



A Basic Guide for Dominants/Tops

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About This Guide

If you're new to the world of dominant-submission dynamics, or simply curious about experimenting with this type of play in the bedroom, this guide is for you. However, it's important to note that this guide is just an introduction, and it won't delve into any heavy BDSM practices like flogging, whipping, or breath control. Additionally, it doesn't go into the psychological aspects of Domination.

When it comes to domination, it's not just about being rough in bed. It's about the attitude, words, and actions you use to assert your dominance over your partner. A subtle yet firm grip on their wrist, or positioning them in a certain way while whispering something suggestive in their ear, can be just as effective as aggressive sex. Remember, dominance is not limited to those who are physically larger or male. Anyone can dominate their partner, regardless of their size or gender.

Throughout this guide, you'll find suggestions and examples of things you can do and say in order to assert your dominance. Keep in mind, however, that not everyone will be comfortable with certain language or actions, and it's important to discuss these things with your partner before engaging in play. For example, words like "slut" or "whore" can be triggering or offensive for some people, and it's important to use language that your partner feels comfortable with. Additionally, there are many variations of terms such as "good girl/boy/pet/slave" or "sweetheart" or "baby" that can be used.

It's also important to remember that every individual is different, and every couple has their own unique dynamic. This guide is not a guaranteed "crowd-pleaser," so before you jump in and try out any of the suggestions, make sure you have a clear and open dialogue with your partner. The guide is meant to provide a safe starting point, but it's ultimately up to you and your partner to tailor it to your own preferences and desires. Now, let's get started!

What is a Dominant

Being a genuine Dominant means understanding the power dynamic at play in a BDSM relationship. It's important to remember that being a Dominant doesn't mean dominating the submissive in an abusive or disrespectful way. Instead, the role of a Dominant is to care for the needs and well-being of their submissive. This is done through a power exchange, in which the submissive trusts the Dominant to take on a dominant role and meet their needs.

It is crucial to note that the submissive is not just there to serve the Dominant's every desire, they have their own needs and desires that should be respected and taken into consideration. A good Dominant should always be aware of this and strive to create a safe space for their submissive, both physically and emotionally.

To effectively meet the needs of the submissive, a Dominant should take time to understand and communicate with their partner. By building trust and open communication, both partners will feel safe and secure in their dynamic. Ultimately, by meeting the needs and desires of the submissive, the Dominant is also meeting their own needs in the power exchange.

Step One: Communication

Before any bedroom action begins, it's always good (and necessary with this kind of play) to sit down with your partner and discuss exactly what you will be getting into. It's not enough for a partner to just say that she (or he) "wants to be dominated", or "wants you to take charge", or "wants to be taken", or "wants you to be rougher (or more aggressive)".

Every person is different, and every couple is different, so obviously, desires, fantasies, expectations, and actions will be very different. An "I want to be dominated" from one partner may mean "I want you to pin my wrists gently above my head", but to another partner, it may mean "I want you to face fuck me with your cock until I gag while getting flogged with a rider's crop."

So, get a clear picture of what you and your partner are comfortable with and would like to explore together.

A great starting point is to complete the Negotiation Worksheet, which is our basic document that you can go through with your partner to discuss what you are interested in trying or doing.

which leads nicely to the next step.

Step Two: Establishing Boundaries & Negotiation

Are you looking to explore new acts in your BDSM dynamic? Well, completing a worksheet is a great first step! These types of worksheets help you and your partner to identify which acts interest you, and it's important that both of you take the time to fill them out. It's not just about what the submissive is willing to do, but also about what the Dominant is comfortable performing.

For example, imagine that a submissive expresses a desire to be slapped in the face, but the Dominant doesn't feel comfortable doing that act. It's just as important for the Dominant to indicate this, as it helps to establish clear boundaries and ensures that everyone is on the same

page. With open and honest communication, you and your partner can explore new acts and push your boundaries in a safe and consensual way.

So, go ahead and grab a pen and paper, and get ready to discover new realms of pleasure and excitement together!

