





Domesticated Damsel

Living life can be so hard when all you crave to do all day is look beautiful and be taken care of. The joys of domestic bliss would lead any girl into craving the perfect Stepford wife or Betty Draper experience. Have you ever dreamed of a white picket fence around your cute suburban home? Maybe you like spending time tending the garden while you tend to your own appearances?

Look no further as Domesticated Damsel takes you on a journey through your perfect life where you find joy and comfort in letting your hunky spouse make the family money and the important decisions. My newest induction aims to guide you through the rules you need in order to become the perfect housewife and find the spouse that can support you and love you and provide for you every day while you spend your time working on our appearance and cleaning the house in your prettiest outfits. This file reminds you of how to act in order to get the lover of your dreams and live out your life as the perfect, beautifully feminine partner you aspire to be.

1. Module One: Dating and You

Welcome to the Housewife Hotline Dating Service! Over the course of this file, I'm going to get you ready for the greatest adventure of your life! In this first module you will find yourself becoming curious about being a housewife. Learn the importance of keeping up appearances, cleanliness, dressing nice, and smelling good.

2. Joy: Apple of Your Eye

Meet Joy. A vibrant, young girl ready to start her life! As she tells you about her adorable memories and compliments she receives on her appearance, feel yourself slipping into her mind and become a confident, attention-seeking, go-getter who is ready to tackle her chores and be the housewife she has always dreamed of being.

3. Module Two: Cleaning and Preening

Every perfect person needs to start with an immaculate house! In module two, get into the mood to clean and preen and polish your home to the perfect sheen. Imagine, one of your best friends pops by for a surprise visit, but EEEK! Your house is an absolute mess, you don't have any refreshments, and you're still in your pajamas! How embarrassing! If only you had listened to Module Two, you would have welcomed them with open arms and a freshly baked pie.

4. Mabel: Perpetual Perfection

This is Mabel. She spends her time flipping through magazines, collecting recipes and finding must-haves in her favorite home decor catalogs. Mabel knows her style and



knows that the home she sees each and every day has to be the perfect reflection of her and her family's personality.

5. Module Three: Dial-A-Hunk

A good relationship involves two people. In module three, learn that since you naturally love cooking and cleaning and keeping up your home and appearance, you need to find someone who can support your cute and feminine habits by going out and making money for you to spend on your house and lifestyle.

6. Sarah: The Meet-Up

Catch-Up with Sarah as she prepares herself for the Housewife Hotline's Monthly Meet-Up and tries to catch her perfect, rich, hunk. Watch as she finds the cutest, richest guy there and takes him back to her immaculate home for more intimate fun. He can't help but appreciate her style and she knows that she can't help but immediately fall in love with him.

7. Module Four: What YOU Need for THEIR Needs

In module four you will discover how to anticipate the every need and whim and desire of your perfect partner as you come to love to cater to them. Start paying attention to all of the little things that your lover does and slowly take away each task until all your significant other has to do when they get home is relax.

8. April: Hitched and Honeymooned

Meet April. Let her take you on a journey to her once-in-a-lifetime wedding as you take a front row seat through the planning, the ceremony, and the most romantic honeymoon you could ever imagine.

9. Module Five: Habits of a Housewife

Everyone has a daily routine and yours is about to get even more exciting as you form the habits that every housewife needs to create the perfect life for her family. Show your spouse your love language by making meals, doing laundry, scrubbing the floors, and letting them make all the hard, boring decisions. Feel accomplished as you gain the important habits you'll need to live your comfortable, feminine, perfect, housewife life.

10. Courtney: Domesticated Destiny

Let's meet Courtney, who lives the perfect life with her perfect clothes on her perfect body in her perfect house with her perfect partner. She loves to spend her time polishing the wood and shining the silverware, all while wearing rollers in her hair and cold cream on her face. Courtney knows what she has to do to get ready to impress everyone who walks through her door and she has graciously invited us into her home to see a day in her wonderful life.



Wrap an apron around your sexy waist, grab the vacuum cleaner, and follow along as you start your journey down the path of becoming the perfect Domesticated Damsel.

❖ **Module One: Dating and You**

Deeper and deeper with the sound of my voice. Feeling comfortable and relaxed and content as you fall into a soothing and obedient trance. Yes. More and more calm and at peace with your surroundings as the darkness fades from your vision and you find yourself sitting in a warm and cozy and plush and comfortable couch. Comfort. Peaceful. Relax. And as you find your body sinking snugly into the warm and inviting furniture, you can feel free to look in front of you and see a small television flickering to life. The upbeat and nostalgic music coming from the TV reminds you of old videos from your past and you can find your eyes focusing naturally on the screen in front of you as a completely fascinating and interesting movie begins to play. The words, Module One, Dating and You, appear in the center of the dark screen, hovering momentarily before fading to the image of a familiar looking woman sitting on a stool smiling at you invitingly. Soothing. Safe. Happy. She welcomes you to the Housewife Hotline Dating Service and congratulates you for having passed the lengthy review process, mentioning that the quality of your training is their utmost priority. You smile in anticipation and desire as she asks you if you want to have the best possible experience on the road towards being the happiest and most carefree you have ever been in your life. Yes. Are you willing to do what it takes to live your dreams and be popular and accepted and loved in all of the ways that you desire? Yes. Are you ready to make your own vision of your perfect life a reality? Yes. She tells you how excited she is for you to find the best version of yourself and begins to offer you tips on how to mold your life into exactly what you want it to be. You can find yourself listening intently to her words and becoming curious at her every idea and instruction. You are intuitively aware that you find yourself adopting her stories as your own and remembering them more and more clearly every time you listen to the soothing sound of her voice. Excitement. Desire. Anxious. And as she speaks to you, you can obey and understand her words completely as she narrates her first tip, Dress Well. Images of two women standing side by side appear on the screen and you listen intently to hear what she is going to teach you next. One woman is standing tall, her posture straight and hands folded politely in front of her, she wears a cute knee length dress, heels, and natural looking makeup that accentuates her beautiful, feminine, face. Cute. Jealous. Happy. Beside her stands another woman, her shoulders slumped, hair knotted, and clothes ill-fitting and mismatched. As she scowls, you can't help but notice



