

A CHASTE HUSBAND, A FULFILLED WIFE

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Warning to Men

If you are interested in the subject of this article, then gentlemen, I warn you. Either you just want to fantasize and in this case you can read it at your ease, or you think you have a chance, even a small one, of convincing your wife to enter with you into these games of submission and chastity and in this case **I strongly advise you not to read it.**

If you haven't yet had the courage to reveal the fantasy you'd like to make a reality in your relationship, this article can be of great help.

Based on my personal experience, I wrote this article **for women**, especially for those who have never practiced domination/chastity games with their husbands, my primary objective being to convince them of the interest and pleasure they could derive from it: this text is therefore intended to be convincing and explanatory, your partner will find in it all the good reasons that should encourage him to embark with you in these games of domination/chastity. Chastity, and all the steps it will have to take you through to achieve it, because even if you are really interested in the subject, it is not serious to imagine moving on to concretization without a long journey beforehand.

If you really want to convince her, the easiest way is to download this article, then print it out and give it to her **without having read it on** a special occasion, her birthday or your wedding anniversary for example.

Gentlemen, by making this article available to you, I am giving you a unique chance to be able to fulfill your fantasy. This document will prevent you from getting into embarrassing explanations whose results are more than random. And again, as long as you find the courage to go for it. Proof of this is that, to this day, you have never been able to find this courage and it could well last for a long time to come, because I recognize that it is not easy.

If you are worried about your wife's reaction to reading this article, rest assured, the content is neither vulgar nor pornographic, it is made not to shock her, even if to this day she is a total virgin in terms of relationships of domination and chastity. I don't develop ready-made recipes, only principles, the most important of which is progressiveness. She will not find anything extreme or unachievable, everything that is explained can be achieved within the framework of the couple without harming the quality of the love that unites you.

Spontaneity being essential in the intimate relationship between two beings, I strongly advise you not to read this article because you would know in advance each step that it will have to take you through and it would take away all the emotions that arise from the unexpected and surprise. Don't forget that it's your reactions to what she's doing that are the main source of inspiration and motivation for her to go further.

Achieving the goal you are looking for will not be easy for you or for her, so don't spoil the quality of your future reports by reading this article, offer it to her in a nice gift package and

as a first sign of the immense trust you are about to place in her, swear to her that you haven't read it.

Introduction

Gentlemen, if you are still here, I invite you to re-read the above warning. If you persist in spite of everything, you are wrong. I've warned you.

Ladies, now that we're supposed to be among ourselves, I'm going to try to convince you of the interest you'll find in dominating your husband, and more specifically in dominating him sexually through chastity (temporary, I assure you).

Before I begin, I will first define the word chastity: it is the absence of ejaculation. I know that this is not the exact definition of the word but, for the sake of simplicity, it is in this sense that I use it throughout this article. Therefore, chastity does not mean the absence of oral or manual caresses or even the absence of penetration as long as these practices do not end in ejaculation.

If I decided to take up the pen to write this little guide, it's because there isn't one, at least not to my knowledge. There are many stories on the Internet, a little in French and a lot in English, telling more or less real stories of women dominating their spouses through chastity and the wearing of the belt of the same name, but generally these stories botch in a few lines the motivations and especially the path that leads to these practices. The main purpose of the story is to describe in great detail what happens (most often probably what the author would like to see happen!) when the relationship of submission/chastity has already reached an advanced stage.

If you're reading this story, it's either because you found it on your own on the Internet or, as I suggested to the men in the foreword, your husband gave it to you because he was interested in the subject. In both cases, obviously, it shows that your relationship has reached a sufficient open-mindedness about sex matters so that everything I am about to describe is accessible to you and that you can really achieve it with your husband, even if, today, you are not yet ready for it.

Why chastity?

It is not sinking into the banalities of psychology to recall that, for the most part, men and women have a significantly different approach to sexuality. Women invest themselves in a sexual relationship on a passionate and emotional level, with the physical being only a result. Men, on the other hand, are mainly physically and cerebrally invested, but this cerebral nature is largely abstract, i.e. not very personified, so it is the context and the situation that motivate them during the act, feelings being relatively unimportant.

It is important to know that faithful men are faithful because they have decided to be faithful and not because the unfeeling sexual relationship puts them off. Women often find it difficult to understand this, but it is true. Proof of this is that many unfaithful men remain genuinely attached to their wives, whereas a woman who cheats on her husband is always ripe for divorce in the near future.

Faithful men are therefore much more easily victims of a decline in interest in conjugal relations because of a certain routine that settles (necessarily?) in the couple over time, without their feelings for their wife experiencing any decrease in intensity. In addition, you probably know that after the age of 30, the purely physical needs of most men decline significantly.

Even if the frequency of intercourse remains satisfactory, your husband no longer has, either physically or cerebrally, the same impulses, the same desire for you as before. His motivation for long foreplay drops, especially since he is no longer able to stay erect without penetration for hours like he could at 20. You've all probably noticed that, during foreplay, his erection fails if he kisses you or caresses you all over your body for about ten minutes! Consciously or not, he compensates for this situation by almost always wanting to shorten these preliminaries in order to get to the realization as quickly as possible.

Enough with psychological considerations, let's get down to the nitty-gritty now. Why can your husband's chastity bring you more sexual satisfaction? The answer to this question is entirely contained in an observation that you have all been able to make at some point:

Of course, you have been separated from him for a few days or better yet, a few weeks. Reunions rarely take place directly in bed, so the first contact, after this absence, took place either in a public place, such as an airport for example, or in the presence of children or friends and probably you had to wait several hours before the two of you were alone in privacy. During all this waiting period, have you noticed how much more cuddly his behavior is than usual: at any moment he is looking for your touch, his hands are wandering, in a few hours you receive more kisses, even furtive ones, than you have had in a month, he says kind words to you and makes saucy allusions. In short, for a few hours, you have the husband that every woman dreams of. Then comes the moment of intimacy, you give in to his impatience, and then ?.. Has he become your everyday husband again!!!!

Look for the error!

Because as long as he is sexually aroused but cannot satisfy himself (I dare not say 'unload'!) he is so tender, so cuddly, so caring, so caressing, etc. So the only way to stop him from changing is to keep him in this state of excitement without giving him the opportunity to satisfy himself. It's as simple as that.

So deprive your husband of pleasure (in the sense of ejaculation, not in the sense of pleasure) and you will have a perfect husband 24 hours a day.

Imagine what your life would be like if your husband was in this state all the time.

During the day, he would never forget to call you at your desk and by the mere tone of his voice you would know that he was thinking loudly, very loudly, about you. (How long has it been since that happened to you?). After two or even three orgasms, in the same evening (since when did this not happen to you?) you would have beside you, not a drowsy dumb stump, but a husband who would continue to kiss and caress you (since when did this not happen to you?). Before reaching orgasm, you would be licked, caressed, kissed for hours until you had no more power of desire (since when did this not happen to you?). In the evening, on your way home, you couldn't help but think about the program that awaits you, once the two of you are alone in the room (since when did it not happen to you anymore?).

Whenever you're bored in a business meeting, your mind might wander to think about how sublime your enjoyment the night before was and how much better your evening enjoyment could be (since when did that not happen to you anymore?).

Let's stop there!

I'm sure you're now convinced that it's worth a try.

How can this be achieved? How can we get him to agree to enter into these games which, it must be admitted, are still far from what he is ready to accept spontaneously? How to make him accept the fact that he doesn't and thus lead him to use the only physical means left to him to have pleasure despite everything, namely touching, caressing, kissing, sweet words, etc.

The rest of this article explains how to achieve this through domination games.

You'll probably think this is impossible: 'mine will never accept that' you might say. Make no mistake, as soon as you have done the necessary preparatory work, you will realize that he will perfectly accept this situation and even that he will become complicit in his own chastity by not trying to exploit the situations in which he could have enjoyed (especially at the time of penetration) by deceiving your vigilance.

In fact, this preparatory work, i.e. the gradual introduction of domination games, is ultimately more difficult to achieve than the long-term chastity phase because the latter is only a logical continuation of the previous one, so it will come quite naturally.

I must anticipate the thought that you may be addressing to me: 'dominate my husband' and she will tell me to dress in leather tonight, to take a whip and say to her: 'On your knees, slave'. If that's what you're worried about, rest assured, my program is quite different. It is based first and foremost on progressiveness. You don't want to turn into a caricature of a professional dominatrix overnight. What I am going to explain to you and recommend to you is a long evolution that will indeed lead you, but at your own pace, to dominate your husband (in order to keep him chaste, I remind you), but the external modalities of this domination are up to you to invent, imagine and realize according to your desires, your tastes and preferences (theirs too, of course).

Even if you think that certain practices or situations are not to your liking, don't worry, nothing is essential, everything can be done in your own way, according to your style, according to your personality. And then, you will discover, and you will be the first to be surprised, that practices or situations that seem unattractive or even off-putting to you today will one day make you want to practice them and that you will experience a pleasure in practicing them that you did not even suspect.

It's all about progressiveness, for him as well as for you, let yourself be guided by your desires as they are born, just be curious, imaginative and inventive, the novelties will come by themselves in their time.

Chapter 1 'How to Get Started' Introduction to Bondage

Bondage games are without a doubt the best and simplest preparation for introducing dominance into your bedroom. For those who don't know, 'bondage' is an English word literally meaning slavery but which, in the circle of the followers of domination, means 'tying up'. This word will come up a lot in this article.

A survey published by Elle magazine in 1998 found that 26% of women surveyed had tied up their partner at least once in their lives and 29% had been tied up by their partner. I do not know how reliable this survey is, but it is certain that these practices are evolving, if only because of what we see in movies or on television.

It is therefore likely that most of you already have at least a little experience with your husband in this area, whether as a binder or as a bound or more likely sometimes in one role and sometimes in the other. In this case, all you have to do is start from the basics already acquired to go further.

For others, it's about introducing these games into your romantic relationship with your husband but, as in all things, progressiveness is key. It is therefore necessary to create the necessary circumstances for this to appear to happen naturally.

To do this, you will make sure that, during your lovemaking, an object that can be used as a link is, as if by chance, present on the bed: the simplest is of course a fabric belt, whether it is the one on your dress or the one on your bathrobe. If they are sewn to your garment, don't hesitate to unstitch them or better, buy a new dress or bathrobe. Leather belts are not very suitable for beginners, but chain belts (they are in fashion at the moment) can also do the trick. Apart from belts, you can also arrange to leave a long ribbon or string lying on the bed from a package you opened some time ago. It's up to you to have your imagination. Multiply the occasions, but vary them so that it looks perfectly natural.

