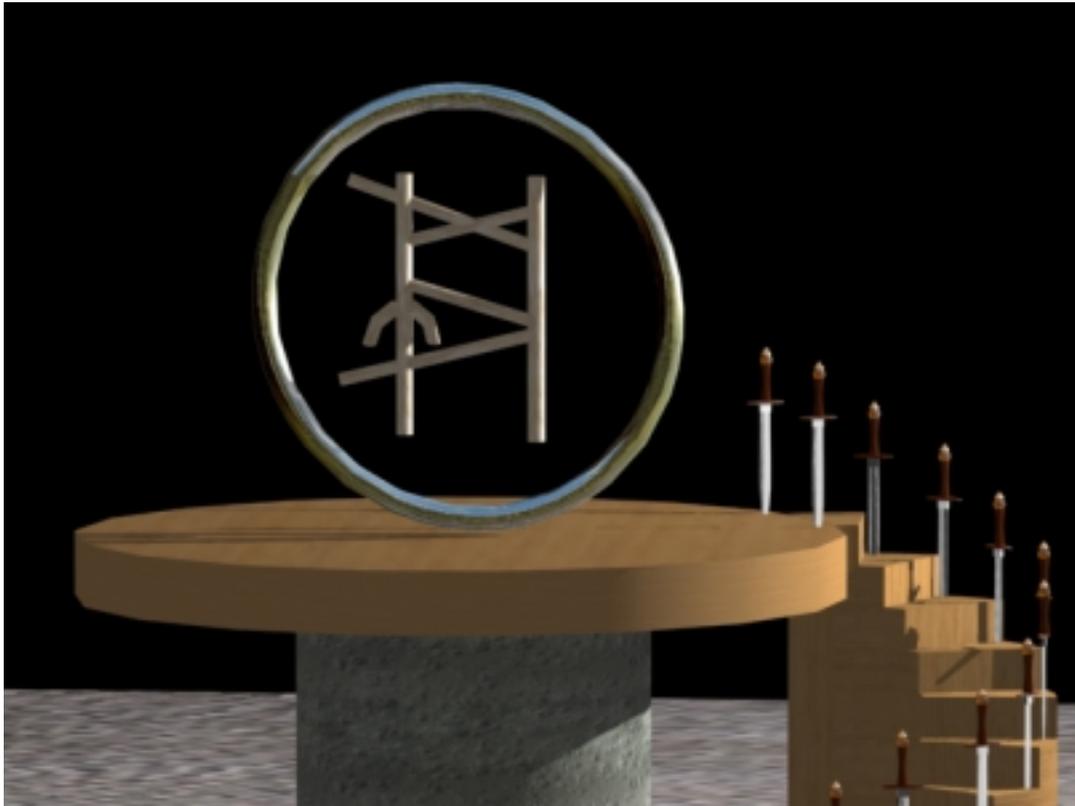


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Ownership Manual for:

Created on:



Don't miss Passionwolf's newest novel *Genesis Bound*. It chronicles the life and love between a Master and His slave. Excerpts can be seen at <http://www.castleburning.com>

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Introduction:

I created this handbook after years of counseling Dominants and submissives. Each has sought my assistance long after the new shine of their passionate relationship has worn off. Regardless of their particular problems, the core of their being holds true. The Dominant seeks control and the submissive strives to serve.

A long-term relationship whether it is lifestyle or vanilla takes work. Generally, the sex part is easy. To take control of another human being, to guide and nurture their growth can be an insurmountable task. There are no quick fixes or easy answers. I can't give you six or seven magical steps to guarantee your Dom/sub or Master/slave union will last a lifetime. I can provide you with tools to open yourself to a deeper level of honest communication. Do you know and understand your needs? Do you know yourself well enough to give yourself to someone else without reservation?

While this book is intended to be used by a Dominant to learn the keys to His/Her submissive's behavior, I strongly suggest it be used by the Dominant also. There is no one among us who would not benefit from the increased enlightenment that self-exploration brings.

Instructions:

My primary purpose in creating this workbook is to provide you and your Dominant tools to use to understand your past and take control of your future. Tools are worthless unless you learn to use them properly. To begin using these tools you must make a commitment to fill out each section honestly. At times, you may not understand your own answers or motives. These are the times when you will experience the greatest sense of anxiety. Work through these tough moments and you will encounter a freeness of being that accompanies self-actualization.