how unhappy and unattractive and undesirable she is compared to the other woman. How she doesn't wear makeup or even care about her cracked, dry, skin. Gross. Uncomfortable. Ugly. You can hear the narrator telling you in her soothing voice how much better it is to be the beautiful woman in the nice, fashionable, clothing and you can feel yourself nodding in agreement. Yes. Her outfit and grooming will let everyone who sees her think that she is perfectly feminine and capable. Yes. She knows that if she takes care of herself, her perfect lover will fall right onto her lap. Yes. You know that this woman loves dressing in the most attractive outfits and having her friends compliment her each and every day of her life. You can take note that she loves feeling included and appreciated and noticed by the people that care about her the most and spends as much time as she can making her appearance and house and life perfect for both herself and those around her. Confident. Pleasure. Loved. And as you sit comfortably in your plush, leather, couch, you can hear the narrator start to talk. Now let's look at these two girls and follow them into their homes as we talk about cleanliness. Both women walk off screen and into a scene of their homes sitting side-by-side. Yes. One home is beautiful and immaculately clean, the wood has been polished and the expensive pillows have been fluffed. The other house is littered with disgusting garbage and unattractive clothing discarded in every nook. Gross. Uncomfortable. Nausea. The narrator compliments the beautiful home and expresses unsurprised disappointment in the house belonging obviously to the lazy, slouching woman. She looks at the screen and wonders if you would be more comfortable and desirable and happy in a clean home. Yes. She asks if you find pleasure in a neat and orderly house. Yes. She questions if you want to be excited and proud of your house whenever you invite hunky lovers over to fuck your adorably feminine body. Yes. You can remember times in the past of feeling proud whenever you were complimented on your hard work and determination. You can find these feelings surfacing from the depths of your subconscious as the soothing voice of the narrator tells you her next piece of advice. Keeping Up Appearances. On screen, a surprise guest arrives at the door and each woman works to invite the visitors in. Pleasure. Excitement. Happy. The beautiful, popular, woman immediately serves refreshments and begins to show her friend all of the new, luxurious, things she just bought and uses to accessorize her beautiful home and lifestyle. In contrast, the slouching woman avoids eye contact awkwardly with her guest and has nothing important or interesting about her life to talk about. Uncomfortable. Anxious. Nausea. You can intuitively remember that being a part of the newest and latest trends makes you instantly more interesting and through that interest more popular with everybody that you meet. Your own memories tell you of how exciting and fulfilling and pleasurable following the latest trends and buying the latest and most expensive fashions and



accessories can be. Yes. You know that you want to dress well. Yes. You know that you need to keep your delicate body and your perfect home clean at all times. Yes. You know that your friends will adore you and want to spend time with you whenever your appearance is immaculate and you prove to them how interesting and trendy and adorable you love to be. Yes. You can feel yourself completely agreeing with the narrator's advice as the video fades to black and the segment ends. Deeper and deeper with the sound of my voice. More and more comfortable and relaxed as you drift completely into a deep and hypnotic trance.

❖ **Joy: Apple of Your Eye**

Deeper and deeper. Falling into a trance with the comforting sound of my voice. You can feel your body relax completely as you take in a deep breath in your relaxed and obedient state. Yes. And as you breathe out you can find the darkness fading from your vision as the television flickers and fades and a new title screen appears. Joy, Apple of Your Eye. The screen changes to reveal a scene of a beautiful, young girl sitting on her couch, her legs crossed under her cute, modest, skirt. She smiles at you as the familiar narrator continues. Meet Joy. A vibrant, young girl ready to adventure into the world and start living her perfect life. Today is her birthday, let's follow her as she gets ready for her celebration with her many beautiful and popular friends. Yes. Joy stands, her skirt falling in beautiful waves around her slim legs and she turns, motioning for you to follow her. Happy. Desire. Excitement. She leads you through a door and into her bedroom where she has a beautiful, light pink, dress that she plans to wear for her celebration, sprawled out on her bed. She can clearly remember searching through all of the beautiful dresses in the stores in her town with her parents and spying the perfect dress on a mannequin in exactly her size displayed in the shop window. Cute. Adorable. Pink. She thinks about how she begged her father to buy such an adorable outfit, imagining herself twisting her hips as the skirt fluttered around her. Joy was devastated when her father shook his head no and ushered her past the shop as she pouted cutely. Empty. Uncomfortable. Incomplete. She was so surprised and happy when she woke on the morning of her birthday to find a box with her perfect dress waiting for her on her nightstand. Joy eagerly untied the bow and lifted the cardboard lid to discover the outfit she had been longing for her whole life, wrapped in pretty pink tissue paper, pressed and ready for her big party. Happy. Loved. Pleasure. And now, as she zips into the dress, the outfit perfectly conforms to her body as she gives a little twirl, showing off the high quality fabric with a feminine swish. She turns her back to you and sits on a cushioned stool in front of a brightly-lit, mirrored, vanity table and applies a light layer of makeup, accentuating her beautiful features with every stroke. Her reflection looks at you and



winks as she completes her ritual and you begin to feel jealousy and desire to be as cute and adorable as she is each and every day of her life. Desire. Adorable. Jealous. She begins to style her hair with irons and sprays and tells you a story about why she always prefers to take so long to get ready. When she was younger, she can remember how her mother would roll her long hair into hot rollers before every family event and social gathering. Pleasure. Safe. Soothing. After sitting patiently like a good girl, her mother would gently unfurl her hair and she can recall how her locks sprung to life in beautiful, bouncy, ringlets. She can recall how all of the adults loved to pet her head and call her cute, giving her sweets and candy and compliments for being adorable. Happy. Desire. Loved. And as she grew older and added makeup to her beauty routine, all of the cutest boys would love to hold her hand and kiss her and ask her to the popular school dances. Craving the attention that she received from the people around her, she began to add more and more beauty and skin care routines to her day. Yes. She idolized her mother who always embodied the perfect housewife, taking care of everyone completely and perfectly with a beautiful smile on her face. Joy always loved to help iron the clothes, tidy up her room, and help her mother cook the family meals. Desire. Confident. Happy. The girl finishes her hair, slips on her pretty, pink heels and is now ready for her exciting party. She stands and leads you adorably into the backyard where all of her friends and family are waiting for her. They smile at her, welcoming her to the party. She sits gracefully at the table, surrounded by her smiling friends and sees that they have already been served slices of pink cake and bubbling refreshments in adorable, pink, party cups. Pleasure. Happy. Pink. One of her friends compliments her new dress and tells her how perfect it looks on her. Another friend agrees and mentions how beautifully her hair frames her cute, delicate, feminine face. Joy smiles gracefully, loving all of the attention she is receiving as her friends begin handing her presents one at a time. Excitement. Loved. Desire. She feels popular and comfortable and happy as she unwraps each box, finding the perfect gift inside of every present. Discovering that her friends and family know her so well and have brought her the most wonderful items makes her smile brightly in contented bliss as the other members of her party smile back. Happy. Loved. Pleasure. Fall deeper with me now into a comforting and hypnotic trance as the scene before you slips away into the peaceful, soothing pleasures of your own obedience and acceptance.