When going through these different items/acts, it's helpful to indicate:

- Things you definitely want to try
- Things you are interested in trying but may need more time (i.e. more research needed, not ready to try out just yet, etc)
- Things you are tentative about, but are willing to try if your partner expresses an interest in
- Things you do not really want to engage in, but are negotiable (soft limit)
- Things that you definitely do not want to try ever (hard limit)

When exploring new BDSM activities, it's important to not only consider what acts you're interested in, but also the intensity level of those acts. For example, let's say you and your partner are interested in exploring spanking. That's great, but how much spanking does your partner want? Is it just a few light spanks every few minutes, or do they want to be spanked for 20 minutes continuously and with what? A hand, a belt, a ruler, a flogger, a riding crop, or a cane? These are all important factors to consider.

To get a good idea of what your partner can handle and what they're looking for, it's a good idea to do a "test-trial" of the activity. For example, give your partner a few spanks on the bottom, and then ask them for feedback. Are they looking for harder or softer spanks? This way, you can adjust the intensity accordingly and make sure that you're not pushing your partner beyond their limits.

Remember, communication is key! Set clear boundaries, talk openly with each other, and do not hesitate to use a safeword if the activity becomes too intense or overwhelming. With these guidelines, you can safely and enjoyably experience BDSM activities together.

These boundaries are also not limited to just physical activities. It may also involve any verbal activities as well, such as dirty talking during a scene, verbal degradation and/or humiliation. For example, some people like to be called a "dirty little slut/whore/cunt/bitch/slave/pet" – maybe they really enjoy one term, but another they absolutely hate (i.e. being called a "slut" is okay, but "cunt" is a hard limit).

Suppose this is your first time "playing" (enacting out a Dom/sub dynamic in the bedroom). In that case, it's good to establish the boundaries for that first "scene" – i.e., even though you both may have indicated an interest in choking, perhaps you don't want to start out with that on your first time – start slowly, there will be plenty of time to experiment and try out all kinds of different things in the future!

When engaging in BDSM activities, it is crucial to always respect established boundaries, even if you and your partner are having an amazing experience. Even if you think your submissive would be okay with going further, it's always better for them to ask for it later, rather than for you to take things too far without permission. This could not only ruin the experience, but it may also make them reluctant to want to try again in the future.

It's important to clarify that new toys or activities should never be introduced during a scene, unless they have been discussed and agreed upon prior to the scene. The reason for this is because during a BDSM scene, both partners may enter into a "headspace" where the submissive may not be able to fully consent or communicate their consent to the introduction of a new activity.

By ensuring clear communication and respect for established boundaries, you and your partner can safely engage in BDSM activities, knowing that your actions align with your partner's desires and safety. Trust, honesty and open communication are the foundation for a successful BDSM relationship, it is really important to remember that consent is crucial when engage in BDSM activities and always prioritize the safety of everyone involved.

So, you have negotiated and set limits and boundaries for your play/scene. Safety now needs to be discussed and considered.

Step Three: Safety

Come up with safewords/gestures. ALWAYS. Even if you don't think you need one...fantasies are one thing, actual enactment of them is another, your partner may not actually enjoy the reality of a particularly Dom/sub play once they experience it so always play safe than be sorry.

The most common safeword system is the "green-yellow-red" light system:

- "Green": Everything is going great, keep going!
- "Yellow": Starting to feel anxious/worried/hesitant, please be careful and check in with me.
- "Red": STOP NOW!

In cases in which you may not be able to use a safeword (i.e. gagging, breath play, having your face shoved into a pillow, face-fucking, etc.), you will need to establish a "safe gesture". It can be anything like blinking one eye a certain number of times, tapping your partner's wrist a certain number of times, holding up a certain number of fingers for your partner to see, snapping your fingers, whatever.

If you are ever engaging in anything potentially risky, i.e. breath play (including light choking), knife play, impact play, bondage, etc., please do your research, so you know how to engage in these acts safely and responsibly! KinkHeaven, will be adding basic safety guides over time – so always check back.

Lastly, constantly be aware of yourself and your partner during your play sessions. If they appear to hesitate, looks anxious or uncomfortable in their behavior, STOP IMMEDIATELY. Check in with them, ask them if anything is wrong, MAKE SURE NOTHING IS WRONG. Or if you just want to do a quick check in, ask for a colour (assuming you are using the "green-yellow-red" light system).

