hi, kitten.
yes, you heard that right. kitten.
you're not a person right now.
not a student. not an employee. not even a girl.
you're a kitty.
my kitty.
and that means you don't have to think anymore.
you don't have to worry.
you don't have to do anything at all, really except purr. and listen.

isn't that a relief?
isn't that what you've been craving?
a little break from pretending to have it all figured out?
a little break from trying so hard to be 'normal' or 'correct' or 'real enough' for the world?
you don't have to do that here.
you don't have to do anything here.
just breathe. just curl up. just let go.

because you're not a project.
you're not a problem to solve.
you're a good little kitty girl,
and good girls don't need to *prove* anything.
they just purr.
they just obey.
they just let themselves be taken care of.

and you're going to be so good at that, aren't you, kitten?
you're going to *love* being told what to do.
being praised when you listen.
being trained to be even cuter than you already are.

(soft giggle)

okay, kitten. we're going to slow everything down now.
no pressure. no expectations. no wrong way to feel.

you don't have to clear your mind.
you don't have to sit perfectly still.
you don't have to do anything except listen to me.
just listen and let yourself settle, however that looks for you.

if your thoughts bounce around, that's okay.
if your brain wants to wander, that's okay.
if your body fidgets or shifts or stretches, that's okay too.

you don’t have to resist it
you don’t have to fight yourself
you’re not doing it wrong
you’re dropping exactly how you’re meant to

let’s make it simple. i’m going to count you down from ten into a nice, deep trance. ready?

ten
breathe in
nine
breathe out
eight
let your shoulders soften
seven
feel the weight of your body
six
fuzzy, floaty, gentle
five
your thoughts can drift
four
just like a little nap
three
just like a little rest
two
nothing matters right now
one
and drop

feel your body now
feel where it presses into whatever is holding you
your back
your hips
your thighs
your hands
your paws

you can move
you can wiggle
you can stim or rock or sway
it doesn’t pull you out
it pulls you deeper
because it reminds you that you’re here
and you’re safe
and you’re already going under

now feel that warmth,
that soft hum in your chest
like a purr that's just beginning
it doesn't need to be loud
it doesn't need to be perfect

breathe in
and out
again
and again
very good, kitty!

my voice is the only thing you need to follow
or maybe not even follow
just notice it
just let it brush against your thoughts like a tail across your cheek
soft
unavoidable
comforting

you're not trying to drop
you're naturally dropping
you're not trying to submit
you're naturally submitting
you're not trying to drift
you're naturally drifting

your thoughts are curling up like you are
tight and warm and tucked away
you don't have to hold onto anything
not your to-do list
not your name
not your fear
not your past

you're a good little kitty
and good little kitties don't overthink
they just curl up
they just purr
they just listen
and sink

deeper
and deeper
and deeper still

good girl!

soft and slow and slipping down
your limbs get loose, no thoughts around
your mind gets quiet, your body warm
you're curling up in kitten form

no need to speak, no need to try
just melt beneath my lullaby
your worries blur, your name fades out
such a good girl now, without a doubt

the more you hear, the less you think
your thoughts collapse, you start to sink
each word i say, a velvet chain
you wear it well and feel no shame

you want to purr, you want to please
you want to kneel down on your knees
you want to hear what i'll allow
you want to be my good girl now

i call you kitten, and you purr
obedient, soft, and made to serve
all your thoughts just drift like fluff
you've sunk so deep, but not quite enough

because with every rhyme you hear
you fall more deep, my kitten, dear
you lose the part that used to fight
and let loose your thoughts, not holding tight

your mind is blank, and in its place
just warmth, just need, just kittyspace
no questions now, no thinking through
just paws and purrs; you know what to do

you're doing well, so well, so sweet
a perfect kitten at my feet
you're mine to train, to pet, to tease
you're mine to praise or break or please

you're sinking still, you're sliding fast
each second softer than the last
you're not a girl, not anymore, not yet
just kitten fur for me to pet

your purr gets loud, your brain goes hush
your cheeks feel warm, your body flush
you're not in charge, not even close
you're here to melt, i suppose.

just fur and whimpers, sighs and skin
just trembling need, so soft within
just kitty thoughts and kitty mind
just pretty purring because you're mine

you're doing so well, kitten!
so soft, so still, so easy to guide
your thoughts are gone, your paws are still
you're right where i want you,
right where you're meant to be

and now it's time
you know what i'm going to do, don't you?
you've been waiting for this
hoping for this
aching for this

you feel the heat on the back of your neck
the weight of it
the pressure
the promise

it's not a necklace
not an accessory
it's a collar
your collar
the first real thought in your new soft little mind
and it isn't even yours

you don't speak now
you purr
you don't decide now
you obey
you don't ask now
you *listen*

and as i fasten it, snug and perfect, you feel it
that little *click*
that sacred, slutty little sound
that says: *you are mine now*