Additional instructions are provided at the beginning of each of the 9 modules:

1. Dreams and Goals
2. Fears
3. Relationships - Historical Time Line
4. Family – Historical Time Line
5. BDSM – Historical Time Line
6. Sex – Historical Time Line
7. Medical Information – Concerns
8. Free Time
9. BDSM Checklist.

This workbook is intended to be a living document. Life alters perceptions and new memories are made daily. Track changes in your life and examine the changes they create within you.

Dreams/ Goals:

One of the most common human needs is love. Yet, each person perceives love differently. Outline what your dreams or goals are. Be specific. Writing that your ultimate goal is to be part of a loving Dom/sub relationship actually says nothing. What does that relationship look like and feel like day to day? What place does your Dominate hold in your dream? Who else is involved? What place do they hold? How does the Dominant interact with others in your life? This is especially important in relationships involving children. If you or your Dominant has children will they live with you? Who is responsible for making decisions for the children? Remember, be honest and be specific.

If you have difficulty getting started in this section, begin by asking “If I could design my life to be perfect, it would look like....”.

Fears:

Everyone has fears. Some fears are easy to recognize while others are as nameless as the monster under a child’s bed. Many times we are afraid and don’t even recognize our own anxiety. You may find this subject uncomfortable but be honest. List all of your fears. Start with those that scare you the most and work down to any that merely cause you discomfort.

If you have difficulty getting started, begin with something specific. What frightens you the most about your Dominant? There’s an open question. What came to your mind when you read that question? What frightens you the most about BDSM? What frightens you the most about commitment? Ask the hardest question of yourself that you can imagine, set pen to paper and begin.

Relationship History – Time Line

To begin mapping the history of your relationships obtain a legal sized notepad. Lay it out lengthwise in front of you. Use a ruler to draw a line that dissects the pad midway. Mark 0 on the far left of the line. Write your current age at the far right hand side of the line. Make a large X on the timeline to indicate when your current relationship began and write the other person's name over the X. Use another X to indicate when your previous relationship began and an O to indicate when it ended. Draw a colored line between the X (beginning) and the O (end) to make it easy to track the length of the relationship. Do this with all of your committed, meaningful or long-term relationships until your timeline is complete with the historical information.

Take a separate sheet of paper for each relationship and place an identifying name at the top of the page. An easy way to name the pages is to use the name of the significant other individual involved. Such as Betty, Jim, Tammy, Bill 1, Bill 2. Make note of any individuals who repeat through your timeline. For example you may have married or dated the same person more than once.

On your separate sheet of paper answer a few basic questions regarding each relationship. What attracted you to this person? How long did the "honeymoon period" last? When did the relationship begin to deteriorate? Why did it deteriorate? Did you end it or did they? Did you grieve and if so how long? What did you miss most at the end of the relationship? If you could have done one thing differently what would it have been? Don't leave anything out that crosses your mind. You never know what may be an important detail.

Family History – Time Line

To begin mapping your Family History obtain a legal sized notepad. Lay it out lengthwise in front of you. Use a ruler to draw a line that dissects the pad midway. Mark 0 on the far left of the line. Write your current age at the far right hand side of the line. Make a large X on the timeline to indicate when each “family member” entered your life. Write the person’s name and their relationship to you over each X. Mark a large O if this person has exited your life at the age at which the event took place. Do not limit “family members” to blood relations only. Best friends and family members of an ex-spouse may have as much impact on your life as a blood relative. For those relationships that have ended, write the reason the relationship ended next to the O (moved away, death, etc.).

Take a separate sheet of paper for each “family member” and place an identifying name at the top of the page. An easy way to name the pages is to use the name of the significant “family member” involved. Such as Betty, Jim, Tammy, Bill 1, Bill 2. Make note of any individuals who repeat through your timeline. For example your Mother may have been estranged from you between the ages of 19 and 25.

On your separate sheet of paper answer a few basic questions regarding each person you consider to be a “family member”. What role has this person held in your life? Has this person influenced decisions you have made? How has your relationship with this person changed or evolved over time? With individuals who have passed from your life, note how their passing affected you. If you could change your relationship with this person, what would you change? Don’t leave anything out that crosses your mind. You never know what may be an important detail.

BDSM History – Time Line

To begin mapping your BDSM History obtain a legal sized notepad. Lay it out lengthwise in front of you. Use a ruler to draw a line that dissects the pad midway. Mark 0 on the far left of the line. Write your current age at the far right hand side of the line. Make a large X on the timeline to indicate when you first began to have thoughts about or discovered BDSM. Next mark an S to indicate the age in which you had your 1st BDSM encounter. Write a C for any times you were in a committed BDSM relationship. Use an L to indicate any periods of time you have become frustrated with BDSM and attempted to return to vanilla relationships.

