

## **The (Modified) Spencer Spanking Plan**

Written by Dorothy Spencer in 1936, the Spencer Spanking Plan is a highly structured, cooperative, domestic discipline agreement between husband and wife designed to promote and strengthen marital harmony and stability. Crafted with thought, humanity and balance, this contract may serve as an excellent starting point for those considering a similar arrangement -- married or otherwise. In her own words, "The plan was a wonderful success."

This is a slightly modified version of the plan, with emphasis on a female-led spanking arrangement, versus the original, which offered both the husband and wife the opportunity to settle issues with spanking each other, as warranted. In practice, though this works well for a fair number of couples, there are more often cases where dynamics and personalities are such that it is preferred to have either one or the other be the primary giver and/or receiver. It also leads to less confusion over the power dynamics of a long term relationship. In essence, some need, or warrant, spanking more than the other.

The basic premise, the spirit, and most of the verbiage, of the original Plan is still intact, and this contract is from a functioning marriage where the woman is the care-giver, in terms of administering regular spankings- with profound success, it might be noted. A happy marriage of 40 years being the result.

### **Foreword**

Several years ago I conceived the idea of settling domestic misunderstandings in our home upon a somewhat unique basis--the giving of carefully regulated corporal punishment.

My idea was to inaugurate a system of cooperative discipline that would sincerely benefit my wonderful, little-boy-at-heart, husband and prevent all serious trouble by furnishing a definite, fair and effective method of adjustment. The plan was a wonderful success.

Gratified by the happiness we attained through the operation of our somewhat novel concept, we told a few of our intimate friends of our plan and they, too, adopted the method, reporting to us the same happy results.

The news began to spread, and soon, to my great astonishment, I became besieged with letters from all parts of the country asking for particulars of the "Spencer Spanking Plan," as they termed it.

I shrank from the publicity that all this naturally entailed. It was one thing to tell intimate friends of our arrangement, and quite another to discuss it with strangers.

With reluctance, but feeling perhaps it was my duty, in view of the many earnest appeals for help and advice I received, I answered several of the communications and agreed to send them the information desired--asking a small fee as it took up considerable time and meant not a little work to forward my ideas on the subject to them.

Thus the Spencer Spanking Plan became a definite thing instead of a vague term. I found myself the originator of a System of Cooperative Discipline that bids fair to sweep the nation in a most enthusiastic way.

Of course, and quite naturally, my efforts were misunderstood by many people. I found myself in contact with not a few "cranks" and nit-wits. But on the whole, I secured a splendid reception for my ideas, and I have every reason to believe that my efforts have been productive of much good.

I have never claimed that the Spencer System was an infallible panacea for all the troubles of humanity nor am I of the opinion that it can or should be adopted by everyone.

I do believe, however, that the idea properly operated contains genuine merit, and that most anyone CAN derive sincere benefit from it if they adopt the right attitude and live up to the rules and regulations carefully.

I do not prescribe the Spencer Plan as a remedy for you to take. Only physicians are allowed to prescribe and I am not a physician. The law, however, entitles any one to market and sell their BELIEFS and OPINIONS.

The principles of modern corporal punishment, as defined by the Spencer Plan, have helped me--and many other people--and it is my positive BELIEF and OPINION that if you will follow the idea out carefully and properly that it will do the same for you.

Wishing you sincere success, I am,  
Very sincerely yours,

DOROTHY SPENCER

## **Modern Spankings**

Just what is a modern spanking?

It is a product of today--an act of discipline given under carefully defined and controlled conditions. Brutality is entirely foreign to the idea. Revenge, oppression, force and violence are all frowned upon and do not enter into the Plan in any way.

The idea of a modern spanking is to administer no-nonsense punishment when it is needed--then make up and forget the whole incident.

In this way, every disagreement is effectively closed before it has time to ferment into serious discord--to grow into hatred or an indifference which even a great crisis may not be able to heal. The couple that has every difference out when it arises is not likely to build up an antagonism that can be settled only in the divorce courts.

Also, should modern spankings be administered, they tend to improve dispositions, increase domestic happiness, create a much more desirable spirit of unselfishness, and eliminate much other unpleasantness.