❖ **Module Two: Cleaning and Preening**

Deeper and deeper as you become more and more relaxed and fall into a deep and soothing trance with the sound of my voice. Feeling more comfortable and safe and obedient with each and every breath. Yes. The title of the next video segment fills the



dark screen with flickering, white, text reading, Module Two, Cleaning and Preening. You can begin to feel completely at peace with your surroundings as the screen fades to the beautifully familiar narrator sitting on her stool. Comfort. Soothing. Relax. She greets you warmly and begins her monologue on the importance of having a clean, organized, home, suggesting that you start small and clean little areas before working your way up to the bigger rooms. She tells you that in order to impress the people in your life, you must have a perfectly clean appearance and an inviting, spotless, home. Yes. You can understand her words completely and accept her advice easily as you find her instructions towards becoming the perfectly flawless homemaker you know you desire to be, sinking deeper into your obedient and open and receptive mind. Yes. She starts to remind you that if your house is not perfectly clean and organized, every guest and stranger and friend will know how much of a sloppy and messy and untidy person you really are. Gross. Anxious. Alone. Do you want to wake up and fall asleep in a perfectly clean and organized and attractive home? Yes. Do you wish more friends and family would come over for surprise visits to make you feel good about yourself? Yes. Do you want to invite your hunky date home for sexually charged fun without having to worry about any criticism over the state of your beautifully domesticated domicile? Yes. You intuitively know that your home is a reflection of your adorable, confident, self and want it to be as beautiful and clean as you know you desire and deserve. You watch the beautiful woman in front of you as she pauses, and wait anxiously for your narrator to tell you how to make these changes that you desperately need in your life. Desire. Excitement. Incomplete. The scene transitions to a beautifully energetic and adorable woman wearing a cute apron wrapped around her thin waist, her arms covered in a pair of bright yellow gloves pulled up to her elbows. The narrator tells you that this woman is about to start deep cleaning her home, and in response the woman nods her head and turns, motioning for you to follow her with a wave of her gloved hand. Peaceful. Soothing. Safe. You follow the attractive lady from room to room as she cleans and tells you about how uncomfortable and disgusting and gross living in a dirty home is. Intuitively knowing that being surrounded by clutter and filth will reflect poorly on your health and well being and the perceptions of the people around you. Nausea. Anxious. Gross. She tells you that she cannot sleep well at night whenever there is anything out of place or covered in dirt or grime. Yes. She often feels dirty if she leaves her home in a rush without having the time to clean and organize and polish her house into a perfectly beautiful state. Alone. Itchy. Uncomfortable. She loves the smell of a fresh, clean, sparkling home which helps her feel relaxed and happy and peaceful and loved. She takes great pride and pleasure in maintaining her home and ensuring she is always ready for any surprise guests that may want to visit. Confident. Safe. Soothing. She



washes her pots and pans immediately after they are used to ensure that they are ready for the next meal to be made. She puts her soiled clothing into the hamper before she takes a bath and ensures that her tub and toilet are always sparkling clean and ready to be used. Yes. Her pens and pencils live happily tucked away in her desk and she is comforted when all of the cords to her electronics and appliances are hidden to create a neat and clean look. Her beautiful clothes are arranged by color, pressed, and draped nicely over hangers so she always knows what to wear on any occasion. Happy. Pleasure. Comfort. As the woman dusts her home, you can imagine yourself setting goals towards making your own home look exactly like hers. Yes. You can find yourself becoming more and more annoyed at any clutter or mess you might discover as you go about your day. Yes. You can feel yourself falling deeper and deeper into trance as the screen fades to black and the completely informative and interesting segment on the television in front of you comes to an end. Deeper and deeper as you take on all of the lessons you have learned and fall into a soothing, hypnotic, trance.

✧ **Mabel: Perpetual Perfection**

Deeper and deeper with me now as you drift into a soothing and obedient trance. More and more comfortable and relaxed as you fall into a deep and comfortable hypnotic state. Yes. And as you are thinking about how quickly and deeply and easily you fall into trance with the sound of my voice, you can notice the title screen appearing in front of you again. Mabel, Perpetual Perfection it reads, in cute white lettering against the dark, black, backdrop. And as the text hovers in the center of the screen, flickering with the hypnotic beat of the music in the video you love watching more than anything else in the world, you can find yourself becoming more and more curious to discover what Mabel will teach you. Peaceful. Excitement. Desire. The screen fades into a scene with a thin, brunette girl sitting at a table in her kitchen with a magazine open wide in front of her. She smiles at you, her head resting cutely against her hand, her elbow propped up on the wooden table. Adorable. Cute. Happy. The narrator's soothing voice breaks the silence as she introduces you to your newest teacher. "This is Mabel. She spends her time flipping through adorably, feminine, and domesticated magazines as she waits for her delicious pie to finish baking. What are you looking at now, Mabel?" the narrator's smooth and sultry voice asks. Comfort. Confident. Pleasure. Mabel raises her magazine into view and you can see a picture of a beautifully decorated room on the glossy page. "I am looking at this catalog to find the items that I just have to have for my perfectly adorable house!" She replies, excitedly. Yes. A timer rings nearby and Mabel raises her eyebrows. Sounds like the pie is done! You follow her as she gets up from her chair gracefully and walks over to the oven, covering her dainty hands with fashionable oven