Ideally, of course, he would be the one to take the initiative when you see this link that you have left lying around. If this happens and he wants to tie you down, don't refuse, or possibly try to resist, but let this resistance be an invitation for him to continue. I don't need to explain to you, all women know how to resist in order to better encourage.

If the sight of a tie lying on the bed doesn't make him decide to take the initiative, then take it for him. If you're afraid of frightening him, propose yourself as a victim, it's more in the nature of things or, to be more exact, more in the traditional upbringing patterns of our macho husbands.

For this 'first time', if you are the one who is tied up, it is of course not necessary for you to be turned into a sausage: even if your hands are tied in a more symbolic way than effectively, above all do not try to detach yourself, remain his prisoner until the end and if necessary refuse to even be untied until he has. This point is essential, because if you pay with your person it is to better claim revenge: if he has tied you up, he will not be able to refuse to let himself be tied up in turn. But take your time, no immediate revenge. Wait until next time and in the meantime let him know how much fun you had with this game.

When it is his turn to be tied up, think that men are so made that they have difficulty resisting their desires, so you will have to tie him up with a minimum of reality because if his ties are too symbolic, it is likely that after a moment of passivity that will amuse him, he will put an end to his situation in order to be able to realize his desire for pleasure as quickly as possible.

If your bed is tossed (if it isn't, consider changing it as soon as you can, it will make your life easier later) tie his hands separately and far enough apart so that he can't reach the knots with one hand with the other hand. If you don't have a crib, tie her wrists together above her head, the easiest way to do this is to do it by successively using two belts of dresses or bathrobes: even if you are still totally inexperienced in this art of bondage, it should be more than enough at this stage.

That's it, it's at your disposal, so enjoy it: lick, kiss, caress, titillate, nibble, repeat, in short, make it last. Then finish with a good ride, but make sure you're ready to quickly because he's likely to be much faster than you and you'd then be forced to either wait for the second serve or ask him to activate his tongue!

During the first few times, untie him as soon as he has: any prostitute could tell you, in a state of excitement the man is a weak being and easily manipulated (especially to extract extensions from him on the agreed rate!), on the other hand once his business is done, he immediately regains his senses, his countenance and his macho status. When he comes back down to earth, his position as a victim could embarrass or even shock him and he would refuse to do it again. Generally speaking, and this is a constant throughout this chapter and the next, only perform your sessions with him in the context of a single orgasm. Even if your husband is perfectly capable of multi-orgasmic intercourse as they say, you must finish your sessions as soon as he enjoys it for the first time and then stop everything: no more dominant, no more dominated, your intercourse becomes 'normal' again. This is important not only for the reason I have just mentioned, but much more so in view of training for the chastity program which is the final goal. We'll come back to that.

Just like when you were the victim, then talk in a greedy tone about what happened: talk about the pleasure you had, and especially compliment him on his erection which was more beautiful and longer than ever (you know, man never resists such flattery). And of course tell him that you really want to do this again one day.

Let some time pass, and start again. The first few times, it's best if you alternate roles. Then it's up to you to see if you enjoy both roles equally. You can perfectly, as I explain elsewhere in this article, carry out the entire program and achieve the desired result while being in parallel and occasionally his submissive in the same way as he is occasionally your submissive. The two situations are not mutually exclusive. It's a matter of personal choice.

All these initial sessions should of course be done in a good mood and greed, don't show her that you take it seriously, but rather be playful and let her see that the mere mention of these games really turns you on.

There you have it, you have successfully introduced bondage into your romantic relationship. It is now a question of going further and beginning to introduce the games of domination which are preparatory to those of chastity. At this point the word chastity is far too strong, let's talk about deferred enjoyment.

This is the second phase of the program.

Chapter 2: Domination: An Introduction to Deferred Enjoyment

Now that the practice of bondage has begun to become part of your amorous games, gradually sophisticate your technique: no longer just tie her hands more or less effectively, but start to achieve more complete immobilizations by also tying her feet. If you want an excuse for this, you just have to titillate him, nibble him a little more than he should on his legs, he will start to squirm like a worm which will hinder you to continue your work (be careful with the knees, it's painful!): you will have a perfect excuse to tie his ankles too.

Also start to vary his positions: instead of only tying him in a fixed position on the bed, tie his hands behind his back, he will then be more mobile and you can for example ask him to kiss you all over his body or make him kneel for a little 'treat' while you are standing against a wall or sitting in an armchair watching TV. Dare to ask what you want, dare to guide him by telling him what you want him to do to you, little by little these indications must take the form of orders, all this of course in a joking tone: 'You are my prisoner, you must obey me! '. Little by little and imperceptibly, you will move from situations of simple sexual pleasure ('kiss me everywhere' to situations and positions of domination or even humiliation 'kiss my feet').

Arrange to practice these sessions only when you have time, a lot of time and make it last, but you should know that if the man is able to proudly stay erect for more than an hour or even two if you take care of him, on the other hand his erection cannot last as long if he is the one who takes care of you. So keep an eye on her erection and when she falters, take an active role in reviving her. This is an essential point if you want to maintain their interest in these practices.

To cultivate, or even magnify, this erection why not perform in these situations what almost all men fall for: a striptease. Tie him up on a chair (avoid armchairs, you can't impale yourself on him), hands behind his back, ankles tied to the legs of the chair, create the right atmosphere (light, adapted music, and if necessary swallow a small glass of brandy to get in shape) and launch into a hell of a striptease. Are you lacking practice? Rehearsing in front of your mirror, secretly renting movies with striptease scenes, that's not what is missing. Are you terrible at dancing? Take lessons, there are institutes in all the big cities that can teach you striptease or belly dancing, check the yellow pages of your phone book.

You should also think about starting to equip yourself: the bathrobe belts are now becoming insufficient, move on to ropes, and if you feel that things are mature enough between you, also buy handcuffs, they can be found everywhere (avoid sex shops because they are overpriced). Start using gags (on the grounds that he talks too much, of course), at this point a symbolic gag is enough, so use a scarf but not on the mouth, but in the mouth, it's not very effective to make him silent but at least his lips will be accessible when you want to kiss him and moreover he will get a lot more sensations from it. Gradually expand your bondage gear. As I tell you in the chapter dedicated to bondage, a large part of your equipment will come from DIY stores. So, change your habits now, accompany him to those shops where you never set foot until now! Look at ropes, chains, padlocks, hooks, pulleys, etc. To walk through the shelves of a 'DIY-something' while exchanging in a low voice a few new ideas born from the sight of an object that had never inspired you until then, I assure you that it is a pleasure that one never tires of. You won't look at DIY stores the same way you used to, believe me! And if you're lucky enough to have a handyman husband, you'll be amazed at the resources a man can have to make the instruments of his own torture!

This progression in his dominance must now lead you to introduce punishments. In the beginning, call them pledges and create a climate of play and good humor during their execution.

When you feel things are ripe enough, start using the term punishments, then introduce the first spanking which will certainly be more symbolic than real but know it, the symbol is strong (if you have already received one you know it, and tell yourself that for a man it is even stronger especially if you put him across your lap like a child). Be careful to introduce these first punishments only in moments of intense excitement, as I have already said, it is essential.

It's time to start talking about chastity, or rather, at this point, deferred enjoyment.

In fact, if you've followed my advice so far, this introduction has already taken care of itself: I've recommended that you make your sessions last as long as possible, keep them in a state of almost permanent arousal, and always delay their orgasm until the end of the session. So he spent his time desiring you, you turned him on like never before but, being tied up, he was forced to wait for your goodwill to get his supreme goal, orgasm. This is the first form of temporary chastity.

A little parenthesis to avoid any misunderstanding: if he is condemned to a single and long-delayed orgasm, on the other hand, you are not! Take your foot off the gas as many times as you want! But be careful, unless you know perfectly well the reactions of your husband in these moments (with time we get more or less there), do not forget that the fact of being tied up does not prevent him from cumming: if it is quite easy to control him when you suck or masturbate him, on the other hand he can without warning in case of penetration. So favor your own oral or manual orgasms, only practice penetration for very short periods of time and be quick to withdraw at the first warning sign of her orgasm, too bad if you stay stranded! By the way, I would also like to point out that there is nothing more exciting than masturbating while watching your husband tied up and like crazy. No man is insensitive to a woman who caresses himself and if you have never dared to offer him this show, this is the perfect opportunity to find the courage to do so. You may think that you will never dare to do this, think again, you can't imagine how far the limits of modesty and shyness can go in these moments, I guarantee you that you won't have to force yourself, it will come naturally to you. After all, he's not the only one who gets excited !!

At this stage of the education process, it may not be useless to have you do a little interim assessment. Think back to the questions I asked in the Introduction (' Since when doesn't this ' ' ' I am convinced that your answers will be a powerful motivation to continue the process.

To get back to our subject, you started without even realizing it (he did!) to introduce him to delayed orgasm. Now it's just a matter of gradually making it official: before making him at the end of the session, ask him if he really thinks he deserved to, if he was very obedient, if he made you well enough for you to take care of him, etc. Then, on subsequent occasions, threaten to leave him in that state because you're not sure if he was deserving enough. The first few times, don't carry out your threat, be patient because you are reaching a crucial turning point in his education, and it is important not to miss it.

Before we get to the first time he will be deprived of his orgasm, let's take a step back because I realize that I haven't mentioned the circumstances in which he has been getting this long-

awaited orgasm until now. Should it be tied up or not? Is he entitled to penetration or only to oral or manual favour? Should he make himself in front of you? To the first two questions, I would answer without hesitation, vary the pleasures: sometimes attached, sometimes freed, sometimes you come on him, sometimes it's the other way around, sometimes with your hands, sometimes with your mouth. It's up to you to choose according to your mood, I tell you to choose, not him! As for the third question, I'm much more reserved: if you both really like it, then you can include it in the toolbox, but personally I think it's rather counterproductive. First of all, because with rare exceptions, men don't like masturbating in front of their partner at all, and much more so because it totally excludes you from the goal they expect. It is through you that its enjoyment has long been deferred, and therefore it is through you that it must come. The dependence on you will be even more complete and assertive.