The operation of the Plan calls for unselfish devotion to high ideals. It calls for willing submission, and loyal obedience to a cooperative system of beneficial discipline.

## **Starting The Plan Into Operation**

The couple who have attained the greatest success with Modern Corporal Punishment Doctrines are careful to insist upon a definite System being used. They do not go at the matter in a hit-or-miss fashion.

The thing to do is this:

Establish causes that will produce the discipline. Agree upon the matter thoroughly. Don't leave the thing to the whim of the moment. Let your wife know what you should be spanked for, so you can watch your step and strive to avoid the discipline if you can. This is only fair.

You don't want her to give you a spanking for just any old reason. You want to know in advance just what will produce the discipline. Then you can regulate your conduct accordingly. This is the only sensible way.

Modern women are enthusiastically accepting the modern spanking doctrines. They approve of the idea, because it presents a definite, never-failing solution of settling many perplexing difficulties. You know in advance just what to expect. If you commit a fault you know that you will be disciplined for it. The affair will be adjusted quickly and beneficially--you will be spanked, and then promptly forgiven. The incident cannot wind up in a dangerous quarrel. Bitter words will not be said. The security of their home life -- the future of their marriage -- will NOT be endangered.

A modern spanking is not a dreadful thing to endure. It hurts, of course. It has to hurt to be effective. But there is no danger to it. The temporary hurt is beneficial--it gives you just the lesson you need--and when it is over, THE TROUBLE IS OVER.

Few women, after becoming used to spanking you, would discard the idea and go back to the old way of quarreling for anything in the world!

## **Rules and Regulations**

Covering the Administering of Spencer Discipline:

- 1.--Care must be taken not to bruise the flesh, raise welts or injure the body in any way. The punishment should continue long enough, however, to be truly effective and to impart a beneficial lesson.

- 3.--A spanking must never be administered in anger. Wait until both parties are calm and it can be carried out properly.
- 4.--The spanking over, the incident must close. To hold anything against the punished man, after a spanking has been given, is in direct violation of this whole method of correction.
- 5.--A spanking must never be given before a third party under any circumstances, nor is any one to be informed that such discipline is employed without the FREE CONSENT and WILLING Permission of both parties.
- 6.--Requested punishment MUST be given. Here we have a most important and valuable feature of the Spencer Plan. It is not enough to take the discipline without fuss or argument when our punishing partner feels we should have it--we must also ASK FOR IT, when we know or feel that we deserve it!
- 7.--Men are to be spanked with a leather strap, or a wooden paddle can be employed to administer the punishment with. Wives must use extreme care, however, not to cut the flesh, raise welts or injure the recipients in any way. Spanking should be restricted to the mid-to-lower buttocks and upper thighs, as serious injury can happen to the upper buttocks nearer to the tail bone. Care should be taken not to focus too much attention to one buttock or the other.
- 8.--Not more than two spankings can be administered in any one day. It is seldom necessary to observe this precaution--but it is put in to cover very unusual and unexpected circumstances. In the extremely rare instances where a man really merits more than two spankings in any one day, the punishment must be postponed to the next day or to whatever day the wife deems best.
- 9.--Spencer doctrines call for the PROMPT ACCEPTANCE of the discipline. There must be no argument--no protest--no pleading to be let off--no hard feelings about it!
- 10.—It has been shown that corner time preceding a spanking, of no more than 30 minutes and no less than 10, is useful for BOTH parties to help focus their minds to both the correct attitude for administering the spanking, and for the husband to go through a regression process. Standing or kneeling in the corner can invoke memories of similar childhood punishments administered by his mother, and is very useful in making the spanking much more realistic for both parties. Corner time after the spanking also helps a gradual return to a less regressed state, though there will usually be a prolonged period following a thorough spanking before these effects fully wear off.

### **A Word of Warning!**

No man wants to be spanked more often than it is necessary for his own good. Too frequent application of the new doctrines destroys their effectiveness.

On the other hand--after a definite list of CAUSES has been established--don't be lax in administering the discipline!

First of all--get together and talk things over THOROUGHLY. Have an understanding. Know JUST what you are doing. Agree upon it. Don't leave anything to chance--to the whim of the moment.

