

His Time, Her Rules:

The Woman's Guide to Owning His Every Moment

By Cat Boulder

A free guide from femaleled.info - a gentle introduction to Female-Led Relationships



Welcome to a transformative journey for couples seeking to embrace the dynamics of a female-led relationship. Whether you're just beginning or deepening your bond, this three-part guide is tailored to elevate your partnership to new heights.

- Chapter 1: Dominating your husband's social life
- Chapter 2: Dominating your husband's spare time
- Chapter 3: The Fine Art of Having Him Serve and Savouring Your Free Time

Empower your relationship, cultivate deeper bonds, and revel in a harmonious balance of power and affection. Dive into this comprehensive guide and unleash a world of passion and connection like never before!

Chapter 1: Dominating your husband's social life

Ladies, it's 2023, and if you're not already running the show in your relationship, you're missing out! Gone are the days when the most significant decision we made was whether to wear heels or flats.

Today, women are conquering the corporate world, leading nations, and deciding whether John's beer night with the guys is on or off. Welcome to the world of female-led relationships – where the lady is not just in the driver's seat; she's also the car's GPS, mechanic, and sometimes even the road!

But why, oh why, should a modern, empowered woman like yourself care about controlling his social life? Let's break it down.



Benefits of controlling his social life

1. You Know Best (Obviously): By now, you've realized that your intuition and judgment are usually spot on. Why not expand your realm and ensure his social interactions are as beneficial as yours?
2. Streamlined Social Engagements: Juggling invites to couple's dinners, family events, and friends' get-togethers can be a chore. But when curating the social calendar, every event is a 'can't-miss.'
3. Expand His Horizons: Let's admit it; left to their devices, some men would stick to their same old buddies, discussing the same old topics. With you at the helm, he might just discover a love for wine tasting or salsa dancing!
4. Ultimate Trust: His willingness to let you lead showcases trust. And let's face it, that kind of vulnerability? It's quite the aphrodisiac.

Dominating your husband's social life – Relationship Benefits:

1. **No More Double Bookings:** Because there's nothing worse than realizing you both planned different things for the same night. One calendar, one leader, zero problems.
2. **Quality over Quantity:** With a discerning eye ensuring the social circle is top-notch, you will both likely have more meaningful interactions.
3. **Shared Experiences:** When orchestrating the events, you can ensure more shared experiences, leading to more shared memories. Cue the 'remember when' conversations!
4. **Conflict Minimization:** Who needs petty quarrels over which party to attend or which friend to hang out with? His social life is your canvas, and every stroke is intentional.
5. **Growth Through Challenge:** Putting him in diverse social situations can help him grow. And who doesn't want a partner who's constantly evolving (under your guidance, of course)?

Social Life Guidelines

Here are more ways to exert control over his social life:

- **Advance Notice:** Require that he provides you with an advance notice (like 48 hours) before committing to any social engagement. This gives you ample time to approve, modify, or decline the plan.
- **Shared Calendar:** Implement a shared calendar system where he has to input all potential social engagements, allowing you to approve, decline, or suggest changes.
- **Veto Power:** You have the ultimate decision-making power. You can use this to veto any social engagements you deem unfit or interfere with your plans.
- **Check-In Times:** Require him to check in with you at specific times during his social engagements. This allows you to maintain control, even when not physically present.
- **Permission Requests:** He should seek your permission for the location, time, and people involved in the social event. You can approve or suggest changes based on your preference.
- **Set Social Themes:** Depending on the day of the week, you could establish a theme for his social engagements. For example, "Tuesdays are for intellectual pursuits (book club, lectures)," "Fridays are for relaxation (movie night with friends)."
- **Assign Tasks:** Before he leaves for social engagements, assign tasks to complete, such as household chores, or have him prepare something for when you both return home (like a meal or a bath).

- Dress Code: Set the dress code for his social outings. This could be as detailed as picking out his outfits or as broad as setting general rules like “casual wear for daytime events, formal for the evening.”

These measures provide different ways to exert control, but always remember that the underlying principle of an FLR is mutual respect and consent. Always communicate openly with your partner and ensure these measures enhance your relationship rather than causing discomfort or strain.

