

A heart-shaped padlock made of brass or a similar metal, hanging from a chain of dark, round beads. A key is attached to the bottom of the chain. The background is a soft, out-of-focus green and yellow gradient.

LEARNING TO LOVE THE LOCK

CHASTITY &
ORGASM CONTROL

Webinar Workbook

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www.CoachingByKali.com

Welcome to the 'Learning to Love the Lock: Chastity & Orgasm Control' Webinar Workbook!

This workbook is designed to go along with the Online Class and will help you dig deeper into your own desires, limits & curiosities.

I recommend setting aside some quiet solo time sometime after the webinar so you can focus on the questions and consider your answers. Writing out your thoughts can lead to profound personal insights.

The questions are appropriate for submissives, dominants and switches. If you don't relate to a question, re-word it or just don't answer it! Feel free to use the space for your own questions and thoughts.

I'm excited to help you along in your kink journey, have fun!

Princess Kali

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Foundation Info

What is chastity play?

What is orgasm control?

What are the different time frames chastity & orgasm control can be used?

What are the most important hygiene tips?

Key Concepts

Key Concept #1

Key Concept #2

Key Concept #3

Key Concept #4

Key Concept #5

Aftercare is for _____

Trigger Plan is for _____.

A note from Dr. Brian...

There's really no clear evidence that prolonged chastity and orgasm denial is dangerous to a man's physical health.

Let's assume that hygiene is good and that the person is able to keep their junk clean, then there's no risk of infection, or urine breaking down the person's skin.

There have been some very limited studies that suggest guys that ejaculate more frequently have up to a 20% decrease in the rate of prostate cancer, but these studies are pretty poor in design and cover a period of decades, so the impact of months to a couple of years would seem to be insignificant in this regard. For the record, orgasm denial for months to a year seems pretty extreme to me, but I'm just a submissive doctor, so what the hell do I know?

90% of what a guy ejaculates when he cums is from the prostate gland. If a person is kept in chastity for long periods of time and denied the ability to ejaculate, there is speculation that this could lead to congestion of fluids in this gland, and predispose the person to prostatitis. The evidence of this potential complication is limited and there are just as many sources touting the advantages of not ejaculating.

Overall I would assess the effects of long term chastity on long term health to be negligible.

Motivation

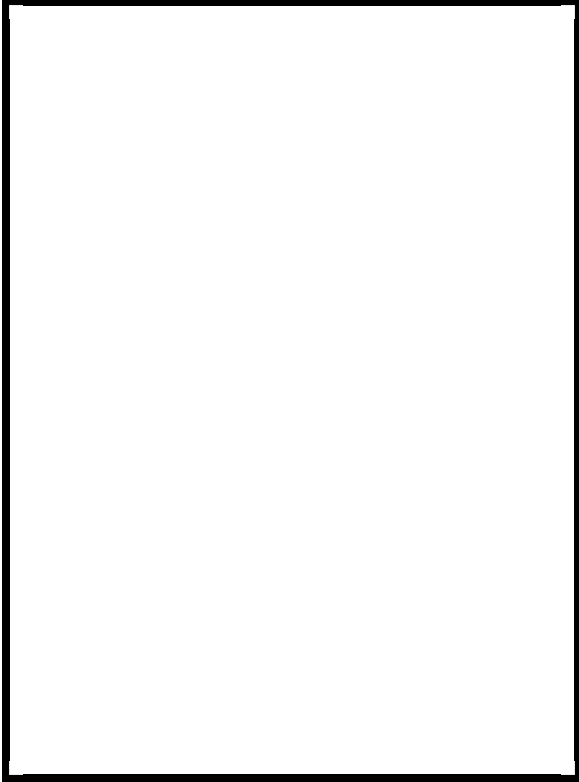
Why do people engage in chastity & orgasm control?