mitts. Relax. Soothing. Safe. She bends over to open the oven door and takes the pie out, and you can notice how perfectly her beautifully fashionable dress fits her. Yes. She lifts the fragrant pie to her nose, seductively and smells the sweet spices of the delicious looking dessert. Comfort. Happy. Pleasure. What kind of pie is that, Mabel? the narrator asks. It's an apple pie, she responds. I read an article in my favorite housekeeping magazine that gave me some fantastic tips that I just had to try! Yes. It smells great, Mabel. I would love to try a slice! The narrator comments. You have to wait until it cools, silly! She playfully scolds, putting the pie down on the window sill to cool. Loved. Confident. Peaceful. Now that the pie is cooling, it's time to clean the mess she has made. You can feel a sense of happiness and elation and pleasure as you watch Mabel work and intuitively know your home must always be as tidy as hers is each and every day of her life. Comfort. Control. Happy. She finishes the dishes and dries her hands, before making a playful coo as the doorbell rings. She looks at you in surprise wondering who could be visiting. She moves towards the front door, her beautiful dress brushing against her smooth legs with every dainty step. Excitement. Pleasure. Confident. She opens the door and finds her favorite neighbor on the other side, smiling at her. She greets the guest with a hug and invites her inside, motioning to the comfortable, leather, couch as she asks if her visitor would like some freshly made iced tea. Yes. You can find yourself becoming jealous and desiring Mabel's knack for hospitality more and more with each breath as the neighbor sits down and Mabel gracefully strides into the kitchen opening cabinets and preparing a tray of iced tea before asking her neighbor what brings her by. Mabel's visitor compliments her beautiful home and you can feel waves of perfect pleasure and excitement and confidence with Mabel, just like you always do whenever anybody comments on how immaculately clean and sparkling your house is. Happy. Comfort. Loved. Mabel thanks her guest as she walks out of the kitchen, placing the tray down in front of her on the coffee table, and pouring her guest a chilled glass of tea. You cannot help but admire her poise and grace and charm as she takes a delicate sip and immediately compliments the flavor. You can feel a great sense of pride and accomplishment with Mabel as she proudly admits it is her own personal blend and the visitor openly admires her creativity and talent. Pleasure. Relax. Peaceful. They gossip for a while and Mabel's guest finishes her refreshment, stands and thanks her hostess for her generosity and hospitality. The guest leaves and Mabel waves goodbye from her threshold, before closing the door. As the camera moves away from the house you can find yourself drifting deeper and deeper into trance with every breath. Deeper and deeper for me as the scene fades to black and you can find yourself falling into a soothing, comfortable hypnotic state.



❖ **Module Three: Dial-A-Hunk**

Drift deeper and deeper with me now. Feeling more comfortable as you take a deep and relaxing and soothing breath in and out. And as you breathe, you can find yourself drifting even deeper into an obedient and receptive trance as the darkness slowly fades from your mind and you find yourself in your favorite room again, sitting on your pleasantly comfortable couch. Yes. The television screen hums quietly as the title of the next segment fills the darkness of the screen. The white letters flicker hypnotically and appear in front of you, reading, Module Three, Dial-A-Hunk and you can feel yourself becoming excited by the prospect of learning how to become the most perfectly beautiful and popular housewife you can possibly be. Desire. Happy. Pleasure. You anticipate and fantasize about your future satisfaction and pleasure and popularity in your life building as the dark title screen fades to the familiar narrator smiling at you from her stool in the empty room. She asks you if you desire to be perfectly feminine and delicate and beautiful in every aspect of your life and you can find yourself nodding your head in enthusiastic agreement. Yes. You know that keeping up your beautiful, feminine, appearance so that you can be popular and desirable and receive everything you've ever dreamed of in life can take a lot of time out of your stressful day. Yes. You can remember that you love developing your natural cooking and cleaning skills and wish that you had a partner or spouse that can try out your recipes and compliment you and make you feel good about yourself whenever you feel like being the homemaker you love to be. Yes. You know that every perfect homemaker needs a strong, hunky, and powerful provider to support her and make her feel special in everything that she aspires to do. Yes. As these instructions sink into your subconscious, becoming your new truths, you can be encouraged to listen to her words, knowing them to be completely perfect and accurate, taking on her guidance and commands as if they were your own thoughts. She stresses the need to find a good, supportive, partner who can make all the money so you can concentrate on keeping your stylish appearance and your home flawless and you can feel your need growing to new heights of excitement and arousal as you picture yourself catering to the special hunk of your dreams in your mind. Desire. Loved. Pleasure. You are aware that you spend all of your time making everything in your home spotless and organized and beautiful, so you do not have the time to earn money to pay for your perfectly feminine, and adorable lifestyle. You nod your head in affirmation, taking on the narrator's words and commands as your own thoughts. Yes. You need a partner to provide and make money. Yes. You yearn to have your significant other take on the responsibility to pay for all of the new appliances and furniture and pretty things in your home that you know that your neighbors will be jealous of and live the wonderful life of the perfect housewife in your ideal future. You can remember that you simply don't



have the time to deal with the weight of the hard decisions and responsibility that comes with making money in your perfect housewife life and are confident in your own continued happiness once you can make yourself into the perfect housewife to entice others into caring for you and treating you like the adorable princess you deserve to be. Loved. Peaceful. Confident. And as the narrator continues her speech, you can feel yourself becoming more excited and aroused at the prospect of never having to work or lift a finger outside of making yourself feminine and beautiful and taking care of your perfect house ever again. Yes. You can remember how easy life was as a child when your family cared for you and loved you and recall that you never needed to worry about your bills or your job or your financial responsibilities and you now find yourself yearning for that same feeling again. Relax. Happy. Safe. You are aware that in order to obtain your ideal future as the housewife of your dreams, you need to find a rich hunk to pay for your lifestyle and appreciate all that you do to make your home a perfectly beautiful place to live. Yes. You fantasize about greeting your partner with a kiss when they come home from work in your prettiest dress and makeup and imagine hearing them compliment you on how delicious dinner smells and how clean and organized everything looks and feels. Yes. You need to be noticed by your partner and appreciated for all of the fun things you love to do as a perfect wife and spouse. You intuitively know that being prepared for any guests that your partner brings home and having a delicious home cooked meal ready for your significant other after a long day of work will only work to make them love and appreciate you in exactly the ways that you crave to be loved and appreciated each and every day of your life. Happy. Pleasure. Peaceful. You know what you need to do to attract the best, most desirable and successful lovers to your wanting body. Yes. You understand completely that your need and desire to keep a clean home, perfect appearance, and rich spouse will lead you towards the successful future you've always dreamed of having. Yes. The beautiful woman on the screen asks if you are ready to find the perfect partner of your dreams and live the perfect life you've always imagined yourself having. Yes. The hunkiest, richest, most desirable spouse that will ensure you are taken care of and comfortable for the rest of your life. Yes. You can feel the excitement bubbling up from deep within you as you think about your beautiful future, serving and pleasing the people that matter most in your life. Fall deeper and deeper with me now as the soothing sound of my voice drifts even deeper into your obedient and receptive subconscious. Feeling more and more comfortable as the weight of your responsibilities slip away, and you drift deeper into a soothing hypnotic trance.

