



LETTERS TO MY DOMINANT /SUBMISSIVE

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Journal from

ALTLIFE.COMMUNITY



LETTERS TO MY DOMINANT /SUBMISSIVE

This journal is a special place for you to document the memories, feelings, and growth of your first year of your dynamic and beyond.

It's a place to reflect on the happy moments, challenges, and life goals you share with your Dominant/submissive and to always have something to look back on and cherish.

Inside these pages, you can write letters to your Dominant/submissive, collect mementos and memories, brainstorm date ideas, express gratitude, and reflect on your communication and relationship.

It's a place for you to strengthen your connection with your Dominant/submissive and to always have a reminder of the beauty and importance of your dynamic.

To use this journal, simply choose a prompt or theme from the guided pages.

You can write as much or as little as you'd like, and you can use this journal as often or as infrequently as you like.

The important thing is that you are taking the time to connect with your Dominant/submissive and nurture your dynamic.

We hope that this journal will become a treasured keepsake for years to come, full of the love and memories you share with your Dominant/submissive.

10

LOVE LETTER

journal prompts

10

BUILDING A
STRONGER
DYNAMIC

journal prompts

50

THINGS I
love about you

LETTERS *to my* DOMINANT/SUBMISSIVE

Begin by creating a list of 50 things that you love about your Dominant/submissive. These can be big or small things, and they can be related to their personality, actions, or appearance.

Consider using the prompts below to help inspire your list:

- Write about the little things that your Dominant/submissive does that make a big difference for you.
- Write about the qualities and characteristics that you appreciate most about your Dominant/submissive.
- What are the things that make you feel lucky to be their Dominant/submissive? Write about them.

As you notice new things that you love about your Dominant/submissive, add them to your list. Make an entry in your journal every time you notice a new thing that you love about them.

As you complete your list of 50 things, take a moment to reflect on all of the amazing things that you love about your Dominant/submissive. How does this list make you feel? How does it strengthen your relationship?



LETTERS *to my* DOMINANT/SUBMISSIVE

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LETTERS *to my* DOMINANT/SUBMISSIVE

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LETTERS to my DOMINANT/SUBMISSIVE

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LETTERS to my DOMINANT/SUBMISSIVE

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LETTERS *to my* DOMINANT/SUBMISSIVE

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our

BUCKET
LIST

LETTERS *to my* DOMINANT/SUBMISSIVE

Create a list of things you want to experience with your Dominant/submissive. Check things off as you experience them and make an entry on the memories page.

You can print off as many of the memory/milestone pages as you need them.

Here are a few examples to give you ideas:

- Take a romantic vacation to a tropical island.
- Go on a cross-country road trip.
- Learn a new hobby or activity together, such as rock climbing or cooking.
- Take a shibari class together
- Go skydiving or bungee jumping.
- Attend a music festival or concert together.
- Take a hot air balloon ride over a beautiful landscape.
- Go on a romantic dinner cruise.
- Explore a new city or country together.



LETTERS to my DOMINANT/SUBMISSIVE

01.

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notes

Memories

DATE

WHAT HAPPENED

THIS WAS SO SPECIAL BECAUSE:

I'LL NEVER FORGET



I AM GRATEFUL FOR



Memories

DATE

WHAT HAPPENED

THIS WAS SO SPECIAL BECAUSE:

I'LL NEVER FORGET



I AM GRATEFUL FOR



AFFIRMATIONS
for your
DYNAMIC



"I AM COMMITTED TO
BUILDING A STRONG
AND LOVING
RELATIONSHIP WITH MY
DOMINANT/SUBMISSIVE"





"I CHOOSE TO
PRIORITIZE AND
NURTURE MY DYNAMIC
EVERY DAY."





"I AM GRATEFUL FOR
THE LOVE AND SUPPORT
OF MY
DOMINANT/SUBMISSIVE"





"I TRUST AND RESPECT
MY DOMINANT
/SUBMISSIVE, AND I AM
COMMITTED TO
HONESTY AND OPEN
COMMUNICATION IN
OUR DYNAMIC."





"I AM WILLING TO WORK
THROUGH CHALLENGES
AND CONFLICTS WITH MY
DOMINANT/SUBMISSIVE TO
STRENGTHEN OUR BOND."





"I AM COMMITTED TO
SHOWING LOVE AND
APPRECIATION FOR MY
DOMINANT/SUBMISSIVE
EVERY DAY."





"I AM GRATEFUL FOR
THE UNIQUE QUALITIES
AND STRENGTHS THAT
MY DOMINANT
/SUBMISSIVE BRINGS TO
OUR DYNAMIC."





"I AM COMMITTED TO
SUPPORTING MY
DOMINANT/SUBMISSIVE
IN THEIR GOALS AND
DREAMS."





"I AM GRATEFUL FOR
THE OPPORTUNITY TO
GROW AND LEARN WITH
MY DOMINANT
/SUBMISSIVE."





"I AM COMMITTED TO
BEING A LOVING AND
SUPPORTIVE
DOMINANT/SUBMISSIVE"





"I AM GRATEFUL FOR
THE STRONG
FOUNDATION OF LOVE
AND TRUST THAT WE
HAVE BUILT IN OUR
DYNAMIC."





"I CHOOSE TO
CELEBRATE THE SMALL
VICTORIES AND JOYS IN
OUR DYNAMIC EVERY
DAY."





"I AM GRATEFUL FOR
THE LOVE AND
PARTNERSHIP THAT I
SHARE WITH MY
DOMINANT/SUBMISSIVE"





"I AM COMMITTED TO
ALWAYS BEING THERE
FOR MY
DOMINANT/SUBMISSIVE
AND TO BEING THEIR
ROCK WHEN THEY NEED
SUPPORT."





"I CHOOSE TO BE KIND
AND UNDERSTANDING
TOWARDS MY
DOMINANT/SUBMISSIVE,
EVEN WHEN WE ARE
FACING CHALLENGES."





"I AM GRATEFUL FOR
THE LOVE AND
HAPPINESS THAT MY
DOMINANT/SUBMISSIVE
BRINGS INTO MY LIFE."





"I AM COMMITTED TO
BEING A TEAM WITH MY
DOMINANT/SUBMISSIVE
AND TO FACING LIFE'S
CHALLENGES TOGETHER."





"I AM COMMITTED TO
ALWAYS PUTTING
EFFORT INTO OUR
DYNAMIC AND TO NEVER
TAKING IT FOR
GRANTED."





"I AM GRATEFUL FOR THE LOVE
AND SUPPORT THAT I RECEIVE
FROM MY DOMINANT/SUBMISSIVE,
AND I AM COMMITTED TO GIVING
THAT LOVE AND SUPPORT BACK IN
RETURN."





"I CHOOSE TO BE
UNDERSTANDING AND
PATIENT WITH MY
DOMINANT/SUBMISSIVE, AND
TO REMEMBER THAT WE ARE
BOTH HUMAN AND MAKE
MISTAKES."





FINAL THOUGHTS

This journal guide has been created for the [altlife.com](https://www.altlife.com) community and those in the BDSM/kink community. However, whether you are in a dynamic or not, the prompts and affirmations contained in this guide can be used for any relationship.

The key foundations for all and any healthy relationships include ongoing transparent communication and consent. If you add in BDSM play then education and continue learning is also an important part of the relationship.



MEET THE AUTHOR

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I am the founder and owner of [altlife.com](https://www.altlife.com) and a submissive in a 24/7 dynamic with my long term partner.

