

Femdom Compass Mirror

A private self-reflection questionnaire for Femdom identity, compatible submissive energy, communication, safety, aftercare, closure, and repair preferences.

VERSION

pilot-v1

SECTIONS

7

QUESTIONS

26

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SECTION 1

Consent + Privacy

A warm note from Phoenix Queen

Dear Femdom sister,

Thank you very much for taking your time, energy, and reflection to participate in the Femdom Compass Mirror: a self-reflection tool to help map your Domme archetype, compatible submissive energy, emotional needs, relational needs, safety needs, communication, aftercare, and closure preferences.

I believe understanding ourselves deeply is the first conscious step toward nourishing others and sustaining healthier D/s relationships - relationships that can fit both you and your submissive with more warmth, care, and love.

You might need about 30 minutes to complete. Of course, you may skip any question. Please answer from your current state, not as a permanent identity.

Follow your first instinct or first reflection. Let us dive in - I promise it will be fun.

Q1.1 OPTIONAL

Consent check

Please check each box to continue.

- | | |
|---|---|
| ☐ I confirm I am 18+. | ☐ I understand this is a self-reflection tool, not therapy or diagnosis. |
| ☐ I understand I can skip any question. | ☐ I consent to Phoenix Queen using my answers to create my Femdom Compass Mirror Report and share it only with me. |
| ☐ I understand my answers will not be shared publicly or with anyone else without my explicit consent. | |

SECTION 2

Your Basic Context

Q2.1 OPTIONAL

What name should I use for your Femdom Compass Mirror?

Q2.2 OPTIONAL

What is your FetLife account name?

Only to help me understand your context better if needed.

Q2.3 OPTIONAL

Date completed

Q2.4 OPTIONAL

Where are you based?

City / country, or general region if preferred.

Q2.5 OPTIONAL

Pronouns

Select all that apply.

☐ She/her

☐ They/them

☐ He/him

☐ Other

☐ Prefer not to say

Q2.6 OPTIONAL

Sexual orientation

Select all that apply.

- | | |
|---|--|
| ☐ Straight | ☐ Bisexual |
| ☐ Pansexual | ☐ Lesbian |
| ☐ Queer | ☐ Heteroflexible / homoflexible |
| ☐ Asexual / demisexual | ☐ Exploring |
| ☐ Prefer not to say | ☐ Other _____ |

Q2.7 OPTIONAL

How do you currently identify in D/s dynamic or D/s community?

Select all that apply.

- | | |
|---|---|
| ☐ Femdom / Dominant | ☐ Top |
| ☐ Switch | ☐ Pro-Domme |
| ☐ Lifestyle Domme | ☐ Educator / Mentor |
| ☐ Learning / Exploring | ☐ Event or community organizer |
| ☐ Not currently active | ☐ Other _____ |

Q2.8 OPTIONAL

What are you currently open to in D/s dynamic?

Select up to 5.

- | | |
|--|--|
| ☐ Education / discussion | ☐ Events / community |
| ☐ Personal introductions | ☐ Online session |
| ☐ Offline session | ☐ Pro-session inquiry |
| ☐ Ongoing D/s without vanilla romance | ☐ Ongoing D/s with vanilla romance or long-term partnership |
| ☐ Not open to anything right now | ☐ Other _____ |

SECTION 3

Your Femdom Archetype Mirror

Q3.1 OPTIONAL

Which Femdom styles feel most naturally like you?

Choose the styles that feel like your natural dominance, not only roles you can perform. Select up to 3.

