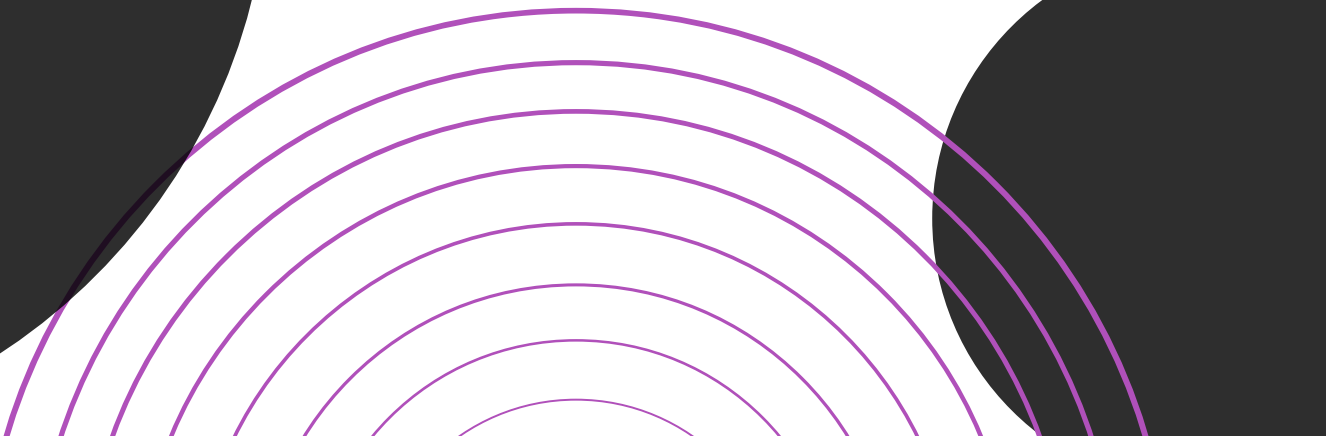
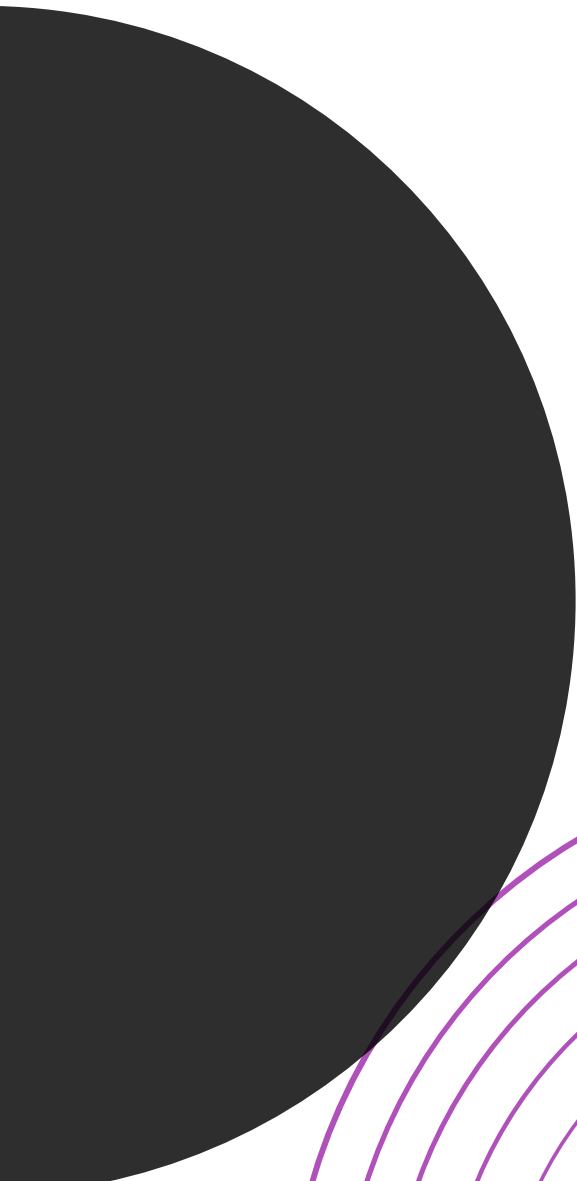
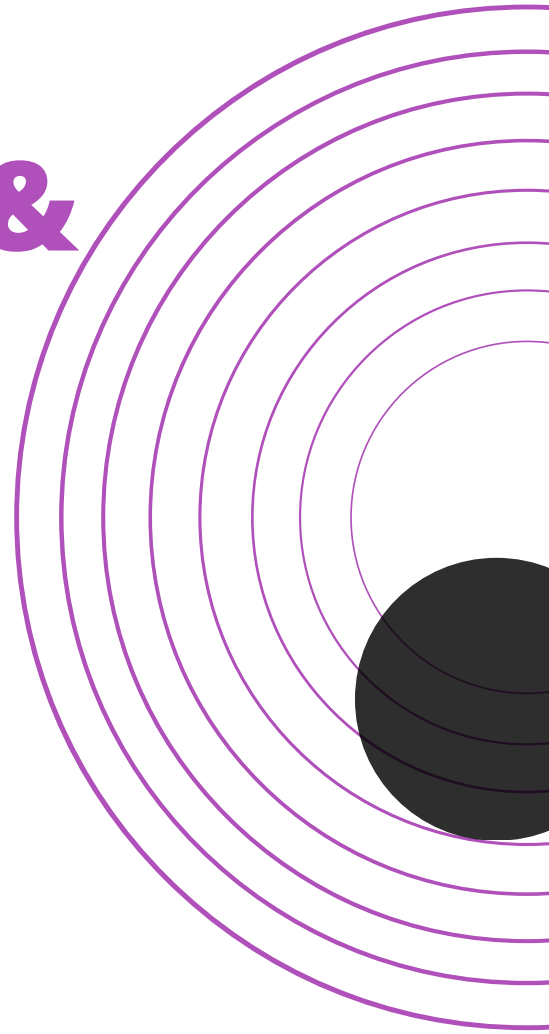


