

# SUBMISSIVE DISCIPLINE - 45 BDSM PUNISHMENT IDEAS

Punishment is a pretty strong word.

It evokes the dread we felt when we were children and our parents caught us doing something wrong or we slacked at work and the boss tore us a new one.

It's also a key tool in BDSM relationships.

The trick is finding a set of punishments that will **correct the submissive's behavior** and result in something more positive.

## FOR EXAMPLE:

A submissive regularly shows up late to sessions, dates, etc.

If they love corporal punishment, spanking will only *reward* them.

Instead, make them sit and write 50 reasons why being late is a bad thing and then read it out loud. They spend the entire allotted time on the list, rather than having a pleasant experience with their Mistress/Master. What would be discipline for one person, would be a reward for another.

## RESTRICTIVE OR DENIAL

- Chastity belts
- Orgasm edging
- Early bedtime
- Go without food for a day
- Deny orgasms for X# of days or weeks or months
- Take away the right to publicly speak for themselves for x-hours
- Deny them attention or the right to come over and see you
- If there is more than one slave, make them prepare you to have sex with your other slaves. They get nothing and must watch.
- Take away anything they enjoy or love for x# of days etc.
- If they don't like collars, make them wear one around the house. If they love their collar, take it away.

**However**, keep in mind that in some BDSM instances (or for certain couples etc.), a collar is as serious as a wedding band. To take it away as a punishment would be rather harsh, so use with discretion.

## PRODUCTIVE

- Make them run an errand wearing a long coat with nothing underneath
- Make them run a public errand while wearing **ben wa balls**
- Do their daily routine around the house with a vibrating buttplug in their ass\*
- Make them serve you dinner and wait on you in the nude
- Make them write an essay

Try a long distance, VIBRATING BUTT PLUG to punish from *afar*

Loveuse Bluetooth and long-distance butt plug

## PAIN OR DISCOMFORT

- Some sort of **sensory deprivation**, perhaps while performing another punishment
- X# of strikes with whatever implement, they must count each one and thank you or ask for the next one
- Force orgasms with a **magic wand\***
- Wash mouth out with soap
- Weights on nipples, penis, or testicles
- Wear an uncomfortable ball gag
- Kneel on uncooked rice for 3 minutes and then clean it up
- Do a certain chore while bound or physically restricted in some way
- Wear clothespins in a sensitive place
- Schedule them a Brazilian wax
- Force a (short) cold shower on them

- Hold pennies against a wall (one for each finger) in whatever position you choose
- Soak a glass dildo in cold water and insert. Never use ice, as this kind of punishment because it could cause damage

### **Want a STRONG magic wand to use during punishments or play?**

Check out DOMI - the programmable, cordless magic wand

## **HUMILIATION**

- Naked exercise
- Announce every time they are horny and why
- Masturbate in front of (willing) guests
- Act like an object or a piece of furniture
- Talk about how and why your sub disappointed you
- Write the infraction on their body with permanent marker
- Make them walk around with cum in their panties or body all day
- If it's a man, make them dress in female's clothes for the day
- Eat from a pet dish, or on a plate if they usually eat from an animal bowl
- Record their orgasms and make them their ringtone and message alerts
- Write dirty things on their body, such as "Dirty Slut," "Cum Dumpster," or "Cock Whore"

## **BORING OR MENTAL**

- Isolation
- Write lines
- Give them a lecture on why they were bad
- Sit in a corner and think about what they've done
- Make them eat something super healthy and bland as hell – like boiled mushy cauliflower.

<https://www.lovense.com/bdsm-blog/bdsm-punishment-ideas>

## **HOW TO PUNISH A SUB EFFECTIVELY**

Every Dominant/submissive relationship should have punishments. After all, the "D" in BDSM stands for discipline, and no sub is perfect. Correction (even over text) is needed from time to time when they break the rules. But many Doms struggle with ideas for knowing *how* to punish. And a sub can feel neglected when it isn't done in the proper way.

Here are some things to keep in mind for a punishment to be successful, and don't forget to download your free master list of ideas. <https://www.domsbliving.com/punish-sub-effectively/>

### **Punishments need to have a reason**

The main goal of any punishment is so the sub will learn from it. The Dom disciplines to discourage unacceptable conduct, and to ensure that the sub fully appreciates their role. A sub should good etiquette to say beforehand, "You are being punished because..." or to ask, "Why are you being punished?" This keeps the focus on the behavior that needs to change. That way the sub doesn't feel like it's themselves that the Dom doesn't like.

Punishments for littles can be for things a real Daddy would punish for: not cleaning their room, spending too much time on their phone, etc.

