

▯ **Dominant's Journal Prompts**

A self-reflection workbook for intentional power exchange

Overview: Dominance isn't just about control – it's about presence, accountability, and care. These 30 prompts are designed to challenge you, center your submissive's experience, and help you grow as a leader, protector, and partner in your dynamic.

▯ **Section 1: Self-Awareness (Prompts 1-10)**

1. What initially drew me to the Dominant role? How has that understanding changed over time?
 2. What do I believe a good Dominant *does* – and what do they *embody*?
 3. How do I respond when my control is questioned or challenged?
 4. In what ways do I still seek validation through dominance? How can I separate that from service?
 5. How do I regulate my own emotions during a scene or argument?
 6. When was the last time I apologized in my dynamic? What did I learn from it?
 7. What parts of myself do I avoid confronting – and how might they show up in control?
 8. How do I measure my growth as a Dominant beyond technical skill?
 9. What insecurities do I carry into my dynamic, and how do I manage them?
 10. Where do I draw the line between discipline and ego? Can I identify the difference clearly?
-

▯ **Section 2: Relational Leadership (Prompts 11-20)**

11. How do I ensure my submissive feels emotionally safe with me?
 12. What does “earned trust” look like in my dynamic – for me and for them?
 13. How do I stay attuned to my partner's needs even when they're not verbalized?
 14. What does leadership mean to me when we're *not* in a scene?
 15. How do I invite honest feedback from my submissive – and how do I react when I receive it?
 16. What routines, rituals, or structures have we built together that support our connection?
 17. How do I model vulnerability without giving up authority?
 18. What's my role in supporting their personal growth beyond submission?
 19. How do I hold space for their limits without taking it personally?
 20. What does accountability look like in my role – and how do I practice it?
-

▯ **Section 3: Play, Power, and Intention (Prompts 21-30)**

21. What's the difference between dominance in play and dominance in relationship?
22. How do I negotiate scenes to ensure clarity, trust, and freedom?
23. What risks am I responsible for mitigating in physical play?
24. How do I check in – emotionally, physically, and mentally – during and after a scene?
25. How do I maintain consent culture as a *core value*, not just a checklist?
26. What role does creativity play in my dominance? How do I keep evolving?
27. How do I respond to drop (theirs or mine), and how can I improve that?
28. How do I balance structure with spontaneity in our dynamic?
29. What legacy or impact do I hope to leave through how I lead?

30. What's one way I can be a better Dominant this month – and what action will I take to show it?

Instructions: Use these prompts one at a time. Don't rush. Revisit them periodically – your answers will evolve as you do. Dominance isn't about being flawless. It's about being honest, intentional, and deeply invested in the person you hold power with.