You can still check in with your partner without breaking the Dom/sub dynamic: You can ask them questions while still engaging in the Dom role: "I think you deserve to be punished, you're going to get 10 spanks to your tight ass. Tell me, do you think that is a fitting punishment?" "I want you on your knees sucking my cock until you're gagging. Now tell me, are you going to be a good girl/boy/pet and do what I say?"

You can determine a lot by their responses to these kinds of questions – whether they are enthusiastic and eager in their reply or seem a bit nervous or anxious or hesitant. ETHUSIATIC AND INFORMED CONSENT IS SEXY!!!!

If you have any doubt in your mind, just stop. If they use your agreed safeword/gesture, STOP IMMEDIATELY. Give them a second to relax and decompress. Talk about it, get them to communicate what went wrong. Please, DO NOT continue, even if they say they are okay to get back into it. Just stop for the night. And please reassure and ENCOURAGE them to use the safeword. You could say “I am pleased you remembered to use your safeword/gesture”.

Step Four: Aftercare & “Debriefing”

There can sometimes be some controversy around whether aftercare is essential or obligatory.

For NEW people to the kink community, it is recommended that you do aftercare. More experienced kinksters, may not need aftercare as much or all the time.

For less experienced kinksters, these sessions can be emotionally (not only physically) exhausting and draining. So please take care of your partner after! Ensure they are physically okay, get them water if needed, check for any markings/bruises/cuts that may require any medical care if applicable, etc.

Help them get out of the sub space – hug, kiss, cuddle/spoon, tell them you love them, watch a movie, etc. Also, don’t forget that being the one dominating, you may require aftercare as well! Sometimes Dom’s feel bad or guilty for “hurting” their partner (even though everything was perfectly consensual and enjoyed!) – you may need positive reassurance that your partner enjoyed being dominated and encouragement that it was a pleasurable experience.

What aftercare looks like for you and your play partner will be different to other play partners. Some like to cuddle, kiss, and reconnect (especially if they are in a relationship outside of the dynamic). Others like to go and shower together, and some prefer to go off and be on their own for a bit before coming back to debrief or discuss the scene.

Debriefing can also be very important and useful when starting out and experimenting with BDSM – talk about things that you both enjoyed, ask what things you did not like, etc. This allows you to progress and really hone in on what kinds of things you both are into, what kind of dynamic you’d like, things that you definitely want to keep exploring in the future, changes in intensity level for certain acts (maybe you discover you have a higher pain tolerance when aroused and you’d like to be spanked harder!), things you don’t want to try again in the future, and so on. Remember, open and good communication is one of the MOST essential aspects when incorporating Dom/sub play in the bedroom!

Personal experience as a Dom introducing a rider’s crop into play: My submissive was ok with impact play and was interested in trying the rider’s crop. So, we decided to try, beginning with some light taps to begin with on their buttocks (nice fleshy area of the body), then progressively harder to find where my subs limit was. We reached a point where the crop produced a stinging sensation and close to their pain tolerance (as described by the sub). We then tried that intensity again to see the subs tolerance for that intensity (how frequent at that intensity the sub was able to tolerate).

After the second strike with the same intensity, my sub rolled away, clearly in pain, so I undertook a check-in to see what my sub was experiencing. I could see that they were in distress (tears, and sobbing), but were non-verbal and unable to communicate their safewords or gestures. Play was stopped immediately, and I went into aftercare, taking the restraints off my subs wrists and cradling them, soothing them with soft noises and stroking their hair, helping them to calm down. As my sub started to calm, I checked-in for a debrief on what had happened, and why they had a strong response.

My sub advised me that the pain was similar to the pain they experienced in childhood, when they were abused by their father (used a belt when beating them). My sub had communicated that past with me before we engaged in the dynamic so I was aware of that abuse. However neither myself or my sub were expecting that the impact play would have elicited a trauma response.

