

Obedience 101: Becoming Trainable

MODULE 4 TRUST-BUILDING TRACKER

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Instructions

This isn't about being perfect.
It's about being accountable.

This worksheet is your mirror. A space to observe where your obedience is consistent—and where it collapses. There's no reward for performing. There's only growth in being honest.

You'll begin with reflection. This helps you identify what supports your follow-through—and what interrupts it. Then, you'll track one task per day over the next seven days. This could be a ritual, a rule, a daily act of service, or something you've committed to within this course.

At the end of the week, you'll reconnect. Reflect. Report to yourself—like someone who is in training, not guessing.

Take your time.
Tell the truth.
Train your integrity.

That's how trust is earned. And you are here to earn it.

What does being “trustworthy” mean to me in a D/s context?

Think about how you want to be seen—not just adored, but relied on.

[illegible]

In what ways have I broken trust in the past (with myself or others)?

This isn't about shame. It's about seeing your patterns clearly so you can change them..

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 helps me follow through? What disrupts my consistency?

List the supports, tools, and habits that make you steady—and the ones that sabotage you.

How do I typically react when I fail to meet an expectation or task?

Do you freeze, avoid, over-apologize, explain, or recommit? Trace the pattern honestly.

[illegible]

What does repair look like in my obedience?

How do you make things right—without collapsing or pretending it didn't happen?

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Track

Use this tracker for the next 7 days. You can repeat it weekly.

Day	One Task I Promised or Chose	Did I Complete It? (✓/✗)	If Not, Why?	Emotional Check-In
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

At the end of this week, what did I learn about my trustworthiness?

Look for patterns—not perfection.

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What would I want
my Dom to know
about how I showed
up this week?

This is your soft report. Be honest. Be proud of the effort. Be real about the slips.

[illegible]

My next act of trust-building will be:

Choose something small, specific, and repeatable.

[illegible]

Closing Ritual

After completing this worksheet:

Sit in stillness.

Say your mantra aloud.

Then whisper:

"I can be trusted.
I am in training.
I follow through."

Then—and only then—may you move on.