



Dominika Tesoro
THE VOW YOU ACHE TO MAKE

Locktober - My Structured Four-Week Plan for Chastity Beginners — A Journey of Discipline and Devotion

You are here because you long to surrender. Locktober is your chance to prove devotion through denial. For the entire month of October, you will remain chaste—either locked in a device or, if you are permitted, by the honour method. There will be no orgasm, no touching, no release. Your energy is not yours any more—it is to be redirected into serving your Keyholder, whether that is yourself, your partner, or Me.

Safety and Responsibility

Before you begin, you will be sure you are healthy in mind and body. You will keep a spare key accessible for emergencies. You will not engage in reckless fantasies like freezing your key, which could put your health at serious risk. Chastity is about devotion, not harm.

Your Purpose

You are not simply restraining yourself—you are proving discipline. By denying release, you channel your energy into service, growth, and obedience. Every urge becomes a reminder that your body and mind belong to your Keyholder.

The Example Plan

This four-week progression is designed to guide beginners step by step:

- **Week 1 – Daytime at Home**

Wear your device during the day at home. Use this time to learn your cage and adjust to

the sensations. Expect failures. That is part of the process.

- **Week 2 – Daytime Everywhere**

Extend wear to work as well as home. You will learn to navigate the small humiliations—cubicles instead of urinals, the fear of being noticed. This is the mental struggle I expect you to endure.

- **Week 3 – Include Nights**

Keep the device on day and night. You may still allow yourself a short break after work, but now you begin to surrender comfort.

- **Week 4 – Full-Time**

Around the clock, with removal only for hygiene. At this point, you are no longer testing chastity. You are living it.

Understand this clearly: this plan is only an *example*. If I choose, you may be ordered into immediate full-time lockup for the entire month, with no breaks and no excuses. The only unbreakable rule is this: there will be **no sexual release**.

Daily Discipline

You will keep a diary—available on My website—and write each day about your state of mind. If I am your Keyholder, you will share it with Me when commanded. I may assign tasks, set punishments, or require online or in-person meetings. Your struggle will not be private any more; it will become part of your devotion.

Your Preparation

- Choose a device that fits properly.
- Keep an emergency key, always.
- Begin each day with affirmations or meditation.
- Replace self-touch with new ways to relax.
- Record your challenges honestly and without excuses.

By the end of this journey, you will have learned the difference between simply restraining yourself and truly surrendering. If you serve under Me, you will discover that Locktober is not a game—it is a transformation.