

Obedience 101: Becoming Trainable

MODULE 1 WORKSHEET WHAT DOES OBEDIENCE MEAN
TO ME?

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Instructions

Find a quiet, private space. Turn off distractions.

Answer each prompt with honesty, not performance.

There is no right answer—only truth. And truth is what makes you trainable.

What thoughts or emotions come up when I hear the word "obedience"?

Do I feel resistance? Excitement? Shame? Anticipation?

Write freely:

[illegible]

What was I taught about obedience growing up?

Was it something expected? Punished? Praised? Ignored?

Reflect on your early associations:

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.

How does obedience feel different in a D/s context compared to real life?

Is it more empowering? More vulnerable? More erotic?

Explore the contrast:

This image shows a blank 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.

Do I believe I'm an obedient submissive right now? Why or why not?

Be honest with yourself. Where do you follow well? Where do you resist?

Name your strengths and your sticking points:

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

What kind of obedient submissive do I want to become?

Describe your ideal self in service—attitude, mindset, behavior, consistency.

Let this be aspirational and grounded:

Where do I currently avoid structure or following through?

What gets in the way of my obedience—procrastination, overthinking, fear, pride?

Identify your resistance patterns:

[illegible]

Why do I want to become more obedient?

What do I hope obedience will give me, my dynamic, or my personal growth?

This is your driving motivation:

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.

My obedience mantra is:

Choose one or write your own. Examples:

"I follow through."

"My obedience is my devotion."

"I am becoming more guideable."

"I serve with structure."

My mantra:

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Once complete

Say your mantra aloud—slowly, with presence.

Three times.

Let it settle in your body.

Only then may you proceed to Module 2.