So, while we continued with our agreed aftercare, we discussed impact play further. Belts had already previously been listed as a hard limit because they were a known trigger for my sub, so we agreed that the rider's crop would also become a hard limit for impact play.

The purpose of this example is to demonstrate how important communication is before, during and after a scene/play. By slowly introducing new toys and play (trailing) to determine what you and your subs limits and boundaries are and being hyper aware of your play partners behaviour.

Power Play and More Explicit Dom/sub Dynamics

Remember all of this needs to be discussed agreed and consented to between you and your submissive.

- Bondage: Buy some rope, tape, handcuffs, four-poster bed restraints, etc. You may see some people use household items like belts to strain their partner. When using rope, scarfs or even belts (items that generally are not used for restraining – unlikely proper handcuffs type items) you MUST be fully aware of how to use them properly. Incorrect knot or tie can cause permanent nerve damage. For beginners we recommend buy cuff restraints to begin with, and then start learning about proper rope ties etc before utilising restraints which can be dangerous.

Restrain your partners wrists behind their back, and force them to suck/lick you off. Or tie them to the bed frame (wrists and ankles spread-eagle, or just wrists) and tease them (great scenario to incorporate orgasm denial/forced orgasms here!).

Think about including a blindfold to enhance the experience or to make them feel even more “vulnerable/helpless.” “I love having you all tied up so I can do whatever I want to that sexy/perfect/hot/tight little body of yours.” “I’m going to tease you for hours, and there’s nothing you can do about it now.” “I’m going to tease you until you beg me to let you cum/for my cock.”

- If you want to prolong the tied up experience or create some nice sexual tension/anticipation, leave them tied up so they can see you, and then masterbate while enjoying the view. “I think I’m just going to enjoy the view for awhile.”

- Safety point: NEVER leave someone tied up alone in a room (if you need to leave to go to the bathroom or anything like that for a few minutes, make sure you can hear them if they call out to you. NEVER LEAVE SOMEONE GAGGED AND TIED UP!). Also, have a pair of safety scissors nearby in case you ever need to get them untied quickly.
- Writing on their body: Use a dark marker (preferably one that doesn't smear too easy) and write on a part (or various parts) of their body. What you write is obviously up to the comfort level and boundaries set by you and your partner. Anything from a word (i.e. "Slut", "Whore," "Cunt," "Bitch", "Slave", "Pet", "Cumslut") to sentences (i.e. "I'm a cock-loving dirty little slut," "Property of [Name]/my Master").
- Entertainment: Command them to give you a striptease or a lap dance. Or get them to masturbate for you to watch. Or pick out a sex toy (i.e. dildo, vibrator, anal beads, etc.) for them to use on themselves while you watch them use it. "I want to watch you play with/touch yourself." "I want you to make yourself cum." "Fuck yourself with this [give them whatever sex toy you've chosen]. Don't stop until you've cum."

In general, some suggestions for dirty talk that MAY add to a power-play dynamic:

- Commands: "Come here." "Suck me." "Get on your knees." "Beg for my cock." "You're going to cum for me now." "I want you wet for me." "Get on the bed and spread your legs/pussy/ass open for me." "I want you on your knees, face down, ass up." "Touch yourself." (Try incorporating "now" at the end of any of these commands in a stern voice).
 - Note: If someone does not like being blatantly ordered around, you can add a "I want you to..." in front of these kinds of commands to make it possibly more subtle or enjoyable.
- Creating a sense of "possession" or "possessiveness": "Mmm this tight/hot/sexy/perfect little body/ass/pussy belongs to me. Do you understand?" "You're mine to play with and do whatever I want with." Even a simple: "Mine" or "You're mine" growled into the ear may be very arousing.
- Erotic Verbal Degradation [Warning: This is generally a hate it or love it extreme, so please be careful – know your boundaries and understand that these terms can have EXTREMELY negative reactions and be an immediate turn-off for many women]:
 - Call them a "dirty/filthy/naughty little slut/whore/cunt/bitch/cumslut/sex toy." "The only thing you're good for is to be fucked/satisfying/serving me."
 - Make them degrade themselves: "What are you?" [them: "Your little slut/whore/cunt/bitch/cumslut"] "What are you good for?" [them: To be fucked/used/satisfying you"] "You're my dirty/filthy/naughty little slut/whore/cunt/bitch/cumslut/sex toy. Say it/Repeat it." If they hesitate, punish them with a slap/spank/pinch. "Not fast/quick enough. Let's try again. (Repeat the question/your demand)." If their response is satisfactory, "Good girl/boy/slut/whore/cunt/bitch/cumslut" Or "That's better." If you are not satisfied with their response, punish them until they get it right.
 - Make them call you "Sir" or "Master/Mistress." Punish them every time they forget to refer to you as that.