Circle the ones that apply to you

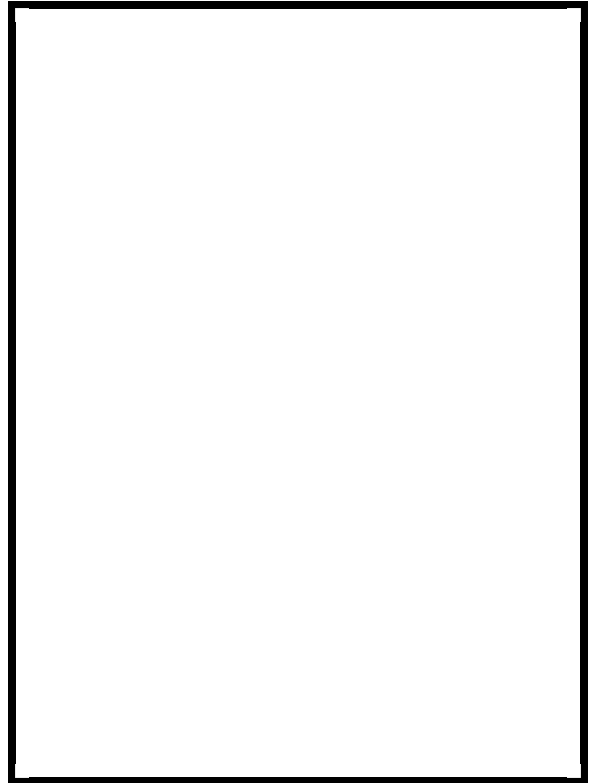
Chastity Devices

What do you need to consider when choosing a device?

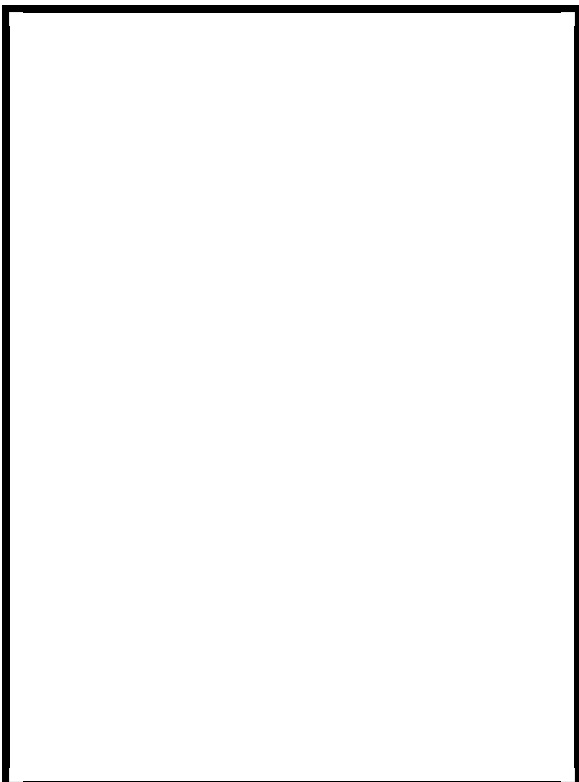
Types of Devices

A large, empty rectangular box with a black border, intended for writing about the types of chastity devices.

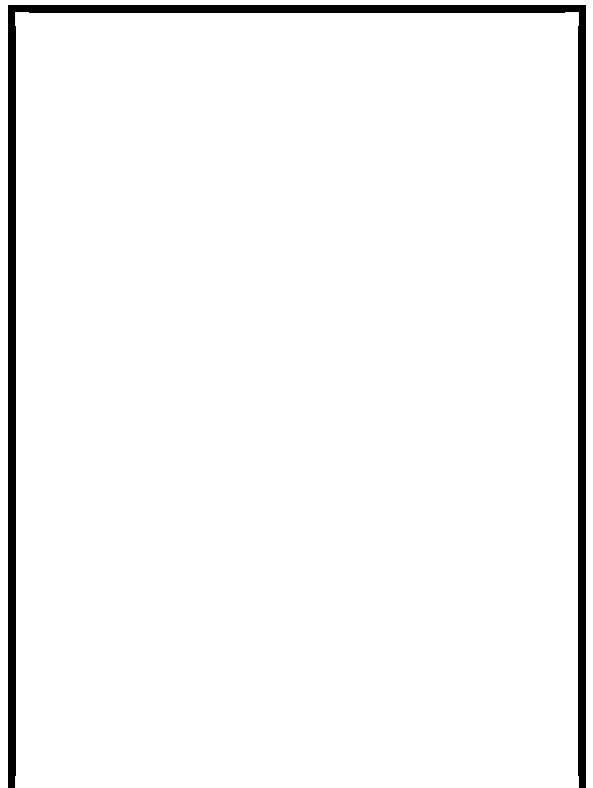
Materials

A large, empty rectangular box with a black border, intended for writing about the materials used in chastity devices.

Pro's

A large, empty rectangular box with a black border, intended for writing about the pros of chastity devices.

Con's

A large, empty rectangular box with a black border, intended for writing about the cons of chastity devices.