- | | |
|--|--|
| ☐ Sensual / Pleasure Domme
Dominates through pleasure, tease, denial, seduction, erotic control, and embodied attention. | ☐ Primal / Physical Domme
Enjoys instinctive predator/prey energy, physicality, restraint, biting, scratching, roughness, or being physically commanding within consent. |
| ☐ Nurturing / Caregiver / Protector Domme
Dominates through care, guidance, protection, emotional support, reassurance, or a deeply holding presence. | ☐ Top / Service Top
Takes active control to provide a scene, sensation, or experience without requiring deeper psychological or total power exchange. |
| ☐ Brat Tamer
Enjoys meeting playful resistance with structure, correction, consequences, reward, and the pleasure of bringing a brat back into line. | ☐ Slave Owner / Total Power Exchange / 24/7 Femdom-led Relationship
Enjoys negotiated ownership, obedience, service, rules, devotion, and major or total power exchange within clear limits. |
| ☐ Boss / Authority / Hard Domme
Direct, strict, demanding, discipline-oriented, management-minded, and comfortable with high standards, protocol, fear, punishment, or correction within consent. | ☐ Queen / High-Protocol / Taskmistress
Elegant, commanding, and inspirational; uses high protocol, daily tasks, standards, devotion, loyalty, and structure to inspire the submissive to become better. |
| ☐ Specialist Play
Enjoys specific forms of D/s play such as rope, findom, cuckold/keyholding, pet play, roleplay, exhibition, harem dynamics, or medical play. | ☐ Other
_____ |

Q3.2 OPTIONAL

Which Femdom styles can be fun or arousing for you, but emotionally or relationally draining if expected too often?

Select up to 3.

- | | |
|---|--|
| ☐ Sensual / Pleasure Domme | ☐ Primal / Physical Domme |
| ☐ Nurturing / Caregiver / Protector Domme | ☐ Top / Service Top |
| ☐ Brat Tamer | ☐ Slave Owner / Total Power Exchange / 24/7 Femdom-led Relationship |
| ☐ Boss / Authority / Hard Domme | ☐ Queen / High-Protocol / Taskmistress |
| ☐ Specialist Play: rope, findom, cuckold/keyholding, pet play, roleplay, exhibition, harem, medical play | ☐ Other _____ |

Q3.3 OPTIONAL

When your dominance is at its healthiest, what do you want your submissive or partner to feel?

Select up to 5.

- | | |
|--|--|
| ☐ Protected / safe | ☐ Owned / claimed |
| ☐ Desired / chosen | ☐ Useful / valuable |
| ☐ Adored / worshipful | ☐ Inspired / guided |
| ☐ Challenged / sharpened | ☐ Corrected / disciplined |
| ☐ Consensually punished / humbled / belittled | ☐ Other _____ |

SECTION 4

Your Femdom Sub Compatibility Map

Q4.1 OPTIONAL

Which sub types arouse or interest you?

Select up to 5.

☐ Service / Domestic Sub

Finds fulfillment in obedience, usefulness, household service, practical support, emotional service, or making the Dominant's life smoother.

☐ Brat

Enjoys playful challenge, teasing, or resistance, and then being corrected, disciplined, rewarded, or brought back into obedience.

☐ Pleasure Sub

Connects through sexual obedience, erotic service, being used for pleasure, arousal control, reward, denial, or pleasing the Dominant.

☐ Pet / Primal Sub

Enjoys creature-like affection, training, ownership, being hunted, captured, restrained, overpowered, bitten, scratched, or physically dominated within consent.

☐ D/s Life Partner / Integrated Partner

Wants D/s to connect with real life, emotional intimacy, long-term compatibility, shared values, partnership, or life-building.

☐ Devotional / Worshipful Sub

Feels submission through admiration, reverence, ritual, praise, loyalty, and the desire to honor or worship the Dominant.

☐ Slave / Total Power Exchange Sub

Desires ownership, obedience, rules, structure, service, surrender, and negotiated control within clearly agreed limits.

☐ Masochist

Finds arousal or gratification through consensual pain, suffering, restraint, humiliation, degradation, intensity, or discomfort.

☐ Bottom / Rope Bunny / Scene Receiver

Enjoys receiving sensation, commands, bondage, restraint, rope, display, or immobilization without necessarily needing deeper total power exchange.

☐ Other

Q4.2 OPTIONAL

Which submissive emotional or relational energy feels most compatible with you?

This is different from physical arousal, D/s activities, or fantasy roles. This is about the emotional style of submission that feels balanced, sustainable, and nourishing to you. Select up to 5.