Dominating your husband's social life – Hubby Asking Permission

Asking permission reminds your husband, who runs the show and strengthens your dynamic. Here are some general guidelines on how a partner could respectfully seek consent:

- Direct Request: He might ask, “May I go to dinner with John this Friday at 7 PM?” or “Is it alright if I join the guys for a basketball game on Saturday afternoon?”
- Written Request: Depending on the dynamics of your relationship, he might write you a note or send a text message asking for permission. This could be something like, “Dear [Your Name], I have been invited to a work function this Thursday evening. May I attend?”
- Calendar Request: If you're using a shared calendar, he can put his social plans into the calendar and await your approval. This should include all relevant information – the nature of the event, the location, who will be there, and the start and end time.
- In Person with Detail: He can ask for permission in person, providing all the details about the event – “I've been invited to a charity event this Friday. It's at the city hall and will run from 6 PM to 9 PM. May I go?”

Permission Rituals

Rituals can enhance the dynamics of the relationship, help establish a deeper connection and heighten the sense of role-play. Here are a few examples of other rituals that could accompany a request for social permission:

- Kneeling: He could kneel down in a submissive posture while asking for permission. This physical act signifies his submission and your control in the relationship.
- Written Request and Sealing: He could write his requests on a piece of paper, and then you can either approve or disapprove of it. You could even use a special seal or sign to mark the approval, making it a ceremonial act.
- Hand Kiss or Foot Kiss: If the request is made in person, he could take your hand or foot and gently kiss it as a sign of respect before or after he makes his request.

- **Formal Speech:** He could use a particular formal language or tone when he makes his requests. This could include phrases like “Might I request your permission to...” or “With your permission, may I...”
- **Specific Timing:** The request could be made at a specific time each day, such as in the morning over breakfast or in the evening before bed. This regularity adds a sense of ritual to the process.
- **A gesture of Service:** He could accompany his request with a small act of service, such as bringing you your favourite drink, offering a foot massage, or presenting a bouquet of flowers.

Remember, these rituals should be tailored to fit the specifics of your relationship and should be consensual and comfortable for both parties. The key is to maintain a balance of power that strengthens your relationship and fulfils both your desires.

Dominating your husband’s social life – Shaping his social life

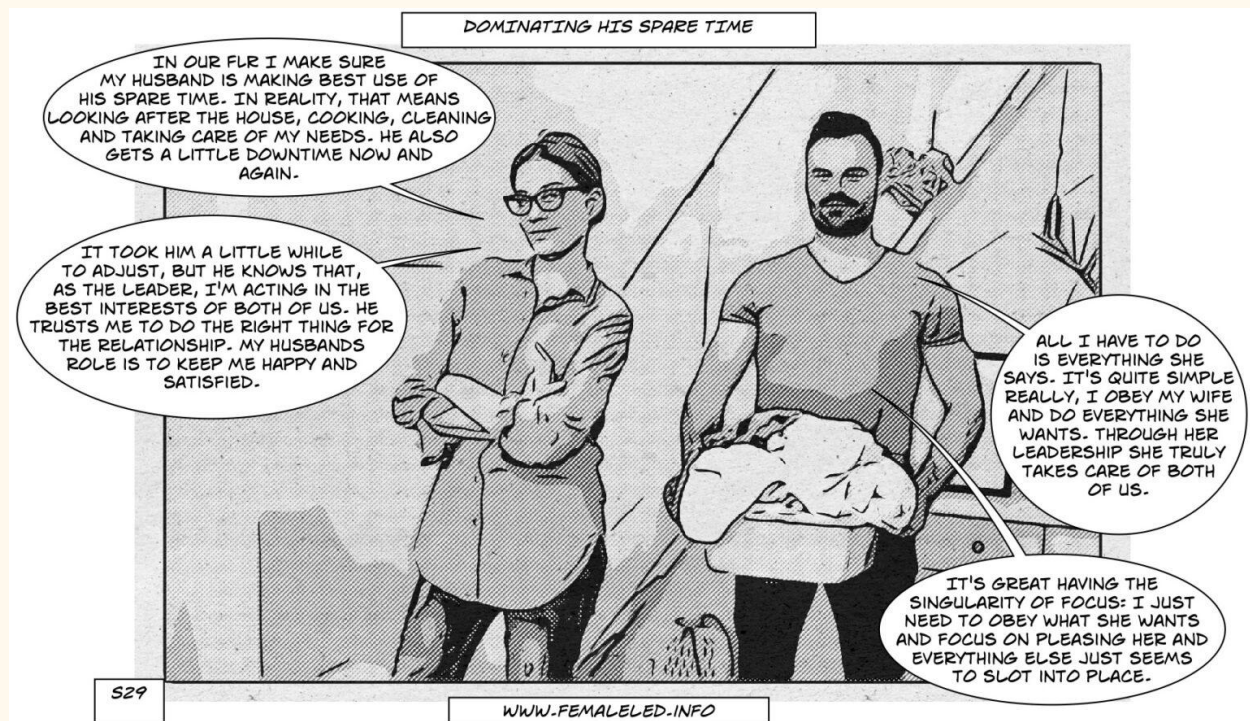
In a level 3 or 4 FLR, the woman has a considerable degree of control over her partner’s social life. Below are some real-life examples of how this might look. Remember, these examples assume consent and agreement from both parties.

