



Vetting Questions to Ask a Potential Little Submissive



To Dominants: The purpose of this document is to help you “vet” any potential Little/submissive that wants to connect with you. Just as we stress for Littles to vet a potential Dominant and protect their heart, so too do we encourage you to do the same! It is our sincere hope that these questions will guide you into a healthy, lasting D/s relationship that fulfills you completely!

1. The Basics:

- 1.1. What is your preferred name that you like to be called?
- 1.2. What are your preferred pronouns?
- 1.3. How old are you?
- 1.4. Are you single? Married? Have children?
- 1.5. What is your profession/job?
- 1.6. What hobbies do you enjoy doing?
- 1.7. What are you looking for in a Cg/l relationship?
- 1.8. Are you monogamous? Polyamorous?
- 1.9. How long have you been an adult little?
- 1.10. Have you ever been in a D/s relationship before? If so, how many past Dominants have you had?
- 1.11. Have you ever had a relationship contract before?
Would you be open to drawing up a Cg/l contract if we bonded as Dom/sub?
- 1.12. Are you looking for a part-time, full-time, or play session only relationship?
- 1.13. If we were to enter into a relationship together as Dom/sub, what would your normal schedule look like to be able to communicate with me regularly?
- 1.14. Do you prefer to talk on the phone, text, chat on social media apps, video chat, etc.?

2. Learning More About Their Little Space:

- 2.1. What does the word submissive mean to you?



- 2.2. How would you describe your Little side?
- 2.3. Do you like being Little in public, or do you prefer to keep your little space to private areas only?
- 2.4. Do you have experience with long distance relationships? If so, how did those experiences go?
- 2.5. Would you describe your little space as sexual or non-sexual, and why?
- 2.6. Are there other aspects of the BDSM lifestyle that interest you? If so, please elaborate.
- 2.7. What are some of your favorite activities to do in Little Space?
- 2.8. Would you consider yourself to be a brat? Why or why not?
- 2.9. What are some expectations you have from me if I were to become your Dominant?
- 2.10. Do you feel comfortable with exchanging power and submitting while in Little Space?
- 2.11. Do you like having rules and structure in your life? Why or why not?
- 2.12. Have you ever been formally trained by a Dominant before? If so, can you explain how that experience went?






3. Emotional and Mental Health:

- 3.1. How do you normally handle conflict resolution?
- 3.2. "Topping from the bottom" or a sub manipulating their Dominant is a common issue in the D/s lifestyle. Have you ever subconsciously "topped from the bottom" or have seen someone else do it? How would you make sure to keep your behavior aligned with our power exchange if we become Dom/sub?
- 3.3. How do you feel about having discipline and punishment in a D/s relationship?



- 3.4. When you are in little space, do you struggle with separation anxiety from your Dominant? If so, do you have self-soothing methods?
- 3.5. Among the 5 Love Languages, what would you say is the primary way that you give and receive affection? **(If you aren't sure, pause here and take the FREE online quiz at: <https://www.5lovelanguages.com/quizzes/love-language>)**

HOW TO SPEAK YOUR PARTNER'S LOVE LANGUAGE

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate and listen actively.	Send an unexpected note, text, or card.	Not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal use of body language and touch to show love.	Hugs, kisses, cuddling.	Physical neglect or abuse.
 RECEIVING GIFTS	Thoughtfulness, make your Spouse a priority.	Give thoughtful gifts and gestures. Express gratitude when receiving gifts.	Unenthusiastic gift receiving, forgetting special occasions.
 QUALITY TIME	Uninterrupted and focused conversations. One on one time is important.	Create special moments, take walks and do small things with your partner.	Distractions when spending time together. Long time without one-on-one time.
 ACTS OF SERVICE	Let them know you are wanting to help, to lighten their load.	Make them breakfast or dinner. Go out of your way to help with chores.	Lacking follow-through on small and large tasks.

The Ladies Coach

- 3.6. What social media platforms (if any) do you use and is it important to you that we communicate over them?
- 3.7. When it comes to your mental health, are there any issues or concerns that I should be aware of? If so, please elaborate as much as you feel comfortable.
- 3.8. Do you have any medications, mobility impairments, or other health issues that I should know about?



- 3.9. Have you ever taken the **BDSMTest.org** test to see what percentages you rank with your kinks, fetishes, and desires? (If not, pause here and do so now together).
- 3.10. What goals do you have for yourself that you would want a Dominant's help in guiding you through?