

Sissy training

by

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Welcome

Welcome. I am Mistress Moriah. In this e-book I present my view of serious Sissy training, from my experience as a Mistress. This view has evolved from walking my own path and from the many conversations I've had with Sissy's over the years, but more importantly how I like to see a Sissy trained myself. Serious and deep. Useful in multiple areas.

However, this is not to say that this is the only sacred truth. Everyone colors their own pictures and thus forms their own truth. This applies to all of life, and so it also applies to training to become a Sissy.



My truth or my way of seeing things does not have to be or become your way of seeing things. Instead, it is important that you follow your own path in this, get to know yourself even better and find your own truth. But if you want to become a serious Sissy, this e-book can be a wonderful foundation.

Who is this e-book intended for?

First, of course, for all Sissy's who can take an important, yet approachable first (second, or third) step with this e-book. This e-book can give you insight about the process of going from having a desire to actually fulfilling a life as a serious Sissy. You will learn to be useful and serviceable in various areas, but it also takes you on a journey to yourself, to that deepest core of your being.

But of course this e-book is also perfect for all Dominants who would like to get started with a Sissy training, but are actually not so sure how to go about it yet. In this e-book you will find lots of tips & tricks. The content could form the basis of any serious Sissy training. Think of it as a framework in which you eventually hang your own curtains.

Enjoy the journey with each other and the encounter with yourself.

Mistress Moriah

What is Sissyfication?

What is a Sissy

If you do a Google search for the term Sissy, you'll get a flood of porn videos all over you. Apparently, the concept especially appeals to the imagination sexually. It is still quite a search for serious information. Pretty crazy, because a Sissy is so much more than some kind of fuck rabbit without Duracell batteries.



Serious Sissy information

I can imagine that as a serious Sissy you need information beyond the superficiality of porn movies. Hence, of course, this e-learning. Because if you want to become a good Sissy, it goes beyond stretching your fuck hole with a big one or deep throat exercises.

A Sissy is a man (or boy) who does not conform to socially imposed masculine characteristics. Such as: libido, strength, big-shouldered, broad-shouldered, testosterone, et cetera. But a Sissy also goes beyond crossdressers or transvestism. Sissy is a *lifestyle*, it goes beyond clothes, it is wanting to be feminine without having to be a woman. The difference is in the experience. A crossdresser finds it exciting to put on a woman's clothes, a transgender wants to become a woman, but a Sissy wants to feel in his own body, ultimate femininity.

Gender balance

The pure balance between man and woman, pretty much come together in a Sissy. Being allowed to be fully, at peace with yourself. Because why couldn't you be



feminine in a man's body? So it doesn't stop at other clothing, a Sissy also wants to know the finer points of the art of makeup, not as a drag queen, but as a sophisticated lady. She also expresses this in her clothing. Her clothing does not have to be striking, as long as it touches the power of seduction. It can be quite sexy, but never in a vulgar way.

A Sissy is convinced that he does not have enough manhood to please a woman. So that little cock might as well be stowed away in a chastity belt. That one is completely unnecessary. A Sissy wants to experience sexuality the way women experience it. And preferably as feminine and girly as possible.

A real Sissy you don't become, you are. Sometimes you just have to discover it for yourself or connect the dots. Shaking off the rest of your masculinity.

Sissy & gay

Some sissies wonder if they aren't just gay. Of course they can be, but a Sissy goes beyond that. A gay person still experiences sex in a male way (stereotypically said) but a Sissy, on the contrary, wants to experience his sexual experience as a woman. Not from a female body, but from his completeness as a Sissy.

There is often a Dominant present in a Sissy's life (Mistress or Daddy) who determines what a Sissy's sex life will look like. What she will or will not experience. She (or he, in the case of a Daddy) determines the looks and often teaches the little refined details

The looks of a Sissy

A Sissy is refined. She has a fine physique, with as little body hair as possible. The finer, the better. She takes good care of her body and wants to know more about it. A Sissy has a small cock that can be stored in a small chastity belt just fine. She has taste and has mastered the art of seduction (and if not, this will be taught to her). She moves gracefully and can walk perfectly in high heels. Even her mannerisms are thoughtfully applied and she conforms to many classic female stereotypes.

Her clothes are seductive, but never vulgar or *over the top*. This also applies to her accessories and lingerie.

Everything is carefully selected to seduce that Alpha man....

Character traits of a Sissy

She is subservient and enjoys pleasing. She dares to be seductive because she has embraced her full being. She is allowed to be seductive because she is seductive. Some may see Sissyfication as a form of humiliation, but actually a Sissy is actually proud of who she is and especially who she is allowed to be. Both worlds come together with her.

What does a Sissy need to meet?

A Sissy must already naturally exhibit feminine characteristics, such as a petite build, small cock, little body hair and an innate curiosity about femininity. Not to be a woman, but to experience femininity.

A Sissy is subservient and will (mostly) happily throw themselves into a variety of household tasks and embrace other aspects of domestic life. They gladly assume the stereotypical female role. And that doesn't always have to involve sexual acts. It can, but it certainly doesn't have to.



Sissy's as a threat to masculinity

Sometimes they are perceived as threatening, to male power. In 2018, for example, official Chinese state media ridiculed young men wearing "sissy pants" (who use makeup, are slim and wear androgynous clothing) as part of a "sickly" culture that threatened the nation's future by undermining its militaristic image. In 2021, China's National Radio and Television Administration added a ban on "sissy men and other abnormal aesthetics" to its rules, using the offensive term niang pao

However, no man needs to feel threatened by a Sissy, if you assume that everyone is just allowed to be what they are. A male man, therefore, may continue to show his masculinity. A Sissy does not change that.

Unknown makes unloved

Fortunately, we live in the Netherlands (or Belgium) and here we can be who we are on the inside. Although there are still (unfortunately) enough Sissy's who do not (yet) dare to come out. Because unknown makes unloved and unfortunately there is still (also on) the internet far too little serious information to be found about Sissy's. That is precisely why serious informing platforms like BDSMforyou are so important.

Hopefully we can eventually accept each other that there are male men and female men, just as there are female women and male women. And there is nothing wrong with that.

Take the Sissy Test

1. Is your gender male?
2. Do you prefer to wear women's lingerie under your clothes?
3. Do you often wear women's lingerie?
4. Is your favorite piece of clothing a beautiful dress?
5. Do you prefer walking in high heels?
6. Are you serving?
7. Do you enjoy doing household chores?
8. Are you caring?
9. Are you interested in make up?
10. Do you believe that women are mentally stronger than men?
11. Do you like to be led?
12. Would you rather seduce someone than seduce them?
13. Do you have a refined build?
14. Do you find your cock superfluous and prefer to lock it in a cage?
15. Do you love pink?
16. Are you sexually attracted to Alpha men?

Results

1 - 5 times "Yes"	You are not a Sissy
5 - 10 times "Yes"	You have potential to become a Sissy
More than 10 times "Yes"	You are definitely a Sissy

What is sissyfication?

A nice word but what does it really mean? Sissyfication is a term often used in the context of sexuality and kink. In short, we are talking about emasculation here. It is specific role-playing where a person (usually a man) forces himself (or is forced) to behave in a way that is considered stereotypically feminine. For example, the cock is often locked in a chastity belt because it is completely useless anyway.



Female

If you want to be a sissy, it means that you want to become sophisticatedly feminine and thus not turn into a drag queen. That's really something else. A Sissy wears feminine clothing, beautiful makeup and unobtrusive accessories.

Of course, feminine behavior is also expected. So talking in a higher voice, walking neatly, sitting civilly and eating neatly. So no burping and farting, in company. You behave nicely and civilized and wait quietly until you can say something. You do not talk with your mouth full, nor do you spoon up your plate excessively. These are just matched examples, because sissyfication goes much further than that.

Poet Slave

Among sissies you often find an urge to clean. Often this stems from the desire to be of service, but also that there are consequences attached to this, in the form of punishment. However, his excitement does not lie in the pain stimuli, but the punishment is more of a motive for wanting to be the best he can be.

His arousal often lies in wearing certain (mostly feminine) clothing and often in combination with wearing high heels. Unfortunately, there is often a difference between the desire to clean well and actually being able to clean well. So it is important to pay attention to this. It is not the intention that the Mistress has to walk behind you to see if everything is done properly.

Humiliation

Of course, degrading language or insults aimed at the male partner are also used to humiliate and feminize him. For example, horny blow job, clit (instead of cock), fuck hole (the anus), et cetera. There may also be (forced)-bisexual acts. So you regularly hang from a cock or dildo with your mouth. And the Mistress may cause you to be taken in your fuck hole or pussy. Not good? Then this can be specially trained on.

Consensus

Of course, sissyfication is also by mutual consent. This role-playing can stem from sexual fantasies, wanting to be submissive or just because it's fun to do.