

"Kinky" (&BDSM) <=> "Poly"

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-KinkinRelatie.nl (NL)

-KinkAwareCoach.com (ENG)



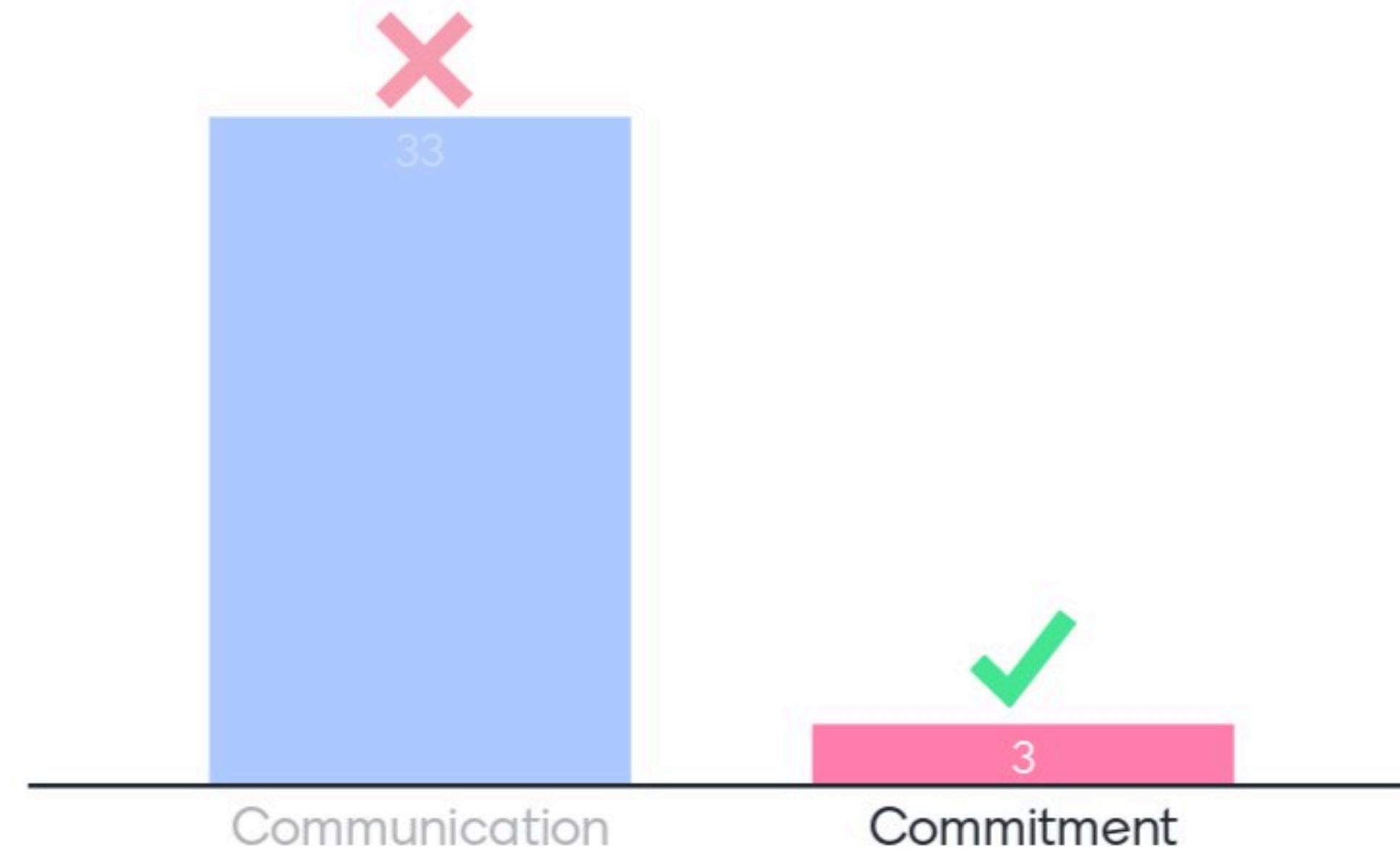
Hans West - *personal*

- 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 -*KinkinRelatie.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 / ENG: 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 (unevenness)
 - 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...)

