

Warm Up By: Sir Don

When you discipline your wife, for either misbehavior or maintenance it is best to start slow and warm up her bottom, spanking her with less intensity and not going full force right out of the gate.

After a sufficient warm up you will be able to spank her with great intensity and a longer period of time, hence enforcing a proper punishment and the tears that are sure to flow.

Remember to take your time with the discipline, by spanking her longer you will find that the submission from her is greater than one done quick just to get it over with, By spanking her for a greater period of time also shows that you as her HOH take your responsibilities serious.

Most new HOH tend to start of thinking that by bringing her to tears they have accomplished the goal of LDD, this is not entirely true. If you spank with fast, hard swats you will cause her to cry, that is true, but you have failed to take into account what is truly needed. She needs and desires to submit to you and your decisions as her HOH, and by taking time to slow down the spanking and thoroughly punishing her she will find solace and be happier.

To make this a clearer to some, when you cook a steak, and use high heat to sear the top, and then try to eat it you will find the steak cold and unsatisfying, just like a woman might feel after a very brief but hard spanking, yes she cried but only out of pain and learned only pain from the spanking. But slowly warming her bottom up, you will be able to spank her longer.

The painful and longer spanking will allow her to submit to her HOH better, by humbling her, for it is not easy for any woman to lay passively across her HOH's lap and endure a thorough spanking that brings her to tears and submission.

The natural reaction is fight or flight when you feel pain, only by warming up and taking the spanking slow will you allow her to submit on her own to a very painful experience and help her to overcome the fight or flight

syndrome. The warm up also allows her to feel love, odd in a way, but she realizes that the punishment and the tears are for her best, she can submit to are very painful spanking without trying to flee if you have done a proper job of warming her bottom up.

Warming her bottom up slowly will also less likely leave bruises even when you continue with harder swats during the discipline or punishment. While some bruising may take place , wide spread and deep bruising is unnecessary and completely avoidable, with the proper use of a warm up.

Warming up your wife's bottom is quite easy, start with lighter and steady even swats that will not overwhelm her are best. If you decide to use an implement rather than you hand, pick one that is light weight and flexible, this will give you better control than a heavy one.

When starting with the hand, keep it relaxed, this will give lighter swat and help to ensure a proper warm up.