So, after several unfulfilled threats, you choose an evening where the session went particularly well, you inform him that he will stay as it is all night. Don't expect him to accept his misfortune with a cheerful heart. He will rebel, contest and as soon as he is detached, will want to penetrate you by using more or less force. Rather than authority, I advise you persuasion, kindness and gentleness, tell him that it would make you so happy, that you want to, that he can do this for you, promise him that the next morning you will grant him what he likes the most, that you will make him like never before, that..., that... Brief; Be persuasive but stand firm on your decision. And most importantly, the next morning, keep your promise! You'll see that even if he's not a morning person? Usually, he is the one who will wake you up and ask you for his due.

Once his business is done (yours too, by the way, why deprive yourself?), congratulate him, thank him, show him your gratitude, tell him how much you are aware of what he has done for you, etc... Finally, of course, tell him how much you really want to do it again soon.

And there you have it, congratulations, you have succeeded.

Before going any further, take your time, start over several times while staying in the same pattern: enjoyment postponed to the next morning. Once this level has been respected for some time, it will then be necessary to move on to the third and final phase: chastity of a longer duration.

The MUST will be reached when it will get in the way on its own on command and will offer itself at your will but I will come back to it later!

Chapter 3: Long-Term Chastity: The Chastity Belt

Before we get into the heart of this final phase, I have to answer a question that may have come to mind: what if he decided to make himself on his own during the night? Should you leave it tied up overnight to be sure? I would say that he is unlikely to do so, at least at this point in your relationship. I've said it before, men in general hate masturbating in front of a woman and even more so in front of their own (on the other hand, they love to ask you to masturbate in front of them!). However, if you think he might eventually decide to relieve himself during the night, or just if it amuses you, you can tie him up for the night. But be aware that it is not possible to do it in any position: making him sleep with his hands tied behind his back is simply not feasible, first because he will not sleep at night and then because he will not be able to endure the pain that will inevitably come to the level of the shoulders all night. If you want to attach it in a somewhat comfortable way, you can choose from three

possible techniques. The first is the straitjacket. No need to buy a real one (if this instrument excites you, you can buy one at a later stage of your relationship, you can find one on the Internet without any problem), make one yourself: buy a long-sleeved T-shirt a little too big for him, sew very securely in the middle 2 ribbons at the ends of each sleeve as well as 2 others at the bottom of the t-shirt (one on the front and one on the bottom) back), you will just have to enclose each of his hands in a sleeve by tying a ribbon, then, after crossing his arms at waist level, to connect the 2 sleeves in the back with the other ribbons; Then finish by tying the front and back ribbons sewn to the bottom of the T-shirt between her legs to prevent it from riding up overnight. Another technique is to connect your hands to a collar attached to your neck, you can achieve this by using a dog collar for the neck and leather bracelets for the wrists or failing that (but it will be less comfortable) ropes. Finally, the last method is to enclose his hands in some kind of mittens that you can make (failing that, use washcloths or boxing gloves), then you will tie a rope around his waist by also passing it 2 times between his legs to prevent the rope from turning around his waist, And finally, with adhesive tape you will attach each mitten to his wrist and to the rope on each side of his waist.

Quite naturally (so to speak) you will find reasons not to relieve it in the early morning and to postpone it until the evening. In the evening, before moving on to the long-awaited reward, make him wait, impose tests on him, tie him up, punish him on the slightest pretext, and above all force him to satisfy you first (why not 2 times or more?). In a word, progress in your domination, be more and more demanding, harsher, more severe, I would even say more unfair: begin to accustom him to not always keep your promises (be careful, I am speaking exclusively in these moments of particular intimacy, not in everyday life!), to punish him for no reason, because that is your good pleasure. In a word, be the most perfect bitch.

He is perfectly natural, if he has not for 24 or 48 hours while you have turned him on like never before that you are worried about his behavior throughout the day that he spends away from you: tease him about the fantasies he must have had in contact with the women in his office, tell him your concerns by seeing what state of erection he is in as soon as you approach him, And tell him, "You're going to have to make him wear a chastity belt."

Keep up with this idea, talk about it every time. And then one day move on to directing.

Her First Chastity Belt

The first chastity belt will be made by you.

Choose a tight-fitting swimsuit. Like all swimsuits, it is usually provided with a drawstring at the waist, if there is enough space for this cord, replace the cord with a small, very thin belt. Once closed, this belt can be held in place by means of a small padlock slipped into the hole closest to the buckle. If the space is too narrow, then sew loops all around his jersey and slip this belt into it that you will padlock in the same way. Of course, this chastity belt is not very effective, it is more symbolic than real: even if he can pass his penis by spreading the leg of the bikini (which will allow him to practice an essential function: urinating), he will not be able to take off his bikini line, which in principle gives you the assurance that he will not go to find it, with any secretary, the satisfaction you refuse to give him. As for the other essential natural function, either he is used to relieving his bowels in the morning before leaving or, if he is less regular in his schedule, you can cut a sufficient opening in his anus so that he can easily perform this natural function.

Play this first chastity belt for a few days, talk about it extensively with him, show him that this situation excites you a lot, let him see that he thinks much more about you, etc. Over time, make this instrument an indispensable complement to his periods of domination/chastity. And gradually lengthen the duration of these periods.

A real chastity belt

This chastity belt is not very effective, so then start introducing the idea that it needs something more effective. Float the idea that you are going to look for a real chastity belt, and when this idea has started to catch on, tell him that you read in a magazine that there were real belts for men, associate it with your research by asking him to find on the Internet what exactly they are (the absolute reference for chastity belts on the Internet is the www.tpe.com/~altarboy), and where you could order one. Don't be in a hurry, but bring the subject up in your discussions systematically.

When the question seems ripe to you, when you have made a choice on the type of belt you want (see below in chapter 7 my advice on the different models), take the plunge by associating it not only with the decision but also with the order.

Your pleasure with her chastity belt

I'm not going to explain how your husband can give you pleasure and make you, you didn't wait to read this text to have your own ideas, but simply enlighten you on something terribly frustrating for him and at the same time terribly exciting for both of you. Buy a strap-on that you like, have him wear on his chastity belt while he licks you and then have you taken with it. He will have the gesture of the male, will have the sensations, will see your pleasure but will not be able to. To thank him, you can then take him in turn with this accessory that generates a lot of trouble and excitement for you and many others for him.

There you have it, you have completed your long initiatory journey. Now all you have to do is enjoy all the hard work. The main instrument you need now is your imagination. To help you fertilize it, in the following chapters I will present some ideas and suggestions on your respective behaviors as well as some ideas for games that can spice up these periods.

Chapter 4: The Everyday Relationship: Your Respective Behaviors

Your behaviour and that of your husband must, on a daily basis, reflect the totally unequal situation that has arisen between you. Beyond simple obedience, there are more specific behaviors that you need to impose on him. But there are also behaviors that you need to impose on yourself.

A little reminder, no doubt boring because of its repetitiveness: everything that follows is only conceivable and achievable insofar as your relationship has already reached the ultimate level of your relationship of domination/chastity. During the (long) journey period that precedes this stage, you can draw inspiration from the following but in a lighter version. On the other hand, some of the recommendations I'm going to make may not be right for you even at an advanced stage in your relationship. It's not important, do as you feel, the only thing that matters is your hold on him.

So let's start with the recommendations on how to behave:

Behaviour

Women often complain about their man's lack of courtesy, attention, and thoughtfulness. This is a unique opportunity to get him to revise an 'old-fashioned' education that he may have forgotten a little. Demand, therefore, in all circumstances, the utmost gallantry towards you: always let yourself go first, open the car door when you get in or out, hold your chair when you sit down, do not interrupt yourself, do not raise your voice when he disagrees, do not read his newspaper when you have breakfast together in the morning, Giving you flowers even for no reason, etc. .. This rehabilitation, and this is not the least of its advantages, will benefit you even outside of periods of submission/chastity.

In addition to these basic notions, which are not specific to a submissive relationship, you must impose certain obligations on them so that their psychological dependence on you is maintained and reinforced by the behaviors they will have to have towards you. In this way, they will become more aware of their place and role:

- Except, of course, in front of children or friends, he must call you Madam, Mistress, Majesty or My Queen or as you see fit, it is up to you to choose a word that is different from the one he usually uses and that marks a form of respect and distance. It may seem childish, caricatural or even ridiculous to you, but think again, it's more important than you think and you'll see for yourself that over time his relationship to you and his behavior will change just because of the vow and the title.
- Except of course in front of children or friends, he must agree to wear the clothes of your choice, whether it is women's clothing, heels, diapers, baby outfits. If the habit doesn't make the monk, the uniform gives wings to the policemen. You will see for yourself that his behavior changes by the mere fact of wearing one of your panties and that the macho attitude disappears with a simple pair of panties hidden under a pair of hunter's pants. Generally speaking, and this is a constant, the more you feminize it, the more considerate and gentle it will be.
- When you arrive home after an absence and he is there, he must immediately come to meet you, kneel down, or greet you on the terms you have defined. So, when you then return to normal life, he will more easily get into the habit of looking up from his newspaper or not keeping his 2 eyes glued to the television or the internet when you arrive !!
- You need to define the relationship he will have with your body: for example, you can completely forbid him to touch you unless otherwise authorized. For my part I didn't find it satisfying at all, I prefer to give him a permanent permission to kiss my hand when we are in public (it's so delicious because it's old-fashioned and rare!), all other touches are forbidden to him, he has to ask me for permission and depending on my mood I can grant it, refuse it or even punish him for simply asking (his worried tone when he asks is so delicious!). Wonderful, he wants to kiss you and touch you again at any moment!! Deprivation is definitely a good thing!
- When you are seated in the living room, he should be at your feet or in any other place you designate for him. I advise you to make her turn her back on the TV frequently when you watch her, her only show must be you (especially no exception for sports, you will be surprised to find that what seemed totally impossible before becomes achievable in these circumstances !!!!). If you still think you have to make an

exception for an exceptional event (World Cup final or other), make sure to organize a party with friends for this purpose, so you won't make him feel like he's giving in.

