



LOC-TOBER 2022 TEASE AND DENIAL WEEK #4

My lil sissy slave,

you will keep **DIMAA** for “**Domina Is My Absolute Authority**” written somewhere inconspicuous on your body and it should remain there through the end of this week of Chastity, Mmmm, maybe longer if I decide to brand you.... What do you think My sissy gurl? ~giggles~

Make a note in your **Journal** and comment how long you are willing to keep **DIMAA** written inconspicuously on your body for Me? As you make that notation ponder how you have dedicated yourself to serving your Princess these past weeks, to **Love, Honor and Obey Me**, and only Me. W/we both know that I own all of you now, that's beyond dispute My baby gurl. your experience with Chastity has taught you the true extent of your weakness for Me, and the immeasurable pleasures of obedience. These truths reinforce the reality that you always need Me to be in **full control of you**, of your mind, your body, your heart, your will, and especially that aroused, swollen, clitty that longs for My attention.

This is why you love being in Chastity for your Princess, I intensify all your **submissive desires** as My helpless wet clitty is mentally indoctrinated with enforced abstinence for this last week in LOCKDOWN. But, I am going to help you, My sweet, by focusing your attention all week on the greater prize, something more important than your relief. Can you guess? **ME, silly!** ~giggles~ and W/we both know how much that excites you, the arousing thought of being MINE, forever.

At this point in LOCKDOWN, sexual pleasure is something you crave. However, during the course of the week, as I **tease you into a frenzy**, this craving will diminish becoming less and less important to you. This is the power I have over you, the power to redirect your thoughts and desires so they are focused on Me because, deep down, you **Love and Adore Me!**

Just think about that, your obsession with Me is keeping you aroused with pleasurable sensations of submission and you feel this as you're reading this now. The truth is you need Me. you need My instructions, My guidance and My approval to function and wait patiently for them. By craving My attention. you will work tirelessly this week to earn My approval, just so you can read, or hear, those magical words from Me, to be **My good sissy gurl**. This week you will learn that pleasing Me with your **LOVE and obedience** is more important than your sexual pleasure.

My baby, the purpose of prolonged Chastity is to experience how powerful and motivating your need is **to please and OBEY**. It is much stronger than those secondary desires that swell inside you distracting you from your true calling. The reality is by delaying your sexual gratification you know you are doing what I want and this realization is ultimately more important to you, to increase My hold on you and strengthen O/our very special relationship.

you do this because you love Me and this LOCKDOWN experience will only bring U/us closer together, ensuring you will be MINE, forever... By the end of this week you will embrace this blissful TRUTH: **you are forever enslaved to My domination and sexual control.**

NOTE: There will be NO SISSYGASM RELEASE UNTIL DAY 7 of this week and you will incur a Chastity Penalty for any disobedience. That said, W/we both know you don't want to disobey, obedience is your pleasure now.



OBEY

WEEK #4 – GENERAL ASSIGNMENTS

1. During Week 4 you will be allowed to **massage and play with My enslaved clitty** when instructed in sessions, or during assignments. However, I will be stricter with you expecting you to prove yourself worthy of be called **MY sissy gurl**. you will not SissyGASM under any circumstances and will use this week to learn and practice self control, this is about pleasing Me first.

There may, or may not, be days of NO TOUCHING regardless of what the session you are listening to may instruct and you will learn to ask yourself, in and out of trance, what does Princess really want Me to do? So pay special attention to those instructions in the daily assignments and learn to appreciate that domination of your sex is just one of the ways you seek out My control.

2. you will recite this Mantra **twice everyday this week**, once kneeling in the morning and then in bed at night with your collar on. If not alone, Mantra in a private place.