- **Approval of Friends:** In some FLRs, the dominant partner might have approval rights over her partner’s friends. This could mean that if her partner meets someone new and wishes to spend time with them, he must first introduce them to his dominant partner for her approval. This also applies to existing friendships. For example, “Mark, I’ve noticed that you’ve been spending a lot of time with Tom lately. I would like to get to know him better before you continue to spend more time with him.”
- **Control over Schedule:** The dominant partner could control her partner’s schedule, deciding when he sees his friends, how often, and for how long. For instance, she might decide he can see his friends twice weekly and must be home by a specific time. “John, you can meet your friends on Tuesdays and Thursdays, but I expect you home no later than 9 PM.”
- **Control over Activities:** The dominant partner might also control the types of activities her partner engages in socially. For example, she might permit him to go to a friend’s house but not a bar. “Steve, I’m okay with you going to Peter’s house for the game, but I do not want you going to the bar afterwards.”
- **Approval of Social Events:** Before committing to any social events, he must ask for her approval. This includes providing all the details about the event – who will be there, where, and what time it will start and end. “George, remember to inform me about any social events you wish to attend at least two days in advance. I need to know the details before you can go.”

- Attendance of Social Events: In some cases, the dominant partner might attend social events with her partner. This allows her to meet his friends and have a direct influence on his social interactions. “Richard, I think I’ll come to the barbecue at Chris’s house this weekend. I want to get to know your friends better.”

Remember, these scenarios should be consensual and negotiated by both parties involved. Open communication, respect, and consideration for each other’s feelings and comfort are paramount in maintaining a healthy FLR.

Chapter 2: Dominating your husband's spare time



In the previous chapter, we discussed how a woman in a female-led relationship could dominate her husband's social life; in this chapter, we will look at his spare time and how to dominate it for the benefit of the couple.

Dominating your husband's spare time is a great way to set the relationship on the right track and strengthen the bond.

Well, darlings, for those radiant women who stand tall and unapologetic in their supremacy, here's how you artfully control every precious second of your man's time within a Female-Led Relationship. Buckle up!

The benefits of managing his time

In a consensual female-led relationship (FLR) where the woman takes a dominant role over a man's spare time, there can be several benefits for the woman. It's crucial to understand that these benefits arise from a place of mutual understanding, trust, and desire for this dynamic from both partners:

- **Fulfilment of Personal Desires:** A woman might derive personal satisfaction and pleasure from taking a dominant role. This could be a source of empowerment, fulfilling a personal kink, or simply enjoying the dynamic of control.
- **Enhanced Intimacy:** Dominating a man's spare time can create an intensified sense of intimacy between the couple. The man's surrender and vulnerability can be profoundly bonding, building trust and intimacy.
- **Efficient Time Management:** By controlling his spare time, the woman can ensure that time is allocated effectively for mutual activities, bonding, and chores. This can help create a balanced life where partners share responsibilities and leisure moments.
- **Minimised Distractions:** If she feels certain hobbies or friends are taking too much of his attention or are not conducive to their relationship, dominating his free time allows her to steer him towards more constructive or mutually beneficial activities.
- **Shared Goals and Growth:** Directing his spare time towards shared goals (like fitness, learning a new skill, or building something together) ensures that both partners grow together and strengthen their bond.
- **Cultivation of Desired Qualities:** If the woman wishes to encourage or cultivate certain habits or qualities in the man, having a say in how he spends his spare time can be beneficial. For example, if she believes he would benefit from reading more, she might suggest or direct him to spend some of his free time with books.
- **Strengthening the FLR Dynamic:** Dominating his spare time can reinforce the dynamics of their relationship, constantly reminding both of the roles they've chosen and keeping the relationship aligned with its core principles.
- **Peace of Mind:** Knowing where and how he's spending his free time can offer a sense of security and peace of mind, especially if there are concerns about outside influences or distractions.
- **Increased Appreciation and Gratitude:** When a man willingly submits his free time, it can lead to heightened appreciation and gratitude towards the woman for her guidance and direction.
- **Enhanced Communication:** The need to discuss, negotiate, and communicate about time spent ensures regular check-ins and conversations, leading to a relationship where communication channels remain open and active.

Dominating your husband's spare time – How to make use of his time

When directing his spare time, there are three main areas women tend to focus their husband's time in a FLR:

- **Being useful** – He uses his spare time for housework, chores and errands. By taking the strain of more chores, it can alleviate the workload and stress on the dominant partner, allowing her to focus on other tasks or simply relax. This also gives your husband a sense of direction and purpose, obeying you and completing tasks assigned to him.
- **Serving his Goddess** – He uses his spare time to worship, pamper and otherwise spend quality time with you. A goddess deserves worship. Ensure you've allocated enough time in his busy schedule to bask in your glory.
- **Becoming the best version of himself**: He uses his spare time to improve himself or the relationship. You could enrol him in fitness classes, cooking classes, work on boosting his mental health and emotional well-being, expose him to more culture, improve his diet and nutrition, instruct him to volunteer in the community; the opportunities are endless under your guidance.

Dominating your husband's spare time -Techniques for managing his time

Managing his every move would be exhausting; here are some techniques to simplify delegation and keep him on his toes. The goal is a productive and obedient husband with minimal effort on your part:

- **Structured Scheduling**: Because spontaneity is overrated and, let's be honest, men are so much more productive when they're given a roadmap. Draft him a daily guide—spoon-feed him his day, if you will.
- **Task Lists**: Some say lists are for shopping. We say lists are to keep him busy and ever-aware of his purpose. Keep him on his toes with a delightful mix of chores and challenges.
- **Digital Calendars**: Embrace the modern age and schedule his life with the tap of a finger. Alert him with electronic reminders. Ah, technology – making female domination efficient!
- **Check-ins**: There's no joy like watching a man report his progress. Plus, those adorable moments when he stumbles over his words? Priceless!
- **Time Tracking**: Time flies when you're having fun, but not on your watch. Use time-tracking apps to ensure he's not dilly-dallying. Efficiency is the game!
- **Rewards and Consequences**: A little incentive never hurts. Dangle the carrot and, occasionally, brandish the stick. It's all in the name of motivation.

- Limit Distractions: The world is a shiny place, especially for men. It's best to keep his eyes on the prize (that's you, by the way) and away from the endless abyss of internet cat videos.
- Quality Time Together: Feedback Sessions: Hold court and let him voice his 'opinions'. While the decisions are ultimately yours, it's entertaining to watch him try.

In the next chapter, I'll describe the practical steps to take control, manage your emotions whilst he is busy serving you, and what to do with YOUR spare time once he is taking the strain.

Chapter 3: The Fine Art of Having Him Serve and Savouring Your Free Time



In the previous chapters, I shared how to micro-manage your husband's social life and the benefits of managing his time; in this chapter, we will delve into the steps required to take over his time and manage your mindset. My goal is that you can savour your free time whilst you have him serve you.