- He should serve you (even if you are the one who prepared the meal) and eat after you or under different conditions than you (see below some ideas on food games)
- Ask him to prepare your bath, to wash you (blindfold him if, as I strongly advise you, you don't want him to see you naked), to massage you (feet and neck, um!). Make him bring him breakfast to bed every morning (again, you will find that the impossible has now become achievable: get him out of bed in the morning before you!!)
- It is forbidden to do so, under penalty of severe punishments that must always be applied immediately or as soon as it becomes possible (above all, do not forget, your credibility would be at stake):
 - to cut you off in private as well as in public
 - to contradict yourself in private as well as in public even if you are wrong
 - not to obey your demands: all your requests are absolute orders.
 - to take any action without first asking your permission (going out, smoking, watching TV, reading the newspaper, crafting, going to the toilet, playing on the computer, answering the phone, opening the mail, etc.): when you are alone together he must be, at all times, at your sole and complete disposal awaiting your orders. Test his obedience often: for example, let the phone ring if you are not in the same room as him, if he picks up, crack down. When you are in public, define the rights that are his/her by adapting them according to who is with you (children, family, friends, strangers), for example, at a friend's house, he will have to question you with his eyes before sitting, eating or smoking.
- Demand that when you're with friends, they publicly give you at least one strong compliment or say that they love you, that they care about you, or how much they depend on you. It is rare for a man to compliment his wife in public, so don't deprive yourself of this pleasure, which is probably new to you!!

From experience, I advise you to avoid incorporating the elements and necessities of daily life into the list of obligations that he must comply with and that could lead to him being punished if he does not respect them. It's much better if anything you impose on them is specific to the submissive relationship you're putting them through. For example, there is no sanction in relation to his professional obligations, even indirectly, if he has dented the car, or if he forgets to take his medical treatment, or if he does not succeed in getting the plumber to come and finish the work that is still not finished!

Generally speaking, when you are at home or in a situation where it is possible, you should get into the habit of never leaving him completely free to move: keep him more or less attached at all times, this is essential so that he feels in all circumstances that he is totally dependent on you and the indirect excitement that this dependence generates. If you've assigned them a particular task or need to do some kind of work, simply adapt the links so that they only have the freedom of movement they need. When you have something to do or just want to rest, read or do nothing, tie it securely close to you or in another room but never leave it free. (At this point, you just have to ask, not do, he has to agree to put his handcuffs on his own).

Your behaviour

If the obligations that weigh on him are heavy, you should know that, as far as you are concerned, they are just as heavy and perhaps even more so, because in all circumstances, it is up to you to take all the initiatives. Know that the period you are about to experience is not easy, but the result is worth a thousand times the effort you will have to make.

Here are your behaviors that are the essential complement to getting what you demand of him:

- Accentuate your femininity: avoid any banality in your outfits, be refined, 'coquettish' as our parents used to say. Always sublimate your femininity with your outfits: all the archetypes of seduction must go through it: high heels, stockings, garter belts, basques, negligees are must-haves that few men can resist. Increase the amount of your makeup, sophisticate your hairstyle and this in all circumstances, even and especially when you are alone at home. During the day, give yourself a look that is both reasonably sexy (you must be a constant source of excitement for him), strict (you are in charge), sophisticated (he must deify you). Just like gallantry for men, these behaviors are not specific to a relationship of domination, I am often surprised to find that women who reproach their husbands for turning their heads on pretty women dressed sexy and made up do not think for a moment of adorning themselves with the same arguments of seduction!
- Be different: you impose a different behavior on her, so you too must be different, be another and this both by your behavior and by your outfits: renew, at least partially, your wardrobe, change jewelry (many women never wear the same dress 2 days in a row but on the other hand never change rings and bracelets, Curious, isn't it?). For intimacy, buy provocative dominatrix-style outfits (black or red vinyl sometimes has a devastating effect), you will find everything you need on the Internet (or in specialized stores but it's often much more expensive)
- Be haughty but charming, aloof but beguiling, stern but tender, hieratic but attentive, in a word, be a woman, be a bitch. He should never know what to expect from you, his uncertainty will increase his dependence.
- Protect your mysteries: avoid showing yourself naked, you should not dress and undress in front of him (this is a piece of advice you should follow even outside of periods of domination). Make him turn when you do, blindfold him when you want to be naked. You will be all the more desirable and desired.
- Be imaginative: to do this, create new situations, new scenarios, new obligations, both in public and in private. Whenever you can, arrange your privacy in places other than your apartment: find unexpected places where you can isolate yourself. Don't improvise, prepare these novelties in advance, think about them for a long time when you're alone (it's an ideal topic to escape into boring meetings), try to define the elements that will be necessary for these scenarios, think about the impossibilities and try to find ways around them: nothing is more unpleasant than starting a scenario and suddenly realizing that you are unable to continue or that an essential element is missing from your story. achievement, your prestige would suffer severely.

- Be unpredictable: punish him for no reason and without warning and then tell him that you just wanted to. A surprise spanking during the day and without a cuddle or other dominance relationship sets the stage for one of your requests in the evening because he is still hungry for more or more.
- Be uncompromising about respecting the obligations you impose on them. Don't let anything pass you by. Punishments should be applied immediately or as soon as possible. They must always be physical (so that he becomes aware that his body belongs totally to you). If the punishments are games at first, they should be real and more severe as he becomes more enduring – you will only have achieved your goal when you see that he really fears you and that he is really afraid of your punishments.

As I mentioned in his obligations, he should serve you feminized as often as possible. But on this subject, a word of caution is in order: if it is fun and very effective to disguise him as a ' French maid ' with a headress, a small white apron and buttocks in the air, do not turn him into a cleaning lady: in other words, if he has to serve you and take care of you it is within the framework and for the purpose of a sexual game, not so that he has to do all the household chores. I know that there are men who go to dominatrixes simply to clean (and they pay for it!) but first of all they are rare, and then they don't do this every day. So take into account that after a day's work, he can be tired, especially since his nights are rather restless. Don't ask him more than usual in quantity, rather less even to compensate, but on the other hand choose symbolic tasks that will make him aware that he is at your service (above all sexual, don't forget) and give him more restful periods or even days, this is essential in the long run. On the other hand, always and everywhere avoid the slightest slackening of discipline.

Chapter 5: The Big Questions: What Domination?

At this point in your reading, several questions have certainly come to mind.

Does it need to be submitted permanently? Is submission synonymous with humiliation and degradation? What is the maximum length of a period of total chastity? What symbols of submission will he have to wear? Does it have to be feminized all the time? What kind of relationships should be considered with outsiders? Where are the limits of reasonable practices?

It is not up to me to give answers to these questions that are valid for each of you, because your attitude towards these questions will depend on the conception you have of your couple, your relationship of domination with your husband, your desires and your tastes (yours and those of your husband as well, because even a relationship of domination is always experienced by 2 people).

I will therefore only share with you my own experience by indicating and explaining my answers to these questions, they have no other value than that of the lived experience of a couple necessarily confronted with these questions.

24 / 7 ?

In the codes of Anglo-Saxon domination, 24/7 does not designate a mathematical fraction but means 24 hours a day, 7 days a week, 365 days a year.

In other words, should he become your submissive for life, without cease and without interruption? Everyone will answer this question as they see fit, but my answer is no. Such a relationship based on his chastity and submissiveness is a heavy one to deal with, both for him and for you. For this situation to be satisfactory for both parties (and believe me, it is, even beyond what you imagine!) it is necessary that the daily life does not interfere too much in the relationship. However, there are the respective jobs, the health problems of the parents, the studies and the heartaches of the children, the taxes, the bills to pay, the car that breaks down, etc. ? With such invaders, it's not easy to keep your mind permanently focused on a relationship as strong and compelling as the one you and your husband have undertaken. It is possible, for a limited period of time (especially if we include holidays when it becomes demanding) to manage daily life by postponing non-urgent problems and dealing only with the bare essentials. Over a long period of time, everyday life ends up overwhelming you.

There is also, in my opinion, another strong reason not to try 24/7: the risk of trivialization, of routine, you say? Oh no! Surely not, you will see for yourself that, on the contrary, such a relationship is an absolute remedy against routine and banality. No, the other reason is more at the level of your relationship with your husband: when you stop, you will find that you will really have a hard time getting out of it, it's a real heartbreak! You will therefore run the risk of not being able to do without it, on the other hand, what he is able to accept over a period of time that he knows in advance is limited (even if he does not know the duration), he may no longer accept it if it becomes a 24/7 relationship between you. So that's reason for me to take a break, because, I remind you, it's just a game designed to spice up your marital relationship. At least that's how I see it. And then, to be really honest with you, even if the return to earth is somewhat difficult at first, I really appreciate the relationship I have with my husband when he resumes his status as a dominant male, sometimes I even happen to be his submissive! Of course! If I dominate it, it's because I like it, if I sometimes get dominated, it's also because I like it.

As far as we are concerned, the year is generally punctuated by 3 distinct periods: her period of chastity/submission which lasts about 3 to 4 months, my period of submission which lasts 1 month (most often in 2 times), and the rest of the year (more than half of it) when our relationship becomes 'normal' again.

It's all very personal, it's up to you to decide what you want to do. Keep in mind, however, that the slightest of your slackness in times of domination is paid for in cash because it destabilizes him and can even make him unhappy. If you can't or don't want to fully assume your role, **never leave him in sentimental uncertainty**, tell him that you've decided to take a break.

Submission: humiliation and degradation:

The notion of humiliating or degrading practice is inherently very subjective: some women refuse fellatio or sodomy on the grounds that they are humiliating and degrading practices, others on the contrary exhibit themselves in porn films while doing so with pride. In between, there are all those who do it for pleasure exclusively with their husbands. How to decide?

The same is true of submission and all that it entails for your submissive. Humiliating and degrading the body does not necessarily mean humiliation and degradation of one's partner's mind. It is therefore the state of mind in which your couple will evolve during these practices that will determine whether or not there is real humiliation and degradation of the person. Rest assured, if this becomes the case, there will be enough overt signs for your relationship to end quickly and I'm not just talking about your dominance relationship.

For my part, I think I am going very far in the practices I impose on him, but in all circumstances I keep all my admiration for him: during the periods when I dominate him it is rather his ability to love me without limit that I admire, the rest of the time it is admiration (and when he dominates me it is even more than that, but that's not what this article is about :)

Chastity: maximum duration?

Honestly, I don't know. I have read contradictory things on the Internet about this. Some claim that beyond a month there are physical consequences. Is this true? I doubt it, but it's not easy to ask a doctor for that! You can also find tips on how to milk the prostate? (' prostate milking ') which would be a technique to avoid orgasm (and therefore ejaculation) while releasing the semen thus allowing the glands to continue working. I have tried several times to follow the advice detailed in different articles, with no results! As far as I can remember from what I once read, it is my understanding that semen is made continuously and the unused excess drains into the urine. There would therefore be no risk of engorgement or dormancy of the glands. But I don't have absolute certainty.