Take a separate sheet of paper and chronicle your history with BDSM. Where did you learn about BDSM? When did your fantasies begin? When was your first actual experience and what happened? How did you react following the encounter? Detail your most memorable experience in BDSM. If you have marked your timeline with an L, why did you leave BDSM? Why did you return? What have you learned from your experiences?

Sexual History – Time Line

To begin mapping your Sexual History obtain a legal sized notepad. Lay it out lengthwise in front of you. Use a ruler to draw a line that dissects the pad midway. Mark 0 on the far left of the line. Write your current age at the far right hand side of the line. Make a large T on the timeline to indicate when you first began to have thoughts of a sexual nature. Next mark an X to indicate the age in which you had your 1st Sexual encounter. Write a C for any times you were in a committed relationship that included sex.

Take a separate sheet of paper and chronicle your Sexual History. How many sexual encounters can you remember? What about the encounter was satisfying or not satisfying? Did you initiate the encounter? What would have made the encounter more exciting? It is not necessary to list every sexual partner you have had. It is important to detail any encounter that carries meaning for you and explain what made the encounter or relationship special.

Medical Information and Concerns

Create a detailed list of any medical conditions you have including any medications you take. This includes over the counter medications. By each medication list your symptoms and the reasons for the use of the medication. Don't forget to list any allergies to medications. For example, if you frequently take Tylenol for headaches and are allergic to aspirin this should be noted. Another example: if you have an irregular heartbeat that currently is managed without medication, this too should be listed.

Any serious illnesses should always be discussed with your partner. Whether it is hypertension or HIV never leave your partner in the dark about your health.

Free Time List

What do you do when you have free time? Write up a comprehensive list of your hobbies, favorite music, the types of books you read and your favorite television shows. Sometimes finding common ground is as easy as finding out the other person's interests.

PassionWolf Submissive Questionnaire

Beside each activity describe how you feel about it emotionally, physically and sexually

Activity Description
Age play
Anal sex
Anal plugs (small)
Anal plugs (large)
Anal plug (public, under clothes)
Animal Roles
Arm & leg sleeves (arm binders)
Aromas
Asphyxiation
Auctioned for charity
Bathroom Use Control
Bestiality
Beating (soft by master)
Beating (soft by others)
Beating (hard by master)
Beating (hard by others)
Blindfolds
Being serviced (sexual)
Being bitten
Bi-sexual
Bondage (light)
Bondage (heavy)
Bondage (multi-day)
Bondage (public, under clothing)
Branding
Breast/chest bondage
Breast Torture w/pins-clips, etc.
Breast whipping
Breath control
Brown Showers (scat)
Bruises
Cages (locked inside of)
Caning
Cattle prod (electrical toy)
Cells/Closets (locked inside of)
Chains
Chamber-pot use
Chastity belts (short term)
Chastity belts (multi-day)
Chauffeuring (driving)
Choking
Chores (domestic service)
Clothespins

Cock worship
Collars (worn in private)
Collars (worn in public)
Competitions (with other Subs)
Corsets (wearing casually)
Corsets (trained waist reduction)
Cuffs (leather)
Cuffs (metal)
Cunt Raping
Cunt Slapping
Cunt Torture/tormenting
Cunt Whipping
Cutting (breaking the skin)
Dildo's (in cunt)
Dildo's (in asshole)
Douching (self)
Douching (by Dom)
Douching (by others)
Double penetration
Electricity
Enemas (for cleansing)
Enemas (retention/punishment)
Enforced chastity
Erotic dance (for audience)
Examinations (physical)
Examinations (with instruments)
Exercise (forced/required)
Exhibitionism (friends)
Exhibitionism (strangers)
Eye contact restrictions
Face slapping
Fantasy abandonment
Fantasy rape
Fantasy gang-rape
Fear (being scared)
Fisting (anal)
Fisting (vaginal)
Following orders
Food play (cucumbers, sorbet...)
Forced dressing
Forced eating
Forced homosexuality
Forced heterosexuality
Forced masturbation
Forced nudity (private)
Forced nudity (around others)
Forced servitude
Forced smoking
Full head hoods
Gags (cloth)
Gags (inflatable)