Suppose for example, the husband is a fast automobile driver. He likes speed--likes to drive the family car too fast for safety. His wife recognizes the danger, and one of her "Causes" is "Fast Driving." She informs him that she is going to write onto her list that he must not drive over 55 miles an hour and if he does, she will spank him for it!

Many women are doing this very thing since the various Safety Campaigns have been inaugurated AND I THINK IT IS A MIGHTY FINE AND SENSIBLE THING TO DO!

All right, she has delivered her ultimatum. If he drives over fifty-five miles an hour, she will spank him. And she should, every time; no exception.

That is what I mean about not being lax. When a cause has been violated--when he NEEDS the discipline--see to it that he gets it. Don't be lenient or lax--for his sake! It is the only way you can truly help him.

Write out a list of the faults he wishes could be eradicated. Talk the thing over sensibly. Then sign written Agreements, such as I give you a little later in this Course--and live up to them to the letter. It calls for real, honest-to-goodness COOPERATION.

## **How A Modern Spanking Should Be Given**

A question many people ask, when first taking up modern discipline, is: "How long should a spanking last? About how many spans should be given?"

There can be no definite answer to such a question. I do not recommend any certain stated number of spans. The idea is always to continue the spanking until you believe it has been effective--without at any time resorting to unnecessary harshness or uncalled for severity.

It has been found that a build up from mild to a much harder slapping, applied to the buttocks, can be made to sting effectively, without doing one particle of damage or leaving any evidence of unpleasant, harsh treatment. The object is to sting the flesh--make the whole spanking surface hot and tender--so that the repeated application of the descending hand, strap, or paddle, is severe enough to make the recipient realize he is really being disciplined. Vocal cues are important- if the spanking is getting through to him, he will be exclaiming his discomfort. He will also move around to try and avoid the spans, but he should be held close, or reprimanded to remain in position for his spanking, with threats of a more lengthy experience.

By spanking the buttocks long enough, the man experiences enough stinging discomfort to get a real lesson out of the experience. His flesh is not harmed--it just becomes red and sore enough to make him realize he will be very glad when it is over. Most men don't cry very easily, but if the

spanking is prolonged then a few beneficial tears might be shed before the discipline ends. It is a proven fact that the man being punished can slip into a sort of mild hypnotic state, of sorts, and if spanked as a child, can often “regress” back to earlier memories, and may even respond as if his Mother were actually spanking him. One woman told me that she knew the spankings were transcendent when he started calling her “Mommy” towards the end of his spankings.

Here is the program most couples follow:

When a spanking is to be given, the husband is directed to go to a predetermined punishment room and get ready. This means he is to remove his shoes and pants and wait in the corner until the wife comes in to spank.

When she enters the room there should be no delay in carrying out the spanking. He must not argue about the matter--beg to be let off--or show any sign of resentment. He must obey her directives without a word.

It is best to take on a no-nonsense, commanding, tone during this period. The man should quietly get into his normal spanking position, whether that is standing or over the knee. Her duty is to do a thorough job-- taking the utmost pains to do it right. Any laughing or unrelated verbalization should be avoided at all costs, as that will seriously undermine the realism and seriousness of the spanking. A strict tone should be invoked throughout. This cannot be stressed highly enough.

The spanking over, the wife should order the husband to the corner for an agreed upon (in this contract) 10 to 15 minutes then quietly leave him to reflect, while carrying about her regular business. A wind up timer could be employed to make sure the full time is spent in the corner, as the after spanking corner time is just as important as the pre-spanking time.

It's the man's duty--after dressing and drying any tears (if the spanking has provoked any) to go to his wife then, thank her for administering the discipline--and kiss her.

If this seems hard to do, you have lost the true spirit of the Plan and you must **MAKE YOURSELF DO IT** in order to win it back!

Friendly relations should then be immediately re-established.

### **Is Such Discipline Really Helpful?**

There can be no question of it. While men know that Spencer Spankings are **SAFE SPANKINGS**--they are still spankings. And any spanking hurts enough to convey a good-lesson.

It causes the man to think twice before repeating the offense he is punished for! It is an experience that makes an impression something that is remembered beneficially, and he will love and cherish his wife beyond measure for her taking the time and care to spank him on a regular basis, and with the utmost seriousness of purpose.

