**Journal Prompts for Getting to the Core of Your Submission**

By: Auntie Vice

I suggest setting time aside regularly to write about your journey. It may be a narrative, bullet points, brain storming, clustering or other form of writing. There is no specific “right” way to do this.

I suggest you do these along with a friend or a sub support group and talk about your answers as everyone’s journey is a bit different. You may also want to consider chatting with your D-type about your answers to help both of you grow your submission.

1. What drew me toward submission?
2. What is the greatest pleasure I experience from submission?
3. What part of submission frightens me?
4. What type of submissive do I want to be? (Is this different than your current form of submission?)
5. Do I have a fantasy D-type?
6. How to you show submission outside of a play scene or sex?
7. List the things that are critical in any romantic relationship for you.
8. When do you feel lovable?
9. Sit or stand naked in front of a mirror. Look at yourself for at least a minute. What do you see?
10. How do you think you d-types see you?
11. What are the most attractive attributes I see in other submissives I admire?
12. How do I tell if I am being submissive or a doormat?
13. What aspects of my life do I need some autonomy over to be healthy?
14. Set 5 goals for your submission. Outline the basic steps to getting to these goals.