

# "Kinky" (&BDSM) $\Leftrightarrow$ "Poly"

Hans R.J. West (Kink Aware Coach)

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-KinkindeRelatie.nl (NL)

-KinkAwareCoach.com (ENG)

## Hans West - *personal*

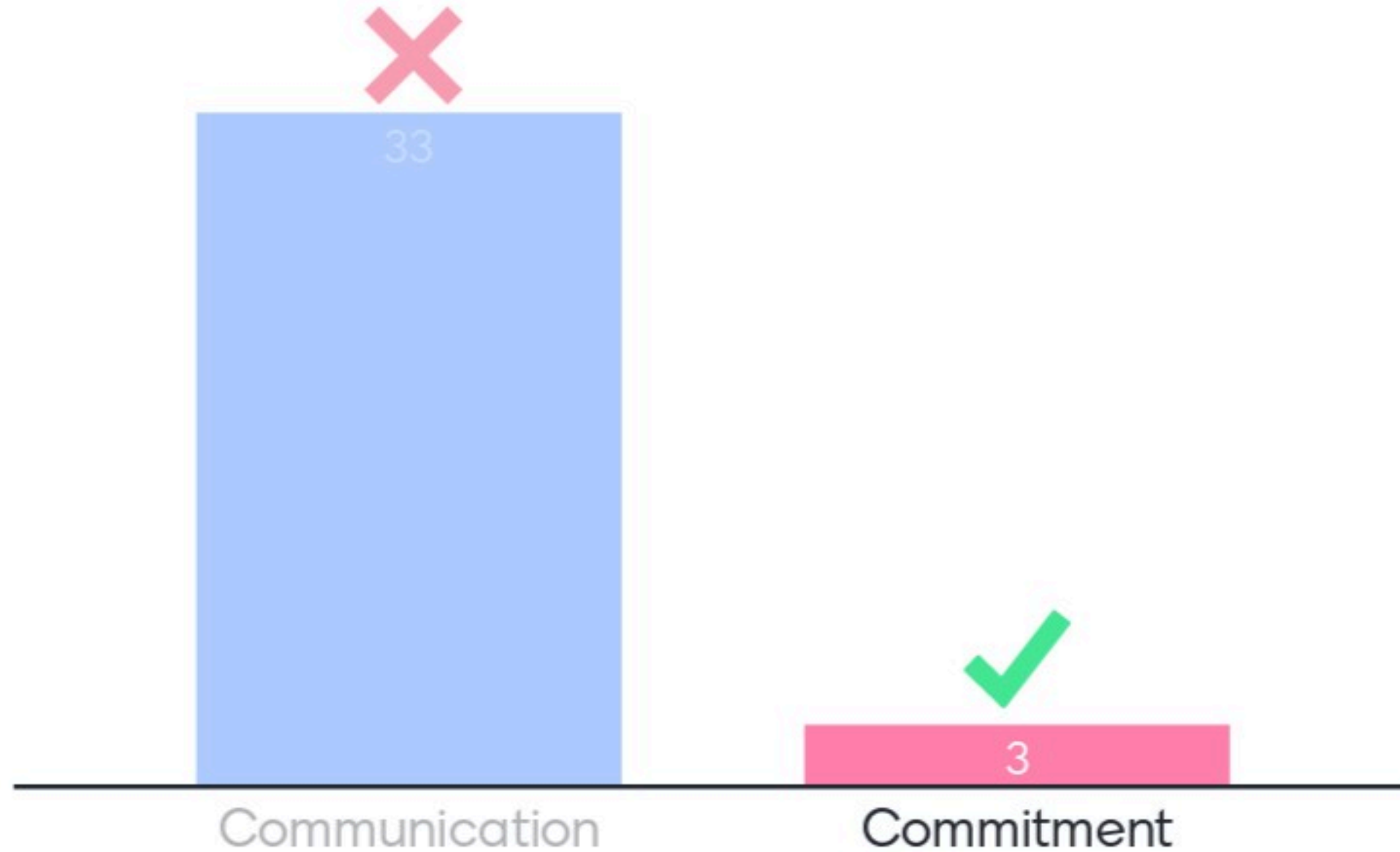
- Kinky fantasies (about Barbie) since 10yo
- Conflict with feminist ideas and respect for autonomy
- Out of the personal closet at 20 y.o.
- Professionally out of the closet only in 2010 -*KinkindeRelatie.nl*-
- I hate shaming, I love taboos (both private and in my work)
- CIS, hetero, dominant, sadist



# My Kink Aware Praxis:

- Integrating your kink, your fetish in your life (#out of the closet),
- Relationship problems (discrepancies in.. sex fetish... poly-mono)
- Optimise your sexuality as a single, a couple, throuple, quadouple, etc
- Tackling other problems without kink shaming
- NL: [KinkindeRelatie.nl](https://kinkinderelatie.nl) / ENG: [KinkAwareCoach.com](https://KinkAwareCoach.com)

TEST question: in Integrative Couple Coaching -What is more important? Communication or Commitment?



