

## Sub Guide 101 - Part II

Alright, You're here. Again. That's the second step. This worksheet is a way to help you figure out where you're at when it comes to your personal journey on the right side of the slash (D/s). There's not a set "right" way to be a sub, but there are rather many different flavors of submission. Let's review the first five of the **Mountain Dog's Principles of Effective Submission**:

- 1. You are your own person.**
- 2. You are the only one who can protect You.**
- 3. Explore responsibly, and at your own pace.**
- 4. Power Exchange is not for everyone, at all times.**
- 5. Your dynamic's protocol should be whatever works for your dynamic.**

Now onto the next set:

### **6. Don't Serve Douchebags.**

It's an aggressively titled one, because it's important. The character of the person you decide to serve or submit to is absolutely one of the most important things. When you submit to someone you put yourself on your knees beside them. You are linked to that person and their behaviors, reputation, and words for basically forever. In the same way, when someone allows you to submit to them you become a reflection of them. This can influence your reputation way beyond the shelf-life of the relationship. So it's very important for your future too.

The absolute worst feeling to have when you are kneeling beside someone is second-hand embarrassment. We can't know how people are going to act in all situations, but we are much better prepared when we interact with someone for a while before we choose to link ourselves to them. Chatting someone up for a week online and then deciding to serve them is an unfortunately common occurrence. And while I do believe you can experience an immediate urge to submit to someone kind of like a sucker punch right to the head (it happened to me once) that still does not mean you should act without doing some observing.

I like to see how a potential dominant interacts with all sorts of people and situations. Here are some things I pay close attention to:

**How do they treat vulnerable people (kids, the elderly, people with disabilities)?**

Are they patient and willing to help? Or do they get frustrated with them?

**How do they treat waitresses and other service workers?**

Are they rude? Do they tip well if they are able? Do they treat others with respect even when things don't go perfectly? Do they take out frustration on people who are not directly responsible for their problems?

**How do they treat animals?**

Do they value life beyond other humans? Are they capable of being gentle?

**How do they treat other Dominants?**

Do they have to be the biggest baddest person in the room? Do they show respect where it is due? Do they have long standing relationships with others in the community?

**How do they treat other submissives?**

Do they treat every sub like their sub, and expect to be served by all? Do they go out of their way to help newcomers feel safe? Do they respect subs as people?

**How do they treat event organizers?**

Do they volunteer at events? Do they follow the rules? Are they motivated to expand their knowledge and skills? Do they offer constructive criticism about their community or do they just like to complain?

**How do they treat newbies?**

Are they willing to mentor and teach? Do they mentor other dominants? Or only submissives? Are they patient with questions or annoyed?

**Do they care about their appearance?**

Do they dress appropriately for events? Do they maintain good personal hygiene? Do they take care of themselves up to and beyond the level which you currently take care of yourself? Are your fitness levels and goals compatible?

**Are they a person of integrity?**

Do they follow through when they say they will do something. Will they do the right thing even if there's nothing to gain by it? (Do they pass the shopping cart test?)

### Does their life look like the future you want for yourself?

One of the most important things when it comes to compatibility is whether you are moving in the same direction, even if you are at very different stages of your life. Do you aspire to be like them in more ways than not?

### Do they value the same things that you do?

There's really no right or wrong answer to this one, but you should have a basic understanding of your values. What are non-negotiables for you when it comes to your sense of morality?

Everyone has some things that are very important to them when it comes to their life, future, and morals. In the space provided below make a list of 10 things you don't want to negotiate on for your future.

Examples: I want to finish school, I want to have a cat, I value honesty, I need someone who can help me with my fitness goals.

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I'm going to tell you right now that people are going to come along all the time that would be a great match *EXCEPT* they miss the mark on one of the things on this list.

Save yourself a bunch of time and heartache and DO NOT COMPROMISE. And yes, I know they're gonna be soooooo hot and it's just one thing from the list but when you find yourself collared to a person who is berating someone's grandma in the middle of Walmart at 10am on a Tuesday you're going to think back on this moment and go "ah yeah that dumb dog was right after all." Or perhaps it won't be that dramatic, but still. You are allowed to have values and any compromise on your core values usually ends up in a big mess. Trust yourself. If you feel like your values and morality is an area in which you need help, find a mentor who has a sense of morality you admire and ask them to help you.

At the end of the day you get to choose who you submit to, and who you serve. Make it someone that you can be proud of. Someone that you care enough about to want to see them succeed. Your service should contribute to the good that they do, not be the sum total of the good they do. And their presence in the world should bring more light than dark. Everyone has bad moments sometimes, but patterns of crappy behavior should never be ignored. At the end of the day you want to be able to kneel at their feet with a clean conscience, proud of the person that they are and how they walk in the world.

Time for another one!

## **7. Give your best effort, even when it sucks.**

This one is one of the simplest sounding principles in theory, but it's awfully hard in practice. For the most part, being a submissive to a worthy dominant is wonderfully fulfilling, energizing, and even fun. But there are sometimes when it is going to suck. When you've had a long day at work, it's pouring down rain, and you get home and you just want to relax. Your Dominant asks you to run out to their car to grab something that they forgot. Usually you'd be happy to do this but today you just want to lay down.

This is when it's your moment to shine. You do it anyway, and you don't make a big deal about it. Service is measured in consistency. If you only do it when it's convenient for you, that makes it a nice thing that you do sometimes. When you do it every time whether you want to or not it's a service. Putting aside what you want to do at the moment is an act of submission.

Now I'm certainly not advocating for you to hurt yourself or ignore your needs consistently, but I am advocating making yourself a little uncomfortable if needed in order to serve. How valuable your service is depends ultimately on how willing you are to work for it.



To me, there are 5 different Tiers of Service:

### **Zero Effort Service**

As the title of this tier suggests this is the kind of service that takes zero effort but is still valuable. Just your presence can be a service if you foster an environment where your dominant feels safe and respected with you. This can also be just things about you that your Dominant likes, the color of your eyes, your personality, or the way you smile. These are not always thought of as a service but they are because they are things you bring to the table that bring your Dominant joy. Chances are if a Dominant is interested in you, then you already are doing something they like. So yay, you're never failing at service entirely.

### **Ritual Service**

Things that you and your dominant have pre negotiated to be part of your dynamic rituals. These acts usually occur in some sort of pattern "I bring him coffee every morning" or "Whenever the laundry needs to be done, I do it." This type of service is found to be really fulfilling by some submissives, and tedious by others. If your service and submission anchor you, these recurrent tasks will keep you stable and feeling like you have a purpose. But in some situations they can become cumbersome and it's up to you to be honest with your Dominant when something like that changes. These types of things should ultimately serve both of you.

### **Immediate Service**

This is a task that can be done with minimal effort at the moment of request. "Hold this", "Pick that up", "Stand there". These types of service are nice reinforcers especially when you find yourself a bit stalled in the ritual service loop. Getting novel, situational tasks are nice for your brain and your heart. It makes you feel needed and valuable to your Dominant and often is a reward for good behavior and demonstrates that you are trusted to complete independent tasks. This can also be used for your dominant to flex the dynamic in front of others. This kind of showiness is not a bad thing usually, but rather serves as a public display of the strength of your dynamic and the level of the power exchange.

### **High Effort Service**

Tasks that take a lot of energy, multi step tasks that require a large time commitment and self motivation. A construction project, delivering a person or item over a long distance, volunteering for an event at your Dominant's request, financial contributions. These tasks can be more challenging because the recognition isn't immediate. It could take hours or even weeks for the service to be completed. A stronger service relationship results in more of this type of service being requested. You trust your

dominant to appreciate your effort and they trust you to complete the tasks you are instructed to perform. When you're happy and desiring to complete this type of service your dynamic is typically in a good spot.

**300-Meter Service** (*Named for the distance targets in army marksmanship*)

This is the tough tier because it is a very slow burn. This is the kind of service you do when you become fully dedicated to the dynamic. A new gym routine to help you transform your body, learning a new skill over a few months that you know will benefit your dominant, working hard to get that promotion so that you can contribute more to the household. All of these involve you modifying your life in some way. This type of service can be directed by the dominant, but it usually isn't. Instead it's the natural progression of a submissive who feels valued and secure enough to look at the dynamic, evaluate long term needs and desires, and work to fill those voids. If you engage in this type of service before you are ready, you often will not be able to sustain it because the short lived motivation of New Relationship Energy (NRE) will not be able to persist throughout the time it would take to accomplish the goal. If a dominant starts out by asking for this kind of service, that would be a red flag for me.

