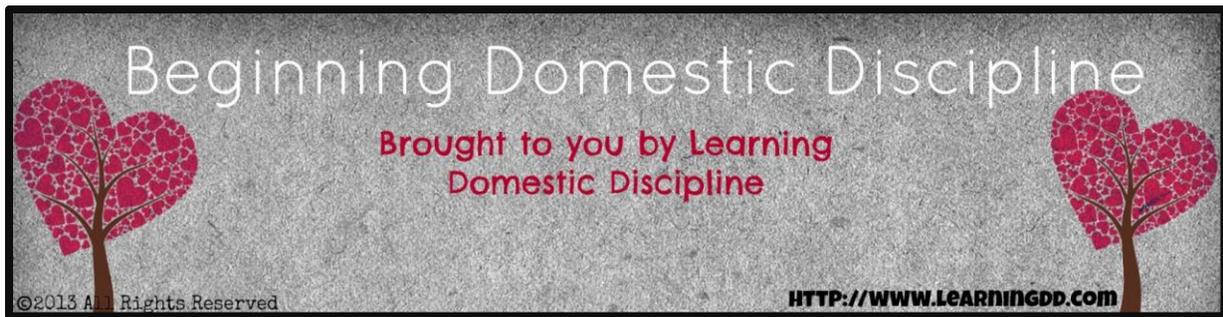
Step 3: The HoH is recommended to walk with the submissive partner to the bedroom. The HoH should not just send the submissive partner off like a child – the HoH should show love and respect by walking next to the submissive partner, holding hands, draping an arm around them, etc. It's understandable that the HoH may be angry/frustrated/annoyed in this moment, but it's important for the HoH to remain calm, cool, collected, and loving. When both partners get to the bedroom, it's recommended the HoH conduct a lecture. The lecture is optional, but it's highly recommended.

Step 4: It's recommended the HoH remove all distractions from the bedroom. Things such as the remote to the TV, magazines/books, cell phones, laptop computers – anything that may be potential distractions. Removing all distractions will keep the submissive partner's mind on their behavior, as well as keep their mind on what they need to do to correct their behavior. The HoH then leaves the room. If the submissive partner exits the room, it's recommended the HoH add time on to the punishment as described in step 2. If the submissive partner repeatedly leaves the room, it's recommended the HoH escalate the punishment into a spanking.

Step 5: When the punishment time is up, it's recommended the HoH go to the bedroom and inform the submissive partner that their punishment is over with. It's a good idea for the HoH to ask the submissive partner once again why they were punished to get confirmation that the submissive partner understood the punishment. *"Alright sweetheart - you understand why you had to spend some time in the bedroom tonight, right?"* Once the correct answer is given, it's recommended the HoH comfort the submissive partner with a hug, kiss, verbal expression of love, etc. The couple then carries on about their day.

Bedroom time is another fairly minor punishment that is typically administered for negative behaviors such as failure to listen, poor/negative attitude, stress breakdowns, and things of that nature. It's the last "chance" for the submissive partner to get their behavior under control before the HoH has to escalate the punishment into a spanking. This step-by-step breakdown is how the bedroom time punishment is recommended to be administered.

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REINFORCEMENT

Throughout this packet, punishments have been the primary focus. Punishments are obviously a huge part of domestic discipline, but it's time to look at another big part of a domestic discipline relationship - reinforcement/rewarding. This aspect of domestic discipline is often overlooked, but it can be effective in getting a desired behavior repeated, or aid in getting an unwanted behavior corrected.

We'll start with the definition of reinforcement. **Reinforcement** is the process of increasing the probability of a positive behavior by rewarding that positive behavior. Reinforcement is the opposite of punishment.

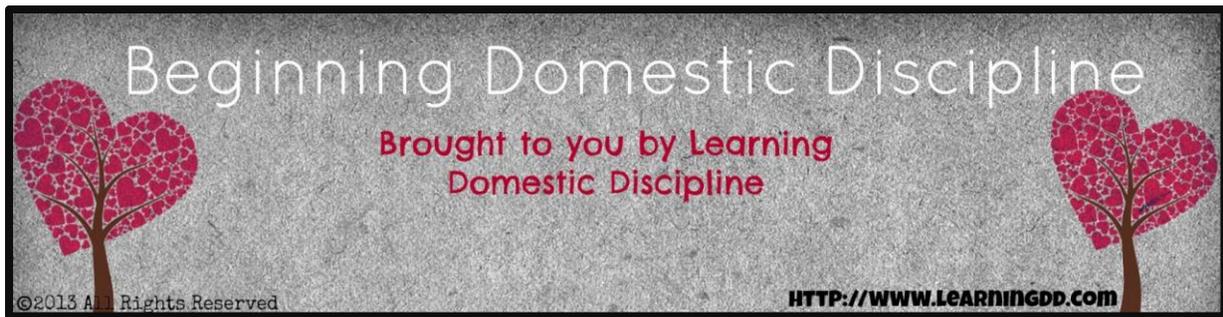
Here's a fun little example to illustrate the reinforcement dynamic:

You're in a waiting room with two vending machines - one with drinks, one with snacks. You put your dollar in both machines, you press the buttons for the items you want, and you get your drink but not your snack. The vending machine with drinks dispensed your item, the vending machine with the snacks did not. Now - which vending machine are you going to use in the future? The one that actually worked, right? Why is that? Because you were reinforced. The insertion of the dollar was your action, the drink that was dispensed was your reinforcement. That's the underlying principle with this whole reinforcement/rewarding thing. Reinforcement (your beverage) increases the probability of you repeating the behavior (inserting your dollar).

That example is a little silly, but everyone can relate to it and that's exactly what reinforcement is. So how does this concept help in getting a behavior corrected?

Let's say the submissive partner is giving the head of the household a lot of attitude, and naturally the HoH doesn't appreciate it. The best course of action is to punish, however, it's equally as important to reinforce the times when the submissive partner has a great attitude. There will be days where the submissive partner is happy, ambitious, productive, pleasant, etc. These times are when the head of the household should reinforce that behavior to increase the likelihood of it repeating again in the future.

Reinforcement can be as small as, *"Thank you for everything you did today sweetheart. I hope you know how much I appreciate everything you do for our family. I couldn't do this without you."* Or it could be something like, *"I'm so impressed with how you handled yourself today honey. You went above and beyond what I expect from you. I think we should go to*



_____ (a favorite restaurant) this weekend. Call (whomever) and see if they'll watch the kids. It'll be just you and me."

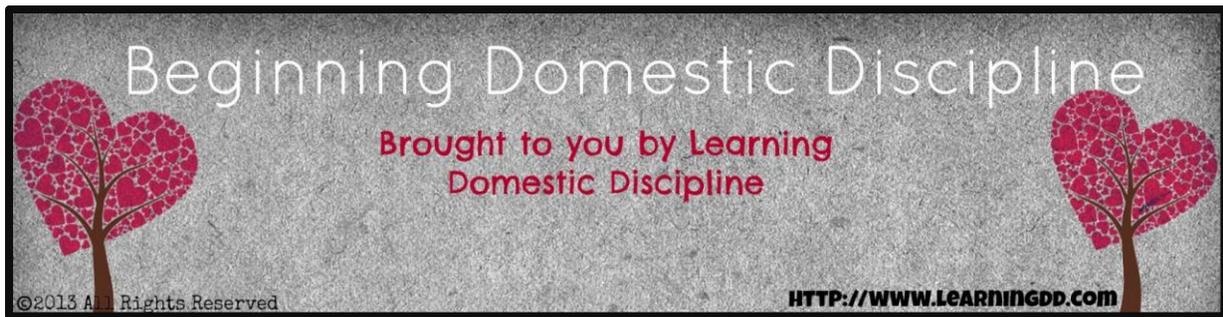
By increasing the probability of the behavior happening again (through reinforcement), this will naturally decrease the probability of the unwanted behavior from happening again. Two things are being accomplished with one action, which makes it very effective. Meanwhile, the submissive partner is happy since they just got reinforced by the head of the household for a job well done. It's a win-win for everyone.

Reinforcement can come in a million different forms. Any kind of reward would help in getting the behavior to repeat. If a great dinner was made, a simple "thank you" would constitute reinforcement. If the submissive partner had a good day, go out for some kind of dessert (ice cream, pie, whatever). If the submissive partner had a good week, go see that movie they've wanted to see. If the submissive partner had a good month, perhaps a gift card to the spa is in order. The element of surprise will make it more effective as well.

The head of the household doesn't have to reinforce EVERY little thing his submissive partner does well. That isn't the point, nor is it very possible. A "thank you" or "I really appreciate that" can be said dozens of times a day, but bigger things like gifts or vacations should be reserved for "bigger" accomplishments when the submissive partner goes above and beyond what is expected of them. As with everything in domestic discipline, it's important the HoH be fair. There's nothing wrong with giving the submissive partner the credit they deserve every once in a while, and reinforcement is a healthy part of any domestic discipline relationship.

