

# Obedience 101: Becoming Trainable

MODULE 2 WORKSHEET TRAINABILITY INVENTORY

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# Instructions

Find a quiet space. Take your time.

This is not about being “good.”

This is about being honest. And honesty is the first step toward structure.

You may write in paragraphs, bullets, or single words. Let it be real.

What does being  
“trainable” mean to  
me—emotionally,  
behaviorally,  
energetically?

Think about how trainability feels in the body, mind, and dynamic. What makes someone truly shapeable?

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.

When I receive instructions, how do I usually respond (externally and internally)?

Notice not just what you do, but what you feel. Do you brace, push back, relax, hesitate?

[illegible]

# What parts of me resist being told what to do—and why?

We all carry stories. Trace your resistance to its root. Is it fear? Pride? Past experiences?

[illegible]

# Where in my life do I already follow structure or routine well?

This is where your discipline already lives. Celebrate it—and consider how you can build on it.

[illegible]

Where do I tend to rebel, avoid, procrastinate, or break down when structure is applied?

Be kind, but honest. This is where your training needs the most attention.

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# How do I typically react to correction or feedback?

Are you open? Defensive? Do you absorb it or try to control the narrative? What's your reflex?

This image shows a single sheet of white paper with horizontal blue 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 would it feel  
like to be someone  
my Dominant trusts  
completely to follow  
through?

Step into that version of yourself. What do they look like? How do they act? What energy do they hold?

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What habits,  
patterns, or attitudes  
do I need to retrain in  
order to become  
more guideable?

This is your recalibration list. These are the things you're here to rewire.

[illegible]

One small thing I can practice this week to build my trainability is:

Make it achievable. Make it specific. Make it daily.

[illegible]

# Closing Ritual

Ritual is how we turn intention into embodiment. And obedience into identity.

You've just explored the raw truth of how you resist, comply, collapse, or follow. That honesty is power.

Now it's time to anchor what you've learned into your body.

Find a quiet space. Sit or kneel in your chosen posture of obedience.  
Keep your spine long. Hands still. Breath slow.

Close your eyes.

Take a deep inhale...  
Hold it for four seconds.  
Exhale softly through your mouth.

Let everything you've written settle into you.

Now, say your obedience mantra aloud—  
Three times. Slowly. With intention.  
Let your voice be steady. No hesitation. No performance.

"I follow through."  
"I am becoming more guideable."  
"My obedience is my devotion."

Say it until you feel your shoulders drop.  
Say it until you believe yourself.

When you are done, place your hand on your chest.  
Whisper this:

"I am in training. And I carry myself accordingly."

Remain in stillness for 30 more seconds.  
Then rise with grace—like someone who is learning to be shaped.

You may now proceed to Module 3.