

# Day 4: 4-Part Framework for Mastering the BDSM Lifestyle

## JUMPSTART YOUR BDSM JOURNEY BOOTCAMP

Where are you at in your BDSM journey?

Newbie

Part-time or LDR

Single Kinkster

In a long-term partnership

What is your biggest struggle?

What are the top myths people believe when it comes to living the BDSM lifestyle? What myths have you believed?

What is the 4-part framework for mastering the BDSM lifestyle?

#1 & Notes

#2 & Notes

#3 & Notes

#4 & Notes

### Your Action Step:

Share your biggest takeaway from this week with us in the community!  
(you'll see a post for the Day 4 Action Step - comment under that!)

### Notes:

