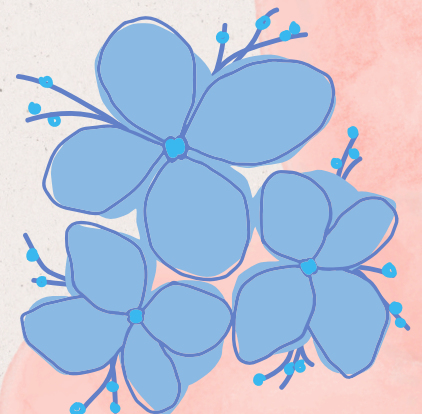


YOUR SISSY  
JOURNEY

# Begins...

by Tara Smith

[ChatWithTara.com](http://ChatWithTara.com)



# SISSY THOUGHT PATTERNS

Start monitoring your thought patterns regarding your sissy desires and fantasies. Write down negative thoughts regarding all you are doing and replace each and every negative thought with positive ones.

<p><b>NEGATIVE</b></p>	<p><b>POSITIVE</b></p>
<p><b>NEGATIVE</b></p>	<p><b>POSITIVE</b></p>
<p><b>NEGATIVE</b></p>	<p><b>POSITIVE</b></p>
<p><b>NEGATIVE</b></p>	<p><b>POSITIVE</b></p>

# LIMITING BELIEFS

**A Belief that is holding you back:**

" ex. Men should not act feminine."

**Where did this belief come from?**

**How is this belief harmful?**

**What is a better alternative for this belief?**

# WEEKLY SISSY REFLECTIONS

DATE

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*How Am I Feeling About This Week in Terms of My Sissy Journey:*

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*What Went Well?*

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*I Need To Let Go Of ...*

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*I am Proud Of ...*

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*I Need To Do More Of ...*

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# SISSY DREAM JOURNAL

Record Any Erotic Dreams

DATE

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*What happened? (Was it a fearful and/or erotic etc. dream)*

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.....

.....

SKETCH

*My Emotions*

.....

.....

.....

*People In The Dream*

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*Quality of Sleep*

.....

.....

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*My Interpretation*

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# FAV. FEMINE PRODUCTS

NAME

USE / BENEFIT

.....  
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*Fashion Favs*

*Lingerie Favs*

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# BEING A MINDFUL SISSY

Why do you think being mentally present and remaining mindful in your sissy journey and sissy experiences is important?

*My initial thought ...*

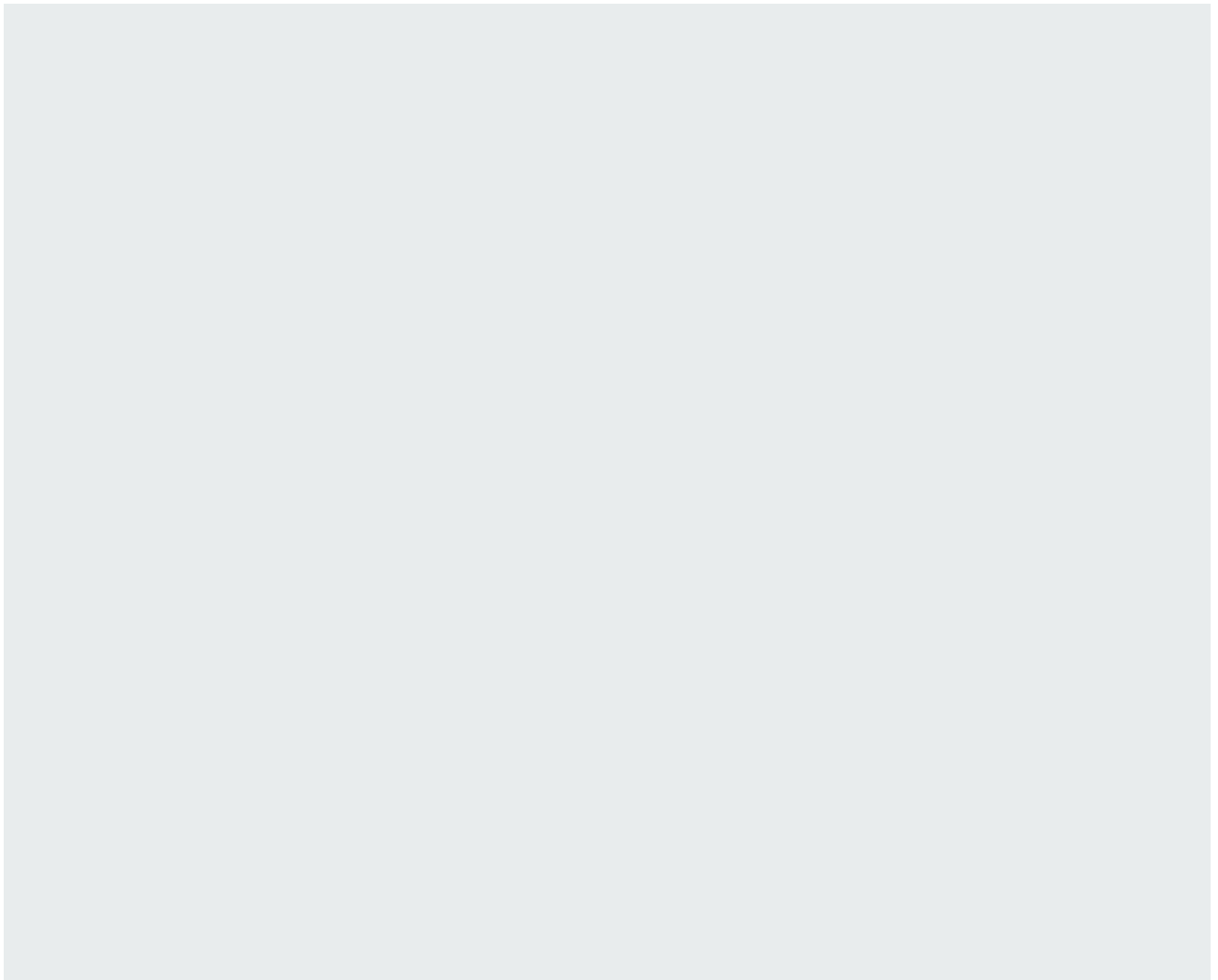
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*Going deeper ...*



# DAILY SISSY MINDFULNESS

\*Remember, answer as your true sissy self. There are no wrong answers! Be in the actual moment.

WHAT CAN I SEE?

HOW DO I FEEL?

WHAT DO I SMELL?

WHAT CAN I HEAR?

NOTES

# RAISE YOUR SISSY VIBRATION

One person (or people) with whom you share your sissy adventures:

One meal (or food) that reminds you of how much of a sissy you are:

One sissy memory that makes you giggle:

One sissy task you're always up for:

One thing you believe now more than ever in terms of being a sissy:

What kind of sex toy is your favorite sex toy. \*You can have more than one!:

Music that you love to listen to when you are getting your sissy on?:

# TRYING NEW THINGS

There are many ways to be a fierce sissy! Find a new adult arcade, get an even bigger dildo or butt plug, or go buy those panties for yourself once and for all! Try something new that will make your sissy fetish even more fun.

WHAT DID YOU CHOOSE? WHY?

DID YOU ENJOY THE  
EXPERIENCE?

HOW DID YOU FEEL  
AFTERWARDS?

# THOUGHTS ABOUT SISSY SEXUALITY

What sexual goals do you have in terms of being a sissy?

How do you feel about chastity? Are you willing to wear a cage?  
What would change your mind if you are not willing? (If anything)

How do you feel about being a cuckold? Is it a fantasy of yours?

How do you feel about being denied pussy? How do you feel about the expression 'no pussy for you, sissy'?

# INTENTIONS WORKSHEET

*Favourite sissy memories from Last Year*

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*Things I am Thankful*

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*What limiting beliefs do I need to let go*

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*Places I'd like to visit as a sissy*

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## MY INTENTIONS FOR SISSY GROWTH

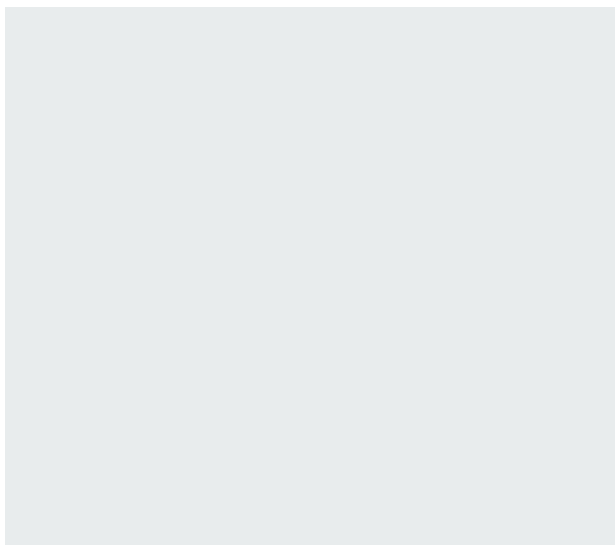
An intention is a mental state that combines a desire with a commitment to pursue a goal or action