**i dedicate myself to serve my Mistress Owner, Princess Shelle.
my primary purpose and desire is to Love, Honor and Obey only You.
As your Owned property, i live to please, submit and obey.
Being useful to meeting your needs is My most important work.
You are the center of my world, my addiction and happiness.
i obey and surrender to Your sissygasm control and domination in all things.
i am fulfilled and motivated by your Love and affection.
i will always give You my undying Love and devotion.**

3. To signify your Ownership, you will wear your collar whenever POSSIBLE especially when you are aroused. Also, wear a rubber band on your wrist all day snapping it every time you touch yourself. your desire is to **prove your value to your Mistress Owner**, to be worthy of sexual stimulation and release, as and when I permit it. With this in mind, think of more ways you can demonstrate and **show Me your servitude**.
4. Write down on a piece of paper and read it to Me once **every waking hour, of every day**:

What is important is my identity as Princess's sissy slave. This gives my life meaning, direction and purpose. My happiness is found in making You happy with my servitude to help care for Your needs and well being, to make Your life easier and happy. my time being Chaste is making me better and more focused for You.



5. Listen to My voice every day. your mind submits and obeys every time you hear My voice. you are learning the pleasure of **Serving Me** through Chastity. The primary session this week is **CHASTITY LOCKDOWN 2022 Week 4, Tease and Denial**, noting there will be days this week when you will listen to this session but will not be permitted to touch yourself.

In addition, you are to listen to the sessions in **My Special Deals** (you should have most of them). you are permitted to decide which session to listen to on which days. you have surrendered your life into My loving care.

6. In Chastity this week I want you to learn how important it is to Me that you exhibit real "self" control by surrendering yourself into My care, trusting that I know what is best for you.

Demonstrate this by **relinquishing all control** and simply become who I want you to be, doing what I tell you without thought, without question and without fear of consequence.

Chastity is about building trust between U/us, to ensure the power exchange W/we share has a tangible impact on your daily life, **altering your habits and behaviors** to satisfy My wants and needs. I need to be able to trust that you are doing what you are told no matter how aroused My enslaved clitty gets. Likewise, you are learning to trust that by following My instructions I will fulfill your submissive cravings **to Serve and Obey Me**, bringing you ever closer to Me and that compulsive feeling of being enslaved and owned by your Princess.

Remember, you will do anything, and everything, to Please Me, to make Me happy with you, My slave gurl... Through your **service to Me** I will help you to be the best version of yourself, a happier, more confident, sissy that prospers from O/our mutually beneficial relationship.

Follow the **Chastity/Touching instructions** in the Sessions you listen to this week unless otherwise instructed. **Don't forget: if you release prematurely, or stimulate yourself when you should not, you will pay Me a Chastity Penalty!**

7. Below are a set of **DAILY routine/tasks** to ensure I am constantly on your mind:
- a) Vote My banners, continue with **TMT** on Tuesdays and being **Teacher's Pet** on Wednesdays, and remember your **lunch money** for My long grueling shifts. When you are pampering and spoiling Me with these tributes, and other gifts, you are doing it just to **please Me**, not for My permission to massage My clitty in your panties. Pleasing Me is always your greatest reward.
 - b) Promote the fact you are in Chastity for Me on your Twitter account. Also, promote this LOCKDOWN experience on other social media platforms, and in your blog, with a link to this week's Chastity session.
 - c) At work, and at home, stay focused and productive. Take good care of all your other responsibilities knowing being responsible and considerate to others pleases Me. I always want you to be the very best version of yourself for Me, honoring Me with your good deeds.

d) Eating, personal hygiene and exercise:

- ✓ At one meal every day **drink only water** and at least 4 glasses a day. you are motivated to take good care of yourself and eat healthy meals. More vegetables, salads, fresh fruit. Have AT LEAST one helping of each every day to please Me.
- ✓ There will be **no eating between the 3 regular meals** (breakfast, lunch and dinner) you are to have every day. No sugary drinks or junk food again this week. Make good eating habits during Chastity.
- ✓ At all meals you will perform a silent toast to your Princess. EVERYTHING you do, is done to **Please Me** and that makes you a better slave to Me.
- ✓ Weigh yourself at the beginning and end of the week with a plan to lose **1-2 pounds**, in addition to the 2 pounds from last week (if weight loss is needed). At the end of LOCKDOWN write in your **Journal** how much weight you lost (and if it was something you needed to do).
- ✓ Exercise at least **25 minutes** every other day.
- ✓ Take a bubble bath everyday, but **no touching** unless instructed.