## **The punishment should fit the crime**

Failure to comply with any rules should always result in some sort of punishment. The harshness should be determined by the severity of the misdeed. For example, if a sub waits 15 minutes to respond to a Dom's texts, an intense paddling would probably be too much.

For softer punishments, my Dom likes to make me remove my panties for the day or have me wear Ben Wa Balls. (These punishments also work for long distance D/s relationships.)

On the other hand, if a sub has committed a major offense, corporal punishment will probably be required. Quite a few times I've made my Dom mad enough to make him spank me so long and hard that I've bawled into my pillow.

## **Don't go too soft when you punish**

There is nothing worse than expecting a hard punishment and getting off with "a slap on the wrist", or worse: no punishment at all. Some subs perform best when they are disciplined at least daily, others every other day, or even once a week.

Look for patterns. If a sub seems to stop trying so hard to please their Dom, then a good punishment is probably in order. Again, we are all imperfect human beings and there is always some correction in behavior that can be found.

Many Doms who are new to BDSM may hold back, fearing they are going too far, especially if a sub starts crying. But that is where trust in their safewords comes in. If it gets too painful, physically, emotionally, or mentally, a sub has the right to safeword.

One way to gauge how painful a punishment is can be to make the sub count each time they are hit. My Dom usually will spank me five times, making me count after each one so he can tell in my voice if he is going too hard or soft. Another idea is to have the sub recite a phrase after each hit, like, "I am Daddy's little girl."

## **Timing is crucial (even over text message)**

Usually a sub knows when they mess up, and they dread the after-effects of displeasing their Dom. If the Dom completely forgets to punish or even puts it off it is less affective.

Sometimes a little bit of time can grow the anticipation and force the sub to meditate on what they did, but generally punishments should happen by the end of the day. If it's a long-distance D/s relationship, and you want to know how to punish a sub over text, still keep in mind the timing when administering discipline.

Anything later than a day misses the goal of teaching the sub so they will learn to never do it again. It is like waiting too long after your dog has an accident to rub their nose in it. Subs need to see that their Doms care enough about the relationship to take the time to discipline them.

## **BDSM punishment ideas**

It needs to be emphasized that the subject of discipline should always be discussed beforehand to keep things consensual and safe. A written contract can list the types of punishments that are acceptable, and the severity that is agreed on.

- **Spanking-** My favorite I love to hate. Usually done on the bed without clothes on. Using the Dom's bare hand has the advantage of keeping the physical connection between both parties. It also prevents him from doing serious damage because he will have the pain in his hand as a gauge.
- **Paddling-** Administered like a spanking but uses an object like an actual paddle, ruler, hairbrush, etc.
- **Whipping-** Belts can do serious damage so this is better when done lightly.
- **Biting-** Usually done during a sexual encounter when a sub displeases the Dom.
- **Delayed orgasm-** Either for a minute or a day, to remind a sub that their Dom has the power over their sexual fulfillment.
- **Brazilian wax-** Making a sub get this done will only work if they don't currently enjoy doing this.

<https://www.domsbliving.com/punish-sub-effectively/>

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## Punishment Ideas Master List

### Long distance:

1. Having to wear Ben Wa balls\*
2. Writing 50-100 lines (“I will not...”)
3. Cold showers
4. Having to wear a butt plug
5. Write a letter to their Dom apologizing and how they’re going to make sure they never do it again
6. Made to get a Brazilian wax
7. Having to post about their transgression online

### Pain free:

8. Not allowed to wear clothes
9. Not allowed to wear underwear outside the house\*
10. Not allowed to wear makeup
11. Body writing with a permeant marker (“Whore, slut, Property of ...”)
12. Having to do chores/clean something that they don’t like doing
13. Not allowed to speak
14. Be given a harsh lecture
15. Made to eat from a pet bowl on the floor+
16. Denied to sit on furniture or sleep in their bed

### DD/Ig:

17. Standing in the corner
18. No screen time (Phone/computer/TV)\*
19. Early bedtime
20. No treats+
21. Giving the sub no attention at all for a set time
22. Taking away a favorite stuffie
23. Wash their mouth out with soap

### Painful/sexual:

24. Spanking or using different implements: belt, ruler, riding crop, flogger, etc.\*
25. Wearing a chastity device
26. Having to perform a sex act they particularly don’t enjoy, like oral or anal
27. Nipple clamps
28. Clothes pins attached to the body or genitals
29. Orgasm denial
30. Ice cubes rubbed against their body
31. Made to eat hot peppers+
32. Wearing a restrictive collar

\*My Dom’s favorite to use on me.

+Be extra cautious about food related punishments if the sub has/had an eating disorder.