



QUICK

Dom Guide

HOW TO BE A DOMINANT WOMAN (EVEN IF YOU'VE NEVER TRIED IT BEFORE)

Don't know what to say? Feeling unsure how to act?

Start here. This is your Dom cheat code; a summary of everything you need to start taking control in the bedroom tonight.

With love,
[@pleasepinchmehard](#)



QUICK TIPS

◆ The Vibe:

Being a Domme isn't about yelling or wearing leather (though, love that for you). It's about energy. Intention. Presence.

You decide what happens. You guide the play. You are the architect of their surrender.

◆ Start with These 5 Steps:

1. Take up space. Stand tall. Shoulders back. Breathe deep. Own the room.
2. Lower your voice. Slow it down. Speak like you already know they'll obey.
3. Make eye contact. Hold it. Don't flinch. That's your power move.
4. Use simple commands. Think: "Kneel," "Slower," "Look at me."
5. Negotiate first. Safe words, limits, turn-ons. Domming is never done blindly.

◆ Quick Dom Phrases to Say Immediately:

- "Take your clothes off. Slowly."
- "You don't get to touch me until I say."
- "On your knees. Eyes up."
- "Beg for it. Use your prettiest voice."
- "You don't come unless I give you permission."

◆ Fast Dom Energy Reminders:

- Confidence is built through repetition, not perfection.
- Praise is power. Use it wisely.
- The pause? That silence? That's where they fall apart—in the best way.
- You are not bossy. You are the boss.

*"Domination isn't about being the loudest. It's about being the most attuned."
Emily Nagoski*

Flip the page for archetypes, commands, scripts, and scene ideas to Dom like a pro—even if you've only ever bossed people around in your group chat.



ULTIMATE DOM DIALOGUE CHEAT SHEET

BASED ON THE ACCOMPANYING ARTICLE: [HOW TO BE A DOMINANT WOMAN IN BED](#)

I recommend reading it before you dive into these tasty sentences.

◆ **General Power Starters**

Use these to warm up or drop straight into a scene.

- "You're mine tonight. Got it?"
- "Don't speak unless I say so."
- "Every move you make is mine to control."
- "If you want to touch me, ask. Nicely."
- "You follow my rules, or you don't get to come."

◆ **Dom Like a Mom**

Firm, nurturing, just a bit disappointed in them.

- "That's not how we behave, is it?"
- "Do you need me to repeat myself?"
- "Use your words properly."
- "You can do better than that. Try again."
- "I know what's best for you. So you'll listen."

◆ **Talk to Them Like a Dog**

Obedience play + primal edge = hot, loyal chaos.

- "Sit."
- "Good pet. You're trying so hard, aren't you?"
- "Crawl to me."
- "Beg. Louder."
- "Wag your tail for me. Let me see how much you want this."

◆ **The Ice Queen**

Elegant. Cold. Mercilessly in control.

- "You may speak. Briefly."
- "Don't presume access to my body."
- "I'll look at you when I'm ready."
- "You're not allowed to come until I say so."
- "I like watching you suffer. Silently."



ULTIMATE DOM DIALOGUE CHEAT SHEET

◆ **Camp Counselor from Hell**

Sarcastic. Punishing. Cheerfully cruel.

- “Oh, that was cute. Let’s try that again—with effort.”
- “Ten squats. Count out loud.”
- “You’ll thank me after every spank. That’s right—say it.”
- “If you want praise, earn it.”
- “One more mistake and you’re writing lines tomorrow.”

◆ **The Sensual Sorceress**

Slow, spell-like seduction with a commanding twist.

- “Not yet. You’re not ready.”
- “You want to come? Convince me.”
- “Look at me. Slowly. Now stay there.”
- “Take a deep breath. Deeper. Feel how I own this moment.”
- “You’ll come only when I give you permission. And not a second before.”

◆ **The Drill Sergeant**

Sharp. Disciplined. No-nonsense dominance.

- “Hands behind your back. Kneel. Eyes forward.”
- “Count every stroke. Miss one, we start over.”
- “Hold that position. You move, you lose.”
- “Yes, Ma’am. Say it. Louder.”
- “You don’t stop until I say stop.”

◆ **Lazy Power Top**

Effortless. Adored. Dripping in “try harder for me” energy.

- “You may touch me—but impress me.”
- “I’m not going to move, and you’ll still beg.”
- “Pleasure me. And do it well.”
- “You’ll work for this. And you’ll thank me for the chance.”
- “No, I’m not done relaxing. Keep going.”



ULTIMATE DOM DIALOGUE CHEAT SHEET

◆ Bonus Dirty Talk for All Scenes

- "You look so pretty when you're desperate."
- "Is that drool? Good. Keep going."
- "Tell me how much you need this. Make it convincing."
- "Oh, you're close? Not my problem."
- "You don't come without my permission. Ever."

◆ Aftercare Phrases (Because Power Is Also Protection)

- "You did so well. I'm proud of you."
- "Come here. Let me hold you."
- "You're safe. You're loved. We're okay."
- "Need water, snacks, or just me?"
- "Tell me what you loved. Tell me what you want next time."

◆ Scene Prompts (To Inspire Your Inner Domme)

Edging Tease:

"You're not allowed to come until I say so. I want to see you shake for it."

Sensory Control:

"Every time I whisper your name, you get a little closer. But if you moan? We start over."

Obedience Drill:

"For every second you hesitate, that's one more spank. Tick tock, baby."

Service Play:

"You'll kneel. You'll serve. And if you please me? I'll maybe let you kiss my thigh."