

D/s 7/11

With Mz Magpie  
and ReturnFalse





## Who am We?

Mz Magpie has been involved in the PNW kink scene since 2010. She is a pansexual switch with a love of learning.

ReturnFalse is a nerdy kinkster who discovered BDSM in 2014. She has been in multiple 24/7 D/s dynamics and enjoys helping her submissives grow.

We are engaged and have a 24/7 D/s dynamic

# Key goals to discuss today

- What is D/s
- Power exchange models
- How to create authority
- Consent and negotiation
- Rules, rituals, and protocols
- How to address conflict in dynamics

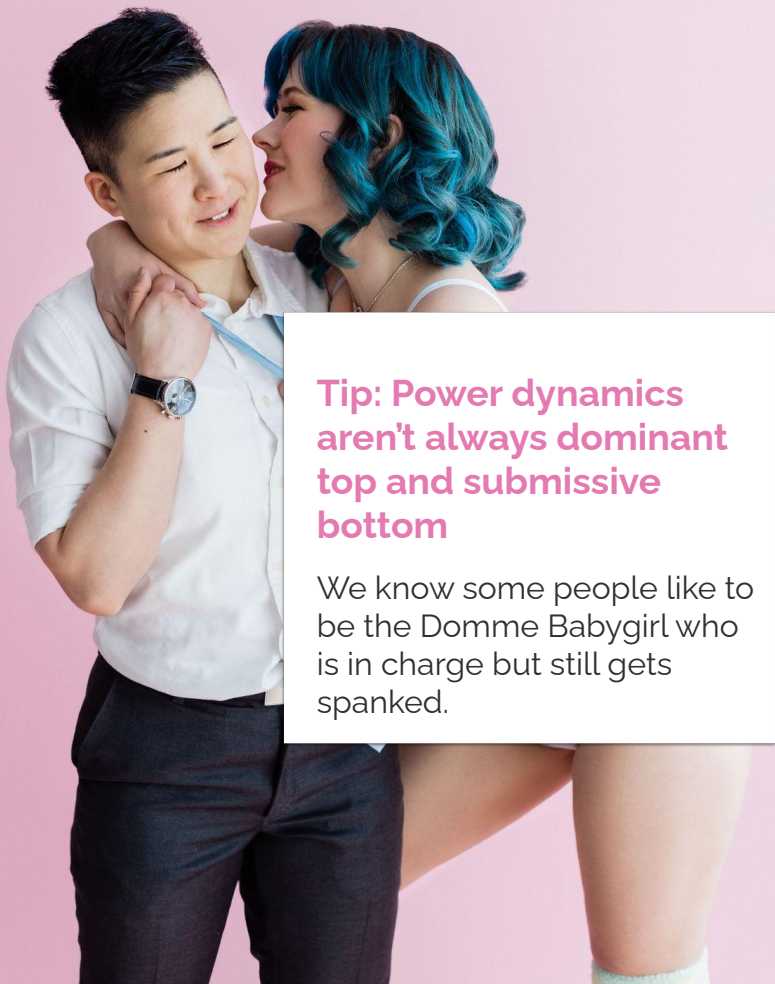
# What is Dominance and submission?

- Dominance and Submission may be ongoing or temporary.
- Dominance can look many ways:
  - leading, protecting, guiding, controlling
- What is the difference between dominance and topping?



# Student whiteboard

Examples of power dynamics



**Tip: Power dynamics aren't always dominant top and submissive bottom**

We know some people like to be the Domme Babygirl who is in charge but still gets spanked.

## Power Dynamics

- You are only limited by your creativity and ability to suspend disbelief.
  - Teacher and student
  - Bully and nerd
  - Caretaker and little
  - Princess and knight
  - Scientist and captive subject
  - Supervillian and spy
  - ... etc.

What makes power exchange feel **hot** for you?

**Control or Surrender?**  
**Achievement or challenge?**  
**Devotion?**



# What do people want to feel?

- **Authoritative/Submissive:**
  - Strong Clever Tough Dangerous “out of control” Controlling
- **Objectified:**
  - Weak Whore Dirty Used Dumb Objectified Owned
- **Valued:**
  - Pretty Precious Beautiful Loved Special Valued
- **Playful:**
  - Ridiculous Funny Bratty Silly Creative New Novel

Scenes come down to fundamental needs:

- Power/Surrender
- Desire/Sex/ Intimacy
- Play/ Novelty
- Achievement/Challenge



# Consent

- Remember, consent must be explicitly given.
- FRIES
  - Freely given
  - Revokable
  - Informed
  - Enthusiastically
  - Specific



# Negotiation Models

## Inclusive (opt-in)

- Lists what a person wants to do. Nothing else will be included during play.
- Recommended for less experienced players or people playing with someone new to them.

## Exclusive (opt-out)

- Lists what a person doesn't want to do.
- "Anything" else could be included during play.
- More flexible. Vaguer. Riskier.

