

Obedience 101: Becoming Trainable

MODULE 0 WELCOME AND INTRODUCTION

BY DOMME CLAIRE

Welcome, submissive.

You didn't arrive here by accident. Something in you is hungry—for structure, for clarity, for surrender with purpose. You're ready to serve more fully, follow more gracefully, and become someone worth training.

This course is not about passivity. It's not about being small. It's about discovering the strength it takes to yield with intention. The pride in following well. The deep fulfillment that comes from being trusted, shaped, and praised for your obedience.

Obedience is a practice. And it begins now.

Domme *Claire*

Course Content

MODULE 1 WHAT OBEDIENCE REALLY MEANS

MODULE 2 BECOMING TRAINABLE

MODULE 3 TAKING INSTRUCTION GRACEFULLY

MODULE 4 EARNING TRUST

MODULE 5 DAILY OBEDIENCE RITUALS

BONUS MODULE CHECK-IN & REFLECTION



What This Course Is

- A foundational submissive training experience designed to make you more desirable, dependable, and trainable
- A self-paced path toward deepening your obedience skills—mentally, emotionally, behaviorally
- A mix of education, reflection, embodiment, and ritual
- A space to become the submissive you crave to be—and the one Dominants long to guide

What This Course Is Not

- A list of generic tasks or one-size-fits-all rules
- A performative kink challenge you rush through for a gold star
- A replacement for deep D/s mentorship—though it may prepare you for it
- About erasing your needs or voice—instead, it's about aligning them with structure and intention

How to Take This Course

- **Go slow.** Obedience is not a sprint—it's a recalibration.
- **Be honest.** With yourself. With your process. With the parts of you that resist structure.
- **Be consistent.** Repetition builds reliability. Reliability builds trust.
- **Engage with each module fully.** Don't skip the worksheets or voice notes—they're part of your training.
- **Treat each task as an act of devotion.** Not just to a Dom, but to the submissive you're becoming.

A Note on Mindset

Becoming trainable isn't about being good all the time—it's about becoming guideable. It means:

- Taking correction without collapsing
- Showing up even when you don't feel like it
- Trusting the process—even when it challenges your ego
- Building habits of accountability, presence, and follow-through

You don't have to be perfect.

You have to be willing.

From Domme Claire

If you're here, I already see your potential. I know what it's like to want to be led—but not always know how to follow. To long for structure—but flinch when it arrives. To crave approval—but struggle to trust yourself.

I built this course for submissives who are ready to stop just fantasizing about obedience—and start living it. Not for show. Not for external validation. But for the quiet pride of knowing:

"I followed through. I did what I said I would. I showed up for my training. I am becoming."

Let's begin.