Punishments & Rewards:

**Finding What Works For
Your D/s Relationship**



About Loving BDSM



We're Kayla Lords and John Brownstone of Loving BDSM, and we've been helping kinksters have happy, healthy power exchange relationships since 2015.

We're in a 24/7 power exchange relationship as a Daddy Dom and babygirl. We've been together since 2013 and have learned a lot over the years.

We're asked all the time what kinds of punishments and rewards will work in a power exchange relationship.

This workbook is designed to help you figure out the right consequences and/or positive reinforcement that's right for your D/s relationship based on your needs, boundaries, and desires.

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REWARD

PUNISHMENT

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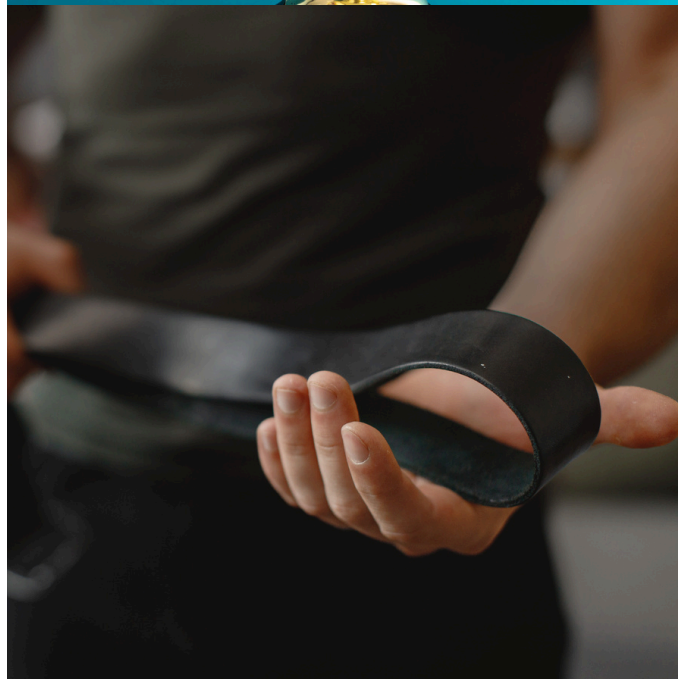
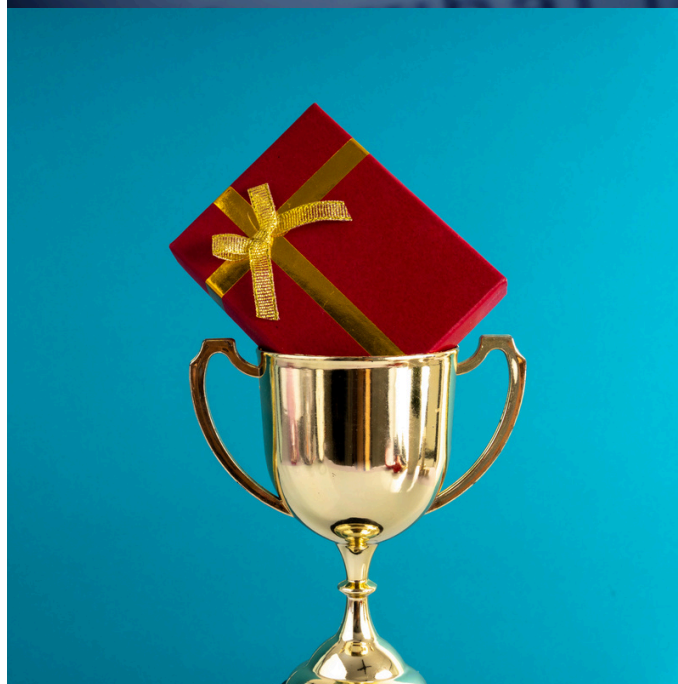
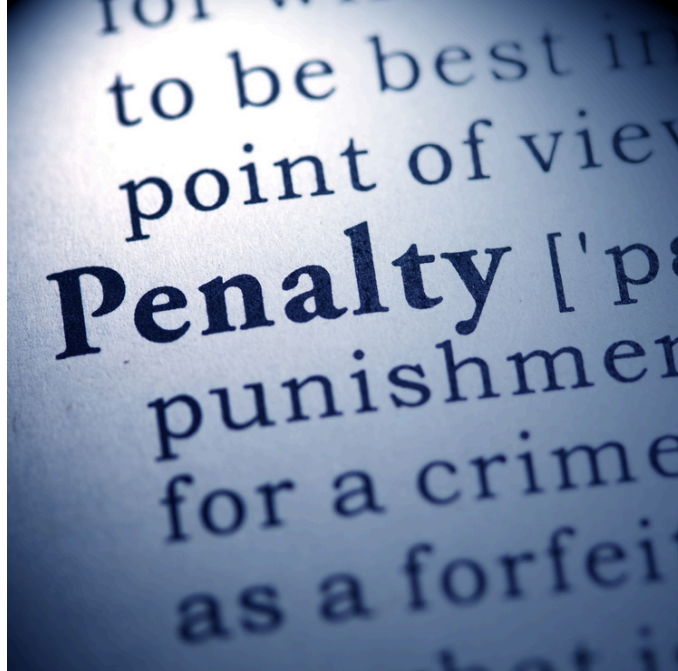
Welcome

Welcome to Punishment & Rewards: Finding What Works for Your D/s Relationship. Our goal is to help you figure out what will work best in your D/s relationship and which consequences or rewards are best for the submissive partner in your power exchange.

Punishment and rewards can be broken down into three basic topics:

- Punishment
- Rewards
- Funishment

In this workbook, we're focusing on punishment and rewards in power exchange. Funishment typically involves kinky fun, where punishment and rewards are often about modifying a submissive's behavior in a D/s relationship. Sometimes this is part of submissive training and will often determine what a submissive does and how they behave in the power exchange.



Punishment



Let's start with punishment and talk about what it is and how it should be implemented.

And let's get one thing very clear from the beginning - punishment and consequences don't have to be part of a D/s relationship. If it's not something either partner wants to do, you don't have to do it.

If you're unsure if it will work for you, there's nothing wrong with exploring the idea before you decide.

Punishment can also be thought of as consequences for specific types of behavior:

- Disrespect
- Broken rules
- Forgotten tasks
- Any behavior a Dominant partner wants to discourage in their submissive partner
- Any behavior a submissive wants to stop doing

Punishment or consequences must be negotiated before you use them.

If you've never discussed punishment in your power exchange and a submissive hasn't had the chance to consent to the idea *and* specific consequences, the Dominant partner shouldn't just surprise their partner when something goes wrong.

Yes, a Dom can be angry about a broken rule or disrespectful attitude, but don't surprise a partner with punishment.