- | | |
|---|--|
| ☐ Steady / Reliable
Consistent, grounded, dependable, and able to follow through. | ☐ Respectfully Obedient
Submits with respect, maturity, and dignity without becoming helpless, chaotic, or performative. |
| ☐ Playful but Respectful
Enjoys teasing, humor, or light bratty energy, but still respects authority and knows when to return to obedience. | ☐ Devoted but Independent
Loyal, emotionally connected, and sincere in devotion, while still maintaining identity, responsibilities, boundaries, and real-life stability. |
| ☐ Emotionally Expressive but Regulated
Can show vulnerability, longing, gratitude, affection, fear, pride, or attachment without becoming chaotic or manipulative. | ☐ Growth-oriented
Sees submission as a path toward discipline, confidence, productivity, self-mastery, and becoming better. |
| ☐ Curious Beginner with Humility
Newer to submission but respectful, teachable, honest, patient, and willing to learn properly. | ☐ Experienced / Protocol-aware
Understands etiquette, titles, rituals, rules, obedience, hierarchy, and D/s structure without needing constant basic education. |
| ☐ Real-life Realistic
Understands actual time, money, work, family, travel, health, privacy, and life constraints, and does not promise what cannot be maintained. | ☐ Other
_____ |

Q4.3 OPTIONAL

What level of attachment or contact feels compatible for you?

Select up to 3.

☐ Scene-only / no ongoing emotional continuity

The connection is contained to the agreed scene or session, with respectful closure afterward.

☐ Light ongoing check-ins

Simple occasional contact or check-ins feel good, but without heavy emotional intensity.

☐ High-contact devotional dynamic

The sub wants frequent check-ins, tasks, rituals, praise, correction, and a strong sense that the Dominant is present in daily life.

☐ Deeply attached / orbiting dynamic

The Dominant becomes a central emotional focus, and the sub feels fulfilled when thoughts, routines, loyalty, and devotion revolve around her.

☐ Not sure yet / depends on the person

☐ Casual but warm

There is human warmth, respect, and kindness, without romantic promises or deeper commitment.

☐ Regular connection, independent lives

There is consistent contact and emotional connection, while both people maintain their own real-life responsibilities.

☐ Containment-seeking dynamic

The sub wants strong guidance, emotional containment, rules, structure, and the feeling that the Dominant helps hold, direct, and steady them.

☐ Highly dependent dynamic

The sub may become emotionally, sexually, financially, or logistically dependent, but only with explicit negotiation, capacity, responsibility, and ongoing consent.

☐ Other

Q4.4 OPTIONAL

Above D/s, above the role, what are the top human qualities you need in a sub?

Select up to 3.

☐ Integrity / honesty

☐ Emotional regulation

☐ Accountability / repair ability

☐ Intelligence / education / occupation fit

☐ Physical attraction / presentation fit

☐ Reliability

☐ Boundary maturity

☐ Kindness / sensitivity / romantic warmth

☐ Privacy respect / discretion

☐ Other

Q4.5 OPTIONAL

Which sub energies drain you?

This is not about judging someone's D/s desire. This is about identifying emotional patterns, communication habits, and relational behaviors that are not compatible with you. Select up to 5.

- | | |
|--|--|
| ☐ Needy without self-awareness | ☐ Entitled to access |
| ☐ Cannot handle no / boundary-pushing | ☐ Fantasy dumping |
| ☐ Treats me as a role, not a person | ☐ Emotionally flooding |
| ☐ Attachment confusion | ☐ Unreliable / disappears |
| ☐ Uses submission to avoid responsibility | ☐ Other _____ |

SECTION 5

Your Communication + Safety Map

Q5.1 OPTIONAL

Before you continue a conversation with a sub, what must feel true?

Select up to 5.

- | | |
|--|---|
| ☐ He is real / not catfishing | ☐ He reads my profile or instructions |
| ☐ He respects my privacy | ☐ He accepts my pace |
| ☐ He has realistic logistics | ☐ He does not fetish dump |
| ☐ He does not feel coercive or entitled | ☐ He communicates clearly and respectfully |
| ☐ He shows consent awareness | ☐ Other _____ |

Q5.2 OPTIONAL

What makes you immediately close the door?

Select top 3.