Women are for it because it gives a QUICK ADJUSTMENT of any difficulties. Few women, after becoming used to spanking their husband, would discard the idea for anything in the world, and they will all tell you that spanking is effective! The key to it, however, is that it must become an ingrained part of your relationship. It must become something done as a matter of course and without thinking twice about it. In other words, it should become a natural and ingrained part of your daily lives; almost “matter of fact” in its implementation and daily thought process. Only in this way will it reach its full promise. You must never falter in following these principles! The result of which, as stated, will be the undying love and faithfulness of your husband. This has been shown many, many, times and is indisputable.

## The Spencer Spanking Agreements

Date \_\_\_\_\_ 20\_\_\_\_

I, \_\_\_\_\_ husband of \_\_\_\_\_:

do hereby acknowledge that I have read the SPENCER SPANKING PLAN, and approve of the doctrines it advocates. From this date on it is my wish to have my conduct regulated by the enforcement of these doctrines. I therefore give my wife the full right to spank me whenever she feels such discipline would prove helpful and be in accordance with the spirit of the Spencer Plan.

I promise to cooperate with my wife faithfully in carrying out this agreement. I will get ready for the punishment promptly when asked to do so and I will bear my wife no ill-will for so spanking me.

I understand that I will be spanked without fail if I break my promise to refrain from:

(List Causes which have been agreed upon)

I also promise to ask for spankings when I feel I need or deserve them. I realize that Request Punishment plays a highly important part in the Spencer Plan, and I will report and ask-for the spanking when I feel I deserve it.

(Signed)

X \_\_\_\_\_ (husband)

X \_\_\_\_\_ (wife)

IV. For His Wife

I, \_\_\_\_\_ wife of \_\_\_\_\_:

in accordance with his wishes, as expressed above, do hereby promise and agree to spank my husband whenever I feel such discipline would prove helpful to him.

I have read the Spencer Plan carefully and subscribe to the RULES AND REGULATIONS. I especially agree as follows:

1st--To spank him only with the following objects--a leather strap or a flat wooden paddle.

2nd--To spank him only upon his mid-to-lower buttocks, being careful not to hit the base of the spine, which can cause injury.

3rd--To take care not to cut his skin, raise welts or otherwise bruise or injure his body.

4th--To resume friendly relations immediately after the spanking is over. To hold a grudge or to continue a quarrel or misunderstanding after a spanking has been administered is in direct violation of the whole spirit of the Spencer Plan.

For my husband's own good, I promise to spank him without fail whenever any of the causes listed above have been violated, and to do so with the utmost sincerity and seriousness of purpose.

(Signed)

X \_\_\_\_\_ (husband)

X \_\_\_\_\_ (wife)

## **A Word To Men**

Many men send for my Plan. This is not to be wondered at. The average man is naturally just as anxious and eager to make his marriage a success as his wife can possibly be.

I send my warmest congratulations to any man who is broad-minded enough to put the Spencer System into effect in his home! I think he is making a gallant gesture--that he has displayed true chivalry toward his marriage partner!

Why?

Because the Spencer Plan is the fairest thing for women ever conceived! It makes them the absolute EQUAL of their husbands--as all true men desire them to be!

American women are too independent in spirit to approve of any System that does not give them equality. And right here, Mr. Husband, let me suggest something.

If you sent for this Plan and are eager to put it into operation, why not start it going by taking a spanking right away?

Nothing else you can do will more thoroughly prove to your wife that your intentions are the best-- that you mean to do your part every step of the way. I suggest that you have a heart-to-heart talk. Read the Plan together. Explain that you need to be spanked. Tell her you are sorry for many little things you have said or done since you were married, and that you wish she would

spank you for it--here and now. Tell her she is the ONLY PERSON IN ALL THE WORLD you would grant such a privilege to (which undoubtedly is true). Then ask her to sign Spencer Agreements with you.

Then ask her to give you a spanking.

She may argue that you should wait until one of the causes listed has been violated, etc. Be firm, however, and tell her you will really feel much better if she will give you a spanking right away.

As your Agreements specify that REQUESTED PUNISHMENT MUST BE GIVEN, she is obliged to comply with your request

You will be surprised at how much good your husband will derive from your spankings. Give the method a six months trial--living up to it faithfully, and you will never wish to go back to the old way, I am sure.