Do not punish in anger. You, as a Dominant, may feel angry about what happened and that's valid. Take some time to walk away, calm down, and think clearly before issuing a punishment.

This helps reduce the chance that you say or do something that could harm your partner or your power exchange. You want to be calm and level headed for punishment.

After a consequence is issued and a submissive completes it, you both need to talk about what happened.

- Why the behavior occurred
- What your submissive needs to do to avoid it in the future
- How your submissive can improve
- What will happen if it happens again - repeated bad behavior may need more serious consequences



I WILL NOT
I WILL NOT
I WILL NOT
I WILL NOT
I WILL NOT
I WILL NOT

All of that being said, the most important question kinksters usually have is, "But what punishments should we use?"

The answer is...it depends.

Some examples of punishment or consequences include

- Standing or kneeling in the corner
- Writing lines
- Losing treats or privileges
- Getting spanked or NOT getting spanked

Use the following pages to help figure out what kind of consequences/punishments will work for your D/s relationship.

“

In our opinion, the most effective punishments tend to be something a submissive wants to avoid. They consent to the consequence but they'd rather not have to do it and will actively avoid it.

Choosing Consequences

4 Steps for Dominants

● **ASK YOUR SUBMISSIVE**

Just because a sub suggests something doesn't mean you have to do it, but it can be a great starting point for ideas. This doesn't have to be a direct ask, but could be a conversation about how punishment was handled in a previous relationship.

● **THINK ABOUT WHAT YOUR SUBMISSIVE HATES BUT WILL DO IF ASKED**

This could be a chore or something they've heard about from other kinksters and they hate the idea of it. In a previous relationship, Kayla was threatened with eating spicy food for backtalk because she really doesn't like spicy foods.

● **FIGURE OUT WHAT IS CHALLENGING FOR YOUR SUBMISSIVE**

Nothing that would cause them harm but activities that might cause them slight discomfort. One tweet we saw that's meant to be funny but could work is making your submissive write nice things about themselves. This is only effective for a submissive who struggles with being nice to or about themselves but it's a creative use of the idea of "punishment."

● **TALK TO OTHER DOMINANTS**

Online or in-person Dominant meet-ups, workshops, and other forums can be invaluable. Consider Discord servers, Fetlife, and other online spaces where Doms and Tops gather.

Punishment Info

LIST CURRENTLY ESTABLISHED RULES; USE A SEPARATE PIECE OF PAPER IF NEEDED

LIST HABITS TO BREAK

-
-
-
-
-
-
-

LIST BEHAVIORS THAT SHOULD BE PUNISHED

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-
-
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-

LIST KNOWN TRIGGERS OR HARD LIMITS THAT CANNOT BE PUNISHMENTS

-
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-

LIST ANY KNOWN "HATES TO DO BUT WILL DO" ACTIVITIES

-
-
-
-
-
-
-

Punishment Ideas

List any and all potential consequences that could be used as punishment.

Use the information on the previous worksheet to help you come up with ideas.

A series of 15 horizontal grey bars stacked vertically, intended for writing punishment ideas.

You will use these ideas on the next worksheet.

Punishment Ideas

Write down a punishable action on a line, and then list possible consequences for that action in the box below that line.

Punishment Ideas

Write down a punishable action on a line, and then list possible consequences for that action in the box below that line.

Punishment Scale

This is to help you determine how punishment will work for repeated bad behavior. Write the type of behavior deserving punishment on a line and then decide what happens when it's repeated. Some actions deserve more or less punishment than others, but it's okay to use the same consequences for all misbehavior.

First Offense

First Offense

Second Offense

Second Offense

Third Offense

Third Offense

First Offense

First Offense

Second Offense

Second Offense

Third Offense

Third Offense

Rewards

It's important to remember that consequences aren't required in a power exchange, and it's not always the best option for every submissive.

The alternative is to use rewards or positive reinforcement.

Rewards, like punishment, need to be discussed and consented to before you implement them. If the reward being offered isn't something a submissive actually wants or enjoys, then it's not really a reward.

The nice thing about rewards is that these tend to be celebrations, so there's no calming down before or debriefing afterwards. Although, it's always good to check in with a submissive to make sure a reward was effective.



Positive reinforcement acknowledges your partner's efforts and gives them a reward for a job well done and an incentive to keep going.