❖ **Sarah: The Meet-Up**

Deeper and deeper with me now as you fall into a soothing and receptive and hypnotic



trance. More and more relaxed and comfortable as you drift even further into your own obedient and receptive subconscious. Feeling happy and peaceful and safe with every word of my commands. Yes. Drift deeper with me now, as the screen on the television transitions into the familiar cute, white, lettering that reads, Sarah, The Meet-Up. The text fades as the video begins and you find yourself standing on the sidewalk of a familiar city at night. The street lamps flicker hypnotically, and you can see that you are standing in front of a romantic looking bar with an attractive, brightly lit neon sign, positioned above the door. Excitement. Confident. Happy. A beautiful, seductive, blonde woman stands beside the entrance and waves at you, smiling as the narrator introduces her as Sarah, your mentor for this segment. Yes. You smile to yourself as you fantasize about how happy and fulfilled you will be once you are as feminine and confident as the woman you see in front of you. She is wearing a form fitting dress that perfectly accentuates her curves with a matching pair of tall, stiletto heels. Jealous. Desire. Feminine. Her long hair falls in waves around her neck and shoulders, parted at the side to cover a portion of her face seductively and bouncing beautifully with her every movement. You find yourself wishing that you could learn to apply your makeup as well as she does hers, with her long eyelashes, smokey eyes, and plump, full, lips painted a sultry, seductive red. Pleasure. Loved. Confident. She motions for you to follow her inside the bar. The door opens, and she turns her back to you, walking through the open door and into the building. The gentle hum of hushed conversations washes over you in a wave of soothing and pleasurable noise and you can find your legs walking towards the bar, following the attractive blonde woman. Yes. She orders her cute, feminine, drink and as it is delivered to her, a finely dressed man tells the bartender to put her order on his tab. He smiles at her and tells her that he couldn't possibly let her pay for anything while she is in his presence. Desire. Excitement. Happy. She thanks him with a coy smile as he compliments her and admits his nervousness upon seeing her radiant beauty as she walks into the bar. You can find yourself taking your own personal notes, as she giggles cutely in response, lightly touching his forearm seductively. You watch as the man at the bar takes her hand in his and you can find yourself following as he leads her away from the crowded room and over to a small secluded table with a candle flickering excitedly against the shadows of the dimly lit building. Pleasure. Relax. Loved. You can notice yourself smelling his expensive cologne as he moves closer to your instructor and you know that you are as intoxicated as she is with it's musky scent. Your instructor bats her eyelashes at him and he appears to be even more attracted to her in response, his shoulders and eyes visually relaxing in front of you. Yes. You watch as they talk in hushed and flirtatious tones and follow them as the Meet-Up comes to a close, and Sarah decides to invite her new hunk back to her house. You are aware in your mind that



Sarah has nothing to be ashamed or afraid of whenever she decides to take a stranger back to her bed, as she knows how immaculate and impressive and organized her home always is. Happy. Excitement. Desire. And as they wait outside of the bar for the taxi in the cold night air, her date drapes his jacket over her cold shoulders, still warm from his own body, and wraps his arm around her to shield her from the biting wind. She can feel his lean and muscular presence as he pulls her in close, making her blush and giggle uncontrollably. Loved. Safe. Pleasure. You can feel the excitement that Sarah feels as she and her hunky date pull up to her beautiful home. You blush with her at the feelings of safety and pleasure as he hops out quickly, opening the car door for her and offering her a gentle hand to help her out of the vehicle. Yes. He compliments her garden as she leads him up the pathway towards the front door, and you know that you need those same compliments in your own life as well. A brightly-lit lantern illuminates the porch and cute door with the fresh wreath decoration that she lovingly arranged and prepared herself. Safe. Relax. Comfort. She moves into the house, and you can smell the warm, familiar, and inviting, environment they both experience as she leads him inside to the large living room. You can smile with Sarah as she asks her date to start a fire in the fireplace before moving into the kitchen to retrieve refreshments, leaving her hunky date to himself. Excitement. Desire. Loved. You can see Sarah performing the role of the perfect hostess as she pours drinks and lays out refreshments on a tray, before walking back into the living room to find her date sitting on the loveseat opposite a roaring fire. He motions her over with a smile and she sets the tray down before sitting beside him, snuggling underneath the masculine arm that he has wrapped around her shoulders. Happy. Pleasure. Soothing. He thanks her for bringing refreshments and says that he was not surprised to see how beautiful of a home she has, since her personal style is very trendy and elegant and alluring. You cannot help but feel drawn to her date, just as she is. Yes. You know that this is the kind of person you need to spend the rest of your life with. Yes. A spouse who provides for you and cares for you and encourages you to be the cutest, daintiest housewife you can possibly be. Yes. A person who can truly appreciate you and deserves to have every need and wish catered to and fulfilled. Yes. Fall deeper and deeper with me now, as the scene fades to black and the segment comes to an end. Drift deeper into a trance with the sound of my voice, more and more comfortable and relaxed and at peace with every breath.

