



MASTER SLAVE LIFESTYLE

Worksheet

Developing the Master mindset

contact@masterslavelifestyle.com

<https://masterslavelifestyle.com>



Introduction

When someone starts out as a Master, how do they mature and change over time? And can someone become a Master for the wrong reasons? In this worksheet, I am going to cover a model that can be used to map the changing of a Master's mindset.

As children, our minds are developing and changing all the time. We cannot understand certain concepts until our mind has developed where we can understand the concept.

These can be for broad concepts such as death or divorce. But also for smaller things. If you gave a child around 4 years old of a certain age two glasses of water that held the same volume amount of water: one tall and thin, and the other small and wide, the child would believe that the tall glass holds more water. The concept of volume has not developed yet.

(<https://www.youtube.com/watch?v=gnArvcWaH6I>)

But as we grow older, we mature and start to understand more complex concepts (such as volume).

WHAT IS THE MODEL?

There are 5 main development mindsets:

- Stage 1 — Impulsive mind (early childhood)
- Stage 2 — Imperial mind (adolescence, 6% of the adult population)
- Stage 3 — Socialised mind (58% of the adult population)
- Stage 4 — Self-Authoring mind (35% of the adult population)
- Stage 5 — Self-Transforming mind (1% of the adult population)

These distinct levels highlight different levels of mental complexity. Each level represents a different level of how we view the world.

We do not regularly move from one mindset to another. There are periods of development and periods of stability. When we reach a new plateau, we tend to stay at this level for a particular time.

It can be that we reach a certain level and stay. For example, in one study, it is estimated that 58% of the population is in Stage 3: Socialised mindset. Some of these people will move to later stages, but many might stay there.



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The Mindsets

The Mindsets

IMPERIAL MINDSET

- It's all about me
- Egocentric
- Narcissists, sociopaths and psychopaths
- They do not break rules because it is wrong, but because breaking rules could negatively affect them

SOCIALISED MINDSET

- I am my relationships
- We make decisions based on what people think of us
- Conflict is hard
- But we are objective to our own needs and wants, and put the needs of the group ahead of our own
- Self authoring mindset

SELF AUTHORIZING MINDSET

- I have identity, I make choices
- We have our own beliefs, values principles to navigate the world
- We now hold societal values, needs and wants, along with what people want us to do, in a more objective manner. You are no longer subject to them.

SELF TRANSFORMING MINDSET

- I can hold multiple identities and models
- Hold multiple thoughts and ideologies at once
- Not held prisoner by our own identity

Moving Mindsets

To move from one mindset to another takes time. It is like exercising a new muscle. At first it is very hard to do and you cannot even feel it, but over time you get better and better. This normally takes weeks to months to do.

SOCIALISED TO SELF AUTHORIZING

The main step is here is to understand who you are and then to act and behave integral to this. One can find out who they are through:

- Understanding their values and strengths
- Their beliefs including limiting beliefs
- Their core needs

One way to understand your strengths is to use the VIA [Creative strength finder survey](#). Another way is to look at the hobbies and activities you did when you were younger. List them down and then look for themes and strengths.

SELF AUTHORIZING TO SELF TRANSFORMING

Someone in self authoring is completely subjected to their own model. This means they often cannot see it and understand it. This often means that when someone in self authoring receives information that

does not fit into their own internal model they will discount it. They also tend to see issues in other people's styles but are unable to see the issues in their own.

So the first step is to understand the edges and limits of your own model.

What can you do?

- This can be found through taking feedback from people (and not discounting it)
- Exploring where you own Master (or managerial style struggles), this often shows a boundary or edge of Your model to explore.
- Look at different Masters or managerial approaches and look at the pros and cons for each one in different situations.
- Look at these through other perspectives, a Master, slave, switch etc.
- Finally look at your own model and understand the pros and cons of it for different situations.
Note: Most people doing this at first find it hard to see the cons in their own model, but they are there.



More information

BLOG

- [Maturing the Master Mindset](#)
- [How to change your mindset](#)

COACHING

Coaching - I offer coaching to help you transition to the next mindset

[More about coaching](#)

VIDEO THROUGH MEMBERSHIP

Master/slave Lifestyle Membership videos: 3 part video series that goes much more in depth on this subject

[More about membership](#)

NEW VIDEO SERIES

New video series that explores the archetypal Master and shadow Master

[More about membership](#)



LEARN & EXPLORE



READ the articles

Explore and find out more on the Master/slave Lifestyle including:

- How to become a good Master or slave
- How to find a Master or slave
- How to have a successful Master/slave relationship
- Plus more!

[? Explore articles](#)



LISTEN to the podcast

I interview real people living the real 24/7 Master/slave lifestyle. Listen to their stories and find out their thoughts

[? Start listening](#)

TAKE PART

MEET the Master/slave Book club

Every two weeks a small group of Masters and slave from across the world meet up online to discuss a book.

[? Join the club](#)

BE COACHED by me for free

I offer my professional skills as a coach and my 20 years of experiences living the BDSM Master/slave lifestyle to help people when they need it.

[? Find out more](#)

TAKE PART in a Workshop

I regularly hold thought-provoking gay male-identified BDSM workshops around power exchange and the Master/slave lifestyle.

[? Register for a workshop](#)

CREATE SOMETHING AMAZING

BECOME a member of the Master/slave Lifestyle and SUPPORT the website and podcast and:

- Instantly gain access to workshops to help you explore and find what You want in the 24/7 Lifestyle
- Early access to all new podcast episodes before
- Behind the scenes newsletter of creating the unique content of Master/slave lifestyle.com
- The ability to cancel at any time

[? Become part of the movement](#)

[or find out more](#)