Rewards are great for:

- Changing habits
- Learning new skills
- Doing things that are challenging or scary



Choosing rewards is a bit like choosing consequences but more fun.

- **Ask your submissive what they'd like as a reward.** An easy one for Kayla is a Diet Coke or an iced coffee that she didn't have to buy herself.
- **Think about something they enjoy but don't get a lot of.** This doesn't have to cost money. It could be time with their Dominant partner, time with a kinky friend, extra time to sleep or scroll Instagram or read their book.
- **Look for examples online.**

Rewards, like consequences, are inherently personal.

How does a submissive earn a reward?

- Remembering rules or tasks that have been forgotten in the past.
- Building habits that are positive for them or are part of your power exchange.
- Trying new things and getting out of their comfort zone.
- Learning new skills.



Some rewards might be earned after doing a single activity like going to a munch and introducing themselves to one person.

Some rewards might be earned after tracking a habit or keeping up with how many times an activity was completed. We've used gold star charts, sticker charts, and habit trackers for this.

For something like a new skill, the rewards should happen consistently but may grow and change over time. Start with praise for the first step in a new skill and end with a bigger reward once the skill is learned.

What can be a reward? Literally anything.

- Kinky activity the submissive loves but doesn't experience a lot
- Special time with a partner that's not a kink scene
- A specific kink scene the sub prefers/loves/wants
- Treats and rewards

Use the next pages to figure out what rewards will work in your D/s relationship.

“

A good reward is something that's special to a submissive that they can receive reliably. It's personal and doesn't have to be something anyone else would want.

Reward Info

LIST CURRENTLY ESTABLISHED RULES

LIST HABITS TO FORM

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-
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-

LIST BEHAVIORS TO BE ENCOURAGED

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-

LIST ANYTHING ELSE WORTHY OF REWARDS

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Reward Ideas

List any and all potential rewards.

Think of anything a submissive partner enjoys that they do not get enough of, don't make time for, or even things they get too much of that should maybe be more of a treat.

A series of 15 horizontal grey bars stacked vertically, intended for writing down reward ideas.

You will use these ideas on the next worksheet.

Reward Ideas

Write down a positive action on a line, and then list possible rewards for that action in the box below.

Reward Ideas

Write down a positive action on a line, and then list possible rewards for that action in the box below.

Reward Scale

This is to help you determine how rewards will work for repeated good behavior. Write the type of behavior deserving a reward on the line and then decide what happens when it's repeated at specific time intervals.

First Time

First Time

_____ **Days/Times Completed**

_____ **Days/Times Completed**

_____ **Days/Times Completed**

_____ **Days/Times Completed**

_____ **Weeks/Times Completed**

_____ **Weeks/Times Completed**

_____ **Weeks/Times Completed**

_____ **Weeks/Times Completed**

_____ **Months/Times Completed**

_____ **Months/Times Completed**

Reward Scale

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First Time

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_____ **Weeks/Times Completed**