Something as little as "Thank you, dear. That dinner was fantastic," followed by a kiss can go a long way. It makes the cook feel appreciated and loved, which is precisely what domestic discipline is all about. Even if this is a regular part of a couple's routine, there's always room for improvement. Don't overlook or forget about all the great things your partner does for you and your relationship every day. Reinforcement and appreciation are definitely key components to a healthy domestic discipline relationship.

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THE FIRST SPANKING

The first spanking can be a very awkward and nerve-wracking experience for both partners. Going through a spanking with the one you love isn't like riding a bike for the first time where you can get back up and try again if you happen to fall. It isn't like cooking a new meal where you can throw it out if it happens to taste terrible. This is a very unique and a very intimate experience, and there's no going back on it once it happens.

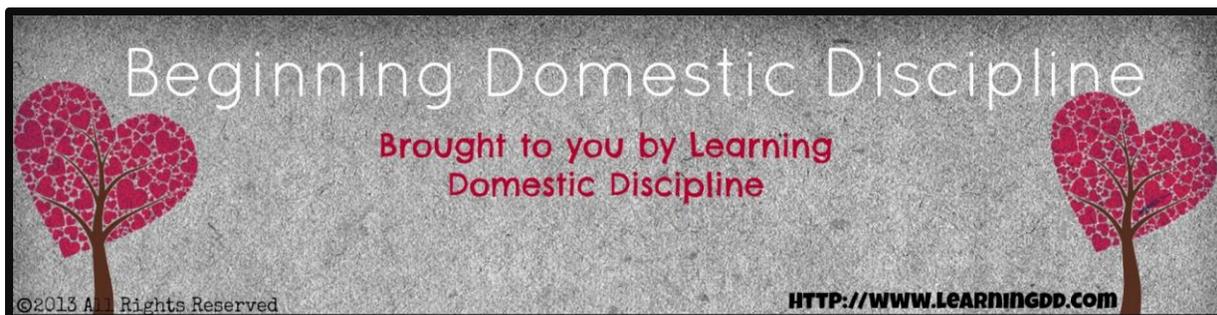
There are a myriad of emotions that both partners go through the first time they go through a spanking together. Awkwardness and nervousness are just the tip of the iceberg. There are feelings of apprehension, second guessing, pressure, and even guilt. There are also feelings of relief, emotional connection, reaffirmation, intimacy, and love. The first spanking is an experience you and your partner will never ever forget.

Overcoming the nervousness you both will undoubtedly feel will certainly be a challenge, but it's a challenge that can easily be overcome when both partners work together. If one partner is hesitant to go through with the spanking, it's important the other partner empathize with them, reassure them, and reiterate to them that this is truly what they want in their relationship.

It's also important to remember the intentions behind the spanking in these difficult moments of apprehension. Spankings are done with loving, caring, and nurturing intentions behind them. The HoH spans the submissive partner to protect them, guide them, lead them, and help them in becoming the best person they can possibly be – not to deliberately harm them out of anger.

Going through a spanking with the one you love is also a very personal experience. It's a very intimate experience. It's an experience that a person would only go through with someone they care deeply about. It's an experience unlike any other. One agrees to spank or be spanked because of love and trust for their partner, yes, but also because it nourishes an emotional connection between partners that runs much deeper than anyone could ever put into words.

That's why you have agreed and consented to this lifestyle knowing that spanking is a part of it. It's important to always remember those reasons. When you remember these things and reflect on them, the first spanking experience will be much easier to accept, and therefore go much more smoothly.



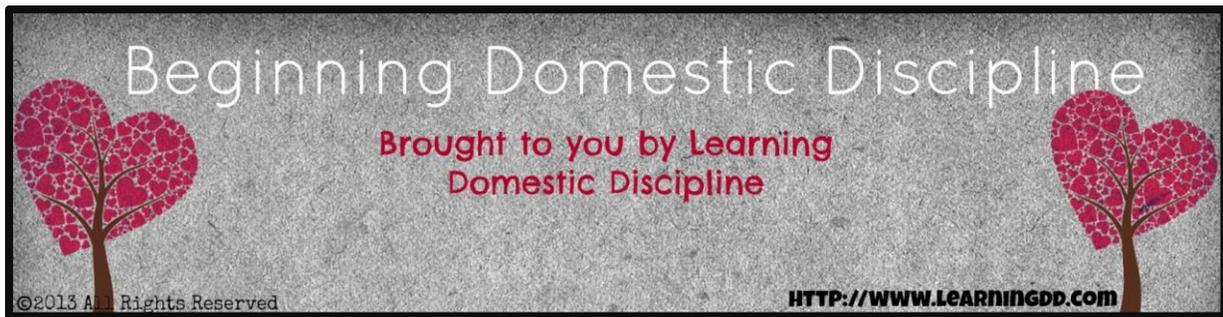
There are two ways a couple can approach the first spanking experience – 1) discuss all specifics of the spanking (the position, the implements, over or under clothing, etc.) first, then proceed with those specifics outlined and understood, or 2) do what comes naturally.

The first option is a great way to approach a spanking for the first time. Both partners discussing things ahead of time gives them an idea of what to expect to a certain degree, thus making the situation a little more comfortable for everyone. Upon first thought, the second option may seem “crazy”, but it’s an option that can actually work well long term.

By “doing what comes naturally” when spanking for the first time, both partners tend to fall into their “natural” roles much easier than they probably anticipate. They may feel as though they have no idea how to go about doing this, but they may surprise themselves if they go into the first spanking situation by “doing what comes naturally.” Doing “what comes naturally” basically forces the head of the household to take charge of the situation and give the submissive partner direction. “Doing what comes naturally” also forces the submissive partner to follow the lead and direction of the head of the household. It’s a “baptism by fire” approach, but it’s an approach that very quickly establishes the roles of each partner in the domestic discipline lifestyle.

Whichever approach you and your partner choose to take when spanking for the first time, the results will end up being the same when it’s all over with – a sense of relief will be felt by both partners, and both partners will learn so much about themselves, and each other. Both partners will feel much more connected on an emotional level, and both partners will be much happier later that evening (or the following day). The infraction and the spanking will both be in the past, the slate will be wiped clean, and both partners will be able to move forward together in a positive way.

As great as those things are, there can also be some remorse felt by the HoH immediately after the spanking. Immediately after the spanking, the HoH may experience feelings of sorrow and guilt. They may feel bad for “hurting” their partner, or for spanking too hard (even though, chances are, the spanking wasn’t done hard enough), or for making their partner cry. These are all very common and very normal feelings, but the HoH shouldn’t let those feelings in that moment discourage them from continuing on with the domestic discipline lifestyle.



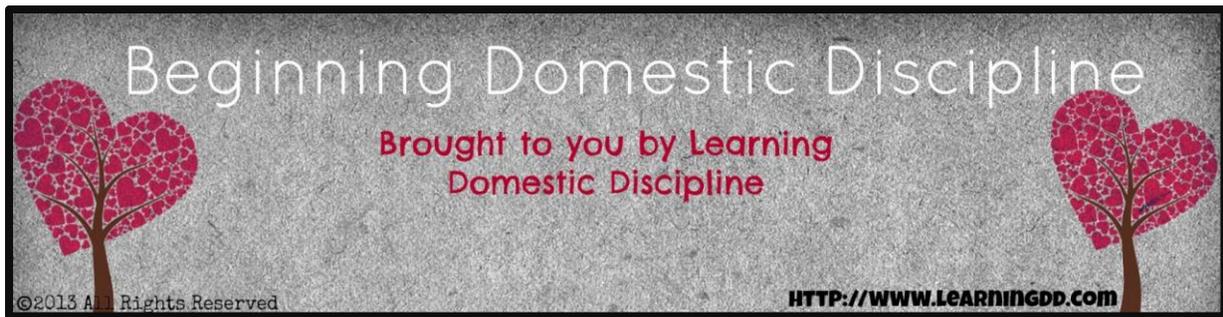
If the HoH experiences any of these feelings immediately after the first spanking, it's then time for the submissive partner to step up and be the emotional support system for the HoH.

The submissive partner can (and should) reassure the HoH, and let them know that they understand why the spanking was necessary, and that the spanking actually made them feel cared about, loved, and protected – not abused, neglected, or ignored. The spanking may have stung, yes, but deep down the submissive partner appreciates that the HoH took initiative and cared enough about the relationship to address problematic behavior(s) that was/were causing turbulence in the relationship. It's the submissive partner's "job" to convey this message loud and clear to the HoH. Once the HoH receives this message from their partner, they will feel so much better about spanking, and living the domestic discipline lifestyle in general.

