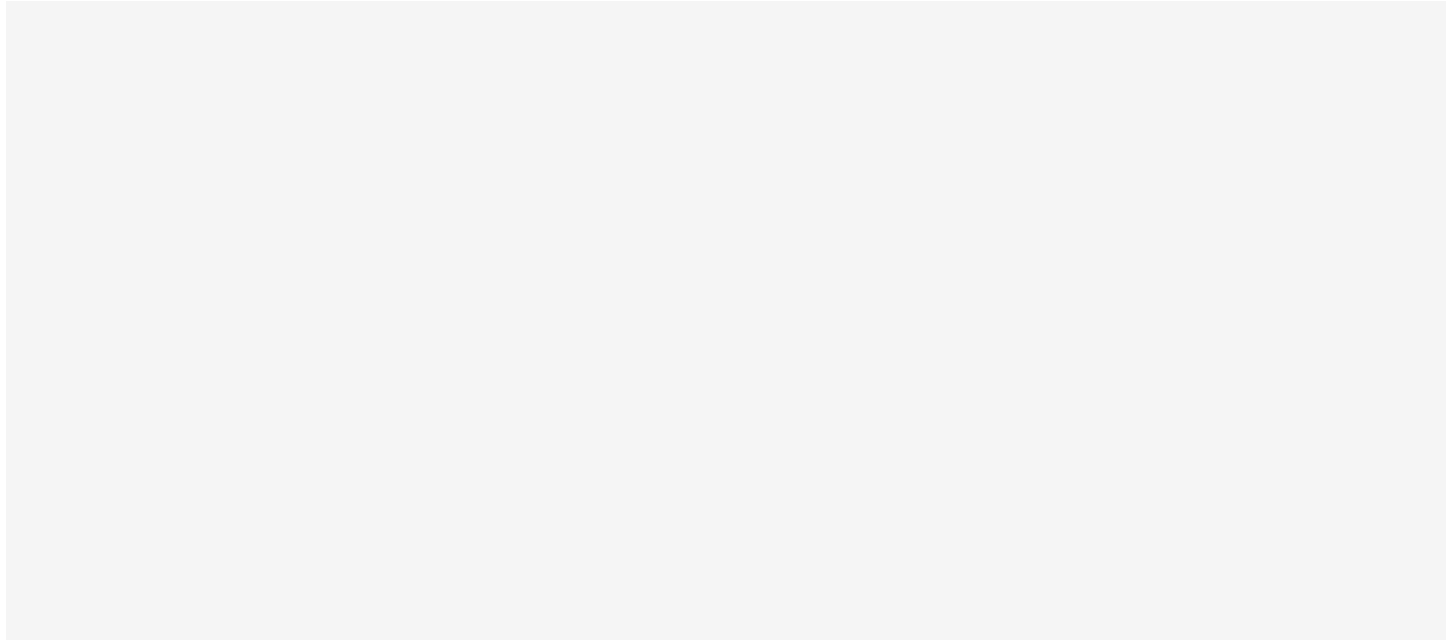
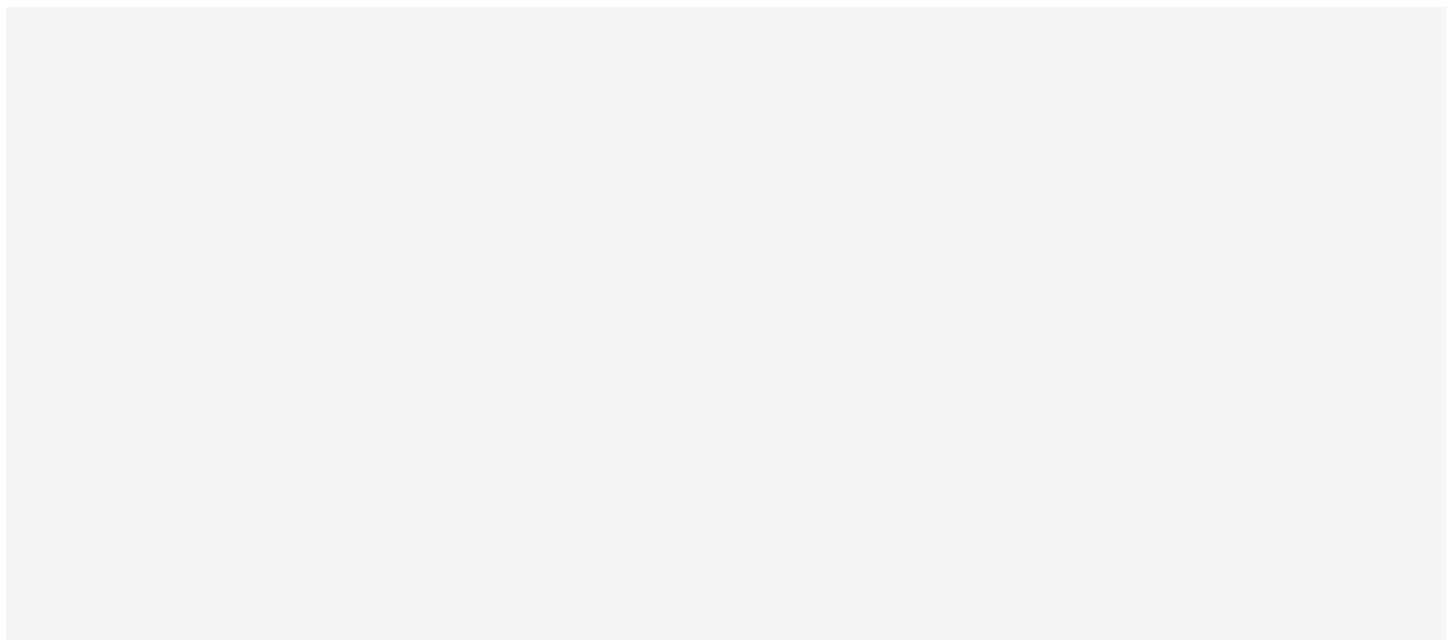


Why are skills important? Why are they personally important to you?



What are the top 3 mistakes people make when it comes to skills? What mistakes have you made?



What are the 5 main BDSM skills Doms and subs need?

#1 & Notes

#2 & Notes

#3 & Notes

#4 & Notes

#5 & Notes

Your Tasks:

- Have an open discussion with your partner about desires, boundaries and safewords
- Establish and practice using a safeword system.
- For Dominants: Practice basic techniques such as rope knots or using a paddle, and practice giving commands.
- For submissives: Develop body awareness and relaxation techniques and practice responding to commands.
- Plan and discuss aftercare needs with your partner before each scene

Your Action Step:

What is one technique you're excited to explore further? Be sure to share it with us in the community when you're done (there will be a post for the Day 2 Action Step - comment under that!)

