

*The  
Submissive's  
Journal*

*This journal belongs to*

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*Only the sub can write here, unless she gives approval for the Dom to respond in it. All other responses of the Dom will be by email, text, or handwritten notes only. The sub will not have to answer for anything she writes here, or be held accountable. The Dom can indirectly discuss any concerns he has but without referencing her journal.*

Date \_\_\_\_\_

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## Journal Prompts

- What you like most about being a sub/slave/little.
- The biggest challenges to being a sub/slave/little.
- Positive things that happened during the day.
- Your favorite sexual things, or new things you want to try.
- If you could change one thing about your current relationship what would it be?
- Read a post on [domsubliving.com](http://domsubliving.com) and journal your thoughts about it.
- Your goals as a sub/slave/little.
- What you would tell your past-BDSM self.
- Your Dominant's topic of choice.