## Blanket Consent

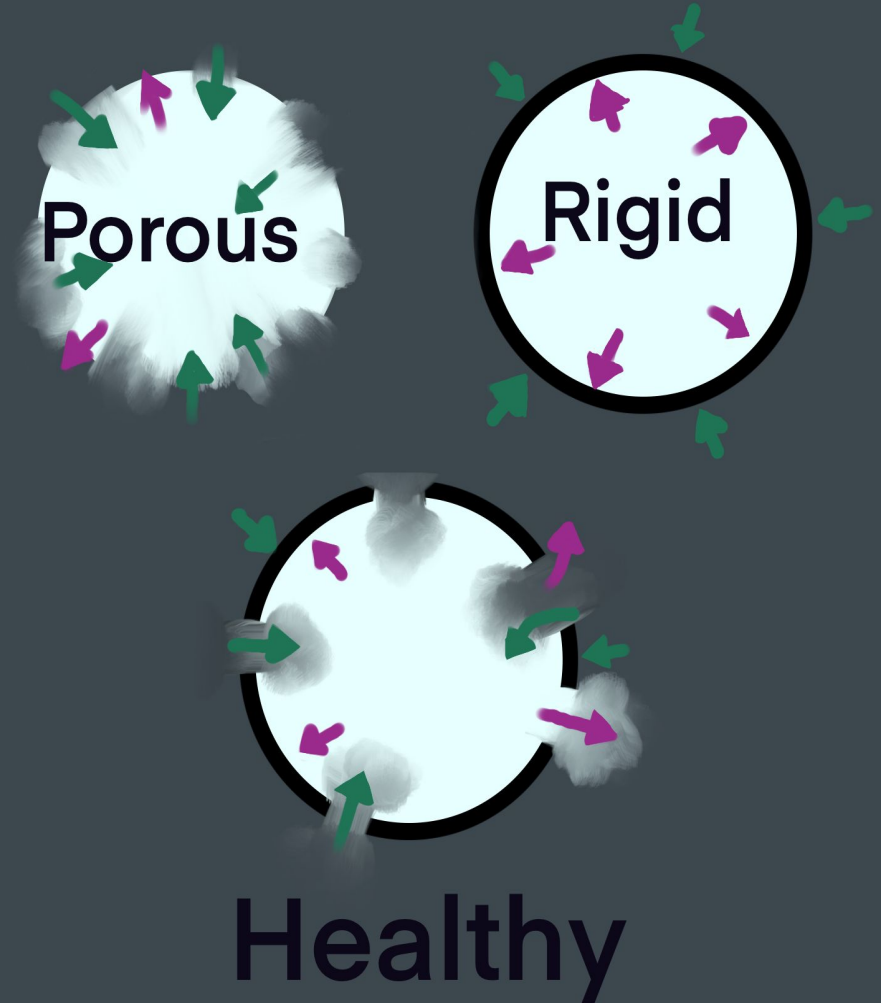
- Establishes 'blanket' (all the time) consent for certain activities (i.e. kissing)
- Still requires consent for new activities or risky activities.
- Works best for established relationships. Still requires check ins.

# Negotiation Tips

- Consistency creates security.
- Warm up can help dominants dial in, help with pacing, and increase bottom comfort.
- Share common risks.
- Express gratitude to sub for their trust.
- Provide 1 - 3 options at most.
- Make them beg for what they want.

# Boundaries

- Which is better?
- Examples
  - I can have my own friends.
  - I control my own money.
  - I need honest and open communication.
  - My health is non-negotiable.
  - We will discuss before adding new sexual partners or changing safer sex practises.



# Healthy Boundaries

- Sometimes it can be confusing what “healthy” is in a non normative relationship. So let’s explore what abuse is vs Kink.
- Abusive behaviors:
  - Isolation
  - Financial control
  - Gaslighting
  - Sexual demands and guilt trips



# Green Flags

Communication  
Collaboration  
Kindness

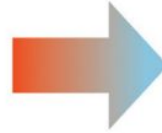
- Regular Check-ins
- Shared values
- Focus on mutual growth and improvement

# Relationship therapy

Gottman has something they call the 4 horsemen, meaning these 4 behaviors predict divorce with over 90% accuracy in their studies.

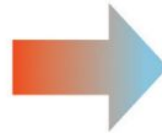
## Stop the Four Horsemen with their Antidotes

**CRITICISM**



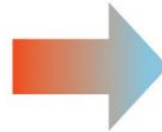
Use Gentle  
Start Up

**DEFENSIVENESS**



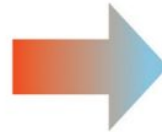
Take  
Responsibility

**CONTEMPT**



Describe Your Own  
Feelings and Needs  
*Don't Describe Your Partner*

**STONEWALLING**



Do Physiological  
Self-Soothing

# Why does Authority matter?

- Can you create or condition a mind set?
- What is the Milgram experiment, and why do we care?



# How to create authority

Credibility and Trust

It's not enough to be in a position of power, you must also inspire confidence in your ability to lead a relationship or scene.

# Call me Daddy

Titles are a common way of showing respect, however they aren't appropriate to use without discussion.

What are some titles?

Why do you use or not use titles?