In spanking situations, particularly the first spanking situation, the HoH needs that emotional support every bit as much as the submissive partner does. That's why the comforting after the spanking is so important for both partners. It's about working together and emotionally being there for one another. It's about love, respect, and intimacy. Spanking is a powerful phenomenon that enhances a relationship in many different ways – not just by modifying, improving, and correcting behaviors. Needless to say, the first spanking is the most emotionally powerful one of them all.

Before the first spanking there are a wide range of emotions that the submissive partner may experience as well. Several of these emotions are ones that will likely be present before any spanking (such as regret that the rule was broken in the first place) but there is also a separate set of feelings that the couple will likely face before the first punishment is carried out. The most common of those feelings is, "why are we even doing this?" For the submissive partner the thought process is usually something similar to, "well when we talked about domestic discipline I liked the idea of having rules and consequences, but now that those are actually in place and the consequences portion is about to be enforced, I seriously have no idea what I was thinking. I didn't think this would actually happen." And that is common.

Another common emotion that a submissive partner may feel is anxiety about what the spanking will truly be like. Sometimes during the course of a couple's research they will encounter personal blogs written by those who practice domestic discipline, or they will encounter a domestic discipline book outlining a fictional story. While there is nothing wrong with those methods of research (they can be very helpful) it's important to understand that what

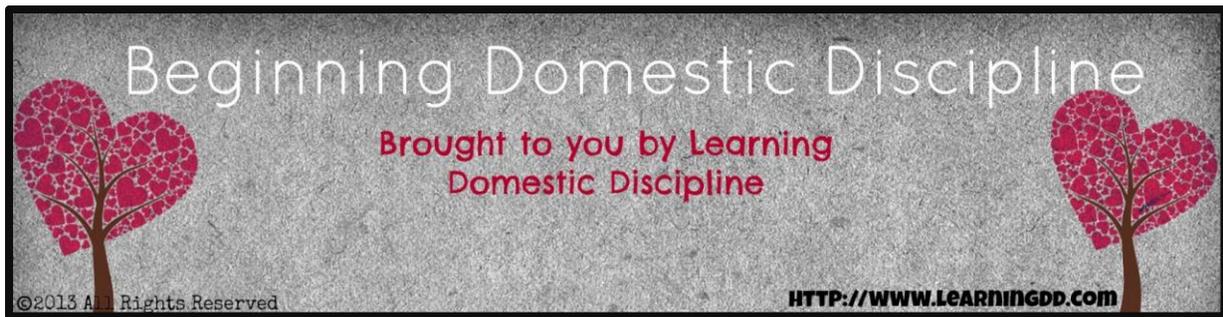


you read on the internet or what you hear about another couples domestic discipline journey may not be what yours is like. For example, if you read that someone's first spanking was 15 swats with a hairbrush and they thought it was "no big deal" don't assume that yours may match that. Yours could be 20 swats with the HoH's hand, and hurt a lot. Or it could be 5 swats with an implement and be over before you know it. So, we highly recommend trying to not focus on thinking too hard about what it will be like.

The first punishment is, without a doubt, tough to overcome. But once you do, it really sets the foundation for the relationship and not only (hopefully) makes other punishments less frequent but also helps both parties to feel more comfortable in their roles, and over time with domestic discipline.

After the first spanking situation, and after working through all the various emotions both partners will undoubtedly experience, spanking in general will get easier. Well, perhaps easier isn't the right word – both partners will become more and more comfortable with spanking as the relationship moves forward. Spanking for discipline reasons never really gets easier, but it does slowly become a "natural" part of the relationship over time, and feels more and more "natural" each time it's done if a couple stays committed to it. It's getting through the first spanking that's the biggest challenge. Both partners can do it if they stick together, encourage each other, and support one another.

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BEGINNER SPANKINGS

There isn't a more important punishment within a domestic discipline relationship than a spanking. Spankings are also the most difficult to do, and the most misunderstood. Spanking is a rather complex punishment and one that needs to be administered with the utmost care and love.

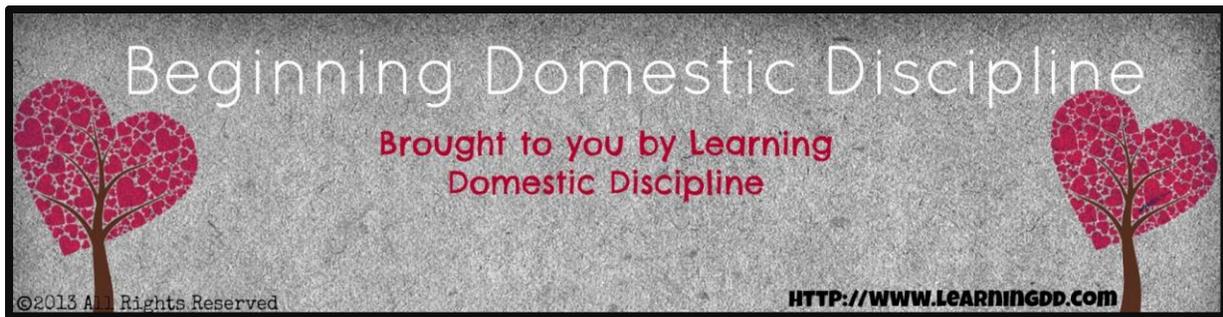
We'll start with a definition of spanking. A spanking is a punishment in which the head of the household strikes the buttocks and/or sit spot of the submissive partner with a hand or an implement in an effort to correct an unwanted, dangerous, or detrimental behavior. **Spanking should only be done in a calm, collected, level headed, reasonable, rational, and loving manner. The head of the household MUST be under control when administering a spanking.** Spanking in a discipline sense should only be administered when a mistake is made, or poor judgment is exhibited by the submissive partner.

Just as with the corner time and bedroom time punishments, we'll break the spanking punishment down with a step-by-step process. The following is a recommended guideline to be used as a template on how to appropriately and safely administer a spanking punishment:

Step 1: Spanking is for major offenses/mistakes, so the HoH will likely be rather upset about the behavior or poor judgment exhibited by the submissive partner. The HoH must first calm down if they happen to be angry or upset. Before doing *anything* else, the HoH must be in a calm and collected state of mind to ensure that they are in complete control of their actions.

Step 2: It's recommended the HoH walk with the submissive partner to the bedroom. Spanking doesn't always need to be done in the bedroom, but it is recommended to be done in the bedroom for intimacy and privacy reasons. It's recommended the HoH place an arm around the submissive partner for comfort if the submissive partner happens to be scared/nervous. The HoH should be firm, but understanding as well. It's recommended the HoH calmly encourage the submissive partner to discuss what happened together.

Step 3: Once the couple is in the bedroom, it's recommended the HoH sit down with the submissive partner on the bed (or a chair/couch if one is in the bedroom) and conduct a lecture. The lecture is extremely important. Lecturing is outlined within this packet.



Step 4: The HoH then must decide to spank over the clothing, over the underwear/pajamas, or bare-bottomed. The pros and cons of each option are outlined in this packet.

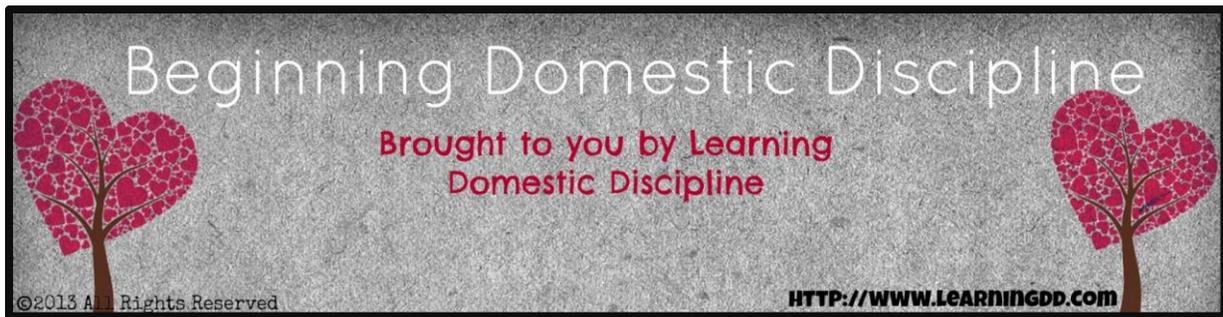
Step 5: The submissive partner then gets into spanking position. The spanking positions are outlined within this packet, and a couple should find a position that makes both partners the most comfortable.

Step 6: It's recommended the HoH strike directly on the buttocks and/or sit spot of the submissive partner with the chosen spanking implement(s). A list of spanking implements, and the pros and cons of each one, are outlined within this packet. For beginners, it's recommended either a hairbrush, a wooden spoon, or a wooden paddle be used, but the HoH ultimately decides which spanking implement(s) to use. It is also recommended that the HoH use their non-spanking hand to assist the submissive partner in keeping position by laying the non-spanking hand across the lower back of the submissive partner. The HoH then strikes the buttocks of the submissive partner with the spanking implement using between 1/3 and 1/2 of their strength, alternating cheeks. The recommended number of strikes is 15 for beginners, adding or subtracting strikes based on the submissive partner's cooperation level. It's recommended the number of strikes remain between 12-20 strikes for effectiveness, however the total number of strikes is at the discretion of the head of the household.