- *Sexual:*
- *Personal:*
- *Relational:*
- *Wellness:*
- *Financial:*

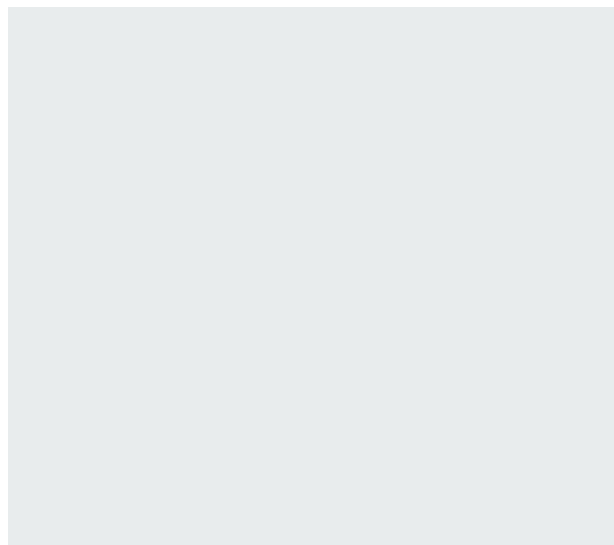
# 30 MINUTES SELF CARE

Fill in the boxes with activities you can enjoy self care - this is important:

REST / RELAXATION

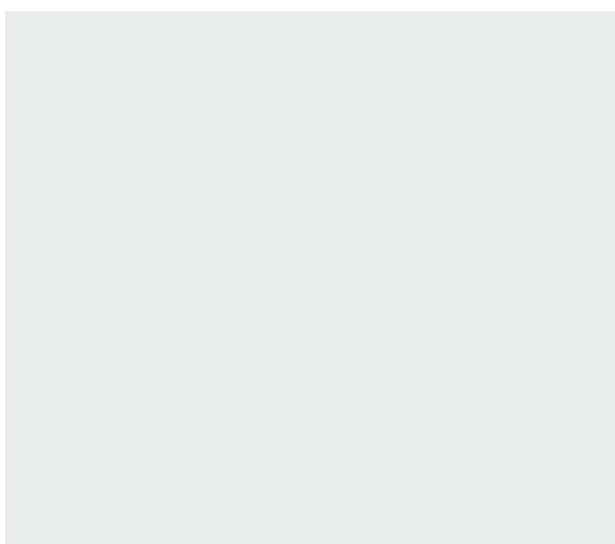


EXPRESSION

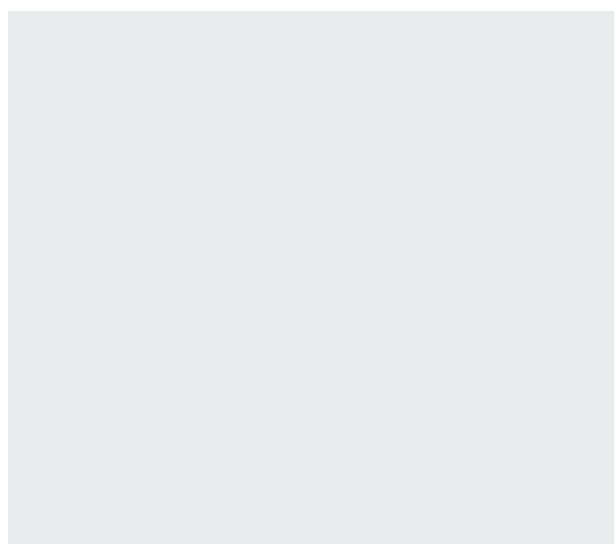


*I Need ...*

HEALTH / SPIRITUALITY



COMPANIONSHIP





# WEEKLY SELF-CARE

Areas of care:

Current practices:

New practices:

RELATIONSHIPS:

WORK:

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Existing Barriers to Self-Care

How to Address Barriers

Top Three Coping Strategies:

- 1.
- 2.
- 3.

# MY SISSY SELF ESTEEM

*What I love about my body:*

- 1.
- 2.
- 3.
- 4.
- 5.

*What my body does for me:*

- 1.
- 2.
- 3.
- 4.
- 5.



*What's unique about me:*

- 1.
- 2.
- 3.
- 4.
- 5.

*What I can do to help it stay strong and healthy:*

- 1.
- 2.
- 3.
- 4.
- 5.