# Outline of this talk

- What is Kink? (What is Poly?)
  - from Kink to poly or the other way around?
- BDSM and what it is
  - We'll talk about *consent* another time
  - What is *edgeplay* ( rape-fantasy *trigger alert!* ) -thanks Koen- ;-)
- **Tips & Lessons** to be learned from kinksters by poly's & mono's



# Any questions still, about polyamory/non-monogamy before we move on to BDSM & kinky sex?

- Loving & romantic <=>
- Sexy (swinging) & Sex
- About monogamy, Swans, Penguins and T-rex's?

# *Jealousy*

- Explore the feeling in yourself
  - something about the relation (uneasiness)
  - a pack of other emotions like fear, uncertainty etc

# What is "Kink"?



# A 'kink' in a cable means: that cable is... *"NOT" straight*...

- LGBTQA
- BDSM, Primal sex
- Fetish, Kinky fuckery, Swingers
- Queer & Nonbinary
  - either Lifestylers or Stracciatella (basically: non-vanilla)



Letting go of the 'safe' straightness  
and exploring & enjoying your  
personal sexual ***Feelings &  
Fantasies*** is actually *fucking  
political!*

– kinksters & queers –

“

I am poly (1) => so I have **room** to go kinky (2), as to be able to live my kinks and fetishes without destroying my relationship...

– direction: "poly goes kinky"

“  
I am kinky (1) and I want a play-  
relationship => so my partner  
needs to be poly (2)

– direction: "kinky goes poly"



“

I am kinky (1) => and I go poly (2)  
"because my Dom(me) likes to see  
me play with others" (and *I do **not***  
really mind...)

– direction: "kinky goes poly"



Any body  
in for

hot,

primal

SEX?



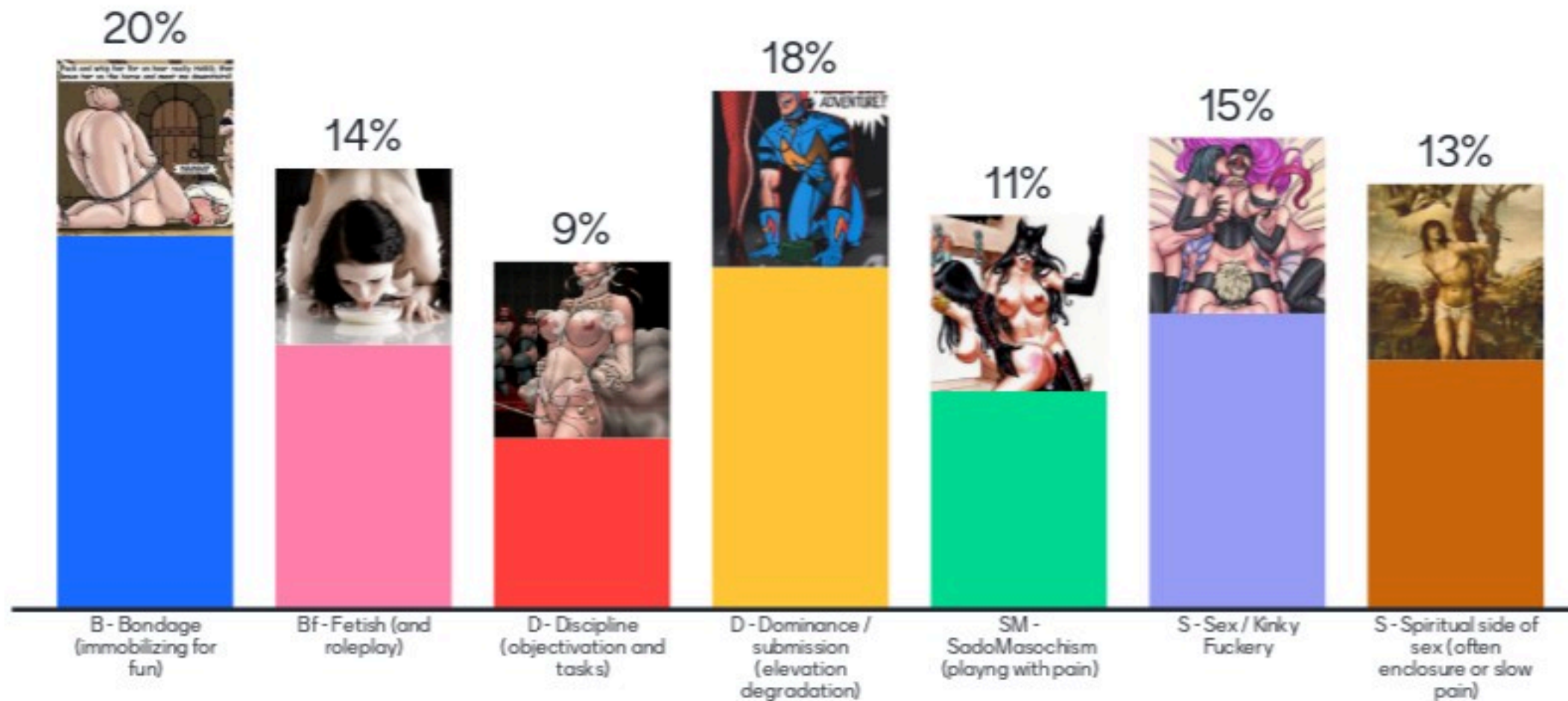
# Kinda hard to imagine this without intense feelings, right?

