



**MASTER
SLAVE
LIFESTYLE**

FREE DOWNLOAD
**HOW TO TAKE THE
NEXT STEPS IN THE
MASTER/SLAVE
LIFESTYLE**

contact@masterslavelifestyle.com
<https://masterslavelifestyle.com>



WELCOME TO THE COMMUNITY

I have been living the Master/slave lifestyle for over 20 years. There have been unforgettable moments in this journey, and moments of trials and tribulations. With both, I found myself often in a place where no one could relate or understand, and nowhere I could get help or support. This has often made the journey a lonely experience.

Master/slave Lifestyle was created to help and support people through that journey and make it less lonely. To become a community where people could feel less alone and have help and support

You are now a part of that community, and you are most welcome!

I hope you find this small booklet useful! in your journey

With humble boot licks

slave phil

01

Introduction

Introduction

Knowing what you want and making decisions in Master/slavery can be challenging. This is as true if you are ready to find and live the lifestyle full time or whether you are taking your first tentative steps in BDSM or Master/slavery.

Why is it so hard? Well, we struggle to figure out the reality from the fantasy, or we are overwhelmed with all these thoughts and feelings with no way to structure them. Perhaps it is our first time, and we have no idea what we want because we have yet to have the experiences that help us learn.

Or perhaps all we have seen of Master/slavery and BDSM is in porn videos and are struggling to understand that the reality is very different. Or that what happens on Twitter in videos and pictures is not the reality we are experiencing.

Or perhaps we are scared. We can often fantasise about something for so long, and then when we find the reality, we discover how nervous and scared we are to make such a significant change.



The first thing to note is that you are not alone. Let me repeat it: **You are not alone.** Many of us can feel like this.

So what can we do to help move us from this confusion to some clarity?

In this download, I have included two tools:

- Self-reflection through creating your own resume
- How to make a decision when fearful

Both tools are suitable for Masters, slaves and the simply curious, along with those who are very experienced or new to the Master/slave Lifestyle.



01

Section 1

How to create a Master/
slave resume

Self-reflection through _____ creating your own resume

This can seem like a strange tool to suggest on a Master/slave website. What has a resume got to do with Mastery or slavery?

Well, there are two uses:

- Self-reflection & clarity: The process or journey to create the resume helps you figure out your mind, clarify your thoughts, and help you understand clearly what you want and what you are looking for.
- To help explain yourself to other people: This might be by sharing the resume. Or it might be that you never share it, but you use it as a guide to help you find what you are looking for and how to communicate that well to people.

What if I am new and I do not know what I am looking for?

The first thing to understand is — that's ok!

If you are new to anything, it is normal for you to know what you might like or want — including the Master/



slave Lifestyle. No one should expect you to have the answers yet.

So frame your resume as a voyage of discovery. What is it you want to learn and experience?

You can start by thinking about what have you fantasised about in the past? What of those things would you like to try first? And what is it you would like to learn? — and as you will see in the next question, learning things never goes away!

What if I am experienced?

You will probably have a good idea of what you do enjoy and what you do not, so you can populate the resume more easily. But remember to take a step back.

This is a moment to reflect and go; what do I really enjoy? Why do I enjoy it? You might discover that you do things you do not really like, and there are other things you enjoy far more than you realised.



What if I am searching for a Master/ slave?

Then do not fill your resume with just things about sex. What is it you want from a relationship, from having a life with someone?

For myself as a slave - I ask: How I can serve the Master? What skills can I offer — such as cooking? How much am I willing to be changed.

And as a Master - what can you offer? If you think you should not offer anything — why would anyone want to have a relationship with you? Even in a Master/slave relationship, both sides have responsibilities and need to fulfil each other's needs.

To create a resume, there are four main questions you need to answer:

1. What can I offer?
2. What do I want?
3. What do I want to learn?
4. Who am I?

But these questions can be hard to answer. So for each one of these central questions, I have created a



set of smaller sub-questions that should be easier. By answering these smaller questions, you can then answer the central question.

What follows are several worksheets that lead you through all these questions in turn.

When you have answered them all, the final worksheet is a template you can use to put your entire resume together.

Need some inspiration?

- [Check out my own resume for inspiration and help](#)
- [Here is a Master resume that @BusterBDSM shared on Twitter](#)

Want more help?

- [Check out my article on the subject](#)
- I have an online video workshop for Master/slave Lifestyle members on Patreon that explains how to write your own resume — [find out how to become a member](#)



01

Section 1

Worksheets

WHAT CAN I OFFER?

WHAT CAN I DO?

What would a Master want?
Some examples: Domestic - cleaning, ironing, how to fold clothes, Cooking, Gardening, Massage, How to pack a suitcase, Being a butler

Or as a Master:
How do I fulfil a slaves needs?

WHAT SKILLS DO I HAVE?

BDSM

GENERAL

WHAT HOBBIES DO I HAVE?/ WHAT HOBBIES DID I HAVE IN THE PAST?

If you are really stuck and you are not sure to offer, this is where thinking back to hobbies can be useful. I would look at what hobbies you did. And if you think you have one, think back to when you were younger.