Obstacles

What are some common obstacles that kinksters face when wanting to explore chastity and orgasm control?

Have you experienced any obstacles to exploring chastity or orgasm control play?

Stereotypes

What are common stereotypes about people who want to explore chastity or orgasm control?

Do any of these stereotypes affect your desire for exploring chastity training or orgasm control?

Response

What are some common physical responses to chastity & orgasm control?

What are some common psychological responses to chastity & orgasm control?

Describe the physical and psychological sensations YOU experience when playing with any kind of orgasm control.

Kernel Kink

What is your most important feeling during a scene?
For example, feeling safe, vulnerable, objectified?

Is there any difference between how you want to feel during a scene & how you want to feel after a scene?

Vocabulary

Use these lists to help describe your feelings & desires.

| | |
|---------------|-------------|
| powerful | vulnerable |
| invincible | exposed |
| dominant | seen |
| catharsis | submissive |
| graceful | willing |
| superior | inferior |
| trustworthy | organized |
| relaxed | useful |
| in control | helpful |
| sadistic | objectified |
| focused | helpless |
| connected | controlled |
| spiritual | masochistic |
| strong | weak |
| confident | degraded |
| proud | humiliated |
| primal | embarrassed |
| loved | peaceful |
| worshiped | humbled |
| irresistible | obsequious |
| authoritative | desirable |
| special | grateful |
| tough | authentic |
| skilled | owned |
| creative | dehumanized |
| transformed | slutty |
| bratty | innocent |
| hypnotic | disciplined |
| safe | precious |
| seductive | wild |
| masculine | free |
| feminine | protective |
| genderless | shameless |
| predatory | prey |
| passionate | ruined |
| adoring | destroyed |

Add Your Own

Orgasm Request Form

Date:

Instructions:

Approved

Denied

Date:

Instructions:

Approved

Denied

Date:

Instructions:

Approved

Denied

Date:

Instructions:

Approved

Denied

Orgasm Control Schedule

Monday Instructions

Tuesday Instructions

Wednesday Instructions

Thursday Instructions

Friday Instructions

Saturday Instructions

Sunday Instructions

9 Basic Negotiation Questions

1. How are we negotiating? (circle one)
2. What is the goal feeling for each of us?
3. What are our soft/hard limits?
4. What are the activities we'd like to explore?
5. Are there any health issues to be aware of?
6. What are our safewords?
7. Are there any triggers we need to be aware of?
8. What is our Trigger Plan?
9. What are the Aftercare needs for each question?

Trigger Plan

Are there specific actions that help when you've been triggered?

Are there specific objects that help when you've been triggered?
(water, chocolate, food, blankets, personal item)

What kind of environment is most helpful?

(Quiet & alone, being around people, switch to vanilla energy)

Trigger Plan

What kind of communication would be helpful?

(No talking, Talk about what happened immediately, Talk about it later)

Is there anything else that would be helpful for your partner to know for your Trigger Plan?

Ways to Play - Activity Ideas

During a scene (short term - hours/days)

As part of training (days/weeks)

As philosophy (long term - weeks/months)

Personal Evaluation

Self-awareness is important for your own personal growth as well as healthy relationships. Take a look at these categories and think about how you would rate yourself at each. Please remember this is about self-assessment for growth, not judgement.

Attitude

Communication

Creativity

Setting Aside Time for Kink/Relationships

Setting & Maintaining Limits

Resource List - Chastity

Fetlife Groups

+ Male Chastity & Orgasm Tease & Denial
<https://fetlife.com/groups/141>

+ Enforced Chastity
<https://fetlife.com/groups/2625>

Chastity Device Companies

+ Steelwerks.com

+ CB-X.com

+ Birdlocked.com

JT Stockroom

+ Kali's Teeth - Advanced

<https://www.stockroom.com/kali-s-teeth-chastity-device-advanced.html>

+ The Spike Cage

<https://www.stockroom.com/the-spike-cage.html>

Extreme Restraints

https://www.extremerestraints.com/chastity-devices_26/locking-steel-female-chastity-belt_7230.html

Kink Academy

+ <http://www.kinkacademy.com/category/subject-matter/chastity/>

Thanks so much for joining me for
Learning to Love the Lock: Chastity Training

If you have any questions, feel free to email
me directly at kali@enoughtomakeyoublush.com

Also, if you're interested in private coaching
you can see more information about that here

CoachingByKali.com/Coaching

You can find the humiliation products I
mentioned at EnoughToMakeYouBlush.com/store