

Keeping New Year Resolutions with Self Discipline Instructions

(By: SoapyLisa)

I (WE on the board) will help reinforce those New Year Resolutions you have made. Whether you are a student who has vowed to better your grades next semester, or you are trying to quit smoking or lose weight, I can help.

Discipline can be a very effective means to enforcing those resolutions when you start to waiver. Sometimes, you are the only one available to administer the discipline you desperately need. While self administered discipline can be effective, it is even more effective when you have a set list of instructions you MUST follow. Discipline includes writing lines, corner time, spanking and having your mouth washed out with soap (mmm).

1) Tell me about yourself. Your age, stats, whether you work or attend school, married / single and also your sexual preference and how your sexual performance is. And tell me anything else you wish about yourself.

2) List the resolutions you have made and tell me how you think I can assist you in making good on those.

3) As I said, punishments includes: writing lines, corner time, spanking and or mouthsoaping :). Are there any punishments you are NOT willing to submit to?

4) Tell me about your past experiences with self administered discipline.

5) What implements do you have available for spanking? (wooden hairbrush, metal/rubber spatula and mini blind wands are particularly effective).

6) What brand of bar soap do you have, if applicable list types you enjoy.

7) Lastly, include the following: Why do you deserve punishment and who is to administer it?