WHAT DO I WANT?

WHAT ARE YOU LOOKING FOR?

A relationship – if so what sort?
A play session?
A primary relationship or a secondary relationship?
To serve?
To have someone serve you?
What sort of service?

WHAT NEEDS AM I LOOKING TO BE FULFILLED?

Is it sexual or relationship based, is it around connection? Or something else?

HOW ARE YOU LOOKING TO FULFIL YOUR NEEDS?

For example: pain, control, bondage, cuddles, kisses, mental control?

WHAT DO I WANT TO LEARN?

There are often new experience we want to try, or things we want to learn, what are these?

Write them below.



WHO AM I?

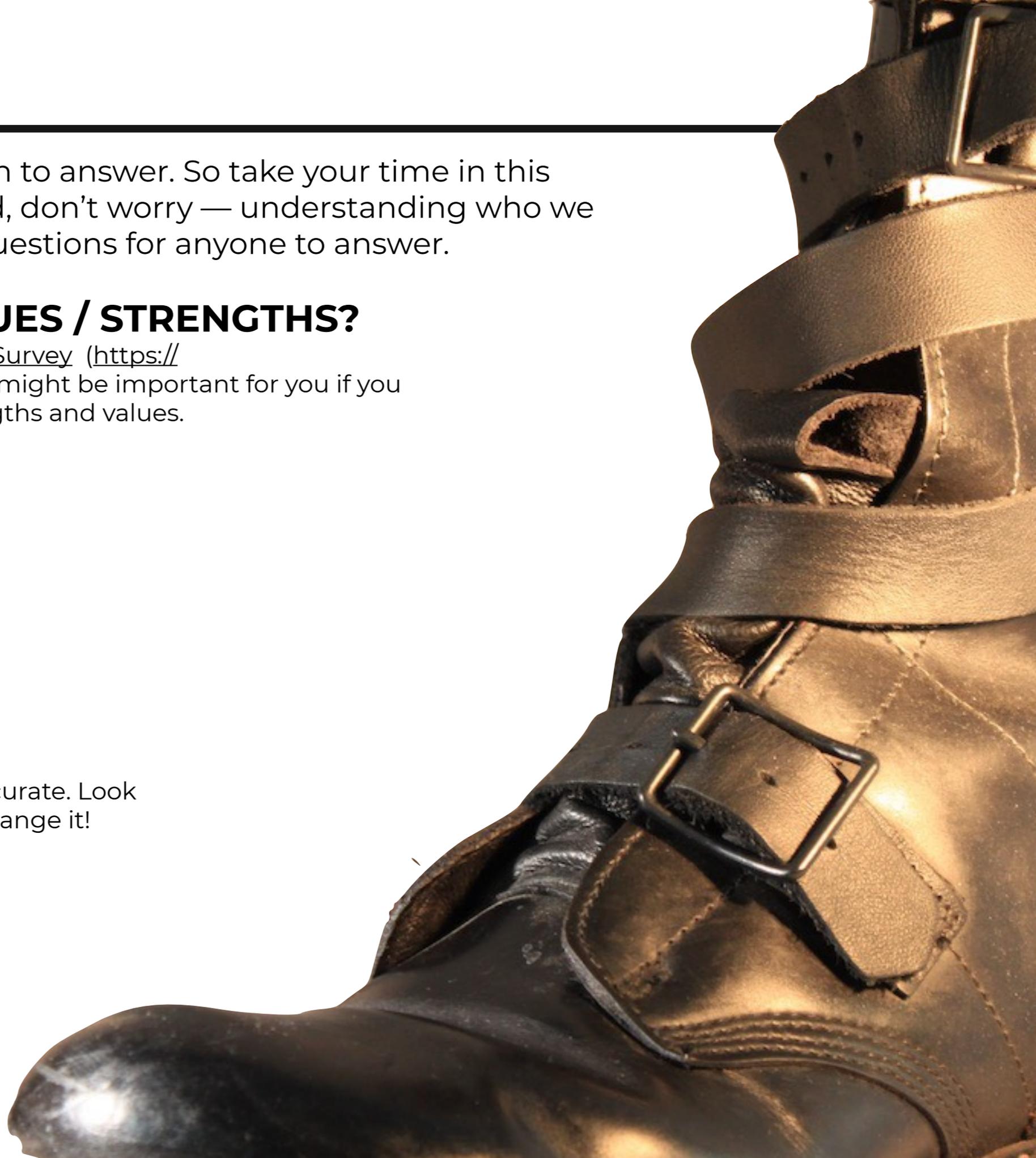
This can be the hardest question to answer. So take your time in this section. And if you find this hard, don't worry — understanding who we are can be one of the hardest questions for anyone to answer.

1. WHAT ARE YOUR VALUES / STRENGTHS?

You can use the [Creative Via Strengths Survey](https://www.viacharacter.org) (<https://www.viacharacter.org>) to find out what might be important for you if you do not know. Write down your top strengths and values.

2. EDIT THE SURVEY

Surveys can help, but are not always accurate. Look at the list — if something is not right, change it!