Step 7: Upon completion of the spanking, the HoH then comforts the submissive partner. This is absolutely vital to the entire spanking process. The HoH should NEVER leave the submissive partner lying there, crying, alone. That's the worst possible thing the HoH could do in that moment. The submissive partner needs the HoH's attention and care in these vulnerable moments. The HoH should embrace the submissive partner, comfort them, kiss them, tell them everything is going to be okay, and simply be there for them. It's recommended the HoH embrace the submissive partner and continue to comfort them until they're completely calmed down. This is usually done lying next to one another on the bed.

Step 8: Once the submissive partner is completely calmed down, it's recommended the HoH then ask the submissive partner again why the spanking was necessary and ensure the problem was understood, addressed, and corrected.

Step 9: The HoH then gives the submissive partner another hug and the couples goes on about their day/evening.

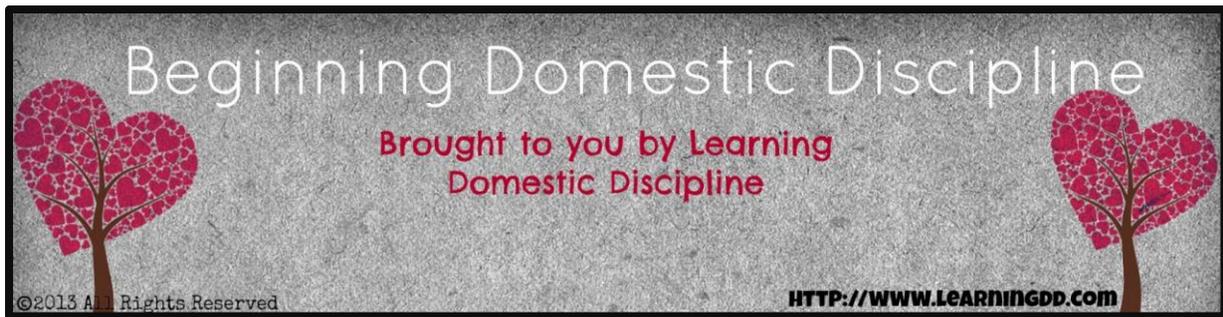


Step 10: Rubbing the buttocks after the spanking, or providing ice/lotion/aloe vera is not recommended. Rubbing or providing a soothing pain reliever essentially defeats the purpose of a spanking. The spanking must be painful to act as a strong deterrent to repeating the unwanted, dangerous, or detrimental behavior in the future. This is simply a recommendation, and ultimately the decision of whether or not to rub (or allow rubbing) the buttocks after the spanking is at the discretion of the head of the household.

There are a lot of steps to a spanking, all of which are important. This isn't easy to do for either individual involved. It's important that the HoH reinforce any and all cooperation exhibited by the submissive partner. Reinforcing cooperation increases the likelihood of cooperation next time the couple goes through the spanking process.

If you and your partner have never spanked before, or if you're in the very early stages of domestic discipline, the recommended spanking steps outlined are ideal for introducing you to this concept. After the first spanking, both partners will start to see and feel how the domestic discipline dynamic works, and why it's so helpful to a relationship. Not only will the submissive partner's behavior improve, but the spanking process will bring both partners SO much closer together emotionally and spiritually. That's what domestic discipline, and going through a spanking with the one you love, is all about.

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SPANKING IMPLEMENTS

There are a number of implements that can be used for spanking. Below is a list of implements that are ideal for beginners, complete with the pros and cons of each one.

Hand

Pros - Convenient; inexpensive (free); will not bruise; excellent for bringing nerves to the surface.

Cons - Can be painful after numerous strikes for the HoH; not overly painful for the submissive partner; the HoH must spank harder with the hand than with an implement.



Spanking Buddy

Pros - Lightweight; inexpensive; protects the spanking hand from pain; feels like using a hand.

Cons - Can slip off the hand; can bruise if used excessively; can be loud when spanking; small area of the buttocks being effected.

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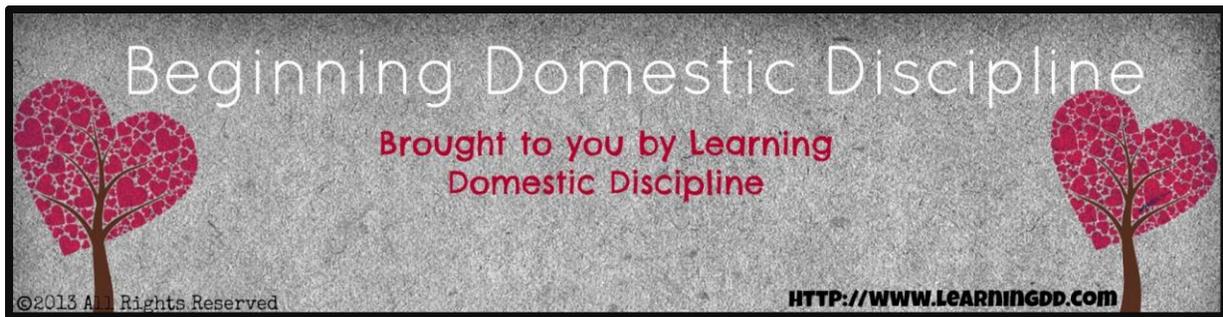


Wooden Spoon

Pros - Lightweight; inexpensive; quiet when spanking; pain/sting stays on the surface of the buttocks; good for spanking thighs; not dense.

Cons - Small, so it must be used all over the buttocks to achieve desired results; can break easily.





Hairbrush

Pros - Lightweight; inexpensive; excellent for achieving desired sting; covers a larger part of the buttocks; common household item - i.e. convenient.

Cons - Can break/crack easily; can be loud when spanking; can bruise if not used properly.



Ping Pong Paddle

Pros - Lightweight; inexpensive; common household item; fairly quiet when spanking; desired sting stays on the surface of the buttocks; covers larger part of the buttocks; difficult to break.

Cons - Not typically associated with spanking; have to spank hard to get desired results; small and difficult to hold; red rubber coating makes the sting lighter than desired.

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Wooden Paddle

Pros - Commonly associated with spanking; excellent for achieving desired sting; easy to manage/hold; good for nearly every spanking position.

Cons - Dense; can bruise if not used properly; can be expensive; not commonly found in stores; can be fairly loud when spanking.



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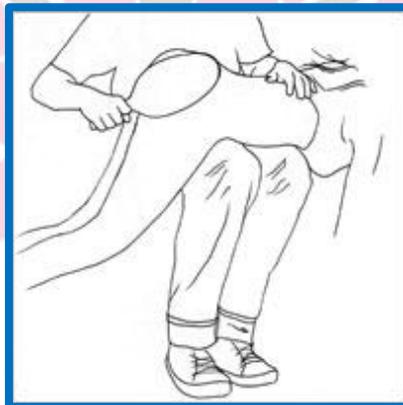
SPANKING POSITIONS

Under the grand domestic discipline umbrella, there are many different spanking positions couples can choose from. However most of them will not be included in this beginner packet since, in our opinion, they really aren't necessary. The four positions outlined below are ideal for beginners just starting out with the lifestyle. In fact, these four positions are great for a couple of any experience level. We don't see the reason(s) to complicate something that is rather straight forward.

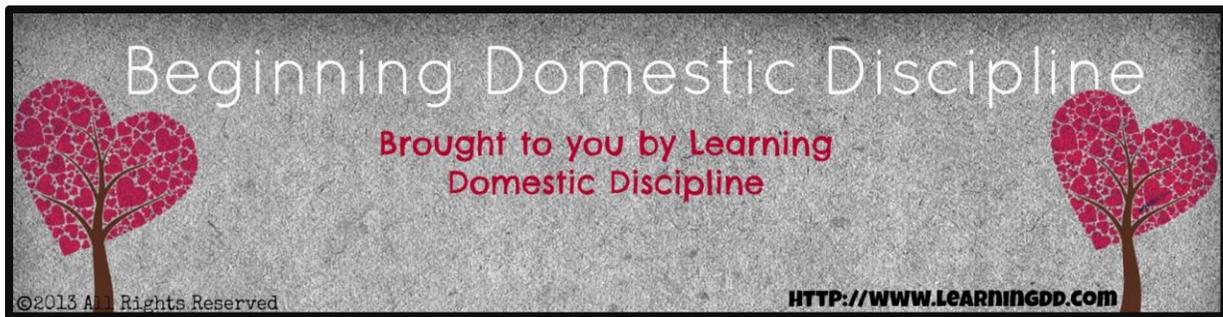
All four of these positions are effective in getting the desired results and, for the most part, are physically comfortable for both individuals.