- | | |
|---|--|
| ☐ Entitlement | ☐ Dishonesty |
| ☐ Pressure | ☐ Disrespect |
| ☐ Poor hygiene / poor presentation | ☐ No consent awareness |
| ☐ Aggressive sexual messaging | ☐ Blackmail / scam energy |
| ☐ Emotional manipulation | ☐ Other |

Q5.3 OPTIONAL

While you are dominating or leading, what kind of communication helps you feel respected?

Select up to 5.

- | | |
|--|--|
| ☐ Clear verbal check-ins / safe words | ☐ Quiet obedience |
| ☐ Responsive body language | ☐ Asking permission before changing direction |
| ☐ No bargaining mid-scene | ☐ Calm presence |
| ☐ Humor / playfulness | ☐ Respectful feedback after, not during |
| ☐ Follows instructions carefully | ☐ Other |

SECTION 6

Aftercare, Closure + Repair

Q6.1 OPTIONAL

After D/s play, a session, or emotional intensity, what helps you feel cared for instead of used, dropped, or emotionally emptied?

Select up to 5.

- | | |
|--|--|
| ☐ He checks in when he gets home. | ☐ He asks how I feel afterward. |
| ☐ He thanks me sincerely and acknowledges the energy, care, and attention I gave. | ☐ He does not disappear the next day. |
| ☐ He treats me warmly off-role, even if the connection is casual. | ☐ He respects my need for space when I need it. |
| ☐ He does not demand emotional labor when I am not available. | ☐ He remains respectful even if there is no continuation. |
| ☐ He keeps private details private. | ☐ Other _____ |

Q6.2 OPTIONAL

If a casual or non-romantic dynamic continues, what kind of continuity feels respectful?

Select up to 3.

- | | |
|--|--|
| ☐ No ongoing continuity needed, but respectful closure matters. | ☐ One simple check-in afterward is enough. |
| ☐ A next-day check-in matters to me. | ☐ Warm human conversation after intensity matters. |
| ☐ Clear agreement about whether this continues or ends matters. | ☐ A debrief, coffee, dinner, or calm conversation matters if appropriate. |
| ☐ No false intimacy or mixed signals. | ☐ Light but consistent contact. |
| ☐ I prefer no ongoing contact after casual play. | ☐ Other _____ |

Q6.3 OPTIONAL

If a sub slows down, disappears, or cannot continue, what closure would feel respectful?

Select up to 5.

- | | |
|---|---|
| ☐ Clear communication instead of disappearing. | ☐ A kind, honest explanation without blame or cruelty. |
| ☐ Reassurance that I was not used or taken for granted. | ☐ Being left alone respectfully if I ask for space. |
| ☐ Not being made to chase for clarity. | ☐ Practical closure around plans, belongings, payments, privacy, or unfinished agreements. |
| ☐ A clear statement about whether future contact is welcome. | ☐ Continued privacy and confidentiality. |
| ☐ A repair conversation if something hurtful happened. | ☐ Other _____ |

Q6.4 OPTIONAL

How do you prefer conflict, misunderstanding, or emotional misattunement to be repaired?

Select up to 5.

- | | |
|--|---|
| ☐ Direct apology | ☐ Specific accountability |
| ☐ Changed behavior | ☐ Calm explanation without excuses |
| ☐ Space first, repair later | ☐ Written reflection |
| ☐ Gentle reassurance | ☐ Clear boundary reset |
| ☐ Follow-up check-in after repair | ☐ Other _____ |

Q6.5 OPTIONAL

When you say no, slow down, pause, or change your mind, what should a sub never do?

Select top 3.

- | | |
|--|--|
| ☐ Argue, debate, or negotiate against my boundary. | ☐ Guilt-trip, sulk, punish, or withdraw affection. |
| ☐ Keep asking the same thing in different ways. | ☐ Push for access to my time, body, attention, messages, or emotional energy. |
| ☐ Demand explanations beyond what I choose to give. | ☐ Panic, spiral, flood me emotionally, or make me responsible for soothing him. |
| ☐ Disappear, stonewall, or become cold as punishment. | ☐ Turn my no into fantasy, roleplay, teasing, or a challenge. |
| ☐ Threaten privacy, reputation, safety, or share private details. | ☐ Other _____ |

SECTION 7

Current Reflection

Q7.1 OPTIONAL

At this point in your Femdom or D/s journey, what is your biggest challenge right now?