Hopefully these categories are helpful for you in thinking about the different kinds of service that you are capable of and what kind of service you want to offer your dominant.

Below I'd like you to write one example you can think of from each tier. Try to make it a service that speaks to you directly as service you might like to incorporate into future dynamics:

☐ Zero Effort

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☐ Ritual

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☐ Immediate

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☐ High Effort

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☐ 300-Meter

A healthy dynamic tends to incorporate all of these types of service. Here's a troubleshooting chart that I have come up with to help you balance things out a bit when they go sideways. This is just something I have found that works for me and isn't an ultimate truth by any means.

## Service Tier Troubleshooting Table:

Situation	General Feel	Dom Feelings	Sub Feelings	Quick Fix
Relationship is based upon <b>Zero Effort</b> or <b>Immediate Service</b>	This sort of dynamic is fun for an event or a weekend but lacks depth and sustainability,	"I like having them around and this was fun at first but they aren't doing anything that I can't do for myself"	"I kind of feel like i am just getting bossed around and that was fun at first but now I'm feeling annoyed"	Evaluate if you want a deeper dynamic with this person and if so negotiate some other kinds of service
Relationship is based upon <b>Ritual</b> and <b>Immediate service</b>	This can be fulfilling to some people but not those looking for depth and permanency. Most platonic service arrangements fall into this category.	"This feels nice but I don't feel a deep connection with this person. They're consistent and obedient but they aren't going above and beyond."	"I'm doing everything that I'm told but I don't really feel like I'm making an impact in their life or giving fully of myself. I want something deeper."	Evaluate if the dynamic needs to take the next step or if you're satisfied where you are at. If one partner needs more than the other is willing to give this can cause issues
Relationship is based upon <b>Ritual</b> and <b>High-Effort service</b>	Many dynamics function happily within this realm. But sometimes it can be unfulfilling in either direction.	"I appreciate everything they do for me, but they don't seem to do some of the little spur of the moment things that I love so much and I miss that."	"I am working really hard for them and I wish they would throw me a bone every once in a while and exact direct control in the moment."	The fix for this is usually discussion and depending on the way in which the dissatisfaction lies, incorporation of either 300m or more Immediate

		OR  “Our dynamic is nice but I feel like they are capable of more, and I want that for them.”	OR  “I am working hard for them but I still feel like I’m not giving my all.”	service into the mix.
Relationship is based upon <b>High Effort</b> and <b>300-Meter</b> service	You’ve been together for a decade. You know they are devoted to you. This is a very mature and strong dynamic but it can have its downsides too.	“I appreciate them and they do so much for me but they’ve fallen away from the rituals they used to do to show me they were present in the dynamic. And I don’t really know how they would react if I asked them to drop to their knees and obey me in the moment.”	“This dynamic has given me so much but I feel like it’s lost its spark. I wish that I could feel connected in the moment the way that I did in the very beginning. I love that we are comfortable but I miss the rawness of our initial power exchange. I want to be reminded who I submit to.”	At this point things are generally still pretty good. But the dynamic has probably shifted to mostly anticipatory service. Mix things up a little! Ask for something new, reinstitute rituals that have fallen by the wayside, offer to serve in a new way that you never have before. It is up to both people to keep the dynamic strong.

So as you can see, it's all a balance. There is a time and a place for all the different tiers of service and it's up to you and your partner to figure out what you both need to feel validated and happy. What works for one dynamic might be awful for another. Figuring out what works is a long process of trial and error and it requires you to be able to communicate effectively with your dominant partner.

Which brings us to the next Principle!



## 8. You have a voice, use it.

Yeah, I know... I hate this one too. But it's the honest truth. You owe it to your partner to have a voice and not be a "yes man" all of the time. When you're communicating with your partner it's important to remember to do so respectfully. You can do this by making sure you do the following, even when there is conflict.

**Don't drop your honorifics** - I see a lot of subs do this during an argument as a way of lashing out. Don't be that guy. "I think you're being a giant dick right now, Sir." is still a valid way of communicating and it shows the dominant that you're committed to the power exchange even when things are tough.