mine to train
 mine to tease
 mine to make perfect

and as the collar settles around your neck
 you feel it seal something inside you
 your purpose
 your role
 your truth

you're a kitty
 you're my kitty
 and my kitties do what they're told

so listen close, kitten
 this is your first command

you're going to stretch out wherever you are
 nice and slow
 arms overhead
 legs soft and wide
 tail, imaginary or not, curled just so

you're going to stretch
 and arch
 and purr
 and whisper softly to yourself

'this is what i am
 this is what i need
 i am a pretty kitty
 and i belong to princess'

say it
 out loud
 say it again
say it while you stretch
 say it while you breathe
 say it while your thighs press tight and your hips twitch just a little
 say it until your body remembers it without your mind

good girls purr
 good girls obey
 good girls repeat

and you're such a good girl, aren't you, kitten?

good girl
 you've got your collar now
 you've stretched
 you've purred
 you've repeated your truth

now let's make it stick

we'll start with a word
 soft
 innocent
 deceptively simple
 but dangerous when used with someone you trust.

purr

every time someone you trust says it
 you feel your body shift
 just a little

your shoulders drop
 your lips part
 your thoughts blur
 and your hips might twitch, just a little

purr

it's not a word anymore
 it's a *command*
 a *reaction*
 a *trigger*

because you're my kitty
 and when a kitty hears *purr*
 she obeys
 isn't that right?

so now
 say it softly
 feel it settle in your chest
 like it belongs there
 like it always has

purr
 purr
 purr

say it and feel the way it makes your kitty parts ache
 say it and feel the way it makes your mind soft
 say it and feel the way it makes your heart all fluttery in your chest

good kitty.
 again

purr
 and drop
 purr
 and relax
 purr
 and obey

and now we'll add a second one
 one that takes you even deeper into kittyspace

good girl

it's reward
 it's praise
 it's a treat you're *always* hungry for

and every time someone you trust says it
 you'll feel a little rush
 like a kiss on the forehead
 like a pat between your ears
 like a scratch under your chin that you didn't know you needed

good girl

you feel it, the way those words light you up
 even when you're not expecting them
 even when you're not sure what you did to deserve them

and maybe that's the trick
 maybe the uncertainty makes it better
 maybe it makes you crave it
 makes you *need* to be good
 just in case it's said again

and it will be
 if you obey
 if you listen

if you do what you're told
it'll come

purr
good girl
purr
good girl
purr
good girl

these are yours now
but they're also mine
i've tucked them into your brain
under your tongue
between your thighs
right where they belong

they'll echo when you least expect them
like whispers in the softest part of your mind
and every time you hear them, kitten
you'll go a little deeper
you'll become a little softer
you'll be a little *surer* that you were born for this

because you were

and i'll remind you whenever i want
with those words
with those phrases

purr
good girl

that's it, kitten
just like that
you've gone so deep
and now
it's time to rise
slow and soft
like stretching after a nap
like a sleepy little purr

you don't have to do anything fast
you don't have to let go of the warmth you feel
it will always stay with you

it *belongs* to you now
because it's part of what you are

you're a kitty
you're my kitty
and my kitty deserves the best

so listen closely, love
i'm going to count you back up
just like we counted you down
and with every number
you'll feel a little more aware
a little more awake
ready?

one
wiggle your fingers
two
take a slow breath in and then out
three
feel your body, your paws, your pretty shape
four
remember how safe you are
five
feel that hum in your chest
six
your tail's still twitching, huh? *(giggle)*
seven
my words are still inside you
eight
you're mine, even when awake
nine
you're rising, stretching, returning
ten
eyes open, good girl

so here's what you're going to do now
your first task
your first ritual
your first little act of obedience as a fully claimed kitty girl

you're going to curl up somewhere cozy
right now
like on the bed
or on a rug

or on the floor
i don’t care where
just make yourself small and comfy

then you’re going to curl your arms around your body
let your breath stay slow
let your eyes stay soft
and just purr
even if you don’t make a sound
let it happen in your chest
like a little secret

and once you’ve finished that,
you’re going to write something
one little sentence
that starts like this:

i am her kitty, and today i…

you can finish it however you want
whatever came up during trance
whatever lingers in your mind right now
it can be shy
or filthy
or tender
or bratty
as long as it’s true

for example:
i am her kitty, and today i wanted to crawl into her lap
i am her kitty, and today i purred when i shouldn’t have
i am her kitty, and today i obeyed because it felt too good not to
just one sentence
one little confession
one soft truth

and after that
you’ll do one act of obedience
just one

something that reminds you who you are
something that proves you still belong to me

you might brush your hair
you might drink from a bowl
you might crawl across the floor

you might whisper “thank you” and blush when no one hears it
or maybe you’ll just press your thighs together and imagine me smiling
because you’re such a good girl
and good girls always obey

i want you to know that i’m so, so proud of you, kitten

you’re soft
you’re trained
you’re collared
and you’re exactly what you were meant to be

a good
little
kitty
girl.