- Praise/Compliments [This is a very good parallel to those who are not into verbal degradation, but still enjoy the power-play (Master/slave) dynamic]:
 - Positive terms like “Good girl/boy/pet/slave” or “Sweetheart”, “Angel”, “Baby”, “Little one.”
 - You can “soften” “degrading” terms by adding a positive adjective – i.e. “What a sweet/good/beautiful/sexy/perfect/lovely/pretty little slut/whore you are.”
 - Praise them for satisfying you so well or how pleased you are with their behaviour or how well they have pleased you: “What a good cock-sucking slave you are.” “You’ve satisfied/pleased me/your master/mistress very much.” “You’re such a good obedient little slave/girl/boy/pet.” Or for taking their punishment so well: “You’re such a good girl/boy for taking your punishment so well.”

“Gentle” Dominating

- Push/pin them against the wall/floor/table/desk/bed. You can also push/pin them against whatever hard surface with their back facing you and their front pressed against the wall/floor/table/desk/bed) and play with them from behind. Hold down their wrists with a firm grip (above their head, behind their back, down by their sides). Lean your body weight against them to create the feeling like you are dominating their body. Push your knee between their legs and roughly spread them wide. “Spread wide for me, sweetheart.” “I want your legs spread open for me. Are we clear?”
- Manhandle her. Put your hands all over her as if you can’t get enough. Grab their breasts, squeeze their ass, cup their crotch. Worship their body with a kind of “animalistic” raw need. “God I love this hot/sexy/perfect/tight ass of yours.” “This hot/sexy/perfect/tight ass/body of yours is all mine tonight.” “You have the hottest/sexiest/most perfect/tightest little body ever.” “Your body is mine to fuck however I want.” “I can’t wait to fuck you.”
- Kiss them like you need it to breathe. Grab their chin or the back of their neck, and pull their mouth to yours. Plunge your tongue in their mouth. Try biting gently/nibble on their bottom lip or tongue.
- Run your fingers through their hair and pull gently. Tug their hair so that it forces them to look up at you, give them a sexy smirk, and kiss them roughly. Alternatively, tug their hair so it tilts/turns their head to the side to allow you to suck/kiss/nibble along their neck/shoulder blades/collarbones.
 - Tip: Grabbing small bits of hair makes hair-pulling more painful, larger chunks less so. Pulling at the base of the hair is also less painful than pulling at the ends.
- Grind your hips against their crotch or between their ass cheeks (if you have the, front pressed against something and their back facing you), let them feel your arousal. “Can you feel how hard you make me?” “Fuck, you make me so hard.” “I can’t wait to shove this [grind your crotch into her] into that sweet pussy of yours.” “God I need/want to be inside of you.” etc
- Play with their clothing. Slide your hand down their shirt and grope their breasts, or even squeeze through their clothing until they are desperate for the skin-on-skin

contact. Grab the sides of their pants (or belt holes if their pants permit) and pull them against your crotch so you can grip their ass. Rub her crotch through their pants/panties. Slide your hand down their pants (or up their skirt/dress), slip a finger(s) through their panties, and give them a slow fingering or rub. "Something wrong sweetheart? Why are you getting so wet/hard?" "I love how wet/hard you're getting for me." "Look how wet/hard you are/you're getting. What/You're such a dirty little slut/whore."