Position #1: Over the Knee (OTK)

This is the most common position associated with spanking. The head of the household either sits on a bed, a sofa, or a chair while the submissive partner lies flat on their stomach over the lap of the HoH. The over the knee position puts the buttocks in a convenient spanking position and makes it easier for both individuals to maintain control/hold still. This position is the most intimate, however, be advised that it can be uncomfortable on the stomach of the submissive partner if in this position for too long.



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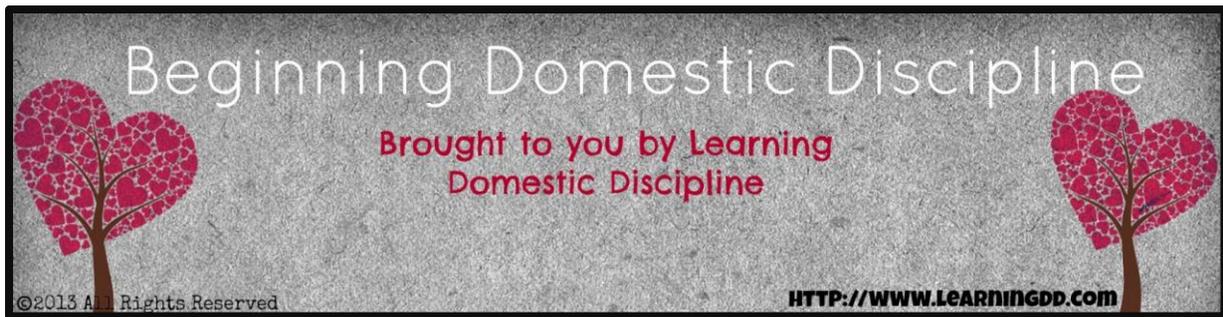


Position #2: Leaning Over the Bed

In the leaning over the bed position, the submissive partner kneels at the edge or foot of the bed, bends at the hips where the mattress ends, and lies their stomach flat on the mattress of the bed (with pillows or blankets underneath the stomach). This is the most comfortable position for the submissive partner, and this position is great for regular spanking as long as the stomach is heavily padded with pillows and blankets. The HoH then either stands or kneels beside the submissive partner to conduct the spanking.



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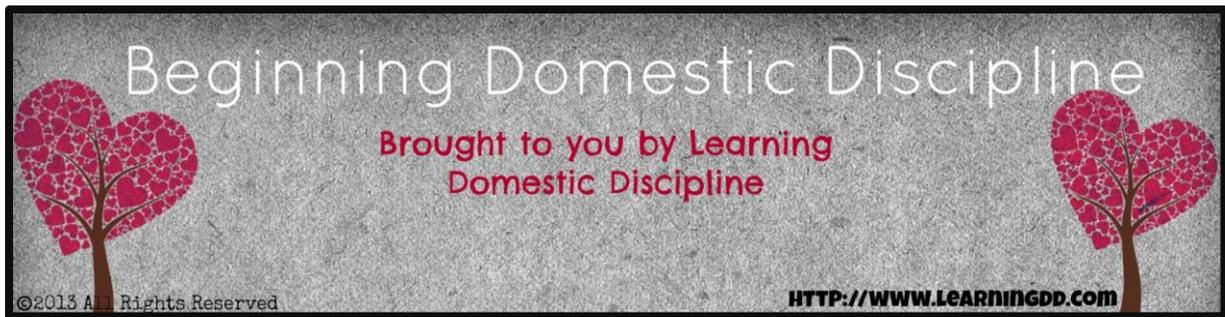


Position #3: Leaning Over the Arm of Upholstered Furniture

In this position, the submissive partner leans over the arm of an upholstered couch or chair, bending at the hips. The furniture must be upholstered to ensure comfort for the submissive partner. The head of the household then either stands or kneels next to the submissive partner to conduct the spanking. This position works well, however since it typically cannot be done in the bedroom, it's not a highly recommended option. This position is certainly acceptable and appropriate, however the "leaning over the bed" position is better for intimacy and privacy reasons.



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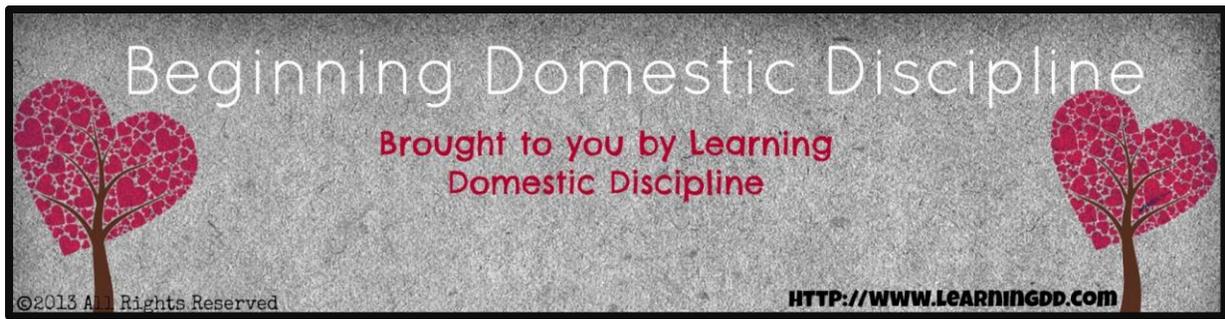


Position #4: Kneeling On Furniture

In this position, the submissive partner kneels on the couch or chair and rests their chest against the back of the couch or chair, placing their arms over the top of the furniture. This position is a little difficult for the HoH since the buttocks isn't in an ideal position to safely conduct a spanking, however this position offers little to no stress on the stomach of the submissive partner.

