The primary question I receive from men is how to discuss cuckoldry with their mates once the subject is broached. Many couples think that they can jump into active cuckolding with little to no recourse by establishing a few rules.

Unfortunately, this is not always the case. When exploring cuckoldry, you open your world and your relationship to a myriad of possibilities. They might not be what you expect. Moving from fantasy to reality requires a bit of forethought and a lot of transparently honest communication.

Here are over 40 questions I recommend reviewing before your first sexual encounter. I cover these and more in private mentoring, but this is enough to start the conversation.

Take your time answering the questions in this workbook. The more detailed and honest your answers are now, the fewer hiccups you are likely to encounter later. For more helpful information, check out my best essays on cuckoldry or contact me for a free consultation.

Understanding Your Identity: What Does It Mean to Be a Cuckoldress or a Cuckold?

Begin understanding what being a Cuckoldress or a cuckold means to you by answering the questions in the next section honestly about yourself. Skip any questions that do not apply to your role in the relationship by writing “Not applicable” in the answer section.

If you are answering these questions with your partner, print two copies, answer the questions separately and without discussing your answers until you complete the exercise. Then, once you have completed the exercise and reviewed your answers separately, discuss your responses.

Practice transparent honesty, active listening, and compassionate acceptance as you listen to your partner’s responses, especially if your response or the response you expected or desired from your partner differs.
THE BEGINNERS GUIDE TO CONTEMPORARY CUCKOLDRY

1. Do you identify as a submissive man who enjoys watching his wife explore sexually?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. Do you identify as a dominant man who enjoys showing off his wife sexually?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. Are you a woman who is confident in her sexuality and enjoys having power over her husband?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. Are you a submissive woman who prefers that someone else take the lead in the bedroom, but does not seem to have that sexual compatibility with her mate?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

5. Do you want chastity, humiliation, sissification, forced feminization, forced bisexual activity, or any other fetishes included in your relationship?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
6. Do you prefer sharing your identity as a cuckoldress or cuckold something openly or keeping it discreet?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

7. How would you prefer to practice cuckoldry – passively, actively, or organically?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

8. Is this a game you prefer to play on vacation and long weekends, or something you want to influence every aspect of your life?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

9. Do you prefer something more vanilla as a female-centric couple or do you want a bit of kink mixed in to add some spice?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

10. Do you feel drawn more to Contemporary Cuckoldry or hotwifery?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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11. How would you prefer to interact with a Bull or a Lover?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

12. Would you prefer to call a third person a Lover or a Bull?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

If you fall somewhere between the answers you provided so far, specify what you want so you and your current or future triad will understand fully what you mean and what you need to feel fulfilled. Then, continue with the remaining questions.

The Basics

1. What do you hope to add to your relationship by exploring cuckoldry together?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. How will you handle the angst?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. How will you handle the emotional bond that occurs with a lover and a cuckoldress?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. Will romance be a part of your active cuckolding with the lover?
____________________________________________________________________
5. What rituals do you have in place for bonding before and after you take a lover?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

6. Will the experience be temporary to test the waters?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

If so, how will you decide when it ends (e.g., a set date, a specific reaction, a one-time thing)?
__________________________________________________________________________
__________________________________________________________________________

7. How will you move forward if you discover cuckoldry is not something you enjoy?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Will either of you be disappointed if that's the case?
__________________________________________________________________________
__________________________________________________________________________

How will you handle that disappointment?
__________________________________________________________________________
__________________________________________________________________________

If you find you enjoy it, how often will you actively involve a third-party?
__________________________________________________________________________
The Third Person

1. What type of lover do you want? (e.g. full-time, part-time, rotating, live-in)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Do you prefer Bulls, Hedonists or some other variety?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

What criteria must a man meet to be considered a potential lover?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Would a dominant, submissive or switch personality complement your relationship best?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

2. How will the third person fit into your lives?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Are you looking for a series of one-night stands or something more consistent?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
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If you are expecting something more consistent, does it include a live-in arrangement?

____________________________________________________________________
____________________________________________________________________

What would the living arrangement be?

____________________________________________________________________
____________________________________________________________________

If you have children, how will he be introduced, if at all, to the family (e.g., a family friend, a coworker, etc.)?

____________________________________________________________________
____________________________________________________________________

Health Questions

1. How will you handle protection (e.g., condoms, birth control, etc.)?

____________________________________________________________________
____________________________________________________________________

Who will be responsible for providing it?

____________________________________________________________________
____________________________________________________________________

What type(s) of fluid bonding will there be with the lover? (e.g. kissing, swallowing pre-cum, semen/vaginal fluid, etc.)

____________________________________________________________________
____________________________________________________________________

Who decides when, with whom, and under what circumstances this will happen?
2. Will you get full spectrum STD/STI tests before? (Bear in mind that you must specifically request an HSV1/HSV2 aka Herpes Simplex Virus Test. It is not part of a “full spectrum” test without a specific request per the CDC.)

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

3. Have you considered how you will handle an unplanned pregnancy, which is a very real risk even for the most cautious couples?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

4. Who will start these conversations with the potential lover?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Logistics

1. What will you say to anyone who shows concern for your marriage, if someone sees you and the potential or current lover in a public setting?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

2. Where will active cuckolding take place?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
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If outside the home, who will assume financial responsibility for the dates?
____________________________________________________________________
____________________________________________________________________

If inside the home, what criteria or security measures must be met?
____________________________________________________________________
____________________________________________________________________

Do you have a contingency plan if something goes wrong?
____________________________________________________________________
____________________________________________________________________

3. What precautions must you take to prevent your increased sexual activity from impacting your careers?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. How will nights out affect your children and what reason will you give them for your absence if any?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

These are important questions to which you must have the answers before deciding what agreements will govern your exploration or your first encounter. Even after you answer these questions, be open to other questions that will arise as you explore. Continue discussing cuckoldry and your expectations as you explore.

Do you need help understanding yourself, your partner, or this exercise? Join me for a free discovery session today by clicking the booking link below.

To leave feedback on this exercise, click here.