

Power Exchange Topics

Aftercare

Contracts

Drop: what is it and how to handle it.

Funishment vs. Punishment

Guilt

- Top Guilt: “Oh my god, why do I like doing [activity] to [partner]? Am I a monster?”
- Bottom Guilt: “Oh my god, why do I like [activity]? Am I mentally ill?”

How To Meet For The 1st Time / When Do I Bring This Up With Potential Partners?

Limits

Negotiation: Making the Implicit Explicit

Protocol:

- High Vs. Low
- 24/7
- Titles

Red Flags

- Are all their exes “crazy”?
- How do they treat service people?
- Isolation Abuse: being told you cannot discuss your ENM partner with others
- Jealousy
- Pressure Tactics
- Refusal to participate in the local community

Risk & Risk Philosophies

- Safe, Sane & Consensual (SSC)
- Risk Aware Consensual Kink (RACK)
- Personal Responsibility, Informed, Consensual Kink (PRICK)
- Alcohol, Drugs, Strong Emotions / Breath Play / Choking

Terminology