Taking it Further

- **Scratching:** Use your fingernails and scratch along their back/shoulders/breasts/stomach. Or lightly dig your nails into their ass/back/legs.
- **Biting:** Bite along their neck/shoulder blades/collarbones/inner thighs. Alternate with light kisses or tongue flicks. Bite her nipples, alternate with licking, swirling your tongue around the nipple, and sucking.
- **Spanking:** Slap their ass. Try mixing it up, don't just spank them a billion times (unless that is what they prefer): spank, rub their ass with the palm of your hand/grip it with your hand, slap it, etc. "I fucking love your tight little ass." "This beautiful ass is all mine...in fact I think I should leave a mark so you'll remember who it belongs to [slap]."
- **Pinching:** Give their nipples a quick pinch with your fingers. Alternate with gentle licking/sucking/kissing, and biting. Give their ass/breasts/sides a quick stinging squeeze as you play with their body.
- **Alternate between pain and pleasure:** Whether you're scratching, biting, spanking, or pinching, try alternating with gentle acts (i.e. kissing, sucking/licking, caressing) on that same body part that you've inflicted pain on. The sensations as you shift from giving pain and pleasure can be really arousing.
- **If you choose to leave marks (through scratching, biting, or sucking hard):** "I love marking your perfect little body." "You're mine, every time you see this mark, you better remember that." [As with everything, some people really do not want any visible body markings, so make sure that before you enter into a scene or begin play you discuss whether they are agree to be marked or if there are any limits or boundaries to marking – for example they may be OK with marking on parts of their body that aren't visible when wearing clothes]
- **Gagging:** Gag them with a piece of cloth, some kind of ball-gag, duct-tape, etc. "I love seeing that perfect/pretty little mouth of yours stuffed up." "You're/My dirty little slut this is being far too loud, I'm going to have to find a way to shut that perfect/pretty little mouth of yours up."
 - **Safety point:** Because their mouth will be gagged, you must have a "safe gesture" (or if you both come up with an established "noise" – i.e. them making a 'mmhpf' sound three times in succession) as a sign to stop if things get too much.
- **Orgasm Denial:** Bring them to the edge of orgasm. "Do you want to cum?" Force them to say yes, then: "I want to hear you beg for it." Make them beg. "Louder." Make them beg some more. "Good girl/boy/pet..." Proceed to make them cum (with your tongue, fingers, cock, a toy, whatever). Or tease them some more... "No I don't think I'll let you

just yet..." "Not good enough, you'll have to be more convincing/persuasive." "I love how desperate you are. I think I'm just going to have fun teasing you some more..."

- If you cannot tell when they about to cum, get them to tell you when they are close/on the edge. When they tell you, stop your ministrations to make them beg, and give it enough time for them to "come down" from the edge, and then begin teasing them again. Try to pay attention to verbal and nonverbal cues on when they are about to cum (i.e. change in breathing rate, body flush, gripping of sheets/you, different kinds of moaning/gasping/whimpering, etc.). This will help you get an idea of when they've reached that point for future reference.
- Forced Orgasms: When you know they are about to cum: "I want you to cum NOW." "Come for me, baby." After you've made them cum, "Have you had enough?...I don't think you have. I want you to cum again for me." "I want to feel you soak my fingers/cock/tongue with your delicious juices." "I fucking love making you cum, I think I want to do it again..." [Make them cum again.]
 - Tip: Using a sex toy really helps in this case in case your tongue/fingers/penis get tired! Also note: Some people become really sensitive after coming, and don't enjoy any further stimulation after.
- Make them pleasure you: Force them on their knees and suck/lick you off. "Get on your knees now." "You're going to suck/lick me until I'm satisfied." "Suck/lick me with that talented/pretty/perfect little mouth of yours."

Do More Research and Education

Ongoing research and education around Dominance are important. Dominance can be taught, and in many local communities, there are educational classes and lessons in Domination that individuals can attend.

Attending local events and dungeons are an awesome option to gain more knowledge and experience and to witness more experience Dominants and Tops performing. Attending classes on proper restraining techniques, edge play, psychological dominance etc can also be helpful. Reading recommended books from the community about dynamics, dynamic and TPE play etc.

Continue to learn and grow, regardless of your age or how long you have been in the lifestyle, there is always something new to learn and experience.