Gags (phallic)
Gags (rubber)
Gags (tape)
Genital sex
Given away to another Dom (temp)
Given away to another Dom (perm)
Golden showers
Hairbrush spankings
Hair pulling
Hand jobs (giving)
Hand jobs (receiving)
Harems (serving w/other subs)
Harnessing (leather)
Harnessing (rope)
Having food chosen for you
Having clothing chosen for you
Head (give fellatio/cunnilingus)
Head (receive fellatio/cunnilingus)
High heel wearing
High heel worship
Homage with tongue
Hoods
Hot oils (on genitals)
Hot oils (nipples & breasts)
Hot waxing
Housework (doing)
Human puppy dog
Humiliation (private)
Humiliation (public)
Hypnotism
Ice cubes
Immobilization
Infantilism
Initiation rites
Insertion of strange objects (cunt)
Insertion/strange objects (anal)
Interrogations
Intricate (Japanese) rope bondage
Kidnapping (pretend)
Kidnapping (actual)
Kissing (no tongue)
Kissing (with tongue)
Kissing (Dom's genitals)
Kissing (others genitals)
Kneeling (private)
Kneeling (public)
Knife Play
Leather clothing
Leather restraints
Lectures for misbehavior (public)
Lectures for misbehavior (private)

Licking (sexual)
Licking (non sexual)
Lingerie (wearing)
Manacles & Irons
Manicures (giving)
Manicures (receiving)
Massage (giving)
Massage (receiving)
Medical Scenarios (Doctor, etc.)
Modeling for erotic photos
Mouth Bits
Mummification
Name calling (whore, slut, etc.)
Name change (for scene)
Name change (legal, permanent)
Nipple clamps
Nipple rings (piercing)
Nipple play/"torture"
Nipple weights
Oral/anal play (rimming)
Over-the-knee spanking
Orgasm denial
Orgasm control
Outdoor scenes
Outdoor sex
Pain (mild)
Pain (medium)
Pain (severe)
Personality modification (RL)
Phone sex
Phone sex (serving Dom)
Phone sex (serving Dom's friends)
Phone sex (commercial provider)
Photography of activities (indoors)
Photography of activities (outdoors)
Photography (private)
Photography (public)
Piercing (temporary, play-pierce)
Piercing (permanent)
Plastic surgery
Prison scenario
Prostitution (public pretense)
Prostitution (actual)
Public exposure (act out)
Public exposure (get caught)
Punishment Scenario
Pussy Reaming (objects)
Pussy Reaming (2+ fingers)
Pussy Reaming (Ram Cock)
Riding Crop

Rituals
Religious scenes
Restrictive rules on behavior
Rope body harness
Rubber/latex clothing
Safe sex
Saran wrapping
Scarification
Scratching
Sensory deprivation
Serving Sub
Serving Dom
Serving others (friends)
Serving other Dom's (supervised)
Serving other Dom's (unsupervised)
Serving as a candleholder
Serving as furniture (table)
Serving as a maid/butler
Serving as toilet (urine)
Serving as waitress/waiter
Serving orally (sexual)
Sexual deprivation (short term)
Sexual deprivation (long term)
Shaving (body hair)
Shaving (genital hair)
Shaving (head hair)
Skinny-dipping
Sleep deprivation
Sleeping Nude
Sleeping nude on the floor
Sleeping nude (near master's bed)
Sluttish clothing (private)
Sluttish clothing (public)
Spandex clothing
Spanking
Speculums (anal)
Speculums (vaginal)
Speech restrictions (when, what)
Spitting
Spreader bars
Standing in corner
Stocks/pillory
Straight jackets
Strap-on-dildos (penetrated by)
Strap-on-dildos (wearing)
Strapping (full body beating)
Suspension (upright)
Suspension (inverted)
Suspension (horizontal)
Supplying new partners for Dom
Swallowing semen

Swallowing urine
Swapping (with one other couple)
Swinging (multiple couples)
Switching
Tampon training
Tattooing
Teasing
TENS Unit (electrical toy)
Thumb cuffs (metal)
Tickling
Triple penetration
Uniforms
Vaginal dildo
Verbal humiliation
Vibrator on genitals
Vibrator in vagina
Vibrator in asshole
Violet Wand (electrical toy)
Voyeurism (watching others)
Voyeurism (your Dom w/others)
Video (watching others)
Video (recordings of you)
Water torture (on body)
Water torture (on genitals)
Waxing (hair removal)
Wearing symbolic jewelry
Weight loss (forced)
Whipping
Wooden paddles
Wrestling