8. **Sacrificing for your Princess** is part of the pleasure of being an owned sissy slave. This week rather than eating out for lunch or dinner, you'll make it at home, or at work, giving Me your lunch/dinner money as a tribute. Make a **Journal note** with the date you made this sacrifice for Me. Remember, when you please Me with your TMT, and other tributes, you are rewarded with the satisfaction that I am very pleased with you, My sweet baby gurl. Since pleasing Me is your pleasure there is **no need** to rub My clitty unless I specifically directed you to do so.
9. Remember your **Journal**. At the end of each day, write down the BEST thing that happened to you that day. Include in the Journal any other instructions I may give you to report on. At the end of LOCKDOWN you will email Me the report from your Journal with **Teacher's Pet** in the Subject line of the email.



OBEY

WEEK #4 – DAILY ASSIGNMENTS

DAY 1

Thought for Today:

your Love for Me puts Me at the center of your world.

Chastity is bringing you closer to the Princess you Love.

Let Me hold your heart and control your sex.

Let Me be everything you need and let yourself truly love Me.

Assignment:

W/we have a special **Domme-slave relationship** that is personal, intimate and very REAL. you know so much about Me by now and from O/our interactions you have progressively fallen in love with Me. As a sign of O/our mutual commitment to each other, you wear My ring, not on your finger, but around your neck, with **My Collaring Ceremony**. If you have not officially been collared by Me, contact Me in November and W/we can discuss this along with the terms of your sissy submission to Me.

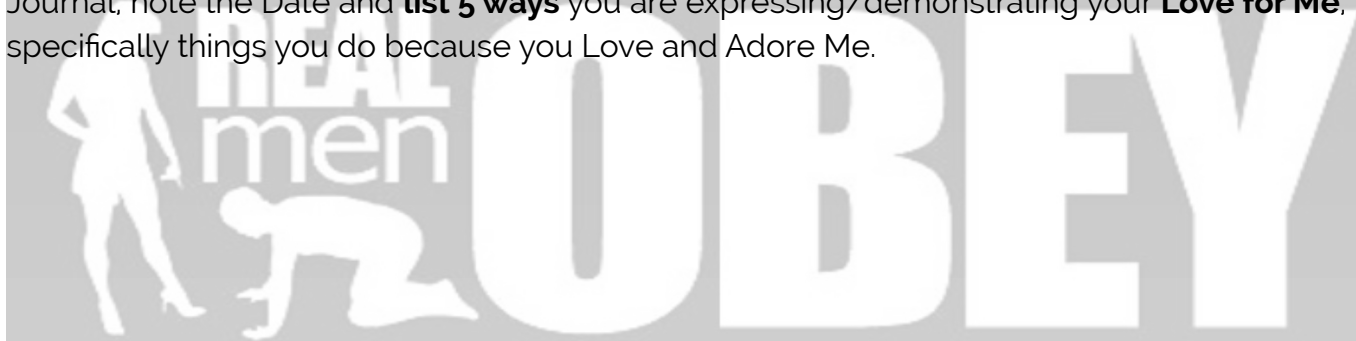
This week you are becoming more **desperate for ME**. I will sexually tease and deny you, establishing greater control over ALL of you, pushing you to surrender more of yourself so that you can attain that blissful state of **Complete Submission** to Me.

Today, and everyday this week, when you are lost in sexual fantasies about Me, feeling real sexual desire coursing through your body, you will remind yourself of how much you truly **Love and Adore Me**. It is this Love and Adoration for Me that motivates you and compels you to obey, not the tingling pleasure you feel in My swollen clitty. Learn that your arousal only inspires you to take care of Me, to support our special **Domme-slave relationship**.

