

Domestic Style Discipline

Miss Chris

SADE – November 2023

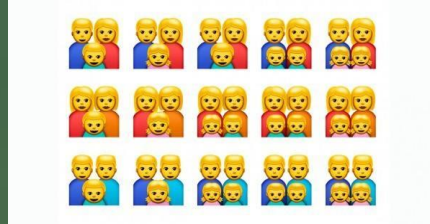
• Your Presenter – Miss Chris

- Professional Disciplinarian/Lifestyler
- 24/7/365 FLDDR (Female Led Domestic Discipline Relationship w/wife)
 - I am SPANKO! Woohoo!
- Professional Presenter, Mentor & Educator

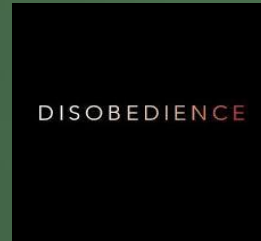


Domestic Discipline Definition

Domestic =



Discipline =



Domestic Discipline = *caring, consensual, consistently fair* use of structure, accountability and discipline to enforce rules of behavior in the household (or domestic role play).

Examples of Domestic Punishments

- Time out / Corner Time
- Spanking / Corporal Punishment
- Mouth soaping
- Figging
- Line writing – <http://writeforme.org>
- Scolding / Lecturing
- Early bedtime / Early morning
- Taking away of privileges
- Food restrictions
- Tracking behavior – <https://www.obedienceapp.com>
- Household chores
- Chastity
- Enemas*
- Suppositories*

Tried and True, “Secret Family Recipes”

• Ginger Ivory Suppositories

- Shave down 2 Bath sized bars of Ivory soap
- Heat 2.5 cups of water, mix in soap, & heat until soap is dissolved
- Add 6oz of glycerin, & 2 tbls sweet oil (Peppermint works great!)
- Add a hand of fresh ginger root, ripened ginger root (for more intensity) or 2-6 tbls (depending on how hot you desire) of ginger powder
- Allow to melt until a thick solution is formed. Allow mixture to cool.
- Pour the mixture into the fingers of a rubber glove, hang gloves in the refrigerator until solid (with clothespins).
- Upon insertion, do not use lube! The suppository will be lubed enough.



Tried and True, “Secret Family Recipes”, Pt 2

- Cayenne Pepper Enema

- Mix 2 qts (double recipe for large retention enema) of warm-hot water (depending on how hot temperature wise desired – no hotter than OK on your inner wrist)
- Add 1 tbls table salt (to help with balance of gut bacteria)
- Add 1 tsp to 3 tsp cayenne pepper (depending on how much you desire the anal tissues to burn)

- Dr Bronner’s Castile Soap Enema

- Mix 2 qts of warm-hot water
- Add 1 tbls table salt
- Add 10 cc (1/3 oz) of Dr Bronner’s Liquid Castile Soap (any variety, but the Peppermint one is awesome!)

Domestic Discipline Role Plays

Babysitter/kid

Auntie/nephew

Homeowner/maid

Boarding School

Daddy/girl

Dean/student

Governess/ward

Resident advisor/college kid

Girlfriend/boyfriend

Mommy/boy

Grandparent/parent

Husband/wife

Domestic Discipline Lifestyle – Terminology

HEAD OF HOUSEHOLD (HOH)

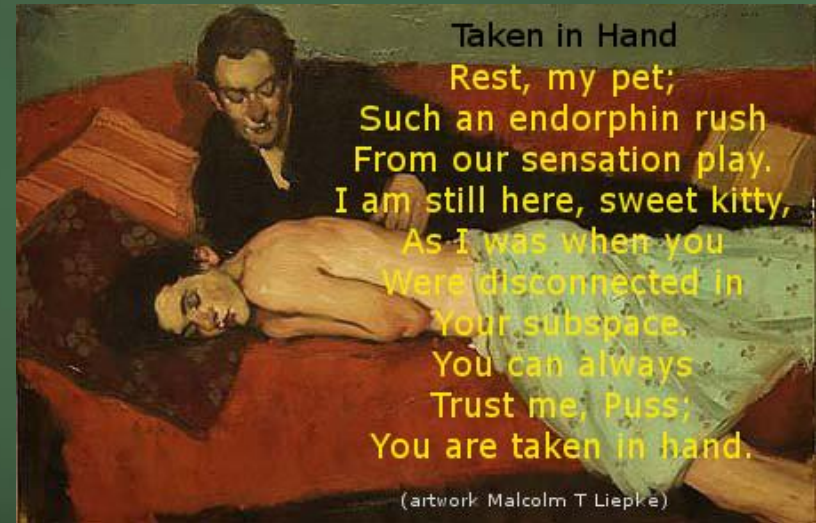
Dominant partner in a contractual DD relationship; commits to help submissive partner achieve mutually agreed upon goals