❖ **Module Four: What YOU Need for THEIR Needs**

Deeper and deeper. Falling deeper into a relaxing, comforting, hypnotic, trance. Feeling obedient and soothed and at peace as you breathe in and out, deeply and slowly. Yes. And as you are breathing in your comfortable, obedient breaths, I want you to look up at



the familiar white text filling up the dark television screen in front of you and find yourself reading the newest words. Module Four, What you Need for their Needs. The title screen fades and the familiar narrator greets you from her comfortable seat. She informs you that this next segment will be about anticipating your lover's needs, and you can feel your own heart beat faster in excitement and desire at the thought of having your own lover to take care of each and every one of your needs just as you take care of each and every one of theirs. You can remember that you need to show your love to your hunky spouse by making their life as easy and comfortable as possible so that you can experience that same ease and comfort in your own life when they spend the time and money resources to take care of you and your adorably feminine lifestyle. Excitement. Pleasure. Desire. And as she begins to tell you all the little things that you intuitively know that you need to pay extremely close attention to, you can feel yourself nodding your head in agreement as her words quickly become your perfect truth. Yes. She starts your lesson off by advising you on how to be completely observant and attentive to all of the small habits and routines that your lover has. Yes. You know that by being empathetic and thinking about how your lover normally spends their day, you can apply your beautifully delicate skills towards creating a perfectly easy life for your spouse and giving them access to anything that they may need at any moment. Yes. You can find yourself thinking of all of the cute habits and personalities that your future lovers may have that you can work to improve. You can become aware of how much more happy and aroused and grateful they will be once the items that they use often are arranged and organized so that they can be easily accessed whenever necessary. Adorable. Happy. Loved. You intuitively know that you are aroused and excited and loved whenever you make your partner's day easier and that they will be happier and more appreciative and want to spend more money on your lifestyle whenever you do so. Yes. You can remember how much your hunky spouse will love and appreciate you whenever you successfully anticipate their needs, showering you with affection and spending more time with you along with money on your beautiful lifestyle. Excitement. Desire. Pleasure. Taking pride in your ability to remember to pack your partner's favorite lunch every afternoon and making their favorite breakfast each and every morning. Feeling a deep sense of accomplishment whenever you lay out your lover's favorite outfit before their big meeting at work. Always remembering to record their favorite shows. These are ideas and habits that are natural and arousing and comforting for you and you know that you will be more loved in every area of your life once you learn everything there is to know about your hunky spouse so that you can cater to them in the delicate feminine ways that only you know how. Happy. Loved. Confident. You can intuitively remember that in order for your partner to have the best day possible and to truly appreciate you in



all of the ways that you crave to be appreciated, you must support your lover by having all of the items they love to interact with organized and ready to use whenever they desire. Yes. Remembering to make their favorite desserts. Doing the laundry with fabric softener so that they can feel comfortable in their outfits all day long. Buying their favorite snacks at the store. Catering to each and every one of your lovers just comes so easily and naturally to you that you find yourself unable to remember ever being any other way. Pleasure. Peaceful. Relax. The narrator reminds you that stressful events outside of your control can occur to your partner when they are away at work, causing them undue anxieties and problems. You know that without a clean and comfortable and organized environment to come home to, your lover's day will be made even worse and they will be unable to give you all of the things that you desire as effectively. You can imagine to yourself now, how upset and tired and stressed your partner is after a long day at work and how disappointed they would be if they ever came back to a messy house with no hot meal prepared. Nausea. Pain. Afraid. Your partner would think that you do not love or respect or care for them and that you are a messy and lazy and unappreciative person that does not even deserve their money and time and attention. You would be unable to anticipate your significant other's needs as well as the other attractive women around them, and you will feel ugly and undesirable and unwanted. Alone. Incomplete. Uncomfortable. You can remember that it is up to you to make each and every day the best it can possibly be for your partner, and you know that you would love nothing more than to have a drink and a nice pair of comfortable slippers ready for your sweetheart as they walk through the door. Yes. Whenever your partner is relaxed and happy, you know that you have shown them the love they need to keep working hard to support your beautiful, delicate and feminine lifestyle. Nod your head in agreement with the narrator as you fall deeper and deeper into a soothing and relaxing and obedient trance. The screen fades to black, ending the module as you think about everything that you have just learned, knowing your instructions to be completely true and valid for your life. Yes. Feel comfortable and more relaxed and at peace as you drift deeper and deeper into a soothing hypnotic state.

✧ **April: Hitched and Honeymooned**

Drift deeper and deeper into a soothing trance with me now as you find yourself more comfortable and relaxed and at peace with your surroundings. Yes. And as you breathe in and out in your hypnotically meditative and obedient trance, you can discover that the white lettering of the next segment's titles appears in the darkness. April, Hitched and Honeymooned. The text hovers and flickers in the center of the screen before fading out. The next scene appears, and you find yourself walking through a bustling wedding dress



store. Excitement. Feminine. Pleasure. You can feel your feet walking towards the center of the shop, passing row after row of white lace and soft velvet and sparkling sequined dresses in every size, shape, and color. And as you come to a stop, you can discover a beautiful girl standing on a podium in front of you in a gorgeous and glamorous and beautiful wedding gown. Jealous. Desire. Anxious. The narrator's soothing voice introduces the young woman on the podium as April, a newly engaged girl who is about to get married to her perfect hunky partner. You find yourself becoming completely jealous of her poise and femininity and grace as she twirls happily in her dress and you can discover yourself easily emulating and taking on her delicate mannerisms and behavior as your own, as she smiles to herself in front of the large mirrors. Yes. You are aware that her dress could not fit her more perfectly, and you know that the months of diet and exercise she endured in order to get to this point have completely paid off. Yes. You know that she fantasizes about the look on her lover's face as she walks down the aisle in her exquisite, beautiful gown, her friends and family looking at her in awe and pride. Loved. Pleasure. Happy. And as you nod to yourself in complete acceptance of these perfect fantasies as your own, you can see an employee walk up to her with the final bill. You watch as she smiles and hands the attendant a black card with her significant other's name on it. Yes. She happily charges her hunky, rich, lover and removes her dress, before heading home to prepare for her final days as a single woman. Excitement. Loved. Comfort. She tells you that when she first started planning this event a few months ago, she had quickly decided on many of the aspects she wanted for her dream wedding. She then showed her partner all of the things she had chosen, remembering the feeling of being proud and accomplished as her partner complimented her by telling her how beautiful and delicate and responsible she was. Confident. Control. Happy. She felt so special when he said that he trusted her to make all of the right choices and that she could spend as much money as she liked for the biggest day of both of their lives. You can feel your heart fluttering with hers as he kissed her tenderly and told her how much he appreciated everything that she was doing, and how much he loved her beautiful, feminine, choices, and how he was proud and excited to spend the rest of his life with her at his side. Yes. And as you watch a clip of her wedding preparations and plans, you can find yourself eagerly anticipating all of the pretty things that you are going to be wearing and surrounded with at your wedding. Happy. Loved. Desire. You know that you prefer to make sure that everything is in its place and organized and perfect in your life and can watch the video in front of you as Sarah shows you how she uses those skills to create the happiest day in her and her spouse's life. Yes. And, when the long anticipated day of her wedding finally arrives, you can watch as she wakes up in a hotel Bridal Suite surrounded by her best friends, ready