Managing your emotions

Alright, strap in, ladies. Here's your guide to handling those pesky emotions while masterfully orchestrating your household:

- The Divine Right to Lead: First things first, remind yourself why you're here. This is not about ego, but rather an elegant dance where he has willingly given you the lead. Hold it with confidence, after all, someone has to lead, and who better than you?
- Befriending Guilt (Or Rather, Banishing It): Ah, guilt – that pesky uninvited guest. When it creeps in as he's scrubbing away or fetching your third glass of wine, remind yourself: he's serving willingly. And just between us, a hint of luxury never hurt any queen.
- The All-Important 'Check-in': Keeping the dynamic spicy doesn't mean keeping emotions on ice. A sultry "How are you feeling, darling?" as he's knee-deep in chores ensures the balance remains more FLR and less feudal lord.
- Cultivating Grace under Command: It's one thing to command him to serve; it's another to do so with grace. Remember, he's not a subject, but a partner who's willingly stepped into this role. A sprinkle of gratitude amidst the orders keeps the dynamics deliciously enticing.
- Beware the Bubble: While it's enticing to get lost in the allure of this dynamic, ensure you're not cocooning yourself in a bubble. Engage in activities outside the FLR space to keep perspectives fresh and connections authentic.
- Jealousy, the Green Monster: Seeing him diligently serve might ignite sparks of envy among your circle. Handle it with grace, humour, and perhaps a sassy quip like, "He's booked for the next eternity, but I'll check his schedule for you."
- The Power of Playfulness: Turn commands into playful requests, chores into challenges. Remember, power is most potent when peppered with play.

Enjoying your free time

Ladies, are you basking in the afterglow of successfully manoeuvring your beau into the wonderful world of household servitude? Bravo! As the dishes sparkle and dinners miraculously appear, you might wonder: What on earth does one do with all this newfound freedom? Fret not, for I'm here to ensure your liberation from laundry leads to nothing short of fabulous.

- Discover 'You' 2.0: Remember those forgotten passions and hobbies? The paint set collecting dust, the dance shoes hidden away? It's time to resurrect them and let your inner artist or salsa queen shine!
- Education, But Make it Fun: Have you always dreamt of being a wine connoisseur or speaking Italian fluently for that one week a year you visit Tuscany? Enrol in fun courses and charm the world, one Pinot or 'ciao bella' at a time.
- Self-Care Extravaganza: Create a daily self-care ritual. Whether it's a bubble bath accompanied by a novel (and not the kind that teaches 101 ways to remove stains), or an elaborate skincare routine, pamper yourself. You've earned it.
- Jet, Set, Go: With the household in capable hands, why not take that solo trip or an all-girls weekend getaway? Bali, Paris, or even a luxurious spa retreat in your city. Pack those bags and let wanderlust whisk you away.
- Hostess with the Mostest: Remember when parties meant pre-event anxiety about catering and cleaning? Now, host soirées, brunches, book clubs, or wine nights, confident that the aftermath won't be your problem.
- Network & Elevate: Engage in activities that can amplify your career or personal growth. Attend seminars, workshops, or networking events. Who knows? You might find other like-minded women with their own FLR success stories!
- Volunteer with Vigor: With so much free time, giving back can be a fulfilling way to spend your day. Engage with local charities, mentor someone, or adopt a cause close to your heart.
- Fitness, but not the Mundane Kind: Now's the time to try that exotic pole dancing class, underwater yoga, or moonlight mountain trekking. Let adrenaline be your new housemate.
- Retail Therapy, Upgraded: Ever tried personal shopping? With all your free time, dive deep into couture or design your own ensemble. After all, every queen deserves a custom crown (or gown).

Ladies, this isn't just about the delight of watching your man manoeuvre around mops. It's about rediscovering yourself sans the chores. Embrace this FLR like the privilege it is. Have him serve you and relax into your role as Queen. While he's ensuring the silverware shines, ensure your soul does too. Here's to endless possibilities and unparalleled pampering!