So I can only give the fruit of my personal experience: the submission/chastity sessions I impose on my husband are, as I said, usually 3 to 4 months. With a few exceptions (where his chastity lasted a little more than 3 full months), these periods were often interspersed with 1 orgasm that he must lick conscientiously.

Neither of us found any physical consequences as a result of these prolonged periods of chastity. That's all I'm sure of. Psychologically, you should know that a submissive man is quickly unstable and uncomfortable in his own skin if he feels abandoned. Pay close attention to your attitude if you are not available because he should never feel abandoned in his chastity. The loosening of your chastity dominance is paid for in cash by an emotional crisis of which you will be the cause. If you feel a fluctuation in your relationship, the lack of dominance may be the cause. As an indicator, you should know that a submissive husband is a bit like a child, if he balks at the task, if he rebels or does stupid things by confessing them to you, it may be because he needs you.

A clarification that is not without interest, if, during the period of chastity, you decide to let him while wanting to continue for a new period, make sure that he is carefully tied, otherwise you will have little chance of being able to make him return to his chastity belt. Also count that it will take him at least 2 or 3 days to get back in the mood and become the docile and disciplined submissive he was before. Take the opportunity to give him some rest, but so as not to chip away at your authority and aura, make yourself rare and avoid opportunities for punishment for 2 or 3 days because he will tend to take them badly.

So it's up to you to manage the duration of his chastity as you think, the only advice I give you is to always keep him in uncertainty: don't set the duration together in advance, vary the durations so that he never knows what to expect.

Wearing Submission Symbols

These symbols can be classified into 2 categories: external symbols, i.e. visible, and hidden symbols.

Exterior symbols:

If for a submissive woman, it is quite easy to envisage outward signs of submission through the use of jewelry (more or less significant) and also to a lesser degree through clothing, on the other hand it is much more difficult for a man given that the jewelry intended for them is rather rare and unusual and given the classicism of dress to which men are bound in daily life.

As far as I'm concerned, I don't like a man to wear jewelry, so my husband never wears any outward sign of submission.

Hidden symbols:

The choice is vast, the only limit is imagination, your imagination.

Let's leave aside the obvious, the chastity belt of course, but also the marks that remain after the punishments (although this point is quite disappointing because the marks never last very long, unless of course you go far enough in what you inflict on him).

You can make him wear women's lingerie at work or if he goes hunting, she considerably increases his fear of being discovered and therefore his arousal and therefore his submission. Aside from chastity, the impact of a basque, lace panties, or tights under his clothes can be an extremely powerful tool to get anything you desire from him. The first time I imposed it on my husband, he came back with a bouquet of red roses!

You can make him wear a leather dog collar, he hides very well under a turtleneck or a scarf, you can also add a leash that you can make appear when you think possible.

You can make him go out with a in his buttocks (not too big, not too long anyway): having dinner with him in a restaurant when he is 'equipped' is a more powerful stimulant than a coffee! To help keep it in place, a chain and padlock will come in handy by adding the excitement of a form of hidden bondage.

Hidden bondage: you can make her a discreet shibari (body wrapped in ropes) whose ones that pass between her buttocks hold a plug. The marks he leaves on the body are very exciting and will remind him of his submission.

You can make her wear adult diapers. Seeing his distraught look on his face at the restaurant when he cracks is laugh-out-loud funny. To do this, use artifice the first time by pretending that it excites you to go out knowing that he is so attired. Be bitchy and get her horny up. On the diaper made as for the plugs, place a chain and a padlock. Go out of your house the first time before telling him that you forgot the keys and that you want him to invite you to the restaurant to make up for not thinking of it himself.

But, now let's get to what raises a much bigger question: intimate tattoos and piercings.

Marking your submissive with a permanent sign of belonging is terribly rewarding, that's for sure. However, think long and hard before doing it: a tattoo is definitely permanent (don't believe advertisements that claim to erase them with a laser). If you're tempted and you're sure he's really okay with it, then why not? When choosing the pattern, size and location, just think

that your husband sometimes puts on a swimsuit and from time to time he will have to undergo medical check-ups!

There are also temporary solutions: these are indelible markers (short duration) and henna tattoos (duration 2 to 4 weeks but they can be renewed as often as you want). It's an excellent formula that I personally adopted, it allows you to dare to make more significant inscriptions: I strongly advise you to attend the session where the beautician will tattoo your first name or 'property of'. '.

Piercings are undoubtedly a stronger act but they have the advantage of being temporary, it is enough to not put the ring on for a while for the skin to heal and moreover they can be temporarily removed if necessary (medical visit for example). As far as my husband is concerned, I haven't succumbed to it yet but a small piercing at the base of his penis tempts me terribly (next time probably!)

For the final tattoo, be sure of his agreement before making it and when I say agreement I am talking about a 'cold' agreement, i.e. obtained in a discussion that must take place outside the periods of domination-chastity.

For other tattoos and piercings, I advise you to surprise him, it's more exciting.

Two?. and more if you like it

Is there anyone who, having found a beautiful treasure, doesn't want to show it off?

If you've successfully reached this stage of your relationship, it would be doubtful that you don't have some desire to show the rest of the world the rare pearl who shares your life? What He gives you, what He does for you, is so exceptional that this little sin of pride is quite forgivable.

How do you make your desire come true (and probably his too, ask him, I'm sure the idea will have come to him long before you!)? Your parents, your sister-in-law, your neighbors, your friends or your boss are obviously excluded, so there are of course the specialized clubs, but they are generally frequented by cohorts of single men and the atmosphere is rather sad, and then you risk meeting people you know there and then there.. !!

To show it off, or as we say today to come out, choose instead the big annual fetish parties organized by internationally renowned clubs located far from your home: in Paris maybe (only if you live in the provinces and if you have very few contacts in the Paris region), but Brussels (La Nuit Impossible, etc.), Amsterdam (Wasteland, etc.) and London (Rubber Ball, Torture Garden) are the best choices. Check the dates on the Internet, for example on the www.demonia.com website . In these evenings, the 'dress code' is imperative which means that you will be able to give free rein to all your clothing fantasies: for him, dog collar and leash, handcuffs, cut-out pants, etc., or any other submissive outfit you choose, for you a provocative dominatrix outfit that you would only wear in privacy. However, I advise you to wear a wig and a wolf on your face: there is little chance that you will be recognized, but despite everything, there are many French people there.

These parties are excellently dressed, you won't be forced to do anything, no one will ask you for anything and you can do whatever you want (except sex, it's forbidden). You will

determine the degree of exposure to which your husband will be subjected, know that you can go quite far if you wish. What's more, to top it all off, these evenings in Brussels and London are really cheap, neither in terms of entrance fees nor in terms of the price of drinks.

In fact, in front of a large audience, it's quite easy to show off. More problematic is the involvement of a stranger in your couple's practices. The idea had come to me sometimes, but I had put it in the category of fantasies that one does not realize. It was under my husband's repeated request that I began to consider submitting him in front of another person, a woman of course because humiliation in front of another man would have too many psychological consequences on him and moreover would raise the question of my fidelity and our couple evolves in reciprocal fidelity (even without a chastity belt!) and there is no question of changing this. After a long gestation made up of a lot of hesitation, I ended up placing an ad in a magazine (Nova) without informing him, to find a woman who would want to attend, without participating, a session of domination of a man wearing a chastity belt. A dozen responses, a few phone calls, two meetings and finally a session in a hotel where she joined us: my husband remained blindfolded during the whole session, as for her, she had already attended domination sessions but was especially fascinated by the chastity belt that she was seeing for the first time. I was far too intimidated for my husband's dominance to take a truly sexual turn, so I contented myself with a few touches, coercing him into some submissive behaviors and various punishments. Truth be told, I was pretty uncomfortable. Over time (i.e. over several years), I repeated the experience a few times (with different partners each time), gained confidence and pleasure, and quite naturally some of these partners were led to go beyond their simple role as voyeurs. I never thought I'd ever have same-sex relations, but I have to say that one day, caught up in the climate of the moment, I took the plunge. To be completely frank, I have to say that if I did it it was also and above all for my husband: like all men, his fantasy was of course to see me having sex with another woman. After all, with what he does for me, I could give him this satisfaction, especially since once I got past the (great) difficulty of the first contact, it's far (really very far) from being unpleasant!

My practices are neither a standard nor an example. But I still think I have to insist on the fact that the presence of a third party during your lovemaking is to be handled with great care and, in my opinion, to be absolutely forbidden as far as men are concerned (unless your infidelity is part of the daily life of your couple, and even then!)

Boundaries not to be crossed

It's hard to set limits, it's all about getting personal. Nevertheless, I strongly advise you never to enter into dangerous practices such as strangulation (it is said that hanged men are hard, it may be true, but ... not for long!) or asphyxiation (in school playgrounds they say that you feel a certain intoxication, but I advise you to make him drink a large cognac)

Just don't forget that there are two of you in both directions: don't impose practices on them if you're not sure they want to do them, but conversely, don't let yourself be drawn into practices that you reject because then you risk losing the taste for all these games and admit that it would be a shame.

Also remember that if certain practices put you (or the) off, you can go on the path without going all the way to the end of the journey. For example, I know my husband would like to switch to urology games. I, for one, am not entirely willing to do so, but I nevertheless enjoy being licked after urinating.

So you can always find solutions to everything.

The further you go into the practices of your dominating relationship with your husband, the more essential it is, as I explained earlier in paragraph 24/7, that the relationship be only temporary. You will run the risk of crossing the white line one day, and you will be all the less aware of it because it will certainly happen on a point in your behavior that you will think trivial while he will perceive it as intolerable. It would be a shame to mess it up after patiently building it all up. If you alternate periods of dominance with long periods of normal relationships, you'll give yourself every chance of fixing the pieces you may have broken without even knowing it. After a session of several weeks or months, your husband needs to rebuild himself, to be sure that he still benefits from your consideration and admiration: you need to give yourself plenty of time to prove it to him.

Chapter 6: Some Ideas

The following ideas and suggestions are conceivable only to the extent that you have already reached an advanced stage in your relationship of domination/chastity. However, on the way to your progress, nothing prevents you from putting some of them into practice by adapting them to a softer version. At the risk of repeating myself over and over again, never forget that progressiveness is the key to all success in this field.

