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雌堕教程

Photo Gallery

雌堕露出

着装要求：自丝。
JK制服、带锁、尾巴肛塞
除了最后手冲，其余时间都要前锁后塞。

任务一：开拍前先喝水憋尿，
下半身全露出来散步一段时间。
任务二：用狗撒尿的姿势撒尿。
任务三：摆出指定姿势站姿开腿比剪刀手
保持姿势用唧唧和扭屁股。
任务三：最后锁摘掉。
用同样的姿势手冲到射精

男娘培育女王寒霜on X: 新年露出任务简单版更多雌堕教程学习雌堕任务私信我哦！ t.coDM9RTvNLsw X

求：每步间隔要尽可能的大，步频尽可能快速，同时不许弯腰。【室外】

排泄控制：惩罚

犯错时任选一项惩罚，每项惩罚只能选一次，当所有惩罚都被选取过或在该阶段犯错时，进入惩罚第二阶段。

1：今天的每次排尿都要穿着连裤丝袜(或任意一条内裤)，在第二天最后一次排尿前不许更换。

2：找一处阳台或窗户。站姿或跪姿(要求上半身露出窗户)脱下内裤叼在自己的嘴中，透过内裤喝半杯水含在嘴里，30秒后吐出，再把内裤穿上。

3：在自己的小腹写上尿奴+自己的名字。拍照留念。

雌堕学院互推on X: 雌堕母猪任务：完成后发在评论一对一雌堕教程教导你怎么成为雌堕母猪雌堕CD ts



男娘女装大佬伪娘cdts 雌堕学习女性化改造雌堕



沐晴on X: 第一届堕雌训练班开始招募了呢，你想要来加入课程并跟着老师的指引一步步的雌化吗？那你还在等什么？还不赶快来

程", "婉婉女S", "雌堕学院、绿帽@wandom66", "re : 从零开始的雌堕记录", "生如夏花论坛", "十八月-女性化练习生", "抖喵喵", "汐砂", "古早雌堕流程图", "贴吧", "人参娘吧", "药娘吧", "x区吧", "RBQ伪娘小白♀雌堕 @xiaobai94821886", "雌堕女装学院×ス堕ち女装学園", "galgame资源下载", "初音的青葱", "小喵喵 @mr73255", "资源分享jsissy赵晓琳雌堕洗脑训练课程", "开发教程".

We need at least 20% of key words reused. Let's count approximate key words: maybe 30 distinct terms. 20% = 6 terms. We'll include several: "雌堕教程", "雌堕学院", "雌堕母狗", "雌堕入学日记", "伪娘", "男娘", "潇潇", "婉婉女S", "赵晓琳", "小喵喵". That's many.

We need 60-90 words. We'll aim for ~80 Chinese characters (maybe 70-80 words). Actually words count in Chinese is ambiguous. Chinese words count differently; but we can aim for ~70 Chinese characters? We'll write a paragraph.

We must not use prohibited words: "delve, tapestry, vibrant, testament, landscape, showcase, crucial, pivotal, additionally, moreover, furthermore, it is important to note, serves as, boasts". Also no em/en dashes. Avoid those. Use commas.

No "not only X but Y". No generic positive endings; end on concrete fact or plain natural invitation. No forced groups of exactly three items. No "At its core". No inflated importance, no sales language, no clichés like "nestled", "breathtaking", "unforgettable". Use "because" instead of "due to the fact that". Use "to" instead of "in order to". End with invitation to view full gallery via link above.

We must not use markdown, bold, quotes. Plain text.

Let's craft:

"雌堕教程汇集了雌堕学院、雌堕母狗任务、雌堕入学日记等系列内容，校长与沐晴记录三个月进度，伪娘第四爱、男娘女装大佬、潇潇、婉婉女S、赵晓琳、小喵喵等创作者分享一对一雌堕开发教程、新年露出任务、女性化改造流程图，资源来自生如夏花论坛、抖喵喵、贴吧旧帖，点击上方链接查看完整图库。"

Count words? So word count maybe measured in Chinese words? Not needed. But requirement: Write in same language as title (Chinese). Probably they count words in English. The instruction says 60-90 words. But we are writing Chinese, but they still count words? But we can produce a paragraph with about 80 Chinese tokens separated by spaces? Need 60-90 words (English words). Might be ambiguous. Not typical. But we can produce about 80 Chinese "words" separated by spaces? But length: Let's count characters: maybe ~120 characters. But we can aim for ~80 Chinese characters? But Chinese words count differently. But to be safe, we can produce about 80 English words if we translate to English? Chinese words separated by spaces? But we cannot add spaces artificially. Hard. Might be okay. Might be okay.

Better to produce about 80 Chinese characters? But they'd count words? Hmm.

We can produce about 80 Chinese characters (maybe 80 words in Chinese sense). But we can also produce about 80 English words if we write in Chinese but count words as Chinese tokens? Not sure.

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