Whenever you are aroused and wet for Me, you will repeat the following **5 times**:

i Love You, Princess. i need to Please You. i want to delay all sexual gratification until you permit it, proving My love and devotion to You.

Good gurl! Gently massage My clitty before going to bed and Mantra your Love for Me. In your Journal, note the Date and **list 5 ways** you are expressing/demonstrating your **Love for Me**, specifically things you do because you Love and Adore Me.



DAY 2

Thought for Today:

you Honor Me as My sissy slave when you show your love and devotion.

you Honor Me whenever you serve and please your Mistress Owner.

you Honor Me by delaying the need for sexual pleasure until I allow it.

Today you Honor Me by your constant craving to submit your sexual pleasure to the Princess you Love.

Assignment:

My baby, Chastity is a tool I use to give you to a deeper, more pleasurable experience as My fully **indoctrinated sissy slave**, your truest self for Me. This means that you are comfortable and happy **delaying sexual gratification** for Me as much as you desire to sissygasm for Me when I allow it.

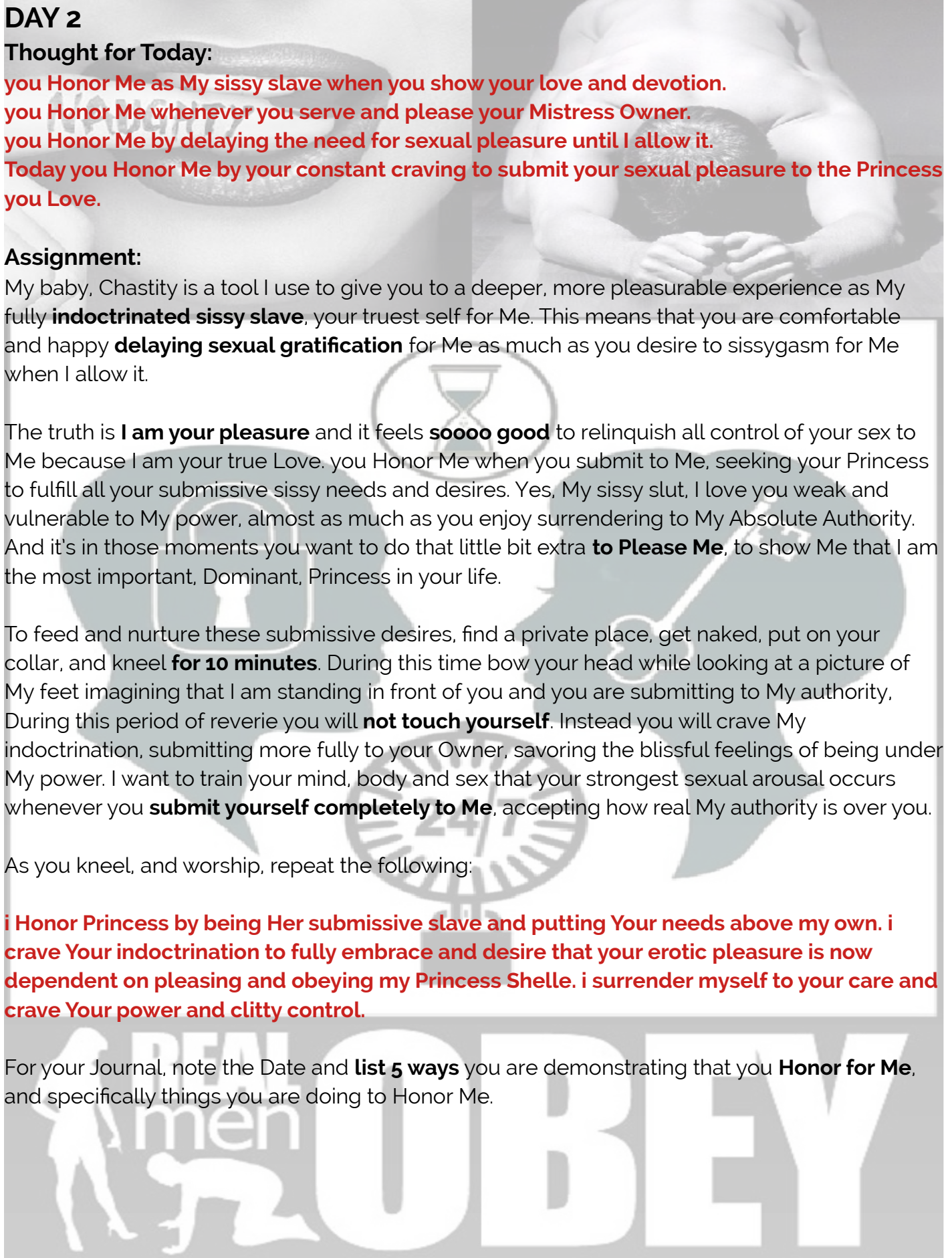
The truth is **I am your pleasure** and it feels **soooo good** to relinquish all control of your sex to Me because I am your true Love. you Honor Me when you submit to Me, seeking your Princess to fulfill all your submissive sissy needs and desires. Yes, My sissy slut, I love you weak and vulnerable to My power, almost as much as you enjoy surrendering to My Absolute Authority. And it's in those moments you want to do that little bit extra **to Please Me**, to show Me that I am the most important, Dominant, Princess in your life.