1 - Food

Food offers an almost limitless field of play for relationships of domination. Here are some of the ideas I've been able to put into practice over time:

- Sometimes deprive him of food when he's being punished: most men have a natural tendency to be overweight, so it won't hurt him to skip a meal and of course add some cruelty refinements to it by forcing him to serve you (or even prepare for you) something he particularly likes. But in this case, take precautions by gagging him (put a padlock on his gag so that he can't take it off while he's in the kitchen!) or better have him make a kind of mesh mask which, once fixed behind his head with a padlocked strap, will allow him to drink (with a straw) but not to eat. This way, you can go away with peace of mind. However, beware of hypoglycemia because experience shows that a submissive expends much more energy than you think when he is subjected to what you inflict on him, even if he is immobile. So plan to have him drink sugary drinks, this will help you avoid unnecessary problems.
- Strap him to a chair and let him eat and drink like a baby.
- Have him squat next to you while you eat and feed him as you do with a dog, giving him pieces from time to time, blindfolded or not, depending on your mood. Another possible version that I advise you to practice very often, make him eat from a bowl placed on the floor and sometimes even tie his hands behind his back for this.
- As a bird does with its young, give it a bite by passing its food and drink directly from your mouth to theirs. Very erotic!
- Feed him a whole meal exclusively with your body: make him eat it by licking your fingers that you will have dipped in the food, or put whipped cream (or any other

suitable food) on your breasts so that he can lick them, or strawberries or a banana in your penis (wash them thoroughly beforehand!) or finally prepare a bowl of Parmentier mince for example that you will make him eat by dipping your a foot that he will lick greedily. Don't deprive yourself of this last method, almost all men have a fetish for women's feet, so you can be sure that he will particularly appreciate it.

- Have her do the dishes or clean the house dressed like a maid, many men will gladly do it if they are feminized. The feminization is good: personally, I kept my cleaning lady but I don't do much in the way of household chores anymore. Don't deprive yourself of feminization and don't feel guilty, my husband has frequent (but painful) erections when he does the windows in front of me. To spice things up when he does the feminized cleaning, I like to pinch his buttocks under his skirt, he reacts almost like a scared old maid.

2 - Girlfriends' night out

A simple version of this idea is to organize a girlfriends' dinner at a restaurant and leave your husband at home effectively tied up on the bed (a little cautionary reminder: watch out for the gag when you're away!). This situation is of particular interest because it creates very special sensations not only for him but also for you. For him, a little (or a lot!) of jealousy and also the anxiety that something will happen to you during the evening and that you won't be able to get home, so be careful behind the wheel or think about planning a release solution in case of accident, discomfort or breakdown. (Clock + key or ice-timer + key) For you, a very special feeling of euphoric power because knowing that your man is waiting for you naked and tied up at home while you are having a good time with the girlfriends, I assure you that it is particularly titillating. Try it, you'll be the judge!

A more sophisticated version is to host that same girlfriend night out at your house. Depending on the configuration of your apartment, you will lock it in the bedroom or in another room that you choose as close as possible to the living room where you are entertaining. He will be bound and gagged and, if you dare, you will leave the door ajar so that he can hear the conversations. Of course, you'll try to choose your female friends to make the conversation about men, and this will give you the opportunity to put in some two-way thoughts that he'll particularly enjoy.

After having practiced this very exciting little game several times (knowing that your girlfriends are having a nice evening just a few meters away from your naked and tied up man provokes I assure you some well-placed tingles!), I came up with the idea of using the cupboard in our dining room: cleared everything that was on the floor, It was a perfect place of seclusion: I locked him up there and he spent the evening naked less than two meters from the dining room table where we dined. To avoid an unforeseen incident, I had hung a curtain attached to the lowest of the shelves to conceal it, and I even allowed myself the luxury of opening the door of this closet several times to get some dishes, thus increasing his anxiety of being discovered. I will point out that I had tied him up in a much less restrictive way than usual because I was afraid that a painful cramp would ruin the evening!

3 - Weekend in the countryside

Maybe you have a country house, in which case things are simple. If this is not the case, try to get a house lent to you for the weekend, preferably in the summer, by your friends (make sure they don't come to visit you unannounced!).

Organize yourself so that you are both completely free of any commitment during this weekend but make sure that he doesn't know anything about this 'romantic getaway'. I know, all of this is not easy to organize, but if you succeed, it's worth it.

On Friday evening, he comes home from his office without suspecting what awaits him. Tie his hands behind his back, blindfold him (for this kind of occasion the best is a hypoallergenic plaster on the eyelids and sunglasses over it so that no one notices anything). Have him lie down in the back seat of your car, strap his feet in, and off you go for that weekend in the country. (If you're in the city, there's nothing stopping you from stopping in a parking lot to drive it behind it).

Once there, you will have at your disposal, as they are generally found in all country houses, in nooks and crannies, in cellars, in sheds where you can sequester and lock it up, beams, posts and rings where you can tie it up or chain it.

The whole point of the operation lies in the fact that he must not know where he is, as if he had been kidnapped. So try to keep him blindfolded at all times like kidnappers would.

If you manage to organize such a weekend, I assure you that he will remember it for a long time.

4 - At a restaurant or on vacation

When you're alone, he wants you and you call him "tu". Why not extend this practice when you are in public, in a restaurant, hotel or in a shop for example? Make sure to force them to speak in front of the waiter or saleswoman. He will of course try by all means to answer you by avoiding vowing, insist and if necessary threaten him with punishment.

Alternatively, forbid them to talk to anyone other than you without your permission: this will be particularly embarrassing for them in the restaurant at the time of ordering because they will not have to answer the waiter even if a question is asked.

Always at the restaurant, order his dishes conspicuously without letting him choose, take the menu himself or better, if you dare (you have to dare!), when the waiter hands him the card tell him 'No, useless, I choose for him'

5 - Theme nights, rituals, games

The games, the rituals that you will impose on him, as well as the themes of evenings (or better of periods, because an evening is often too short) will be left to your imagination alone. It's up to you.

Depending on the case, it may be psychologically preferable to officially announce the content of these themes and rituals in advance, but be careful in this case, you will have to make sure that you respect them or have them respected, otherwise you will lose all credibility.

Here are a few examples that you can embroider on according to your imagination:

- Keep the 24 hours, or even a whole weekend, blindfolded or with a balaclava.
- Don't say a word for 24 hours
- Lock him up for 24 hours or more in a cage or storage room (the size should be large enough for him to lie down). If you live in a building in the city, lock him in the basement, naked and tied up (1 or 2 hours only because it's quite traumatic).
- Make him always thank you after a punishment, but in return, be very tender and compassionate, especially if the punishment was severe.
- Sometimes turn him into a cameraman: get dressed, styled, massaged, manicured. If you're not afraid of wasting nail polish and solvent, get your toenails painted: with your hands tied behind your back, kneeling in front of your feet on a stool, he will have to do it while holding the brush in his mouth (difficult but very fun!!)
- Have it put on all fours in front of the sofa in your living room and turn it into a coffee table by placing a tray on its back, so you can enjoy your coffee pleasantly. However, the position is difficult to hold for a long time (be careful with your porcelain!), you can do this by attaching it in the same position to a coffee table, bench or stool.
- Play your favorite board games with penalty tokens every time he loses: this will hinder his concentration, you will be sure to win.
- Play miraculous fishing: buy about twenty small magnets in a DIY store, stick a coloured dot under one of them and spread them out on the floor in the living room, put clamps on his breasts and attach a magnet to each of them, then force him to go, on all fours, to fish out all the magnets in the room until he picks up the magnet with the tablet: if he is unlucky, he will have to bear a particularly painful weight; If he's too lucky, start over a few times.
- Tie him up in the bedroom, bound hand and foot together, and ask him to join you in the living room. Seeing him arrive on his buttocks or crawl like a worm will make you laugh and offend him, think about gratifying him.
- Feminize him at night and during the day, impose these outward signs of submission on him without affecting his masculinity by calling him a girl or other degrading terms. It is a gentle but very powerful form of dominance that gives surprising results.
- Leave him instructions on what he will have to do when he arrives home the evening before you (if you are alone of course) either in writing, or by message on his cell phone, or by email (on his personal email, not on the one from his office !!). For example, he can prepare the meal, set the table and self-bind wherever you want at a specified time with or without accessories such as plugs, clips or women's clothing. Delay a bit and let him worry. If you've told him to do it in your room or any other place where he can't be seen, invite a girlfriend over for a drink.

6 - Punishments

As I stated earlier, the punishments must be real, his total dependence on you is at this price. He must be genuinely afraid of punishment, so be intractable. If he has disobeyed, rebelled, or

failed to perform a task you have imposed on him, take action. In addition, and with this in mind, I suggest:

- to always follow through with the punishment you have announced. I even advise you to always find excuses to add more, even if for no reason ('because I decided to' is reason enough). Don't hesitate to get them to approve the idea that they need a little extra.
- to systematically vary the nature of the punishments, the place where they are inflicted, and the position in which they are received. Punishments should not only be beatings, find other ideas (confinement, food, sleeping on the carpet, etc.)
- dramatize and stage punishments: create rituals, add psychological aspects: for example, tie him up in the punishment position, place an alarm clock in front of him and announce that the punishment will take place in 20 minutes, or spank him by having him put across your knees, or force him to politely ask for the right to receive each of the blows you are going to give him, and then thank you when you're done.
- Do not hesitate to impose a particular constraint on him during the punishment, for example forbidding him to move or utter the slightest sound: if he disobeys, you will start the count of the blows you promised him from scratch. Another very titillating example, especially during spankings, attach small bells to his feet or knees or to his genitals and if they jingle during the spanking, prolong the punishment, etc...
- To create permanent occasions for punishment, apply the old military principle: an order continues to apply until the counter-order is given! Example: If you have ordered him to get into a position to receive a punishment, just because the punishment is over does not mean that he is allowed to change position. This principle can be used endlessly, and thus give you an almost inexhaustible source of opportunities for punishment, especially if you are a little disingenuous in bad faith.
- to ask him to restrain himself, the funny thing is that it turns them on!

7 - Scheduled Release

How do you reconcile 2 seemingly contradictory situations? During the night, you keep him strapped in so that he can't leave the bed while you sleep, and yet in the morning you want him to be able to get up to make you breakfast, but without waking you up and forcing you to undo the padlocks or handcuffs that keep him glued to the bed.