_____ **Weeks/Times Completed**

_____ **Weeks/Times Completed**

_____ **Weeks/Times Completed**

_____ **Months/Times Completed**

_____ **Months/Times Completed**

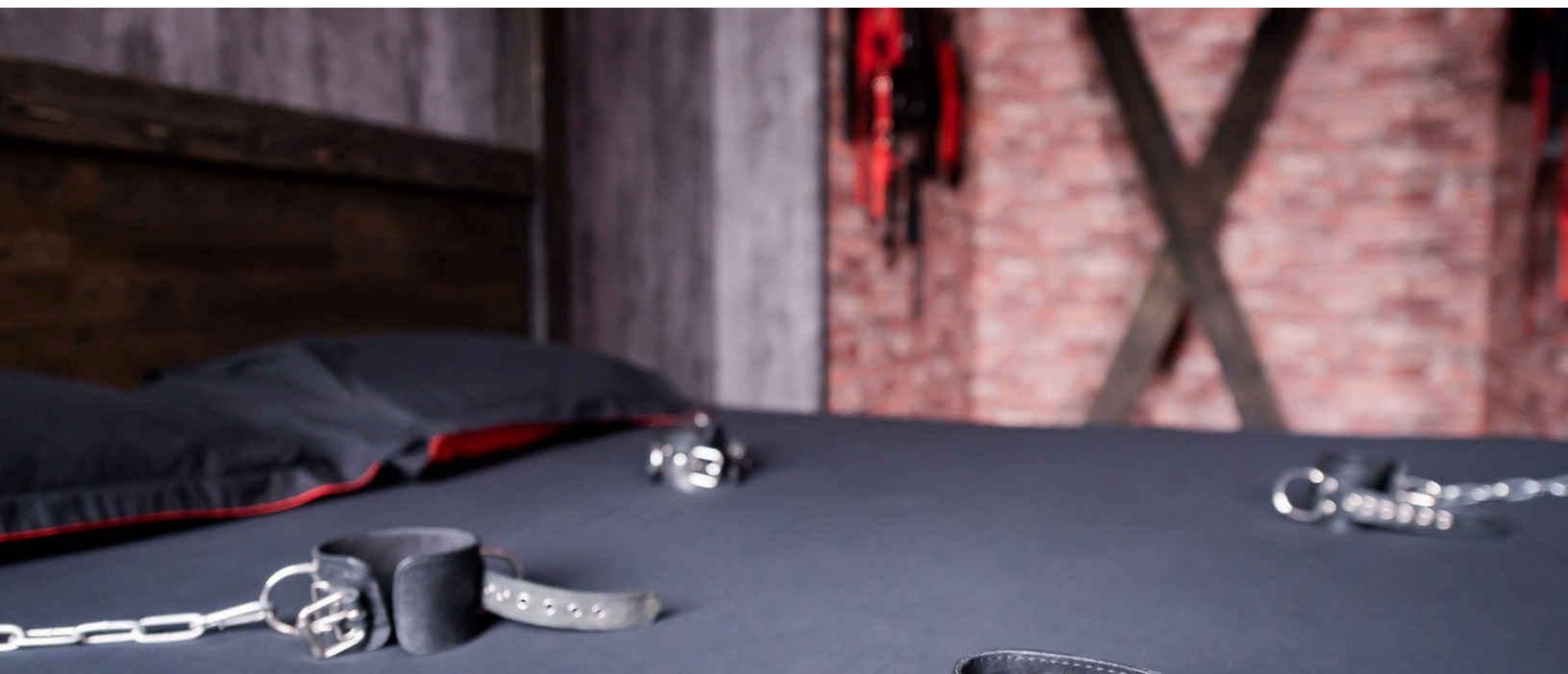
A Quick Word on Funishment

Funishment is a combination of punishment and reward and is often used in kinky play or scenes. A submissive does something “bad” specifically to get “punished.”

Funishment isn’t about modifying behaviors, training a submissive, or teaching new skills. It’s a way to play with saying no, defying a Dominant, and/or bratting.

Warning: Sometimes funishment is used instead of clear communication. A submissive wants the “punishment” a Dominant will give but doesn’t feel comfortable or know how to ask for it. They think they have to misbehave to get what they want.

Funishment is only fun when both partners are in on it and can consent to the outcome of “bad behavior.”



Resources

To access these resources, tap or click on the link in the **digital** version of this workbook.

1

[Discipline, Punishment, and Consequences in D/s](#) (podcast episode)

2

[Understanding Discipline and Punishment](#) (blog post)

3

[Understanding Discipline and Punishment](#) (podcast episode)

4

[Silence as Punishment](#) (blog post/video)

5

[Positive Reinforcement](#) (podcast episode)

6

[3 Ways to Use Positive Reinforcement in Your D/s Relationship](#) (blog post)

7

[Can Submissives Negotiate Their Rewards?](#) (podcast episode)

8

[Funishment](#) (podcast episode)

THANK YOU!

We hope you found this workbook helpful in figuring out the best way forward in your D/s relationship!

If you need help keeping track of new tasks and habits to determine if a consequence or reward is needed, check out our [Etsy shop](#) where we have planner sheets to help both Doms and subs track submissive training and behaviors. Our planner sheets can be used in digital planners or as print-outs.

If any of the resources helped or you'd like to learn more about having healthier, happier power exchange relationships, join us in other spaces! ***In the digital workbook, click the icons below.***

You can find the Loving BDSM podcast on all major podcast apps or check out our YouTube channel, plus we're on social media. You'll find everything at LovingBDSM.net or click the buttons below.



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