How to navigate these emotions and fantasies in me or my partner?  
Understanding it helps..

# BDSM

- a *Fantasy* played out in *Reality*
  - ... (*NOT* abuse!)
- Because: "any '*topping*' (playing with power)
- ...**needs** a sturdy cake in **reality** (=equality, respect)"
- *one* way of being *intentional* in your sexual relation(s)

# Menti: I could see myself experimenting with (in BDSM)...





Willing  
victim

1





# Menti: BEING A BOTTOM: Why is it *hard* to just let yourself be ravished (be "taken", or "overpowered") in sex?



## Submission Pride! (there *should* be Pride in submitting)

- You *can* do these things from insecurity (self, relation) - by *not* saying "no"
  - really, really. **NOT** advised!!!
  - no self-worth: not a gift to your partner when you submit
- You can live those fantasies also from a secure consensual relation ... and from security in your own sexuality
- 
- **Shame** is a *SOCIAL EMOTION*, so you need to get social to let it evaporate



# Kinky tips for poly's: Orgasm gap ???

- stats: O on casual dates M 95%, F 60%
- Orgasm 'torture' might be the answer ;-)
- *"you say you can't? ... OK... **one** more, just for me then?"*



How to start this fantasy? \* "How can I learn to be a "**D-type**" if I don't have an "**s-type**" yet?" ... (answer: *"be a pleasant person"*)

- starters -

# Menti: BEING ON TOP: Why is it so hard to just "*take*" in sex? ...really take the initiative?





# Kinky tips for partners: say clearly what *you do want (not what you don't)*

- "Hey, look over here! My pussy is here for us. But it does *not* get wet by itself, boy!"
  - the Director

# Kinky tips for poly's: Sex (and relationship) is *not* just about "*giving & taking*"

- Betty Martin's Wheel of Consent
- > The opposite of "**taking**" is "**allowing**" (*not* giving)
- > The opposite of "**serving**" is "**accepting**" (*not* taking)
  - choose your favorite tension in your sex-life (think: polarities)
  - and then *get out of your head!*

# Disclaimer Nonconsensual Rape

- Rape *is* Traumatic (big 'T') and a horrible thing to do to a person!
- In my work, I also help people overcome the traumatic effects of things like rape.
- And I am fully aware of the ways that lives can derail because of traumas like this.





