

Obedience 101: Becoming Trainable

BONUS MODULE OBEDIENCE REFLECTION LOG

BY DOMME CLAIRE

Instructions

This is your final reflection.

Don't rush. Don't self-censor.

Tell the truth of who you were, who you are, and who you're becoming.

Write for the submissive you want to become.

Write like your training matters. Because it does.

What has shifted in the way I understand obedience since starting this course?

Think about how your definition, expectations, and emotional relationship to obedience has changed.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What was the
hardest part of this
training for me—and
how did I respond?

Was it consistency? Correction? Stillness? Naming your resistance?

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What am I most proud of myself for in this process?

Own the small victories. The daily follow-through. The mindset shift.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

What surprised me about myself as I went through this course?

What did you learn about your patterns, your obedience, your desires?

What parts of me still resist training or structure—and how can I meet them with compassion?

We're not erasing resistance. We're building strategies to stay present with it.

[illegible]

How would I describe the submissive I am today, in 3-5 qualities or phrases?

Examples: obedient, grounded, structured, trainable, still learning, proud to serve

[illegible]

What habits or rituals
am I committed to
continuing beyond
this course?

Be specific. These are the structures that sustain your training.

[illegible]

What does ongoing training look like for me now—whether with a Dom or solo?

Structure doesn't disappear after a course ends. You carry it forward.

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What do I want my future Dom (or current one) to know about how I've trained myself?

Speak from the submissive you've become. This is your devotion, written clearly.

[illegible]

My closing obedience mantra is:

Create or choose a phrase that reflects your devotion at this new stage.

Examples:

"I serve through presence."

"My obedience is consistent and calm."

"I am becoming a joy to train."

"I repeat myself with reverence."

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Closing Ritual

Obedience is not something you perform. It's the posture you return to—through rhythm, resistance, and reverence.

This is your final ritual in the course. Not a finish line, but a threshold.

You are stepping out of structured training and into self-led devotion.
Out of the curriculum and into the rhythm of who you are becoming.

Take this seriously. Let it land. Let it live in your body.

Ritual Instructions

1. Find your posture.

Kneeling, sitting, standing—however you feel most structured and present. Keep your spine tall. Hands resting still. Shoulders relaxed.

2. Prepare your space.

Dim the lights. Light a candle if you can. Remove distractions. This moment is sacred.

3. Begin with breath.

Inhale deeply through your nose for 4 seconds. Hold it for 4. Exhale slowly through your mouth for 6. Do this 3 times, grounding yourself fully.

4. Speak your mantra aloud.

Choose the obedience mantra you wrote in this final module. Say it three times—once for where you began, once for who you are now, and once for who you are becoming. Speak clearly. No hesitation. No rushing.

5. Place one hand on your chest or collar.

Feel your breath. Feel your pulse. Feel your presence.

6. Whisper this closing declaration:

"My training continues.

My structure is sacred.

I am obedient.

And I am becoming."

7. Sit in stillness for 1–2 full minutes.

No thoughts to fix. No goal to chase. Just be the person you've been training to become.

When you're ready, rise slowly—like someone who moves with intention.

The course ends here.

Your obedience does not.