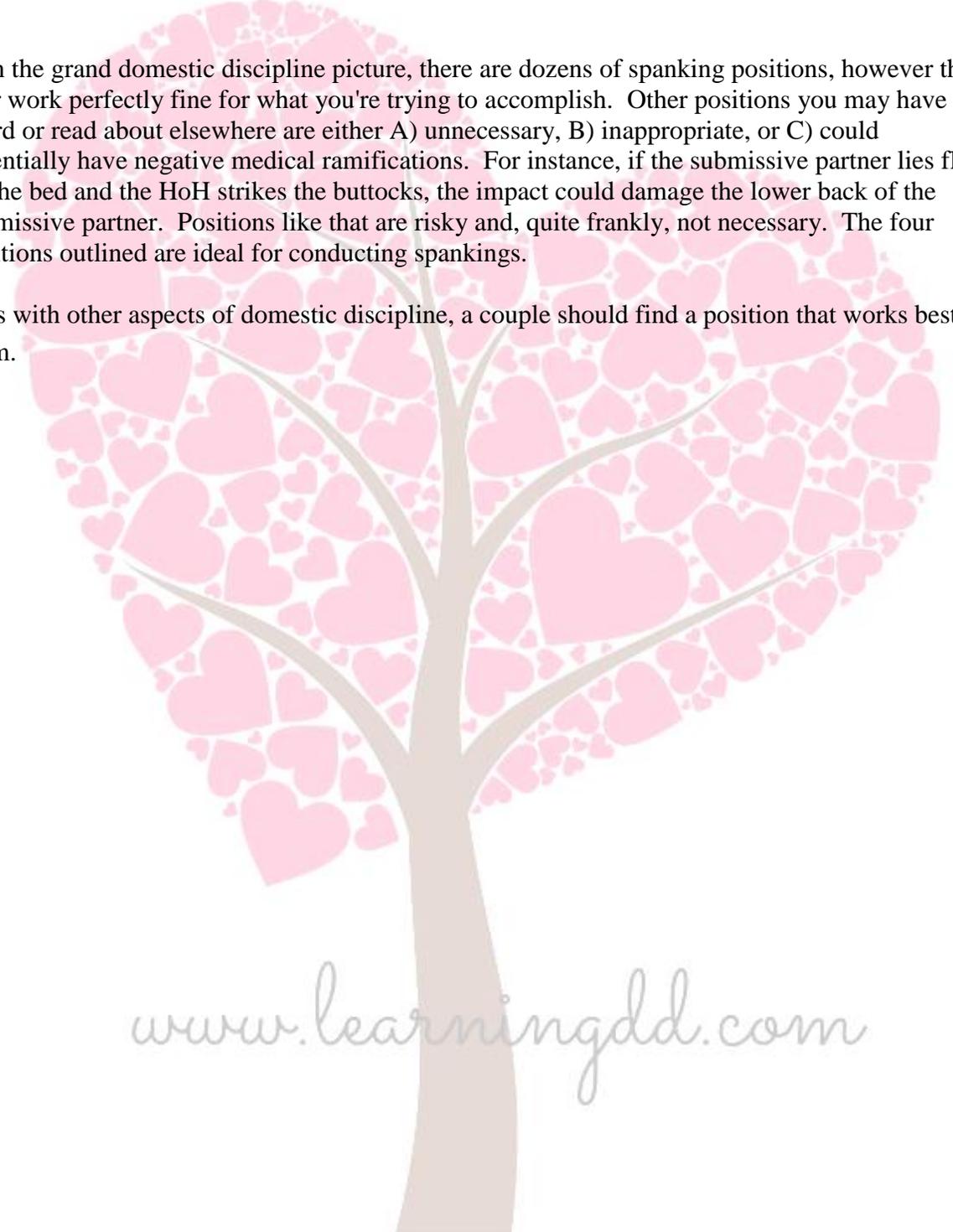


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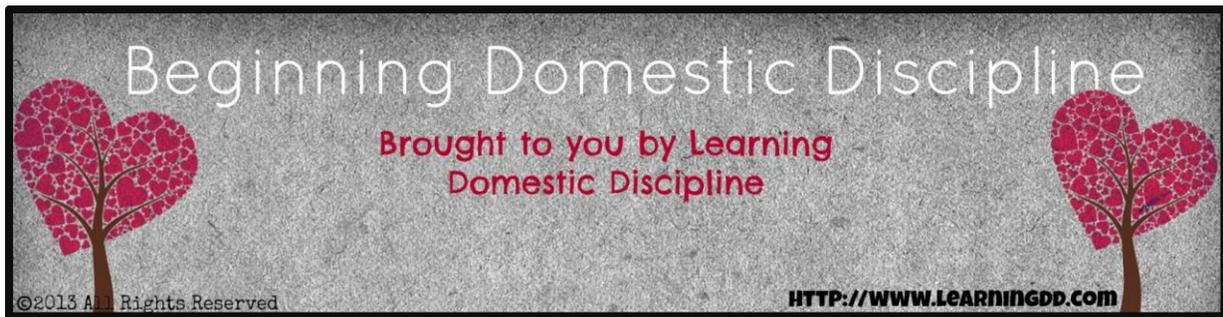


In the grand domestic discipline picture, there are dozens of spanking positions, however these four work perfectly fine for what you're trying to accomplish. Other positions you may have heard or read about elsewhere are either A) unnecessary, B) inappropriate, or C) could potentially have negative medical ramifications. For instance, if the submissive partner lies flat on the bed and the HoH strikes the buttocks, the impact could damage the lower back of the submissive partner. Positions like that are risky and, quite frankly, not necessary. The four positions outlined are ideal for conducting spankings.

As with other aspects of domestic discipline, a couple should find a position that works best for them.



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IS IT BETTER TO SPANK OVER OR UNDER THE CLOTHING?

Whether or not the head of the household spansks over or under the clothing makes a big difference. Most tend to think of bare-bottomed spankings when thinking of the act itself, which is perfectly normal. The majority of couples in domestic discipline relationships spank bare-bottomed. There are essentially three ways to conduct a spanking when it comes to whether or not clothing is involved: 1) Over all the clothing; 2) Over the underwear/pajamas; or 3) Bare-bottomed. All three are acceptable, but all three have pros and cons.

Over the Clothing

An "over the clothing" spanking is in reference to spanking over all layers of clothing one would wear on a regular basis. A standard situation would be something like jeans worn over underwear, but this could also include anything else that may be worn as multiple layers.

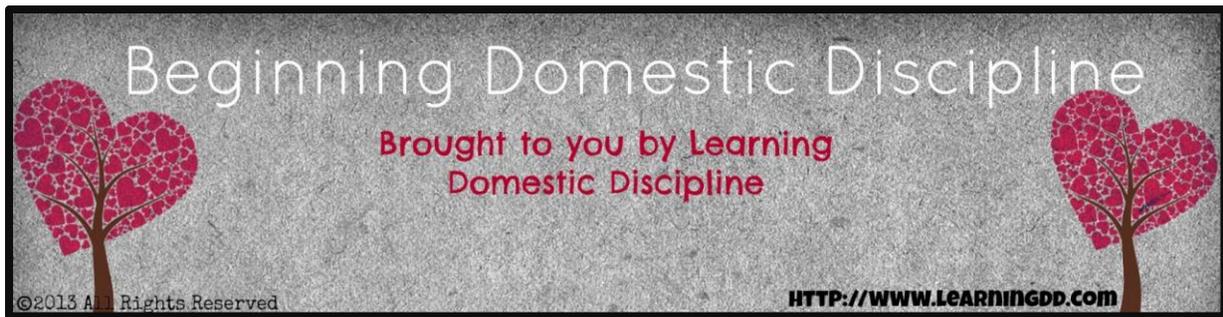
PROS: Not embarrassing/humiliating for the submissive partner; can be done quickly; no resistance from the submissive partner as far as removing clothing; convenient; generally not sexually arousing.

CONS: Medically the worst way to spank; the HoH must strike more times; the HoH must strike harder; easier to cause bruising; the HoH cannot see the results; not very psychologically effective (the submissive partner may not understand they're "in trouble").

Over the Underwear/Pajamas

An "over the underwear/pajamas" spanking is in reference to the submissive partner wearing underwear only, or a very light article of clothing only (like pajamas). Basically one thin light layer of clothing only.

PROS: Good "median" between over the clothing spankings and bare-bottomed spankings; psychologically effective (the submissive partner understands they're "in trouble"); the submissive partner is not overly embarrassed/humiliated; the HoH doesn't have to strike as frequently or as hard as over the clothing spankings; medically better than over the clothing spankings.



CONS: Can be difficult to get the submissive partner to cooperate/remove clothing; the HoH cannot see the results well; more painful than over the clothing spankings; can be slightly embarrassing/humiliating for the submissive partner; can be sexually arousing.

Bare-Bottomed

A "bare-bottomed" spanking is in reference to the submissive partner wearing nothing to cover the buttocks.

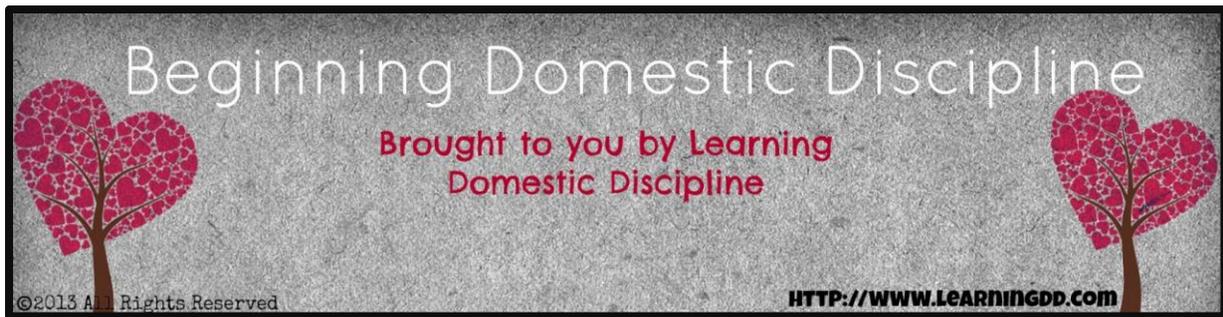
PROS: Medically the best way to spank; the HoH does not have to strike as hard or as many times; the HoH can easily see the results (to ensure no bruising/welts); the HoH can easily see where the strikes fall; psychologically effective (submissive partner understands they are "in trouble"), the most intimate way to spank.

CONS: Can be very embarrassing/humiliating for the submissive partner; hurts more/stings more (on the surface); can be difficult to get the submissive partner to remove their clothing; can be sexually arousing.

We recommend over the underwear/pajamas spankings the most since it lessens two unnecessary elements to a spanking: 1) embarrassment for the submissive partner, and 2) sexual arousal. It's best to avoid the temptation of sex as much as possible in a discipline situation. In addition to these two reasons, spanking over the underwear/pajamas also leaves the option to escalate the spanking into a bare-bottomed one if the submissive partner does not cooperate with the spanking in some fashion.

A couple doesn't necessarily have to pick one of these options and stick with it every time they spank. Couples can do the spankings different ways depending on the severity of the offense if they feel so inclined to do so. Remember, these are just recommendations, and ultimately the decision of whether or not to spank over any clothing is made by the head of the household.

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FREQUENTLY ASKED QUESTIONS

How does the domestic discipline dynamic differ from a parent/child dynamic?

Like most things in a domestic discipline relationship, the answer to this question will differ from couple to couple. Every couple practices domestic discipline a little differently, however there are three general and universal components to the domestic discipline dynamic that distinguish it from a parent/child dynamic.