Introduction



TIP: WRITE THE INTRODUCTION AS YOU ADD THE OTHER SECTIONS, AND THEN EDIT IT LAST

WHAT DO I OFFER

SKILLS

BDSM

WHAT I WANT TO LEARN

STRENGTHS

VALUES

NEEDS

Keywords



TIP: FILL IN THE KEYWORDS AS AND WHEN YOU THINK OF THEM WHILE WRITING THE OTHER SECTIONS

02

Section 2

How to make a decision
when fearful?

How to make a decision when fearful

What is a typical decision that we could be fearful or uncertain about? Perhaps it is to become a 24/7 slave, or maybe it is having your first-ever session serving or Mastering someone.

Or perhaps you had a bad experience, and you are very nervous about starting out in the Master/slave lifestyle again. This is what happened to me, and I found myself struggling with a lot of fear and anxiety.

Several years later, I was faced with a decision about potentially become a slave to a Master and living in his dungeon for 3 months. (spoiler: the master was fake, and it never happened, but at the time, I thought it was real).

Both times I found myself full of fear and uncertainty.

Instead of running away or trying to ignore those feelings, I decided to embrace them, and in doing so, found myself able to clear my head of many fears.

This fear-based decision-making model was created by Tim Ferris, and although I expect he never thought



it would be used to try and decide to become a three-month dungeon slave, it is very suited to this sort of decision.

But if you are new to the Master/slave lifestyle, it can also help you with your fears about having your first ever session. It can be scary taking the leap to allow someone to tie you up or temporarily give someone control of yourself. This decision-making model can also help you.

What is the model?

After this chapter, there is a worksheet with three columns with the following headers:

- Column 1: Define your fears
- Column 2: How can you prevent that fear
- Column 3: If what you feared did come true, how would you mitigate it.

Then list down each of the main fears you have. After this, for each fear, write how you can prevent that fear, and if it did come true, how you would mitigate it.

Why does this work?

Very often, when we are fearful, our mind tries to avoid thinking about the fear. By genuinely focusing



on the fear and asking these questions in a rational manner, we can often find ways to prevent or mitigate the fear. In doing so, we stop feeling fearful about the issue.

I have also found that often the things I fear about are easily preventable and/or can be mitigated, but it is the thing I am not thinking about that I should be more focused on.

For example, when I was faced with the three-month dungeon decision, I found mitigation and preventable thing for almost everything but one thing — what if the Master did not want me after the three months were at an end.

When I realised that, I focused more on understanding what the Master wanted and whether I could provide that.



DEFINE YOUR FEARS

**HOW CAN YOU PREVENT THAT
FEAR?**

**IF WHAT YOU FEARED CAME
TRUE, HOW WOULD YOU
MITIGATE IT?**

Other help and support on decision making

- [Check out my article on how to become a 24/7 slave](#)
- I have an online video workshop for Master/slave Lifestyle members on Patreon that explains more models for decision making and what else to look out for when making a decision — [find out more and join.](#)



Final words

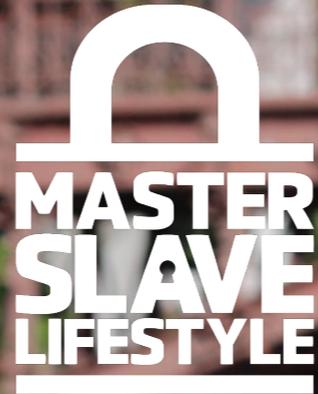
Thank you so much for reading this.

You can always [contact me](#) if you have more questions.

And if you would like to support the website and podcast, please check out [the Master/slave membership](#) and get a number of benefits.

If you think there is someone that would find this booklet useful. You can tell them to download it here.

- slave phil



CREATE SOMETHING AMAZING

BECOME a member of the Master/slave Lifestyle and support the website and podcast and:

- Instantly gain access to workshops to help you explore and find what You want in the 24/7 Lifestyle
- Early access to all new podcast episodes before anyone else
- Behind the scenes newsletter of creating the unique content of Master/slave lifestyle.com
- The ability to cancel at any time

[?](#) Become part of the movement

[or find out more](#)



LEARN & EXPLORE



READ the articles

Explore and find out more on the Master/slave Lifestyle including:

- How to become a good Master or slave
- How to find a Master or slave
- How to have a successful Master/slave relationship
- Plus more!

 [Explore articles](#)



LISTEN to the podcast

I interview real people living the real 24/7 Master/slave lifestyle. Listen to their stories and find out their thoughts

 [Start listening](#)

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- The ability to cancel at any time

 [Become part of the movement](#)

[or find out more](#)

TAKE PART

MEET the Master/slave Book club

Every two weeks a small group of Masters and slave from across the world meet up online to discuss a book.

 [Join the club](#)

BE COACHED by me for free

I offer my professional skills as a coach and my 20 years of experiences living the BDSM Master/slave lifestyle to help people when they need it.

 [Find out more](#)

TAKE PART in a Workshop

I regularly hold thought-provoking gay male-identified BDSM workshops around power exchange and the Master/slave lifestyle.

 [Register for a workshop](#)

