

How to Begin CDD

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If you are at the point of beginning a Christian Domestic Discipline marriage, I am going to assume you've completely researched Christian Domestic Discipline and both parties are consensual. However, there is still a lot on which you will need to decide, preferably before you begin to implement Christian Domestic Discipline.

The good thing is, nothing is set in stone. This is your relationship... your Christian Domestic Discipline marriage. It doesn't have to look like anyone else's except your own. It is very important to communicate up front so that no one is disappointed or has unrealistic expectations of how Christian Domestic Discipline will look in their marriage.

Talk, talk, talk. Then talk some more. Be totally open and honest about what you expect and what you'd like to accomplish with your new CDD relationship. The good news is that your marriage will quite probably be rejuvenated and the romance restored. There is no better time to communicate than now.

Define three or four areas where you will begin. Implementing too many "rules" at the beginning can become overwhelming. Take a hard look at your marriage and prioritize where you'd like to start. Many couples begin dealing with the three "D's"... Disobedience, Dishonesty, & Disrespect... then branch out from there.

Decide on what punishments you will use. If you will use spanking, define any boundaries about how it will be carried out. Decide what implements and positions you will use. Familiarize yourself with safety issues.

Decide on whether you will use Maintenance Discipline. Maintenance is one of the most misunderstood issues in Christian Domestic Discipline, but is very commonly used with satisfactory results. It works well for some, not so well for others.

If you plan to use spanking, do a trial run. Often, couples just beginning a Christian Domestic Discipline marriage will be highly curious about the spanking portion, especially wives. This can sometimes cause "bratting" just to get to that spanking and alleviate the curiosity. Bratting is never good for your CDD marriage. It is best just to satisfy the curiosity right from the start. It sometimes also helps the husband to be able to practice positions, implements, how hard to spank, how long, etc.

Join Christian Domestic Discipline forums and email lists for support. It always helps to have a community with whom you can share and ask questions.

If you intend to use spanking in your Christian Domestic Discipline marriage, sign a consent form giving the husband permission to spank. This may not necessarily help in the case of legal problems, but it certainly cannot hurt. It is not wise to allow your kids or many others in your life to learn you practice CDD. Since the legality of CDD has never been established, people who do not understand the relationship could cause a lot of problems for you.

TIP

For those just starting out, I recommend reading Christian Domestic Discipline 101 & working through the workbook, Consensual Christian Domestic Discipline, both available on Lulu.com.