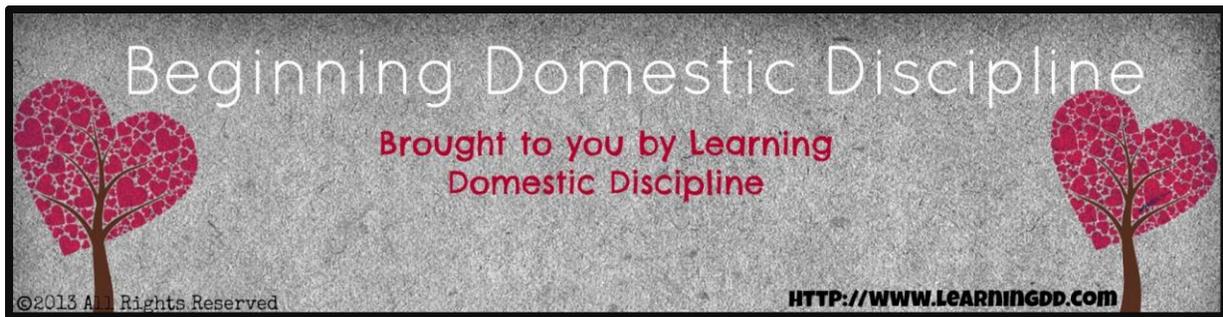
The first and most obvious differentiating component is consent. Domestic discipline requires consent from two adult partners that completely understand what living the lifestyle entails. Generally speaking, parenting isn't consensual between parent and child. A child does not give consent to punish them, nor does a child consent to which punishments will be administered to them. In a domestic discipline relationship, both of those things are discussed by both partners and consented to before even starting with the lifestyle.

The second differentiating component is the emotion involved. The emotions involved are much more intimate and deep, and far more complex and sophisticated than those involved in a parent/child dynamic.

Since the issues addressed in domestic discipline relationships are adult issues, the emotions involved are adult emotions. Everything from guilt and frustration to emotional, spiritual, and physical intimacy are present within a domestic discipline relationship. While there are certainly emotions of guilt and frustration involved in a parent/child relationship, there generally is not extensive emotional, spiritual, and physical intimacy involved if the parenting is being conducted ethically, morally, and appropriately. The depth, sophistication, and complexity of emotions in each respective dynamic are on two drastically different levels.

The third differentiating component is the manner in which discussions, or "lectures", are carried out before any punishment is administered. Pre-punishment discussions, or "lectures", between two adult partners are much more thorough, extensive, intricate, and adult themed than the pre-punishment discussions, or "lectures", between parent and child. A head of the household speaks to their submissive partner like an adult and an equal partner in the relationship at all times (including punishment situations), not like a parent speaks to a child.

The differences between a domestic discipline dynamic and a parent/child dynamic are difficult to put into words since they are felt with personal emotion, not explained through text in a packet. To fully understand these differences, one must feel them first hand by practicing



domestic discipline, not read about them.

What are some rules within a typical domestic discipline relationship?

This, once again, is a very difficult question to answer since there is no “typical” domestic discipline relationship. They’re all unique and they all operate in a specific manner deemed best for the two individuals in said relationship. As such, every domestic discipline relationship will have a unique set of “rules” that work for them and their situation(s).

There is a common starting point, however, that is adopted by many domestic discipline couples as a foundation in which to build their rules upon. This starting point is commonly referred as the “4 D’s” of domestic discipline.

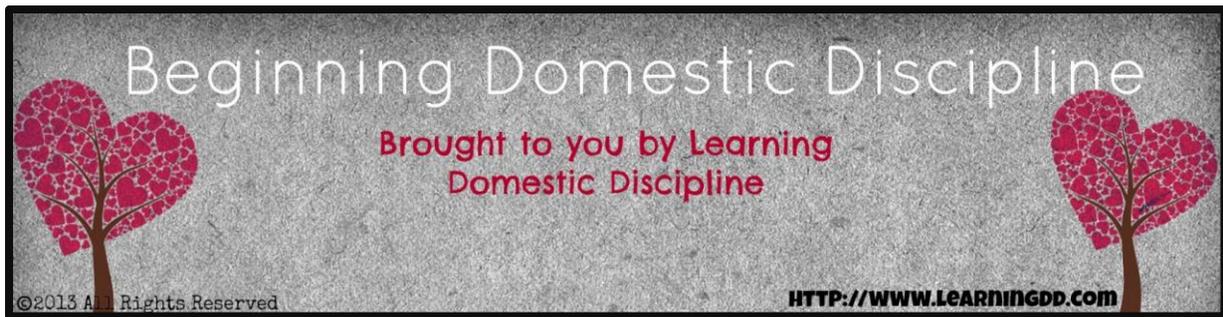
The “4 D’s” of domestic discipline are **d**ishonesty, **d**isobedience, **d**isrespect, and **d**anger. If any action or behavior qualifies under one (or more) of those “4 D’s”, it’s considered to be a breach of the rules of the relationship and home.

The “4 D’s” are easy to remember and cover all bases pretty well, which is why the concept is so popular among domestic discipline couples. With that said however, some couples choose to outline more specific rules and expectations for their relationship and home. It’s a matter of personal preference, and a matter of what works best for the specific couple.

What happens when the HoH breaks a rule or makes a mistake?

The first thing that must happen when the HoH breaks a rule is a confession (if the mistake is not made directly in front of the submissive partner). A confession is essential in fixing the problem and essential in helping the HoH grow as a person. The HoH needs to confess their mistake to the submissive partner and essentially seek forgiveness. The uneasy, reluctant feeling of admitting a mistake plays a huge role in correcting whatever mistake was made. This feeling is commonly referred to as guilt.

After the confession comes a very heart-felt and sincere apology from the HoH to the submissive partner. The submissive partner needs to know that the HoH feels remorse for their actions, and understands how their behavior has hurt/upset/disappointed the submissive partner. A sincere apology shows acknowledgment of the problem, it shows remorse, and it shows accountability for the mistake. All of these things are very important when seeking forgiveness.



After the sincere apology, the HoH must then make amends in some fashion. Making amends can be done in many different ways – thoughtful gifts, helping with daily responsibilities, going out somewhere nice, etc. Whatever it is, it needs to be something the submissive partner appreciates and something the HoH doesn't typically do on a regular basis. It needs to come from the heart, and it needs to be something that means a lot to the submissive partner.

The final step is that the HoH needs to make a genuine, conscious effort to prevent the mistake from happening again. A submissive partner deserves respect from the HoH at all times, and the submissive partner deserves effort from the HoH in following the rules that they BOTH agreed to for their home and relationship. If the submissive partner is expected to follow the rules, then the head of the household is as well.

How do I prevent my partner from reaching their hand back during a spanking?

Before getting to the answer to this question, it's important to stress how critical it is to get this problem corrected. When the submissive partner reaches their hand back during a spanking, it puts their hand at immediate risk of being severely injured or broken. A responsible HoH should always work to get this problem corrected as quickly as possible to prevent injury to the submissive partner.

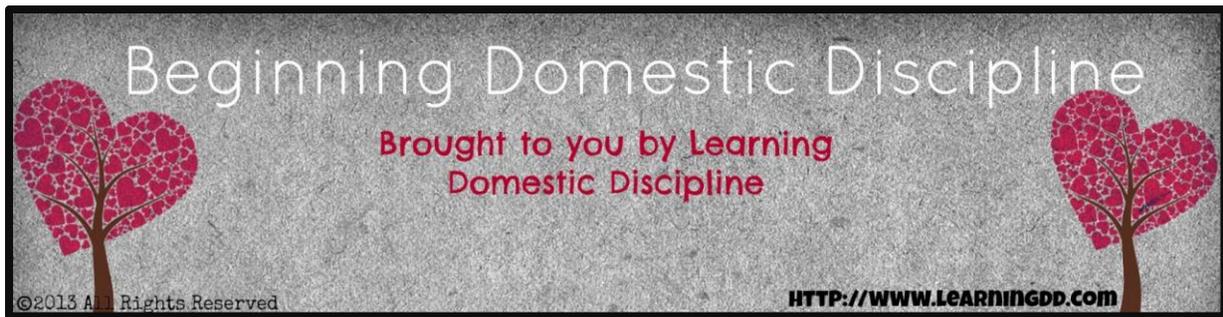
The first thing the HoH is recommended to do is verbally express to the submissive partner the importance of keeping the hand out of harm's way before the spanking even begins.

If the submissive partner reaches a hand back to interfere with the spanking, it's recommended the HoH calmly and gently move the hand out of the spanking area and strike the buttocks with an elevated level of strength for the next 3-5 strikes. This clearly separates the two offenses (the original offense and the reaching), and clearly addresses the reaching problem.

For more tips and recommendations to correcting a reaching problem please visit the following link: <http://learningdd.com/blog/addressing-spanking-issues-reaching/>

My partner gets really scared before a spanking and has a hard time cooperating as a result. How should I handle this?

The answer to this question will be under the assumption that the submissive partner is genuinely nervous/scared about the spanking rather than behaving in a scared or nervous manner



due to disagreeing with the punishment and/or punishment reason, or due to trying to get out of the punishment all together.