# INNER SISSY DISCOVERY

*Your True Sissy Self Wants To Come Out*

*Write down the memory you think of when you think about the time you began realizing you were a sissy?*

*What negative self-talk do you remember around this memory?*

*From your perspective today, what would you say to your newly emerging sissy self about this memory?*

*What other thoughts come to mind?  
What positive memories can you recall around the same time?*

*How do you feel about being a sissy after this exercise?*

*How would you like to move forward?*

# MY SISSY DESIRES

LOVE YOUR SISSY-SELF ENOUGH TO QUESTION AND LEARN



I would LOVE to learn  
more about:



I would LOVE to try:




I would LOVE to go to:



I would LOVE to let go of:



I feel LOVE when:



I would LOVE  
to make:

# SISSY SELF LOVE WORKSHEET

Finish the sentence inside each ballon to tell about things you love about yourself.

I've been told I have pretty...

I'm loved by...

People compliment me about...

I feel good when...

I am good at...

I LOVE MY  
SISSY-SELF

# DAILY SISSY GRATITUDE

Morning:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

# LETTER TO MISTRESS TARA

This letter exercise will help you clear your mind from fears holding you back from being all the sissy I know you can be. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.



# MY 10 SISSY AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...



# LETTING GO WORKSHEET

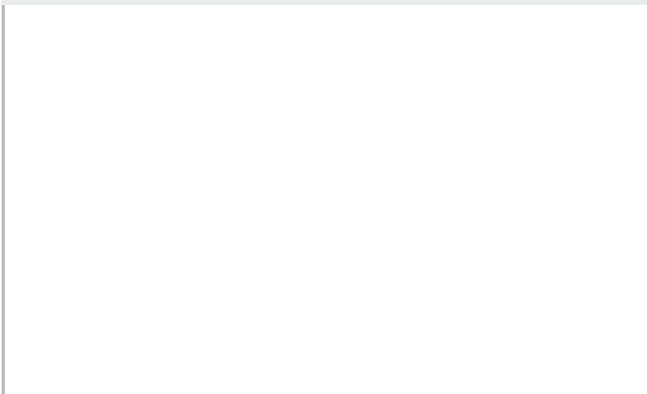
WHAT I'M LETTING GO OF



HOW I FEEL



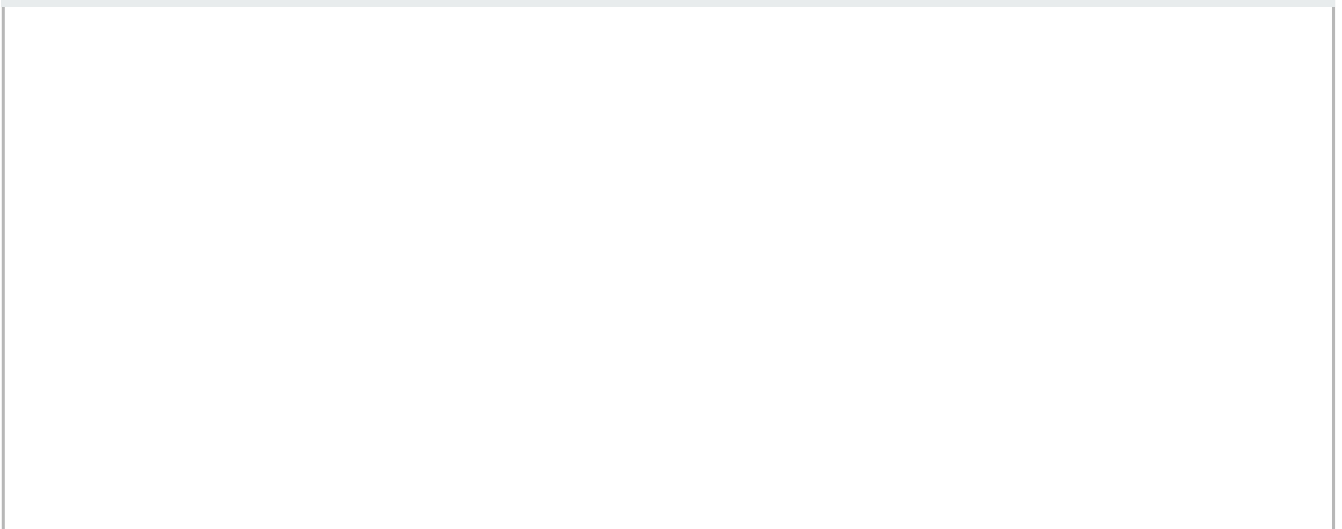
STEPS TO MOVE FORWARD



HOW THIS WILL HELP ME



DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO





# JOURNALING