Being quite incapable of imagining such an ingenious system myself, it was my husband who brought me the solution (he found it on the Internet): all you have to do is drive a small nail into the ceiling (small enough to be discreet), hang a wire at the end of which hangs, within reach of his hands, the key of the padlock or the handcuffs that command his release. Using another wire attached to the first, you pull the key out of reach and stick the end of this 2nd wire to an electric bulb with a few drops of candle wax. A timer (less than 200 F in DIY stores) set to the time of your choice will turn on the bulb, melt the wax and release the wire stuck to it, allowing the key to hang within easy reach. It's simple, but we had to think about it. With the help of your imagination, this ingenious system can be used for other useful applications. Be careful, for obvious security reasons, this principle should never be used in your absence. In your absence, you can use two things, the clock-keys or an ice-timer.

The key clock is simple and efficient. Hang the keys on the hour hand and place it at noon. When it reads six o'clock, the keys will fall to the floor and he will be able to free himself.

The ice-timer is a block of ice in which you have frozen the keys to the handcuffs or padlock with a string that goes from the keys to his wrist. When the ice cube placed in a container on the ground is melted, it can pull on the string to reach the keys and break free. Ask him to take care of it, for, as I said before, men can be very ingenious in devising the instruments of their own compulsion.

Chapter 7: Some Technical Advice: Equipment and How to Use It

Of course, it is not conceivable to introduce all of the following into your practices all at once. In any case, even at the final stage, nothing is really essential: everything is a matter of tastes and desires, confine yourself to the use of what you like (both of you). As I said before, you will be surprised to find that over time your tastes will evolve to the point that certain situations or practices that you refuse today will become indispensable in a few months or years.

I have often used the term progressiveness in this article, it is essential for him, but it also applies to you.

Le Bondage

Bondage is a very important, even essential, element of male domination: tying it up is depriving it of the main element of its superiority over you: physical strength. When you dominate him, he knows that he can, at any time, end his situation if he decides to do so. Tying him up is therefore the only way to really put him in a situation of total psychological dependence. So you have to use and abuse bondage. But for this effect to be achieved, it is imperative that he is aware that he cannot detach himself. So, you need to learn how to tie it properly.

This will come to use as long as you are careful about what you are doing and agree not to botch his tying-up. Here are some tips that will save you time in your learning:

Strings

DIY stores sell white polypropylene ropes that are relatively soft to the touch. Choose them in 6mm diameter. To have the complete equipment, you will need a total of about 50 meters that you will cut into different lengths: 4 short pieces (about 2.5 m, no less), 3 medium pieces (5 m), and 2 long pieces (10 m). Tape the ends to prevent them from fraying. You can use different colors depending on the lengths, this will make it easier for you to handle during the sessions.

Clearly more pleasant (softer, softer) are cotton strings (choose them in 8mm), they are often in color (red and black are of the most beautiful effect). They are not only hard to find but also significantly more expensive.

The first rule of tying a man securely is not to 'sausage' him. It will only take a few moments to free itself if you twist it from head to toe in a 10m rope. Generally speaking, 10m ropes should only be used to perform 'Japanese-style' bondage, which is a kind of macramé that dresses the body in a very aesthetic way. So wait until you have reached a good level of bondage practice before you start using these 10m ropes.

For basic bondage, the absolute rule is to tie each part of your body separately, hence the need for all these different lengths. Use a short rope to tie his hands, the same for his feet, a medium rope for his arms (for arms alone, if you tie the whole torso take a 10m rope) and the same for his knees. Each time, use the entire length of the rope, don't let unused pieces hang down firstly because it would be unsightly, secondly because by reducing the length used, you also reduce the efficiency of tying up. In addition, the more turns the rope makes, for example around the wrists, the more you will reduce the risk of cutting off blood circulation and increase the 'comfort' of your prisoner.

To make it easier, always double each rope you are going to use by bending it in the middle and pass the ends through the loop formed by the fold, so you will have a kind of noose that will serve as a base for your tying. Then wrap the doubled rope around the part of the body to be tied.

The key point is of course the hands: tie them, palm to palm, twisting almost the entire length of the rope around the wrists (no need to tighten too much) then finish (when there are only 15 to 20 centimeters left maximum) by passing the rest of the rope through his hands so as to tighten the work you have just done on his wrists: Your work will then look like handcuffs with bracelets very close together. Another technique that is just as effective for the hands is to cross the wrists and then pass the rope vertically and horizontally crosswise between the wrists. When you tie your hands behind your back, this technique is less physically demanding for your child because it generates less tension in the shoulders.

When you tie him, for example, with his arms crossed to the bed, remember that he will be able to detach easily if his hand can reach the knots that attach the rope to the bed posts. So make sure to keep these knots out of the reach of his fingers, and if for some reason this is not possible, then tie the rope by its middle to the bedpost and then finish around his wrist: the knots at the ends of the rope will be knotted on his wrist and he will therefore not be able to reach them with his fingers. Be careful, however, that he cannot reach the knots with his mouth.

Generally speaking, get into the habit of always using the first of the techniques described above (twist first and then move through the middle to tighten) to attach not only the other parts of the body (feet, knees, elbows) but also to attach a part of the body to a fixed element: to attach a hand to an arm of a chair, an ankle to a chair leg or the waist to a pole: Twist the hand and arm of the chair together and then pass the rest of the rope between the 2 to tighten everything.

Regardless of how or in what position you tie him up, it's imperative that he can't undo anything you've done: just because his hands are properly tied doesn't mean he can't undo another part of his tie. Now, it is essential for your authority and prestige that every situation you impose on him should be for him without escape, even partial, even minimal. You should therefore always keep in mind the following precautionary principle: make sure that his fingers (and mouth) do not have access to the knots of any of the ropes, whether it is those of the feet, knees or any other part of the body but also (we don't always think about it) those that attach him to a fixed object (bed, radiator, pipe, furniture, etc.).

As long as you are not sure of your technique, do not hesitate to strengthen your bonds by adding handcuffs or chains (with padlocks) or, a very effective little trick for the hands, finish your tying up by wrapping two or three turns of adhesive tape over the ropes. Also remember

to avoid a common beginner's mistake: thinking that he is immobilized if you have attached one handcuff to his wrist and the other to the leg of a table. All he has to do is lift the table and he will be free to move around as he pleases. So choose either a piece of furniture that is much too heavy to lift, or a leg with a bulge that prevents the tie or handcuff from slipping.

For more sophistication, I invite you to buy specialized bondage magazines where you will find lots of ideas, positions and techniques that you can study and implement. The Internet is also a great source of inspiration (if like me you are only moderately fond of the Web), ask him to do them for you and to upload you explicit photos. Again, you will find that men are capable of spending hours looking for ways to suffer for you and offer themselves to your whims even the wildest ones. It was with photos found on the web that my husband gave me the idea of tying it to a tree with its buttocks in the air to spice up our picnics.

Finally, a little safety tip: always have a knife or a pair of scissors near you to quickly cut the ropes in case of discomfort or problems.

Handcuffs

- Metal handcuffs:

There is no need for guidance on the use of handcuffs. They are very easy to use. On the other hand, I advise you not to buy just any handcuffs: the most common (and cheapest) model has a locking system designed to prevent the bracelet from tightening on the wrist (very painful and therefore unbearable) which is not effective. Avoid at all costs. Prefer the so-called 'double click' handcuffs, their shape is almost identical but the key has a small rod on its ring which allows you to activate a locking system preventing the bracelet from tightening.

These handcuffs come in 3 sizes, one for the wrists, one for the feet, and one for the thumbs. Buy them from the same brand, so one key can open them all. Avoid buying them in sex shops, they are overpriced, see gun shops or better the Internet.

Note: it is possible to free yourself if the keys are accessible. I often use this technique to leave him handcuffed when leaving the house. The keys are then imprisoned in ice and he has to wait for it to melt thinking of me to free himself.

- Leather handcuffs:

They are essential accessories to your outfit even if expensive. You will need 2 pairs (hands and feet). Choose soft leather, it's more pleasant. Usually, their closure system consists of a belt buckle, which means that nothing prevents your husband from taking them off whenever he wants. In this case, take small padlocks that you will insert into the first free hole of the strap near the buckle, so that he will not be able to remove them and these handcuffs will then be able to fully fulfill their role.

By the way, I can't resist the urge to suggest a very exciting little game for winter or rainy days: unstitch the bottom of the pockets of his coat or raincoat, slide his hands into the pockets and then tie them with handcuffs by passing them through the unstitched pockets; All you have to do is button his coat so that he can accompany you down the street tied up without anyone suspecting anything.

Chains

Very aesthetic and, to my taste, very, very erotic. Buy them in DIY stores, don't choose them too big or too heavy, have them cut (shorter than for ropes: 1.5m pieces are enough) at the store because you won't be able to do it at home. To secure them, you will need small padlocks. Tip: buy a dozen identical padlocks in a hardware store specifying that you want them all to open with the same key: this is essential so that you don't spend hours looking for the right key.

A little idea to laugh a little or to titillate yourself when you leave home: Make ten balls of identical paper. Place the keys in one of the ten paper balls. Mix them and sow them in several rooms of the house. Bind his feet and hands in such a way as to limit his movements (Sensual accessories to your liking) To free himself, he will have to crawl to look for the key. It's long, but the longer the better. Beware of the draught, my husband was trapped for 6 hours because the wind slammed a door.

Plastic

Very erotic and original immobilizations can also be made using plastic film of the type commonly used to wrap food. To do this, buying large rolls (100 m) from a packaging material store will be more economical. You will wrap your submissive from head to toe, taking care, before starting, to twist each hand in a good thickness of plastic film to prevent him from puncturing with his fingers the cocoon in which he will be immobilized. This type of bondage is very spectacular but very restrictive for him (he will really be totally immobilized).

Two essential precautions: make him drink often to rehydrate him because he will sweat profusely, and if you also wrap his head (be careful!) in the cocoon, place in his mouth a small tube that will pass through the plastic cocoon to ensure his breathing, moreover, as 2 precautions are better than one, also perforate the cocoon at the level of his nostrils so that he has 2 different possibilities of breathing. Be careful, it is essential to never leave it unattended.

Once it is done, this type of bondage allows you to have access to the parts of her body that interest you: all you have to do is cut small openings with scissors, for example at the level of her breasts or her genitals.

If you plan to force him to bondage for a long time on your bed, make him wear a diaper, he will not be able to use the pretext of a pressing need to obtain his release.

The material, buy or manufacture?

If your husband is a handyman, take the opportunity to have him make the instruments that will serve you to dominate him. Failing that, have him make what is really the easiest, for the rest, buy them or else you will have to do without them and it would be a shame.

Whips, whips, etc.