When the submissive partner is scared or nervous, it's important that the HoH be understanding of their fears and do everything they must to reassure their partner and calm them down. It's in these moments that the submissive partner needs their HoH the most, and the HoH needs to step up and be there emotionally for their partner.

The HoH giving words of encouragement and reassurance, as well as giving light physical affection (embracing, kissing, gentle rubbing of the back, arms, legs, etc.) are both great ways to comfort the submissive partner when they're scared or nervous about the forthcoming spanking. When the HoH exudes calmness, control, and comfort in their demeanor, it helps the submissive partner to feel as though the HoH genuinely cares about their well-being and is in complete control of the situation, and their actions. After the HoH helps the submissive partner become calm and collected, the spanking can then proceed like normal.

Is it safe to spank while pregnant?

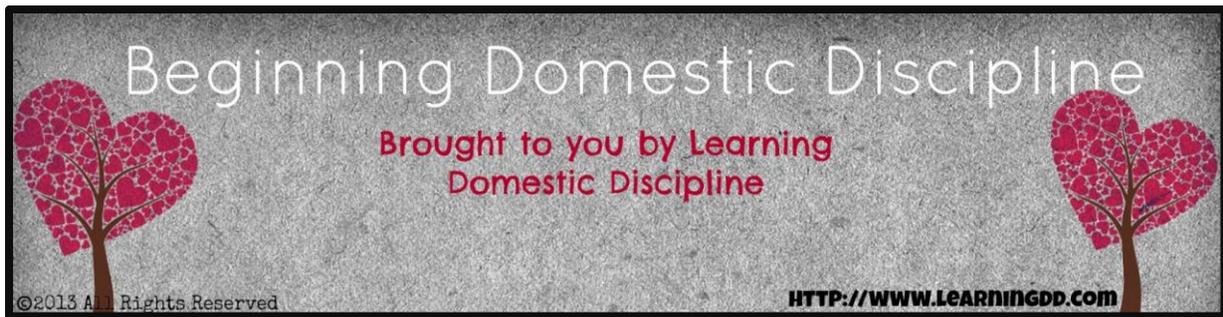
There has not been any concrete medical studies done (that we could find) that illustrate spanking while pregnant will inevitably harm the unborn baby, however it is still something we at Learning Domestic Discipline discourage people from doing due to the health risks it has the potential to create.

When pregnant, it's recommended a couple explore other forms of punishment that are not physical in nature (corner time, bedroom time, removing privileges, etc.) to administer rather than spankings.

What should the HoH do when the submissive partner is breaking the rules while in a public setting?

Public defiance is a very difficult situation domestic discipline couples can face at times. It puts the HoH in a very difficult position, and it requires a very delicate approach. It's recommended the "three strikes" approach be taken in public situations, which is as follows:

Strike 1: The Warning – The HoH very calmly, and with direct eye contact, issues a warning to the submissive partner that clearly sends the message that their behavior is unacceptable. It can



be a verbal warning or a physical cue of some sort (a scratch of the hand, a stroke of the chin, etc.), but a very clear warning understood by both partners is recommended.

Strike 2: The Lecture – It's recommended the HoH calmly excuse themselves and their partner from the scene and find a quiet, private location where a quick, concise, and stern lecture can be conducted without the chance of others in the vicinity overhearing.

Strike 3: The Punishment – If the situation gets to this point, it's recommended the HoH wrap up the public outing as quickly as possible, go directly home, and conduct a punishment as quickly as possible.

Is it common to punish multiple times a day?

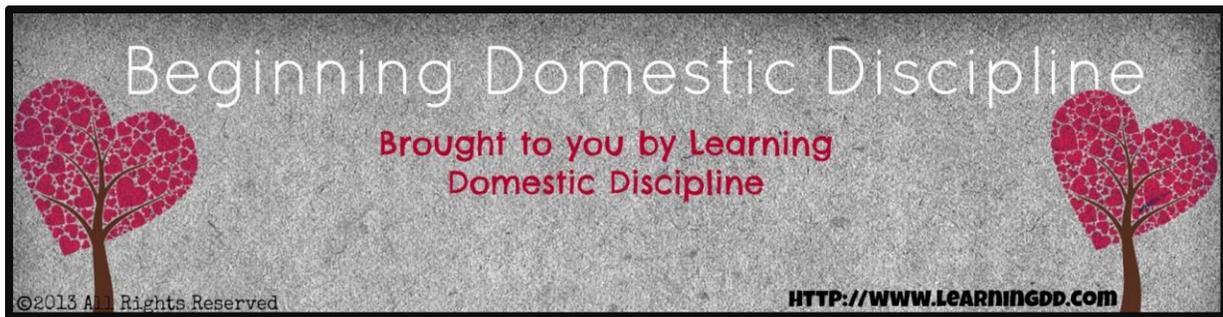
For couples just starting out in the domestic discipline lifestyle, yes, it is. A couple new to the lifestyle may feel overwhelmed at first, and this is generally due to the couple attempting to address multiple "issues" in the relationship all at once. As time goes on, the punishments will become less and less frequent. That's the ultimate goal when it comes to punishing in a domestic discipline relationship.

As a general recommendation, its best couples address one or two issues at a time, particularly in the beginning, so they don't get overwhelmed and/or discouraged. Couples are recommended to start with the most pressing issues first, then once those issues are at a healthy level, move on to the less pressing issues in the relationship. This often times requires multiple punishments in a day.

For information about spanking multiple times in one day, please visit the following link: <http://learningdd.com/blog/spanking-multiple-times-a-day/>

Can the domestic discipline lifestyle be practiced with children in the home?

Yes it can, however it must be done very carefully. Parents are recommended to keep the nuances of the domestic discipline lifestyle out of the view of their children as best as they possibly can. Couples are encouraged to carry out punishment situations at times when their children are asleep, or at school, or out of the house for one reason or another.



It isn't ideal or convenient to delay punishments or work domestic discipline practices around the schedules of children, however in order to protect their innocence, it's necessary at times. This lifestyle is, without a doubt, for adults only.

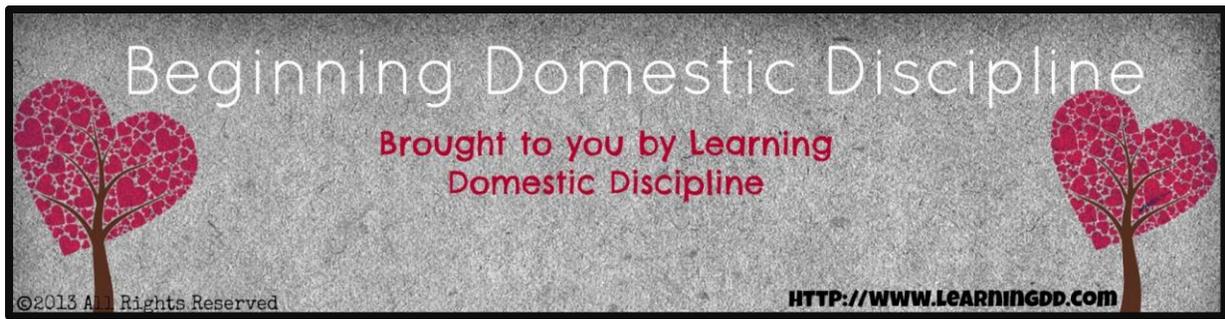
Can domestic discipline work in a long distance relationship?

Yes it can, although it is much more difficult to remain consistent with domestic discipline in a long distance relationship. The HoH consistently enforcing the rules and expectations of the relationship and home is crucial for long-term domestic discipline success, however in this situation achieving this is obviously a very big challenge.

In a long distance relationship, the HoH isn't able to enforce the rules and consequences in an ideal fashion. As such, lecturing becomes even more important, and trust in a relationship must be strong. For instance, the HoH must trust that the submissive partner will confess to any breaking of the rules (and vice versa), and the HoH must also trust that the submissive partner will carry out the punishments the HoH administers (sans spanking), even though the HoH isn't physically there to ensure the punishments are carried out correctly/effectively. If a couple can trust each other to do these things, then domestic discipline is possible in their long distance relationship. If a couple is unsure about this level of trust at ALL, then perhaps it's best to wait until long distance is no longer a part of the relationship before incorporating domestic discipline.

This is a delicate situation, but a situation that can work if both partners are committed to practicing the domestic discipline lifestyle in the way it is designed and intended to be practiced.

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READY TO GET STARTED?

We hope this packet helps both you and your partner feel like you have a better grasp on what domestic discipline is, what it entails, and how you can best apply it to your relationship.

On our website, Learning Domestic Discipline (<http://www.learningdd.com>) we have many additional resources including a blog (with hundreds of articles/posts), a forum, a social network, and much more.

If we haven't interacted with you yet we would love to do so! You can contact us anytime with any questions you have through our forums, our social network, or through our email which is contact@learningdd.com.

Welcome to domestic discipline.

-Clint and Chelsea

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