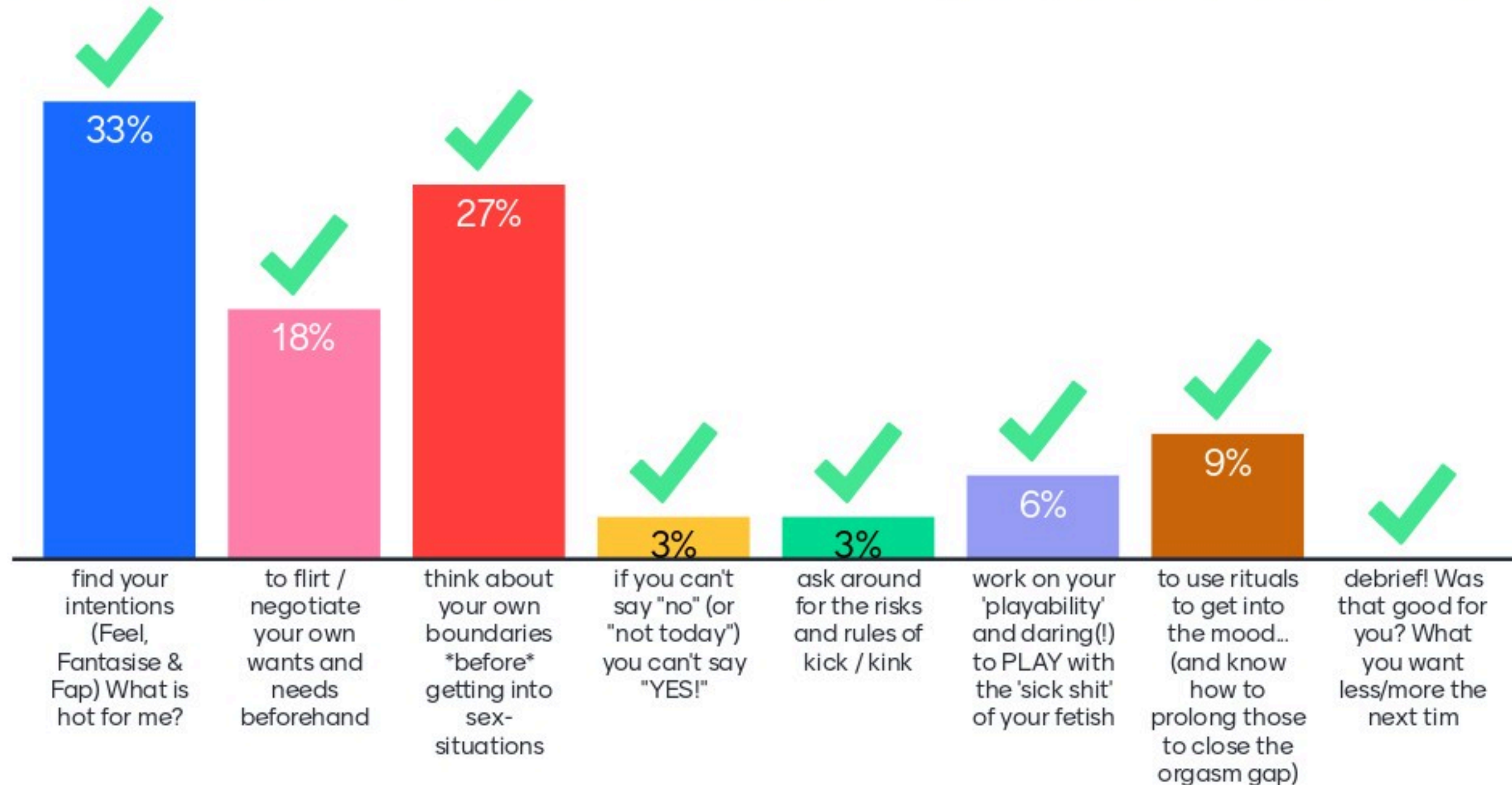
## A heavy example: *consensual* 'rape'-play (mostly a *Ravishing* fantasy)

- Fantasising about 'rape' is a rather common fantasy
  - Masters & Johnson in the '50s
  - Sexual blame avoidance - Sexual desirability (fantasy is free)
- Remember: the *willing* victim is **actually in full control !!!**
  - some experience this even as a healing element
- Remember: 'rape'-play is "**edgeplay**"!!!
  - Commitment and Clarity on safe(r)sex and boundaries of the 'rape'-fantasy
- Mutual ***Respect, Consent*** and ***Responsibility*** is the basis
  - This is a *Fantasy* that needs a lot of planning *together* in *Reality*
  - If something gets triggered both sides will have to *forgive*

# Lessons from being a 'kinkster' to the poly (&vanilla) world

nope, you are *NOT* 'normal'

# Menti: if you are a perv, you need to be able to... (What are your favorite 'lessons' from kinksters to poly's and vanilla's?)





A little kindness and humor helps to  
take your ***self-image less seriously.***  
and to take your ***sexual self*** more  
*seriously!*

– Hans West



...and ***exactly the same*** is true of  
the image you have of your  
partner...

– Hans West

## Kinkinfo Dominance Workshop: *"What you need as a Top: Guts, Consent & Techniques"*

- You need the guts to be vulnerable(!) in *your Lust* in the now.
- You need to feel OK tomorrow about the things you are about to do now.
  - Relational Consent
- You need to learn the **techniques** to know what the f.. you're doing..
  - that applies to both Sex and BDSM





# Lessons about sex from kinksters for the polys (&vanillas)

- Sex *is* dirty... Dare to PLAY with, and enjoy that 'dirty' side of yours!
- If you can't say "*no*" to things, you can't say "*yes!*" to things
- Ask around for the risks and rules of your newly found kicks/kinks
- to use rituals to get into the mood... (and know how to prolong those to close the orgasm gap)
- to use a sexier safe word to say "No" or "you are doing it wrong"

# Lessons about sexual relationships from kinksters for polys.

- Think (fanasise, fap) about the *polarity-tension you want* in this relation
  - and *ASK* for it
- Ask around for the risks and rules of your (newly found) relationship option
- Think about your own (physical/emotional) boundaries *beforehand*
  - ...and *practice* yourself to say "*no*" (or "*not yet*")
- You **will** fuck up... So fuck perfectionism: learn to **regroup & re-commit!**



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Thank you very much for your  
honesty and your *curiosity!*

– Hans to listeners here and online –

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