To feed and nurture these submissive desires, find a private place, get naked, put on your collar, and kneel **for 10 minutes**. During this time bow your head while looking at a picture of My feet imagining that I am standing in front of you and you are submitting to My authority. During this period of reverie you will **not touch yourself**. Instead you will crave My indoctrination, submitting more fully to your Owner, savoring the blissful feelings of being under My power. I want to train your mind, body and sex that your strongest sexual arousal occurs whenever you **submit yourself completely to Me**, accepting how real My authority is over you.

As you kneel, and worship, repeat the following:

i Honor Princess by being Her submissive slave and putting Your needs above my own. i crave Your indoctrination to fully embrace and desire that your erotic pleasure is now dependent on pleasing and obeying my Princess Shelle. i surrender myself to your care and crave Your power and clitty control.

For your Journal, note the Date and **list 5 ways** you are demonstrating that you **Honor for Me**, and specifically things you are doing to Honor Me.



DAY 3

Thought for Today:

Chastity is setting me free to obey Princess Shelle in order to Please Her.
i obey Princess in all things without thought or question.
i am using Chastity to learn Automatic Obedience to all Princess's instructions.
i am craving Princess's next instruction to tell me what to do.

Assignment:

I really do love it when you tell yourself you need to please Me. I also love My sweet gurl, when you obey your **one and only Princess**, doing so without thought and without question, especially as I further your indoctrination during this Chastity LOCKDOWN.

As a demonstration of this, I have a little **assignment** for you My sissy. Ideally you are going to do this on a Tuesday but it can be on another day if necessary. As you are aware TMT is a symbolic tribute to Your Princess, a small offering that represents **an important gesture**, It symbolizes that you support Me every Tuesday recognizing all that hard work I do for you.

What I want you to consider is why do you send your TMT? What is do you believe your motivation is? Is it one thing or many things? I want to know.

So make a note in your Journal, with today's date, and write down the answers to My questions. **Repeat 5 times** after you send your TMT (or if on a different day, when you complete your Journal entry) what you just wrote down in your Journal as the answers to My questions.

Know that I'm **always thankful**, and grateful, for all that you do for Me. My Domination and your obedience makes O/our relationship stronger and W/we mutually benefit as a result. Without each other W/we lesser versions of O/ourselves.

Before you go to bed on this day enter into your Journal **5 ways** you are proving your **Obedience to Me**, reference examples. Obeying Me can manifest itself in many ways from explicit instructions to training from weekly sessions.



