Submission, voice and choice

Reflection and understanding | 1 of 2

Explore the kind of submission you want while keeping your own needs visible.

Name or initials (optional): _____ Date: _____

1. What appeals to me about submission? What do I hope to feel or experience?

2. When does giving responsibility feel freely chosen? When does it feel difficult to disagree?

3. What are my needs, boundaries and preferences outside the role as well as within it?

Submission, voice and choice

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What makes it easier to say no, ask for change or stop an interaction?

5. How do I want care, appreciation and reconnection to be expressed?

6. What conversation would help me participate with more confidence and clarity?

My next step / support I can ask for / date to review: