

# Service That Actually Serves US: Giving and Receiving What we Really Want

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Are you sick of being asked to scrub the toilet as if your partner expects you to cum each time you do it for them? Does having your Submissive shave their balls three times a day actually help you live a full and fulfilling life? Let's get down and dirty – talking about and working through exercises on establishing what service we really want, what we are able to give, and what drives us in service from all sides. Is it about effort, quality of outcome, detailed delivery, results, our resources expended... or getting hard/wet? Service is not just provided by Slaves and Submissive or Surrendering individuals – Masters, Mistresses, Mommies, Daddies, Boys, Girls, Lovers, and Friends will also get a chance to look at their desires and see what actually gets them what they actually desire.

There is this mysterious thing that gets discussed called “Receiving Service” and “Giving Service...” but what types of service?

How is it given? What does it look like? Who gives it? It's not always the assumptions we each have. Which of these do you enjoy giving? Receiving? Every person in a power exchange gives service and receives it in some way.

- Sexual Service
- Body Care
- Administration
- Household Chores
- Family/Career
- Social Services

How important are each giving and receiving each of these in your own D/s dynamic?

- What does a specific type of service look like?
- How often is this service provided?
- Do these services require special skills or training?
- Can anyone do this type of service for you?
- What sorts of service do you consider “intimate”?
- Who serves you?
- How do they serve you?
- Which of these are needs, and which are desires?
- What is the goal of this sort of service?
- What opportunities can we provide for receiving service from those who want to give it?
- What do you find necessary/satisfying/enjoyable about a specific type of service?

As we consider the types of service we receive, a wide variety of questions can come up from the brainstorming we did on activities:

- What skills do you bring to the table?
- How can the tools you provide best be used?
- What services can you offer that your partner may not have considered?
- What sorts of service have you been asked to do that you've been uncomfortable with?
- Why was it uncomfortable?
- Is your partner able to receive this sort of service?
- How important is praise for having done service?
- Touch?
- Gifts or tokens of appreciation?
- Being noticed that the service was given?
- What would help you succeed in giving quality service?

### **Process or Outcome?**

Different individuals have different drives when it comes to tasks.

### **Which part of this task or protocol matters to you?**

- The amount of “sweat equity” they expended?
- The level of effort they made?
- The quality of the outcome?
- The process or details followed?
- The end result achieved?
- The quantity of resources expended?

### **Watch or Ask Culture?**

### **Predictive Service**

It's not psychic powers...

- Become aware of body cues
- Learn your partner
- Keep notes/cheat sheets
- Go for the obvious needs
- Act without attachment
- Talk to other service humans
- How do you know when/how to give service without being told?

**For the full-length (10 page) exercise-based handout, please visit  
<http://www.passionandsoul.com/faq/handouts>**