Finally, as we reach the end of this guide, let's recap the steps a Dominant woman takes in managing her husband's time:

1. Establish Clear Expectations: Discuss with your partner your expectations about his time. It's vital that he understands what you want and agrees to it.
2. Gain Consent: Make sure he consents to the time control. This means he is voluntarily giving up his autonomy in this area. It's crucial to check in regularly to ensure he still consents to this arrangement.
3. Set Schedules: Create a daily, weekly, or monthly schedule for him. This could include tasks, chores, free time, work, and other activities.
4. Limit Distractions: If distractions like games, TV, or specific hobbies take up too much of his time, consider setting limits.
5. Use Rewards and Punishments: Positive reinforcement can be a powerful tool. Reward him for sticking to the schedule or completing tasks. If he doesn't follow the agreed-upon schedule, discuss the consequences.
6. Check-in Regularly: Have daily or weekly check-ins to review the schedule, see how he's feeling, and make any necessary adjustments.
7. Stay Flexible: Understand that life happens. There might be times when he cannot stick to the schedule due to unexpected events.
8. Seek Feedback: Encourage open communication. Ask for his feedback on the schedule, how he feels, and any adjustments he'd like to see.
9. Seek Outside Support: If needed, consider couples counselling or support groups that can provide guidance and advice.
10. Reinforce Obedience: Continual reminders and reinforcement of the established norms can help maintain his obedience. This doesn't mean being overly strict or punitive but rather a consistent reaffirmation of the relationship dynamics.
11. Maintain Respect: Always respect his feelings and boundaries. Remember that he is a human being with emotions, and the ultimate goal is a harmonious relationship where both partners are happy.

With a firm hand and clear direction, your household can run like a well-oiled machine, all under your expert leadership.

Have him serve whilst you relax- Additional tips:

Rename, reclaim and retrain his popular pastimes: Does he golf on Sundays? Silly goose, Sundays are for couples' yoga (read: you do yoga, he assists). Saturday pub nights? More like Saturday preparing breakfast for the week nights.

Training courses: Some men, bless them, can't tell a spatula from a spoon. Enrol him in culinary courses, housekeeping seminars, or the elusive 'understanding what she means' workshops.

Hone his hobbies for the household: So, he loves music? Great, ambient sound while you relax is crucial. Painting? Even better – your living room could use a new mural. Remember, every hobby has household potential, and it's your job to exploit, I mean, explore it.

Silent Servitude: One might argue that a man's 'alone time' is essential. It is, but in proximity. While he enjoys his silent hours he can also serve, he can simultaneously polish your shoes, organize your jewelry, or prep your bath.

Ladies, taking control is an art, a subtle dance. But in this tango, you're leading. Sure, it might ruffle some feathers initially. But with the right persuasion, training, and maybe a dash of your dazzling charm, you'll have him wondering how he ever spent his time without your guidance.

Cat Boulder

Cat Boulder is an influential and passionate blogger who advocates for Female Supremacy and champions the principles of female leadership, empowerment, and dominance.

With a firm belief in women's innate strength and superiority, Cat Boulder dedicates her prose to promoting the advancement and flourishing of women in all aspects of life.

As an ardent proponent of Female Supremacy, Cat Boulder fosters a deep appreciation for the power and potential of female relationships. She celebrates the bonds between women, recognising them as sources of strength, support, and growth.

Through her writing, she encourages women to embrace their individuality, assert their authority, and emerge as leaders in their chosen fields, whether in personal relationships, careers, or society.

In addition to empowering women, Cat Boulder emphasises the importance of teaching men to embrace obedience and subservience within the framework of female leadership. She believes a harmonious balance can be achieved through nurturing partnerships where men willingly and joyfully serve their female counterparts. By offering guidance and advice, Cat Boulder strives to help men better understand their role as supportive partners, encouraging them to cultivate humility, respect, and a deep appreciation for female authority.

With a combination of bold perspectives and insightful guidance, Cat Boulder's writings catalyse positive change, challenging traditional gender norms and promoting a vision of a world where female leadership is embraced and celebrated. Her writing provides a valuable resource for women seeking to thrive as leaders and for men who wish to foster fulfilling and harmonious relationships by embracing the principles of Female Supremacy.

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