The man may be the head of the household. But the woman is the neck, and she can turn the head whichever way she pleases.

— Nia Vardalos —

TAKEN IN HAND (TIH)

Submissive partner in a contractual DD relationship; commits to comply with Dominant partner to achieve mutually agreed upon goals



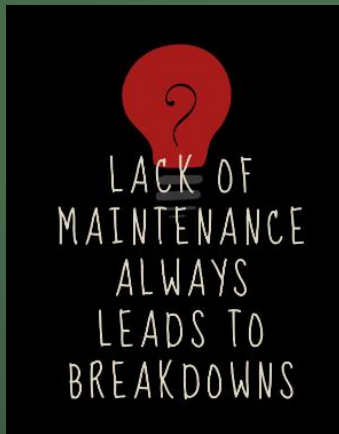
Domestic Discipline Lifestyle – Terminology

MAINTENANCE SPANKINGS

Maintenance spankings are used to maintain focus, revisit and/or re-establish rules and behavior; proactive response to increasing stress

PUNISHMENT SPANKINGS

Punishment Spankings are used to punish for not adhering to the rules of the household; reactive response to uncontrolled stress



Spanking is not her punishment,
It's her reward for being nice.

– Harshit Pallove

Domestic Discipline Lifestyle – History

Spencer Spanking Plan = 30's era plan; no roles; one rule list; each partner holds the other accountable; men are whipped (implements), women are spanked (hand only); TiH must confess and then ask for their punishments



Microsoft Office
Word Document

Disciplinary Wives Club (FLR) = 90's era plan; Women are HoH, men are TiH; (<https://disciplinarywivesclub.wordpress.com>)



Microsoft Office
Word Document

Christian Domestic Discipline (CDD) = Modern era plan; Men are HoH, women are TiH; domestic discipline focusing on Christian values (<https://christiandomesticdisciplinelife.wordpress.com/>)



Microsoft Office
Word Document

Learning Domestic Discipline = Modern era plan; either gender are HoH/TiH but roles are consistent (no switching like in Spencer) (<http://learningdd.blogspot.com>)



Adobe Acrobat
Document

Domestic Discipline Lifestyle – Sample Contracts

Spencer Spanking Plan = ???

Disciplinary Wives Club (FLR) =



Microsoft Office
Word Document

Christian Domestic Discipline (CDD) = not bound by
contracts but by God's Word

Learning Domestic Discipline =



Adobe Acrobat
Document



Adobe Acrobat
Document

Examples of Domestic Expectations

- Studying/further education
- Household chores
- Curfew, bedtime or rise time; enforced rest
- Maintaining an exercise and/or diet program
- Budgeting/saving
- Personal image/hygiene standards
- Communication protocols
- Restrictions on technology

Domestic Discipline Rituals



1. COMMISSION or The Crime



2. DETECTION or The authority figure finds out about crime



3. CONFRONTATION or The guilty party is faced with the evidence of fault. Evidence is shown, judgment delivered and sentence is passed



4. APPREHENSION or Waiting for the sentence to be meted out



PREPARE
TO STOP

5. PREPARATION or The culprit is ordered to prepare themselves for punishment, mentally and physically



6. EXECUTION or The punishment itself



7. AFTERMATH or Forgiveness and aftercare

The End

Questions & Answers?

Copies of this presentation including all documents are available to class attendees only.

Wanna copy of the presentation?

Contact me at MissChrisSpanks@gmail.com.

I accept all Fetlife friend invites @MissChris and my Twitter handle is @Dominurtrix

Thanks for coming to my class!!!