

Obedience 101: Becoming Trainable

MODULE 0 WORKSHEET YOUR OBEDIENCE INTENTION

BY DOMME CLAIRE

Why am I here?

What drew me to this course? What am I hoping to gain from becoming more obedient?

Write freely:

[illegible]

What does “obedience” mean to me?

How do I currently define obedience? Do I see it as strength? Surrender? A challenge?

Define it in your own words:

[illegible]

What kind of submissive do I want to become?

Use as many descriptors as you'd like. Think about your energy, mindset, habits, and presence.

I want to be...

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 or other markings on the paper.

Where do I resist structure?

Are there habits or patterns where I ignore instructions, avoid tasks, or act from emotion? What do I find hard about following through?

Be honest, not judgmental:

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What would it feel like to be deeply trainable?

Imagine a version of yourself who receives instruction gracefully, follows through consistently, and is praised for their devotion.

What comes up when I imagine that version of myself?

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What am I ready to surrender to this process?

This could be control, ego, distraction, procrastination—or something unique to your journey.

I am ready to surrender...

[illegible]

Choose or create your obedience mantra

Choose a phrase to guide your training. Examples:

- "I follow through."
- "My obedience is my devotion."
- "Discipline deepens my submission."
- "I become more guideable every day."

My mantra is:

[illegible]