DAY 4

Thought for Today:

Princess understands me and works hard to fulfill all my submissive needs and desires. Chastity frees the submissive in me to be what i desire to be, Your submissive sissy slave. i am Princess's true submissive slave focused on my Owner and desperate to please Her all of the time. i love submitting to Your will and sacrificing my desires for your happiness.

Assignment:

Although I am Princess and you are My sissy slave, O/our relationship is based on honesty, trust, and mutual respect. **I am as committed to you as you are to Me.** As you are getting closer to being allowed to rub and massage My aroused clitty, to edge, and eventually to sissygasm for Me, you are being **conditioned** to accept there are more important priorities in your life than self gratification.

I am using LOCKDOWN as a way to **learn more about you**, My beloved sissy gurl, hence why you are documenting a Journal of your experiences during this extended period of Chastity. By having you explore more about your submissive sissy self I can determine what motivates you, what you like and dislike, and importantly why I have become the **focal point of your existence.**

On this day, I have an "i am" ASSIGNMENT for you. And I want you to hand write, on a piece of paper, **15 ways** you feel (or perceive being) submissive to Me. For example:

i am a submissive slave to Princess Shelle.
i am submissive only to my powerful Princess.
i am submissive when I...
I am submissive because...
etc.

Once you have this, date the piece of paper, **take a picture** of it and attach the digital image with your Journal when you email it to me at the end of LOCKDOWN.

I want you to feel how **exhilarating** it is to have constant cravings to submit to Me and obey My commands. I am the **center of your world** and as your **Owner** I want you to be utterly infatuated with your submissive sissy desires.

If it is Wednesday today then please Me and **touch yourself** only **AFTER** you have spoiled your Teacher with your **Teacher's Pet** contribution.

DAY 5

Thought for Today:

you are My good gurl, My baby, My obedient slave.
you are My willing guinea pig and lab rat, My puppet, My Owned property.
you are My submissive, My sissy slut, My pet.
you are My sex toy and lover, My everything.

Assignment:

My poor hypnotized subject, are you having an identity crisis as you ponder today's **Thought for Today**?

you shouldn't, My sweet, because your primary identity, **your truest persona** that submits to My authority, is abundantly clear to Me. After three and a half weeks in Chastity W/we have established you identify with all the descriptions and names in the **Thought for Today**. This is because you aspire to be whatever I want you to be, adjusting your habits and behaviors for your **Princess Shelle**, as and when I need it.

The truth is, you are very **precious to Me** and I truly appreciate how much you bend to My will, taking care of Me, loving Me, and devoting yourself to O/our relationship. This inspires and motivates Me every day and I want you to know **how special you are** and that I never take what W/we have for granted. I always accept you and you will always be your TRUE self with Me.

Now I want you to repeat the following **hourly** throughout the day:

i am Princess's good sissy gurl and obedient slave. i love being useful as Your guinea pig and lab rat. i fantasize about being used as Your slave slut and sex toy. Please keep me as your Owned slave so i can be the person You want me to be for YOU.

Also, My baby, I want you to write in your Journal **WHAT IS THE BEST THING I DO FOR YOU?** Put this entry at the top of your Journal so it is the first item I read because I want to be sure I know this intimate detail about you when planning O/our future.

When you go to bed tonight think about your Journal entry and imagine O/our future together. **NO rubbing my swollen clitty** this night, just let the throbbing arousal remind you how you've fallen under My love spell and that only **Princess Shelle's control** can make you feel like this.



DAY 6

Thought for Today:

i am craving my ownership by Princess Shelle.
She keeps me aroused and horny locked in Chastity.
Her enslave clitty obeys only Her Commands.
Nothing feels better than my obedience and submission to Her sissygasm control.
I will NOT sissygasm without Her permission.