**Watch your body language** - Aggressive body language rarely improves communication. Your ability to stay calm and not escalate things will often assist the other person in doing the same. If you're having an argument you can still do that from a position of physical submission. When you're bringing a concern to the table, use authentic body language for how you feel in the moment but don't escalate or over-dramatize.

**Remember that you're both people** - It's easy to see dominants as flawless gods who can do no wrong, but then you end up putting them on a really high pedestal that they will eventually fall from. Don't do that to them. At the end of the day you're both people with flaws that care about each other, cut each other some slack and try to understand where they are coming from.

**You see the world very differently, and that is okay** - This may be a controversial statement but I think that submissives and Dominants are different at a very molecular level. Certainly some submissives eventually rise from their knees to become Dominants themselves, but that is a long process which involves a lot of personal change. Just because you see the world through a different lens does not mean you can't agree with each other. You must be an active listener and participant in your dynamic and practice mutual respect.

**You deserve to be heard and respected too** - Some dominants will take any disagreement as a time to flex their power and control, leaving you feeling like you've been steamrolled. You're not being respected or listened to and you don't seem to matter at all to them. That's not cool. That's a major red flag. If your dynamic can't handle a little conflict without your partner going into "DOMINANCE OVERDRIVE MODE" that's concerning. You shouldn't be getting gaslit or manipulated and if you are

it's okay to point it out and take a step back. A Dominant partner who cares about you should be willing to at least listen to your perspective and if they can't do that you have a bigger problem.

I've been in dynamics where I've been so overpowered by my partner's dominant energy that communication was difficult. If you are feeling that way I urge you to communicate that with your partner.

Which leads to the next principle!

## **9. You deserve peace.**

At the end of the day your dynamic should make you happy. It should be your safe place to be authentically you. If your relationship surrounds you with chaos and drama that's no good. If you find yourself emotionally drained after spending time with your Dominant you should do some hard thinking about that.

Most of the time, being around your Dominant should be like breathing pure oxygen. Helping you recover from the stressors of your outside life, giving you the kickstart to achieve more than you would be able to alone.

Be honest with yourself and them if you're feeling extra stressed or uncomfortable when you're with them. A good dominant will help to sort that out and dig deep with you to find the source of those feelings. A healthy dynamic is relatively stable, not swinging from high to low in a game of toxic pinball. If you find yourself trapped in a cycle of dramatic ups and downs you may need to take a step back and evaluate. Or you can ask a trusted friend for their opinion, since it is often hard to see where the issues lie from within the relationship.

Pay attention to the feedback you're getting from friends. Are they telling you they are worried about you? That you've changed? Are those changes for the better or worse? Do they seem to like your dominant? Even vanilla friends who may not understand the power exchange element can usually tell if a partner is good for you or bad for you. And that's important knowledge to have. A dynamic that isolates you from outside friendships and family is concerning, and should always raise a red flag or two.

Does this dynamic allow you to pursue the things that make you happy? Are you encouraged to have hobbies and participate in activities you like? Are you feeling isolated? If you feel like you're missing out on life that is eventually going to come back

to bite you as it can build resentment. It can also be an indication of an unhealthy relationship.

Sometimes in the name of service or personal growth you will be forced to do hard things, but being in the dynamic itself should not be the hard part. In the space below I'd like you to list some of the emotions you hope to experience in a dynamic:

Examples: Peace, contentment, security...

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It's also important that you not treat your Dominant as a punching bag for your negative emotions. Your peace should not come at the expense of theirs.

This brings me to my final principle!

## **10. You are a guardian too.**

I was reading about knights and squires once and something occurred to me. The Squire has a unique position of power because they know where all the weaknesses are in the Knight's armor. They would then do their best to repair and reinforce them, but they still were uniquely aware of the critical weaknesses.

Your relationship with your Dominant will likely be similar. You will come to know and see where their weaknesses lie. Your Dominant is not a monolithic being who has no flaws, they are a person. Every person has insecurities and weaknesses, that's just part of the human condition.

Hold this knowledge close to your heart and do whatever you can to mend their armor for them. That's something that perhaps only you can do because you may be the only

one that sees that weak point in their armor.

Use your service to accomplish this. If your Dominant is insecure about their body, remind them how beautiful they are to you. If they worry about being enough, praise them publicly. Be authentic about it, but intentional as well. If they can't afford a ton of leather then make the leather they do have look beautiful. If they worry about the future, remind them how much you're looking forward to a future with them.