# Rules, Rituals, & Protocols

- Coming up with rules, rituals, and protocols:
  - Think of the meaning behind your dynamic.
  - What do you want from your dynamic? (ie. Possessive, showing off sub, self-improvement)
  - What does your partner enjoy doing? (ie. service, cleaning, etc.)
- We think rules and tasks should be mutually agreed upon and equitable.
- We aren't looking for equal, but rather complementary roles.

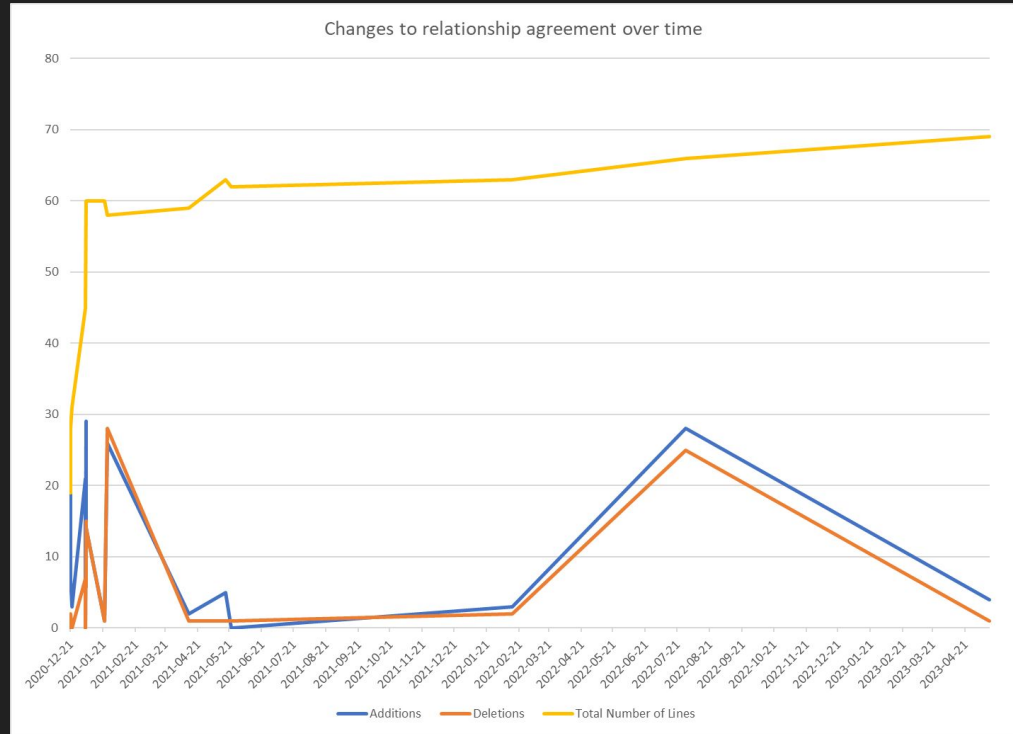
# D/s 7/11 how to make it work

- Step into negotiations as equals.
- Create a written or verbal agreement.
- Add rules slowly.
- Lean into strengths, supplement each other's weaknesses.
- Routines or daily tasks help reinforce the dynamic.



# Renegotiation and growth

- Check-in regularly.
- Review rituals, goals, agreements.



# Cross cultural kink

- “Ask” vs “Guess” cultures
- In some cultures you’re expected to infer people’s desires, and in others you’re supposed to ask.



# Goal setting

- In D/s dynamics we often have goal setting, however goal setting can be hard for many of us and even harder to do on someone else's behalf.
- Heard of SMART?
  - Specific, Measurable, Attainable, Relevant, Time based
- Here are some ones we think are nice:
  - Submissive will put Dom's shoes on before they leave for the day.
  - Dom will pull chairs out in restaurants for submissive.
  - Submissive will work out twice a week, Dom will provide accountability.

# Goal Setting: Tips on how to be successful

- Classical conditioning
- Operant conditioning

	<b>Something is added</b>	<b>Something is removed</b>
<b>Increase likelihood of behaviour</b>	Positive Reinforcement	Negative Reinforcement
<b>Decrease likelihood of behaviour</b>	Positive Punishment	Negative Punishment



# Goal Setting: Tips on how to be successful

- Scheduling
  - Ratio (based on frequency of behaviour)
    - Continuous
    - An actual ratio (i.e. 10:1)
    - Variable
  - Interval (based on time)

# Funishment and Punishment

Punishment, funishment, or  
neither?



# Bratting

- Bratting should inconvenience and amuse.
- A way to request increased intensity or attention.
- Bratting is not:
  - Breaking agreed upon rules
  - Damaging your Dominant's property or feelings



# Student whiteboard

What do you get out of D/s? What did you learn today?

# What do we get out of Kink

- Devotion
- Feel cared for
- Respected/ valued
- A way to be playful
- What do you get out of power exchange?



# References

- [https://en.wikipedia.org/wiki/Milgram\\_experiment](https://en.wikipedia.org/wiki/Milgram_experiment)
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