

# SubmissiveGuide

MENTORING, SELF-HELP AND SUBMISSIVE EXPLORATION

## **20 Things You Can Do Today to Improve Your Submission**

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## **20 Things You Can Do Today to Improve Your Submission**

Use these tips to bring out that special personal element to you own submission. Try a few or try them all. Wash, rinse and repeat as often as necessary.

### **A Few Moments Alone**

#### **Meditate on your submission.**

Take a time out and think about your submission. Reflect on the day or week and think about things that went well or didn't go well. Find ways you can improve yourself or your submission while relaxing. Develop a mantra to say during your meditation if you wish.

#### **Drink plenty of water.**

Sure, that seems like an odd one but the benefits of water not only apply to weight management but healthy skin, radiance, blemishes, urinary health, cardiovascular health and so much more. It is a basic need for everyone and many of us don't get enough. So stop reading right now and get yourself a glass of water; then come back here of course!

#### **Check your posture.**

Slouching looks terrible. Not only will checking your posture and standing or sitting up straight help you look better, it will improve your breathing but also your focus and attention will increase. You'll have less back and neck pain and it will reflect an aura of self-confidence and respect.

#### **Learn a yoga pose.**

When it comes to being flexible, yoga is one of the best ways to increase your abilities. The relaxation you feel as you perform the pose can help center your thoughts on the tasks ahead and the improved flexibility can aide you in other more... adventurous pleasures later!

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### **Perform Kegel exercises.**

You can find the right muscle by pretending to squeeze off the flow of urine. Squeeze for 10, release for 10. Continue until fatigued. No matter what your gender, Kegels have been shown to improve sexual satisfaction; heightened orgasms for women and stamina for men (as well as a possibility of being able to orgasm without ejaculation). It's also recommended to strengthen your pelvic floor to prevent future bladder and bowel problems as we age.

### **Preparedness to Serve**

#### **Enhance a basic service.**

I have taken the basic serve of his coffee and added a piece to it that he appreciates. I announce his coffee when I arrive with it. I place it where he requires it and say, 'Your coffee Master.' Something as simple as slowing your steps like you see in a Japanese Tea Ceremony can be an enhancement that improves your submission.

#### **Learn a new skill.**

There is never a moment that a submissive should stop learning. Picking up talents and skills to better please your Dominant should be one of your basic tasks. This can be cooking a special recipe, a sexual technique or playing chess.

#### **Ask for advice from other senior submissives.**

Your best fountain of information are submissives that have been where you are. Permission to talk to other submissives is nice to have so that you have a support system in place and you will never stop learning and growing.

#### **Learn to not fidget.**

Fidgeting is annoying and a sign that you are not focusing on something. If you can quiet your motions and your mind you will appear graceful and ready to take direction or just politely waiting for your Dominant. This can be especially hard when you are excited or afraid, so practice it before it becomes necessary to do so.

**Read and learn about something your Dominant is interested in.**

Part of your service is most likely to provide companionship. A partner that is knowledgeable about their favorite sport or book genre for example can show a deep interest in the person and make it enjoyable to carry conversations with them. This doesn't mean that you have to be as passionate about the subject but it will make it easier to understand what they are talking about when the topic comes up.

**Develop a personal grooming routine.**

Once you know how your Dominant prefers you to look in appearance develop a plan to make sure that you always present that way. If it means manicures, pedicures and hairstyling then do that. If it means fresh faced but well moisturized then create a moisturizing plan. Better grooming and hygiene are always uplifting and reaffirming. Care for yourself for them.

**Practice kneeling and getting up from the floor using the tips from the Submissive Positions series.**

It's always good to have a few [graceful kneeling](#) and [rising poses](#) under your belt. You never know when you can whip one out and show them respect and submission in that way; or just to reach that stubborn spill on the kitchen floor. ;)

**Research a BDSM activity that your Dominant is interested in but hasn't had time to learn anything about.**

Pull all the information in an organized format that he will enjoy. You could make a list of links if he'd rather read things himself, write up an article summarizing all the important points for him, record yourself on audio or video giving a presentation of the content or plan a time to sit with him and talk about what you've learned. It will show that you have an active interest in the exploration and are eager to try new things.

## **While In Their Presence**

### **Move with purpose.**

If you have been asked to fetch something or approach your Dominant, be precise in your moments, allow your natural grace out. You can be fast and still be beautiful to watch. Be mindful of your moments, remove the fidgeting, check your posture and enhance your natural body movements. If you naturally sway, make it slow and sultry. If you have a dance in your step, don't try to force it out.

### **Think before you speak.**

Filling your speech with "ums" and "ahs" is not only annoying but a sign of disorder. Show your Dominant that you appreciate the ability to speak or that you care about how you sound by making sure you know what you want to say before you say it. If you don't know what to say, express that you need a moment to collect your thoughts, your Dominant should appreciate your attention and care to being open and honest about your preparedness for the conversation.

### **Be flexible.**

If your Dominant wants to do something and it requires you to drop what you are doing; then do it and don't get in a huff about it. Things won't always go exactly as planned and you need to be able to roll with the punches.

### **Kneel or sit at his/her feet when they are busy.**

Sometimes just being there when they didn't expect you to be can be a great way to express your submission to them. Appearing at their feet without any expectation of anything from them can provide comfort and pride and help you with your feelings of submission.

### **Surprise them!**

Prepare and serve his or her favorite meal naked. Set up a bath just for them and then bathe them. Just because you have done it before doesn't mean you can't do it again. Be exciting and flirty. Do something you know will excite them tonight and the rewards will be worth all the wonderful effort. Keep him wondering what other special things you have up your sleeve. Pull out the surprises often.

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### **Share a fantasy with them.**

It is very hard to get your fantasies fulfilled if they never know what they are. If you've had some hot dreams lately or masturbation fantasies let them know about them. Your Dominant will appreciate the sexuality of it and the openness of it. It could even lead to making that fantasy come true for you. I never said you couldn't get anything out of improving yourself!

### **Offer up sexual service or worship.**

Don't think of your pleasure, and offer to worship a body part that you know they will enjoy you spending time with. Don't hurry the event, make it long and slow and pleasurable for them – something they can relax and know they are in good hands. Expect nothing in return.