Help them to learn by asking for their help. I had a Dominant once who felt insecure because he didn't know how to do a lot of practical life skills. It was something we talked about a lot, and something that he expressed he wanted to get better at. So I would ask for help and in doing so we would do things together.

"Sir, I need to change my tire but I don't know if I'm strong enough to loosen the lug nuts. Can you help me?"

"Sir could you help me review my budget, I would really like an outside opinion."

"Sir, I need to go to the gym but I'm having a hard time getting motivated. Would you go with me for a week?"

This should never be done manipulatively, but rather to provide a way for your Dominant to reframe their weakness into a strength. You're asking them for help because you trust them, and it may not be one of their strengths but taking care of you makes them feel good. So they do it and they see that they can, and their confidence grows.

I could have just offered to show him how to do those things, but by doing it this way it left both of us feeling fulfilled in our dynamic. He got to take care of me by assisting me with a task, and being genuinely appreciated for his help. I got to feel loved because he took the time to do something with me. Always thinking about how you can strengthen each other and your connection is so important.

There are also instances in which you can't repair the armor and you just need to fill the gap. If your dominant has a physical need, you can do things for them. I've joked more than once with an older community member about being a seeing eye dog. But think of the benefit that would bring to your dominant if they can't read a menu in a dimly lit restaurant. Carry things for them, do the maintenance on their car, use every skill that you have to fill the gaps for things that they can not or do not wish to do.

This may even entail learning a new skill specifically for them. Think of how honoring it



would feel if someone took the time to go out of their way to learn to do something just to make your life easier. That's really special.

And if there is stuff you both hate to do...be the one that does it. I hate dishes, something about touching wet food just makes me want to crawl out of my skin. But If my Dominant has a sink full of dirty dishes I'm going to plant myself right there until they are finished so that they can have a clean environment. Because if there's dishes in the sink (when there usually isn't) it usually means that they are overwhelmed with work or life stress and that is your time to shine.

Your Dominant may entrust you with a direct line to their heart. Treat it with respect and care. Take any opportunity you can to build them up, as they should do with you. Take pride in how your service makes them look good. When you are praised, orient that praise back to you Dominant whenever possible.

*"Thank you for volunteering at the event this weekend. You were a great help!"*

"You're very welcome, my Dominant always encourages me to help when I am able."

*"Your bootblack skills are amazing!"*

"Thank you, I've worked hard to learn and my Daddy has supported me every step of the way."

*"You look great, have you been hitting the gym lately?"*

"I have, thank you! My Master has been encouraging me and he deserves the best I can give him."

*"That class you taught was so interesting. It really helped me learn."*

"Thank you, my Ma'am has shared so much knowledge with me throughout our dynamic and now I feel so honored to share it with others."

### **Care for them powerfully from your knees.**

That is where your inner strength will shine. Where they will remember and be proud of the fact that you are a strong person too. Shield them as best you can from the ways that the world seeks to hurt them and in doing so you will build a safe place for both of you to become better than you ever could have imagined on your own.

They are the ones who light the fire of the dynamic. Sometimes the fire is blazing but sometimes it dies down due to any number of outside factors. You are the one who can blow on the coals, feed it tinder, shield it from the wind and the rain and take care of it to



allow it to burn brightly again. That's the beauty of the submissive role, you have power and importance when it matters and your Dominant is usually the one who has the privilege to see it. So when you walk in the world, others may see you as an accessory or a less important part of the dynamic. But your Dominant knows how valuable you are, how even though you're on your knees you've always got their back. And that's what really matters.

Alright. I imagine you're tired of my rambling at this point so I'll leave you with just a simple overview of the principles:

- 1. You are your own person.**
- 2. You are the only one who can protect You.**
- 3. Explore responsibly, and at your own pace.**
- 4. Power Exchange is not for everyone, at all times.**
- 5. Your Dynamic's Protocol Should be Whatever Works for Your Dynamic.**
- 6. Don't Serve Douchebags.**
- 7. Give your best effort, even when it sucks.**
- 8. You have a voice, use it.**
- 9. You deserve peace.**
- 10. You are a guardian too.**

Thanks for sticking with me and I hope you found this useful!

-The Mountain Dog