

What is BDSM?

BDSM is an acronym of: “**B&D**” meaning “Bondage and Discipline”, “**D&S**” meaning “Dominance and Submission” and “**S&M**” meaning “Sado-Masochism”. BDSM refers to any or all of these things and a lot of other stuff.

BDSM is highly erotic and psychologically charged. If done with a partner it can involve sex. Going to see someone else who has chosen a profession to administer BDSM activities involves no sexual intercourse.

Basically, it means that one person (the submissive) agrees to submit to another (the dominant); or alternatively agrees to receive some sort of sensation, such as spanking, from another.

Some people like to be submissive all the time; some people like to be dominant all the time. Some people on the other hand, like to switch, being submissive one day and dominant the next.

Many people practice BDSM in their every day sexual lives without realising that they are doing so. You've used a blindfold; you've tied your partner to the bedpost. These are all elements of BDSM. What needs to be realised is that BDSM is not necessarily hardcore sadomasochism. It can be remarkably soft, sensual and subtle.

There are many people involved in BDSM who enjoy tying others up, or being tied up themselves, but who do enjoy the pain element. BDSM does not need to involve dishing out or receiving pain at all. It can be a mind game of controlling your partner to do things. BDSM is as varied as the people who do it. What works for one person doesn't work for another.

The key to all the different forms of BDSM is the exchange of power. One person (the submissive) is choosing to allow the other person (the dominant) to have control over them in some way.

Don't forget that people who are practising BDSM in any of its many forms are doing it voluntarily, for fun. It's a way to explore another element to their sexual lives, to spice things up. Everything that happens in a BDSM relationship is consensual. It is also not about the dominant getting what he or she wants. It's about the submissive getting what he or she wants!

actually more male submissives than female and that BDSM is a mutual activity driven more by the needs of the submissive than by the needs of the dominant.

Now you're most probably thinking that I'm talking a whole of hogwash. It seriously is not about what the dominant wants, and people who dominate others are not sadists. In fact, people who are good at domineering others are less likely to be jerks or assholes.



In order to be good at dominating others, you need to be highly in-tune with your submissive. People who are self-centred generally make poor dominants, because they lack the empathy required to judge a situation, the submissive and to take the submissive where the submissive wants to go. The “bad” dominants quickly find out that nobody wants to play with them. All of the real top-notch dominants are incredibly calm and collected people.

The dynamics of a BDSM relationship are often driven by the needs of the submissive and not by the dominant. The submissive sets the limits; the submissive decides what places can and can't be explored; the submissive has the ability to call a halt to the scene. The dominant is in many ways, just a facilitator of fantasy. It's the dominant's job to create a setting where the people involved can explore the fantasies of the submissive.

You need to understand that in any BDSM activity, there is a two-way flow of energy. The dominant feeds off the submissive and vice versa. It is by no means one-directional, and it certainly isn't about the dominant abusing the submissive for self-gratification. In actuality, the dominant gets a great source of satisfaction if the submissive enjoys themselves.

Now you might be asking if people who are into BDSM are perverted and demented individuals. For the most part, people who are into this kind of thing are remarkable well-adjusted and generally well educated people. It is unfortunate that a lot of people within BDSM have come from sexually and/ or physically abusive childhoods, and want to re-enact the past in sessions. It needs to be noted however, that even though abuse was present, these people have to some degree moved on and become highly motivated and intelligent people. But on a whole, people within BDSM have not suffered abuse in their lives and have a strong sense of self.

There is no direct link between abusive childhoods and BDSM. The psychology of a BDSM power exchange is vastly different from the psychology of abuse. In the BDSM relationship, the psychology is frequently driven by the limitations of the submissive, not the dominant, which is entirely contradictory to the psychology of abuse.

BDSM is not what it looks like from the outside. It's not just about tying someone up and having sex, neither is it about just hitting someone for the sake of it.

What BDSM is, is a sort of role-playing, where people involved are acting out a fantasy that involves taking or giving power to someone else.



The image of BDSM portrayed in many porn movies is completely misconstrued. These materials show little more than women being used in various ways for men's enjoyment, usually by force. The reality is that there are

By playing out a fantasy, you are creating a framework that allows you to have fun and explore some very powerfully charged areas of human psychology, and push your boundaries at the same time. BDSM can be a very powerful tool for self-discovery and exploration.

Experimenting with intense pain or extreme bondage does not mean that you disrespect your partner. Quite the contrary, respect for your lover is absolutely paramount in practising any form of BDSM.

Besides, when you're sexually aroused, all kinds of stimulation can be fun. Ever had a lover who left gouges on your back during sex? Or one who bites? It's very passionate and intense. If you're in the right frame of mind, even a flogging that leaves welts isn't really painful.

Respect for your lover lies in exploring with your lover, creating with your lover, doing with your lover things that both you and your lover want to do, sharing with yourself on a very deep level.

Different people want, need and value different things. Respect recognises those differences. Respect is an integral part of the mutual process of self-exploration and self-discovery.

BDSM is a very broad term that encompasses many wildly different practices, and many wildly different beliefs. But central to all these things is the idea of challenging boundaries and testing limits – and that's precisely what self-exploration is all about.

You cannot know your limits if you never test them and never explore them. You may know some general things, but you can't truly know yourself if you have never explored and never experimented.

BDSM provides a context and a set of tools for exploring your own personal boundaries in a safe, fun, enjoyable, and mutually reciprocal way. It provides a vehicle by which you can get to know yourself and your partner much more deeply and intimately than you might have thought possible.

You might be asking, "how much is too much, where do you draw the line?" You draw the line wherever you want to. There isn't one way to "do" BDSM, and not everyone is into the same things. Every person is unique; not everybody has the same turn-ons; if you don't like something, don't do it,

Most people who practice BDSM believe in, "safe, sane and consensual".



BDSM is fun, it's highly arousing and it's tremendously powerful. It's a great vehicle for exploring a number of different kinds of fantasies in a way that's exhilarating.

People are dominant or submissive for different reasons. Being submissive in a BDSM scene can be liberating, particularly for people who are in control of every aspect of their lives. When you agree to act as a submissive, you give up responsibility for what's going on; you sit back and let things happen. Provided you trust the person who's being dominant, you can mentally relax and concentrate on the role that's being created for you.

As a dominant, the pleasure comes from constructing a scenario and acting it out. You can, at least within reason, determine the submissive's fate. You construct the fantasy world and make it real. Being a good dominant is a lot of work. You need to be creative; you must be able to improvise; and you have to pay attention to your submissive, to maintain the illusion you are creating. You need to make sure that your submissive is getting what he or she wants from the scenario, to bring the fantasy to life.

When a dominant is creating a BDSM scenario, the dominant needs to focus his or her attention entirely on the submissive, how the submissive is reacting, what's going on around the submissive, what the submissive is feeling and more.

BDSM is more than just tying someone up. The good stuff isn't in tying the knots; it's in what you are while you are tying the knots. Think of it as a game that's two parts acting, two parts role-playing, three parts sex and two parts psychology.

Have fun! Play safe!



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