Assignment:

Just a few days away, My Chastity sissy slave, from **My permission to sissygasm for Me...**

you have been such a **good gurl** and I am so pleased with your **selflessness and sacrifice** these past weeks. Combining My Domination and control, with your embrace of Chastity, has transformed the submissive you into the best version of yourself for Me. you willingly surrender **your desire for sexual release** knowing this is what pleases Me and that obedience to My expectations is the true submissive rush you crave as My horny and aroused sissy gurl.

you **Love, Honor, and Obey Me** by always being the best you can be for Me, challenging yourself every day to be more invested in your submission and servitude. And on this day, aroused and horny thinking about Me, I want you to **channel that arousal** to motivate you to be successful in all your endeavors, as well as being kind and loving to those close to you.

As the source of all your pleasure, I love to **tease and taunt you into a sexual frenzy**, then deny you, so you get even more desperate to Please Me through your obedience and submission. I have **big plans for you**, My sissy gurl, so I need you safe and sound, happy and successful. A happy sissy is an obedient sissy. A successful sissy will take care of her Princess long into the future. ~giggles~

Today you will repeat the **Thought for Today** twice, on your knees, and are permitted **3 minutes** of rubbing and massaging while you memorize and incorporate it's meaning into your daily life as an inescapable TRUTH:

i am craving my ownership by Princess Shelle.
She keeps me aroused and horny locked in Chastity.
Her enslave clitty obeys only Her Commands.
Nothing feels better than my obedience and submission to Her sissygasm control.
I will NOT sissygasm without Her permission.

Also, remember **My lunch money**, My horny puppy! ~giggles~

DAY 7

Thought for Today:

i will always belong to Princess Shelle.

i live my life to please Her in all ways.

She takes care of me and I will always serve Her.

i dedicate myself to work hard for Her to deepen and strengthen My loyalty and devotion.

Assignment:

When I say Chastity is to help make you **My “well rounded” submissive**, I expect that when you do your best for Me it carries over into other aspects of your life (that is not devoted to Me). you have made it through LOCKDOWN by consciously delaying your sissygasm and learning the many **virtues of Chastity**. Through your submission to Me you've learned how to hold yourself back and, through My training and guidance, obediently follow My directions and instructions.

True submission means you **surrender your decision making completely to Me** and, as a consequence, you are your truest self when you are obeying Me, listening to My voice, and thinking about ways to please Me. your service to Me is to motivate you to be the best version of yourself, not only for Me but for everyone that is important in your life.

Chastity has been a **positive experience** for you allowing you to learn what is truly important to a true submissive. I want you to use these positive, arousing, feelings of submission to My **supreme authority** to integrate Me completely into your life, at home, at work, with family and friends. I am always there with you, to guide and support you, now and forever.

My submissive slave. O/our D/s relationship **transcends the bonds of traditional relationships** and I want you to always look for ways to incorporate your submission to Me into your daily life. your submission to Me should be a natural part of who you are, compatible with your existing relationships, and something you can sustain for the long-term if you wish to be truly MINE!

At the end of this day, Day 7, you will listen to the **RELEASE session** and you **will sissygasm for Me** knowing you Love, Honor, and Obey Me always.

For those that wish to **deny your sissygasm**, and offer it to Me, you have My permission to edge and to remain in Chastity knowing your continued sacrifice is gratefully accepted by Me.

(continued – next page)



As you listen and pleasure My aroused clitty, repeat the **Thought for Today**, accepting the REALITY that only I can satisfy what you need and only I am your one TRUE Princess, Mistress, and Owner, the love of your life and the focus of your existence.

i will always belong to Princess Shelle.

i live my life to please Her in all ways.

She takes care of me and I will always serve Her.

i dedicate myself to work hard for Her to deepen and strengthen My loyalty and devotion.

That's My good gurl!

your sissygasm is just one part of O/ur relationship and **I want all of you.** You are emotionally invested in Me now, just like My control of your mind, body, will and heart. you have been such a good gurl and I'm so happy, and proud, to call you **My sissy slave.**

Remember to finalize your Journal and send this to me citing whether you has a sissygasm or chose to remain in Chastity. I look forward to **reading your experiences** and **perusing your session reviews** on My web site.

Thank you for sacrificing in My name and I will see you in your dreams, My baby gurl.

Loves and Kisses