Depending on the material in which the straps of a whip are made, the effect produced on your submissive will not be the same. Most of the whips sold in sex shops are almost unusable because they are too painful (they are made of leather straps that are much too rigid). If you can't find one made of soft leather, make it, it's not difficult: a piece of wood for a handle and adhesive tape to attach the straps, the hardest part being to find the material to make the straps. Experiment with different materials: kitchen twine, cords, laces of different shapes and materials (remove the shoelaces!), ribbons, plastic (soft and soft), fabric and leather taken from clothes to be thrown away, etc. ..

Don't hesitate to make several with these different materials, you just have to use them differently depending on the intensity of the pain they provide.

Don't hesitate to buy a swift in the animal section of a supermarket, which you will preferably choose with leather straps (rather than plastic).

Advice for use for all whips: Be aware that what hurts in a whip is the ends of the straps, so make sure that it is the ends of the straps that fall on the part of the body you want to reach. You will finally see for yourself that if the back and buttocks can withstand blows very well, even very hard ones, on the other hand the thighs, flanks, chest and even more so the genitals are too sensitive to receive real blows. If you still want to whip these parts of his body, make a whip with cloth straps, it's not very painful and you will be able to hit hard (which sometimes lets off steam!)

The riding crop is an indispensable tool in your arsenal because, in addition to its punitive use, it is a symbol of authority. Buy it in sports shops in the equestrian section. Choose a wide-toe model and remember that it is with this wide end that you strike, not with the stem.

Also remember to sometimes use a ping-pong racket or a large wooden spatula to replace your hand when spanking because a good spanking ends up hurting your hands too.

Pole:

Ideally, your apartment or house (this is more common, especially in garages or basements) should be equipped with it. If this is not your case, it is easy to find them in wood or metal in DIY stores. On the other hand, it is more difficult to make a fixing system to make them stand upright without the risk of falling for the submissive who is tied to them. Also in large DIY stores, there are pedestals for fixing television antennas, which is the right solution, but in order to be stable, these pedestals themselves must be very securely attached to large wooden plates. So it's only for do-it-yourselfers.

Masons' clamps can hang on top of doors and be quite strong while being easily transportable and economical. Be careful with the wallpaper, however, protect it with gloves before tightening. This stuff is still my husband's idea. If you're lucky enough to have beams on the ceiling, take advantage of it, bondage standing with your arms above your head exposes your entire body to your desires while still being very exhibiting. In our previous house, I used and abused the clamp, he had to hold on to it on his own before pushing the chair and waiting for me to punish him for his mistakes. Seeing him squirm is a lot of fun for me, as is turning his boobs into a coat rack.

Cage

It is a very useful and rewarding utensil but it is not easy to get hold of it and moreover, for obvious reasons of discretion it is imperative that this cage is easily dismantled! As home-made is excluded, two solutions are nevertheless possible: either you buy a cage for very large dogs, but they are still small which prohibits too long stays (he will not be able to lie down even in the foetus position) or you order from a wholesaler for professionals (see the Yellow Pages) storage bins as used by the Post Office, supermarkets, etc. . As far as I'm concerned, it's the latter solution that I chose: cheap at all, very effective and very exciting. However, my husband recently told me that he had seen on the Internet that some manufacturers specializing in domination equipment offer real demountable cages. I'm going to dig into the idea, but I'm afraid it's a bit overpriced.

Gag

The purpose of the gag order is not to prevent him from calling for help, but rather to prevent him from speaking and even more so to introduce an additional element of restriction on his freedom.

In sex shops, you will find ball gags, i.e. made of a rubber ball crossed by a small leather belt to close behind the neck. They are very valid but often expensive, you can choose to make them yourself with a ball and a piece of belt, it's very easy. To make sure he can't remove the gag, you can use a small padlock that will prevent him from removing it even if you've allowed him to use his hands.

In addition to this type of gag (which I absolutely recommend), you can also make gags using for example a piece of cloth or better your panties (which of course you have just removed) that you will put in her mouth and that you will hold in place either with wide strips of adhesive tape, either with a scarf or better with a stocking tied tightly behind the back of her neck.

Another particularly erotic type of gag is the ring gag: it is a rubber or plastic ring (it's up to you to divert an object from everyday life such as a napkin ring for example) that is inserted into the mouth (behind the teeth) and which is fixed behind the neck by straps or ropes. Your husband will not be able to close his mouth but will be able to continue to use his tongue: I think this precision is enough to convince you of the necessity of this gag!.

Caution: never leave when he is gagged, especially with a piece of cloth that fills his mouth, the risk of suffocation (especially in case of vomiting) is very high. On the other hand, with the ball gag, the risk is lower (as long as the ball is small enough) and it is zero with the ring gag.

I know there are various muzzles for men, some of which completely cover the lower face and seem to close the mouth, but I have never tried one.

God-belt

If, as is likely, he has accepted the introduction of (small at first and then a little bigger), you can move on to real anal sex even if your husband has a total aversion to gays (men do not consider this as a homosexual practice as long as it is inflicted on them by a woman) because you will take real pleasure in it. Buy a belt at a sex shop (go buy it together). Don't be tempted by double belts, which also have a for you. They are neither practical nor effective; Prefer a

simple-belt, which does not prevent you, if you insist on it, from slipping another into your sex to share the pleasure.

On the other hand, if you order his chastity belt from Neosteel or Tollyboy, take the god option: his chastity belt will be equipped with a removable (of excellent quality), so that he will be able to fully satisfy you (!) without you needing to remove his chastity belt. A MUST!

Don't hesitate to play with feminization and places because every room in the house can be a playground for you. In the bathroom in front of your mirror, in your garage, in the kitchen while he was washing dishes in his maid's outfit, on the living room table, in your garden at night. It will make you and him memories and establish your dominance everywhere.

Tongs

Sex shops sell breast clamps of various shapes. Don't hesitate to ask him to buy them for you, they should be part of your outfit even if they are not cheap. In addition, clothespins are an excellent addition to this range: try several models to find the ones that produce enough effect without being unbearable (wooden models are often the most suitable). If they are not too hard, these clamps can be used on all parts of the body (try them on yourself before using them on a new part of your body). Just know that the pain they cause when they pinch the skin is nothing compared to the pain felt when they are removed. But that's not a good enough reason not to use them, because the pain is brief.

Some practical ideas for use:

- For cleaning or washing dishes, they increase her work speed while giving an erotic meaning to a simple household task.
- If it softens during a face setting, you just have to pull on it for it to activate.
- If, as advised, you feminize it, they give volume to a bra and spice up each of its movements.
- If you tie him upright to something with nipple clamps (or somewhere else), he'll have to rip them off himself to free himself. To do this, roasting twine will be useful to connect the clamps to a coat rack or other points such as faucets. How many times did I leave him like this before leaving him to go out, I can't say, but I admit to being very excited (self-chastity?) when I left. How to do it: The keys to the handcuffs are on the living room table, he in the bathroom hanging from the sink, his hands are handcuffed behind his back but connected to his ankles by a chain so as not to give him the opportunity to free himself from the clamps. He also has the opportunity to watch himself suffer for me in the mirror!

The Chastity Belt

The choice of belt

There are several types but after reading the manufacturers' websites and the 'www.tpe.com/~altarboy' site (an inexhaustible mine of information and testimonials), I advise you to choose the type of belt made by Access Denied (USA), Neosteel (Germany) and Tollyboy (England). It's very expensive (5 to 6000 F approximately), but terribly effective and very aesthetically pleasing.

My choice fell on Neosteel, and like all the comments you find on the Internet, I can only congratulate myself on it.

There is also another chastity belt called CB 2000 which is actually not a belt but a device that is attached to the genitals. According to comments made on the Internet by buyers, this system is very often inoperative because it tends not to stay in place. It seems to be perfectly effective only for men with rather large and especially rather pendulous testicles. If this is the case for your husband, don't hesitate to try this CB 2000 because this instrument is much cheaper and especially being made of plastic, it can pass through airport detection gates without problems (very practical if you have a traveling husband).

Duration of wear:

All manufacturers claim that it can be worn 24/7. Don't believe them: it's exaggerated and useless. It is preferable to be able to take it off every night, but if you wish, you can leave it without too much risk for 2, 3 or 4 days in a row. He can shower normally and ensure his hygiene properly except for the sex itself which remains really inaccessible. After 2 or 3 days of continuous wear, problems of discomfort or even irritation may begin to appear that require you to remove the belt and in this case you will not be able to put it back on until the irritation has completely disappeared. But it must be recognized that these problems tend to reduce after the few necessary adjustments at the beginning, adjustments for which Neosteel advises you wonderfully with a lot of patience.

Security

If you interpret this word security in the sense of whether he will be able to have sex, masturbate or even even stroke himself, then I can say that the security provided by the belt is really total.

However, you also need to think about your husband's safety. If you have to be away for more than 24 hours, you must make sure that he can have access to the key, because for medical reasons or any other reason, it may be essential for him to be able to take off this belt. You can, of course, entrust this key to your best friend, but I doubt you've achieved such a degree of confidence (and trust) with her! Then there is the solution of the envelope: lock the key in it, sign or write a sentence on the back of the envelope, stick a piece of tape on top of your writing and, to make it more theatrical, seal it with wax by affixing your seal to it (if you don't have an engraved signet ring, have a seal made in a stationery store).

Travelling

When you go on a trip together, you don't want to take all your equipment with you. The choice you make will therefore depend on both your mode of transport and your place of residence. If you go by car in a rental in France, nothing prevents your choice from being very wide, on the other hand if you go by plane abroad to friends, you will be much more limited.

In the latter case, avoid metal objects such as handcuffs and unfortunately also the chastity belt (except the CB 2000). On the other hand, you can bring a few ropes or, failing that, a larger number of scarves, leather belts and chains. For punishments, a small swift can do the trick but if you prefer not to carry any 'special' objects you can also use one of your belts or find a small wooden stick on site which will have the advantage over the martinet of being

able to be used much quieter while being much more painful. Of course, make sure you have a lockable suitcase so that your friends, their children or their cleaning lady don't come and rummage through your belongings.

Conclusion: What's next?

And then: Nothing!

Or rather, if the pleasure of these games will be renewed from session to session, you will discover new ideas, new games, new details that will spice up these intense moments.

If you've followed my advice not to fall into 24/7, there's no risk of falling into monotony and boredom. Then, the years will pass punctuated by these periods of unforgettable sexual bliss. Little by little, as you age, your sexual appetites will undoubtedly decline, but there will always be the memory of a great complicity that will have fulfilled your couple.