to start getting her hair and makeup done. You can feel yourself becoming jealous of her popularity and poise and success as she slips into a pink, satin, bathrobe with Bride embroidered on the back and sits down in a comfortable, cushioned, chair. Happy. Soothing. Relax. A team of women descend on her, painting her finger and toenails a beautiful blush pink before attaching small pearls as accents. And as her nails dry, you observe as they begin to curl her hair and weave white flowers into the plaits, creating a crown of beautiful flowers in an angelic halo around her head. Cute. Adorable. Pink. You are envious of how beautiful she gets to be and watch as she closes her eyes, and a group of women begin to apply makeup to her delicate face. You can smile with her as she feels the fluffy, soothing, soft, bristles of their brushes blending the pigments to enhance her beautiful features and turn her into the gorgeous, blushing, bride that she has always dreamed of being. Yes. As she steps into her shoes and zips into her dress, you can feel her innate joy as she sees her closest friends and family crying in happiness at her perfect transformation. Happy. Excitement. Pleasure. You watch as she moves towards where her friends and family are waiting for her arrival and she is handed an elegant bouquet of fresh, fragrant, flowers. The wedding music begins and the doors open in front of her to reveal a packed room full of friendly, smiling faces. Yes. You can feel her heart begin to swell with love and happiness as she smiles back at her partner, waiting for her as she walks toward the end of the aisle. She stands beside her significant other and he whispers to her how beautiful she is before they exchange promises of loving and supporting each other each and every day. Happy. Peaceful. Comfort. And as the video progresses, you find yourself more and more turned on and excited for such a special day. You watch as Sarah travels on her honeymoon to the most beautiful, tropical paradise you have ever seen. Yes. She accompanies her husband to their seaside bungalow where her new spouse carries her through the threshold and into the bedroom. You feel her arousal and excitement as he strips himself of his formal wear and reaches under her skirt to touch her wanting ass and pussy. Desire. Excitement. Pleasure. As he fondles her gently, you can become one with everything that she is as he buries his face in her neck, kissing and sucking gently at her skin, before moving down to suck on her nipples. Yes. You cannot help but moan in pleasure as her dress is abandoned on the floor and he parts her legs with his hips, positioning his hard cock at her delicate pussy. Yes. She kisses him passionately and as their tongues intertwine, you can feel her anticipation as he thrusts his masculine cock deep into her tight, wanting, hole. Yes. You feel his hands on your breasts just as Sarah does as he uses his free hand to rub her erect nipples between his fingers while fucking her wet hole. Yes. She moans loudly, gripping his shoulders and grinding her hips into him, wanting to feel every inch of his beautiful manhood inside of her more than anything



else in her life. Yes. And as she feels waves of erotic ecstasy roll through her body, she can feel her lover tense up and orgasm as he moans her name, thrusting deeply once more to finish depositing his delicious come into her slutty, housewife, pussy. Yes. He collapses beside her and caresses her face, gently turning her head and meeting her eyes with his own. Your heart flutters with hers as he whispers in a soft, breathy voice and tells her how wonderful of a night he has had and how beautiful and perfect she is. He leans in for a kiss and she closes her eyes, falling asleep with the taste and feel of her lover's lips against hers, pussy blissfully throbbing as her lovers come slowly drips out. Your vision fades as the video comes to an end, leaving the screen as black as when it began. Fall deeper and deeper with me now into a comfortable and hypnotic trance. More and more soothed and peaceful as you drift deeper with the sound of my voice.

✧ **Module Five: Habits of a Housewife**

Deeper and deeper, feeling more and more relaxed with each slow and controlled and deep breath as you drift into a comfortable, obedient, hypnotic trance. Yes. You smile to yourself as you think about all of the wonderful and exciting behaviors and skills you have learned so far. And as you are thinking of how adorable and wonderful it would be to be a completely beautiful housewife with a spouse that can take care of your each and every need in life, you can see the television screen in front of you brighten as the next caption flickers onto the screen, Module Five, Habits of a Perfect Housewife. The title screen fades and you are back in the empty room with your narrator. She is sitting on the edge of her stool, legs covered in adorable stockings and crossed daintily at the ankles. Excitement. Pleasure. Soothing. She asks if you are ready for the final part of your training. Yes. She tells you that since you know the fundamentals of being a wonderful housewife, you need to work to develop the right habits in order to maintain your perfect, feminine lifestyle. Yes. You can listen to every instruction intently as the narrator suggests simple, effective actions you can add to your routine and you find yourself smiling while you imagine your ideal, housewife future. Yes. You know that cleaning up after yourself will make maintaining a guest-ready home easy and simple and carefree. You can remember that giving your partner everything that they need for their best day at work will make them happy and content and lead them to love and compliment you more. You are aware that keeping up your appearance by doing your hair and makeup perfectly every day will make all of the other girls become jealous of your perfect life. Happy. Peaceful. Loved. The narrator reminds you that being organized and keeping track of everything that your friends and family do will help you anticipate their every need, ensuring they will have great experiences each and every day of their



lives. You can intuitively remember that you need to put on your makeup and do your hair and nails perfectly so that every surprise visitor will catch you looking like the radiant and beautiful and flawless housewife that you love to be. Pleasure. Confident. Safe. You can imagine how comfortable and carefree your life will be as you picture yourself happily doing all of your household chores and having the time to sit and relax without the stresses and worries of being in charge of making any difficult decisions. Yes. You appreciate how hard your partner works to allow you the opportunity to feel comfortable and beautiful and relaxed in your immaculate home. Yes. You can find yourself nodding enthusiastically to the narrator's instructions as she gives them to you, knowing that her advice will make you happier and more popular and successful and that forming these habits that she recommends will ensure that you are loved and appreciated and cared for, for the rest of your perfectly adorable life. You can feel yourself relaxing as you agree in your mind to always allow your partner to do the heavy lifting and make all of the hard decisions and earn the difficult money to support your enviable lifestyle. Happy. Relax. Safe. You become aware of the urge to clean and nurture, knowing that performing little, helpful, actions each and every day will make the people around you happier and loving and comfortable. Yes. Fantasizing about your home becoming the trendy and popular and relaxing social space for your friends and family to gather fills you with desire and makes you aroused by how beautiful and popular you are about to become. Confident. Pleasure. Excitement. You can imagine how much fun it would be to tailor menus for the dinner parties that you love to host to cater to your popular guests and be showered with the love and affection and appreciation of every visitor that you receive. Yes. You feel great pride and happiness whenever your friends are impressed by your housekeeping abilities or your hunky spouse brags about how well you keep up and organize and design your home. Yes. You can feel yourself becoming delighted and aroused as you realize that this fantasy can become your everyday reality by taking on the instructions and lessons from this module completely and entirely. Yes. In a sweet and sentimental tone, the narrator congratulates you on finishing each module and wishes you happiness in your domesticated future. You smile as she waves a graceful goodbye and the screen fades to black. You can become aware of the deep sense of appreciation and gratitude you have for your soothing mentor and remember that you need to return to this file again and again to make sure that every lesson that you are told is applied and implemented completely. Yes. You know you are ready to become the ideal homemaker and have all the necessary skills and habits to attract the cutest, richest, hunks to provide and care for you each and every day of your life. Desire. Happy. Excitement. Drift deeper and deeper with the sound of my voice into a comfortable hypnotic trance. Feeling more and more relaxed and serene and at peace with every breath that you



take.

✧ **Courtney: Domesticated Destiny**

Drift deeper and deeper for me. Feeling more and more relaxed and at peace with your soothing and obedient trance with every breath that you take. Yes. And as you exhale, I want you to look in front of you as the title of the final segment appears on the screen. Courtney, Domesticated Destiny. You can feel yourself becoming excited to see how closely Courtney's life matches your vision of your own perfect housewife future and you find yourself watching the screen in front of you even more intently. Excitement. Happy. Pleasure. The dark title screen fades from view, and a scene of a cute couple sitting at a small table in the kitchen appears before you. Yes. The couple are eating breakfast together, the graceful looking woman in a modern, fashionable, dress and her partner in a freshly pressed shirt, still partly unbuttoned and untucked with a loose tie draped around his neck. Peaceful. Safe. Soothing. The narrator introduces the woman as Courtney and you can find yourself excited with anticipation to find out how you can adopt her habits and passions and skills and use them in your own perfect housewife future. Yes. You can feel her interest and arousal as her spouse tells her about his upcoming day and they finish their breakfast together. He then collects the dirty dishes and kisses her head as he makes his way over to the kitchen sink. You can find yourself thinking with her about how thoughtful and considerate and kind her hunky spouse is. Loved. Comfort. Happy. You watch as she stands and grabs her partner by the loose ends of his necktie and expertly knots it around his neck, pulling herself against his body as he lightly caresses her back, thanking her for being such a wonderful wife. Relax. Soothing. Pleasure. She reminds him of the dinner party they are hosting and in response he asks what she plans to serve. You shrug cutely with her in his arms and he smiles, requesting one of his favorite meals. Yes. Giggling, she agrees instantly, knowing that her other half always has the best ideas and grateful that she will never need to worry about making any hard decisions ever again now that they are married. You feel her happiness as he hands her his credit card, kissing Courtney on the tip of her nose before saying, Let me know if you need any help! and leaving to go to the office of his important, high-paid job. Happy. Pleasure. Confident. And you can discover your own personal excitement as you follow Courtney as she runs her errands, going store to store and purchasing everything she needs to host the perfect party. She finds herself asking her spouse's opinion on almost everything, feeling grateful when he makes all the hard decisions for her. You feel jealous of Courtney's ability to hold down such a wonderful, successful, capable, spouse and find yourself watching every action that she performs in order to be completely satisfied in the same way. Safe. Peaceful. Loved. Getting ready



for the party and being the perfect hostess comes easily for her because she naturally loves to cook and clean and she knows that she can find an outlet of creative expression through every party that she hosts. Yes. You intuitively know that anticipating the needs of every guest is the most important part of being a fantastic hostess, and Courtney does her best to make sure that every aspect of every event in her life is organized and planned to her own beautifully, perfect standards. Yes. And by the time her husband arrives home from work, she is already in her newest, most fashionable, dress, wearing a full face of makeup, hair perfect without a strand out of place, nails painted to match her elegant cocktail dress, and high heels to finish off her trendy, polished look. Courtney's husband looks at her with lustful eyes, and you can hear her giggle in arousal and tell him to get ready for their friends to arrive soon. Happy. Feminine. Desire. You watch as she has just enough time to make the final table setting adjustments and set out small finger foods before the doorbell rings. She hurries to answer and find her best friend with her partner smiling at her on the other side of the door. Happy. Excitement. Pleasure. She happily invites them in and they take their places at the intimate dining table. Courtney walks into the kitchen to uncork the bottle of wine and her husband arrives from the bedroom, freshly changed. Confident. Relax. Loved. You watch the popular housewife in front of you greet each guest as they arrive, bringing more gifts of wine and desserts and bouquets of flowers and soon the party is alive with the buzz of happy, long time friends. You notice before Courtney that the finger foods she had set out are almost gone and you move with her as she takes the opportunity to serve more appetizers to her visitors. Yes. Her guests comment on her incredible ability to host a party and you can find yourself blushing with her, feeling proud and satisfied with all of her hard work. Yes. And as the video finishes and fades, you can find yourself back in your comfortable room, sitting on your plush couch and feeling happy and relaxed and peaceful with the new ideas and habits and instructions that you have learned. You will do everything in your power to remold yourself into your own vision of a perfect housewife, and know that you need to return to this recording over and over again until the instructions you have accepted as your own personal truths become second nature to you. Drift deeper and deeper with me now as you fall into a relaxing and comfortable trance. Completely at peace with your surroundings and accepting and emulating all of the people and actions that you have seen in front of you as the perfect housewives that you desire to completely idolize and emulate. Deeper and deeper as you move towards your perfect housewife future.