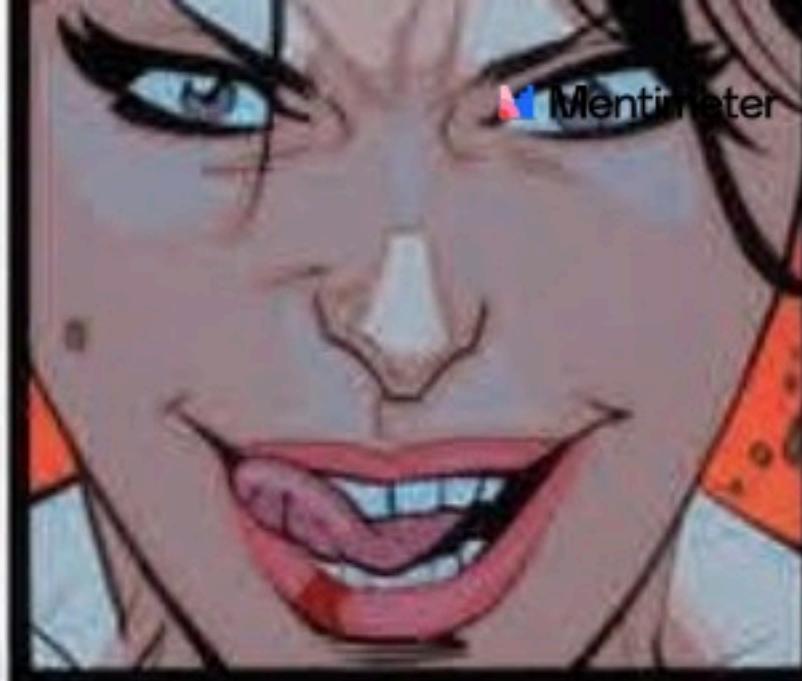
– *direction: "kinky goes poly"*



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?

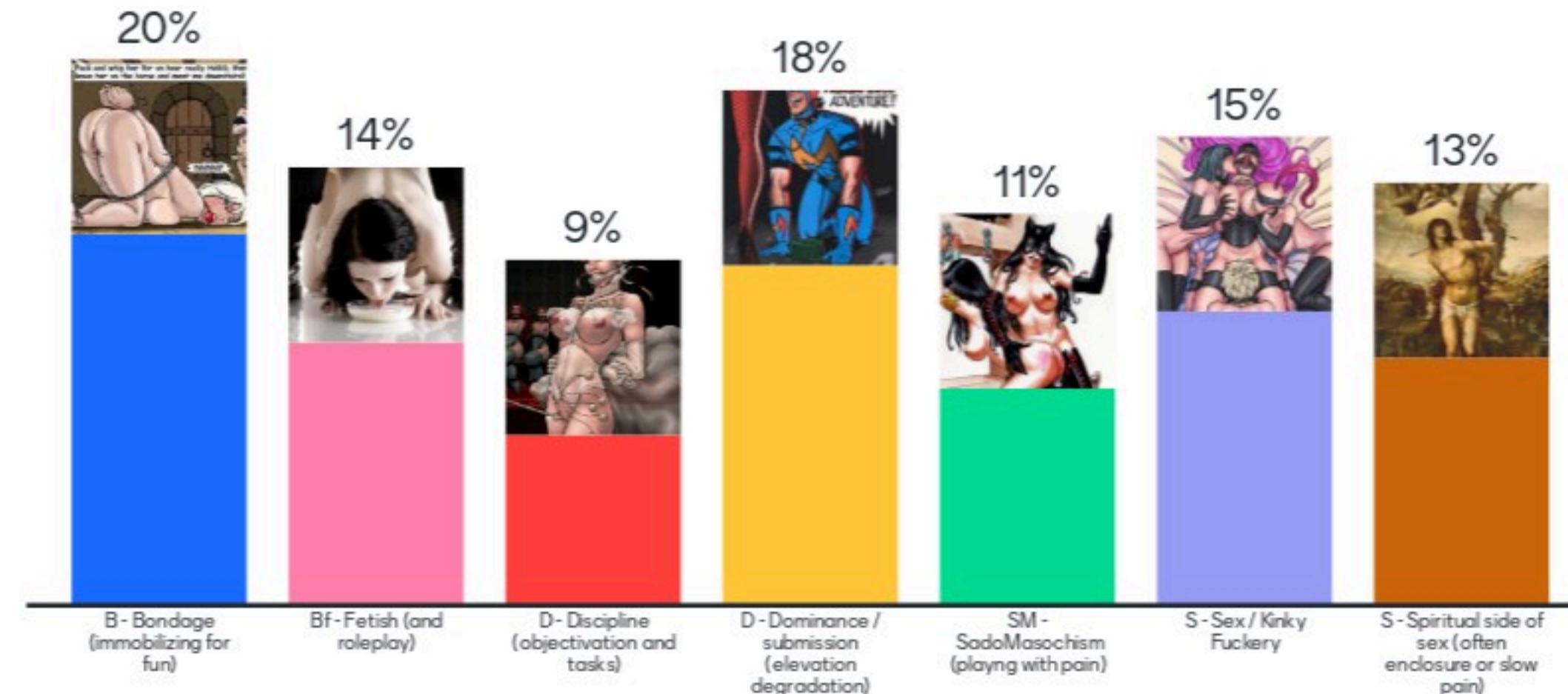
Understanding it helps..



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

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

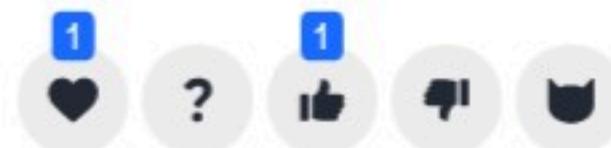


Submission Pride! (there *should* be Pride in submitting)

- 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: polarites)
 - 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.

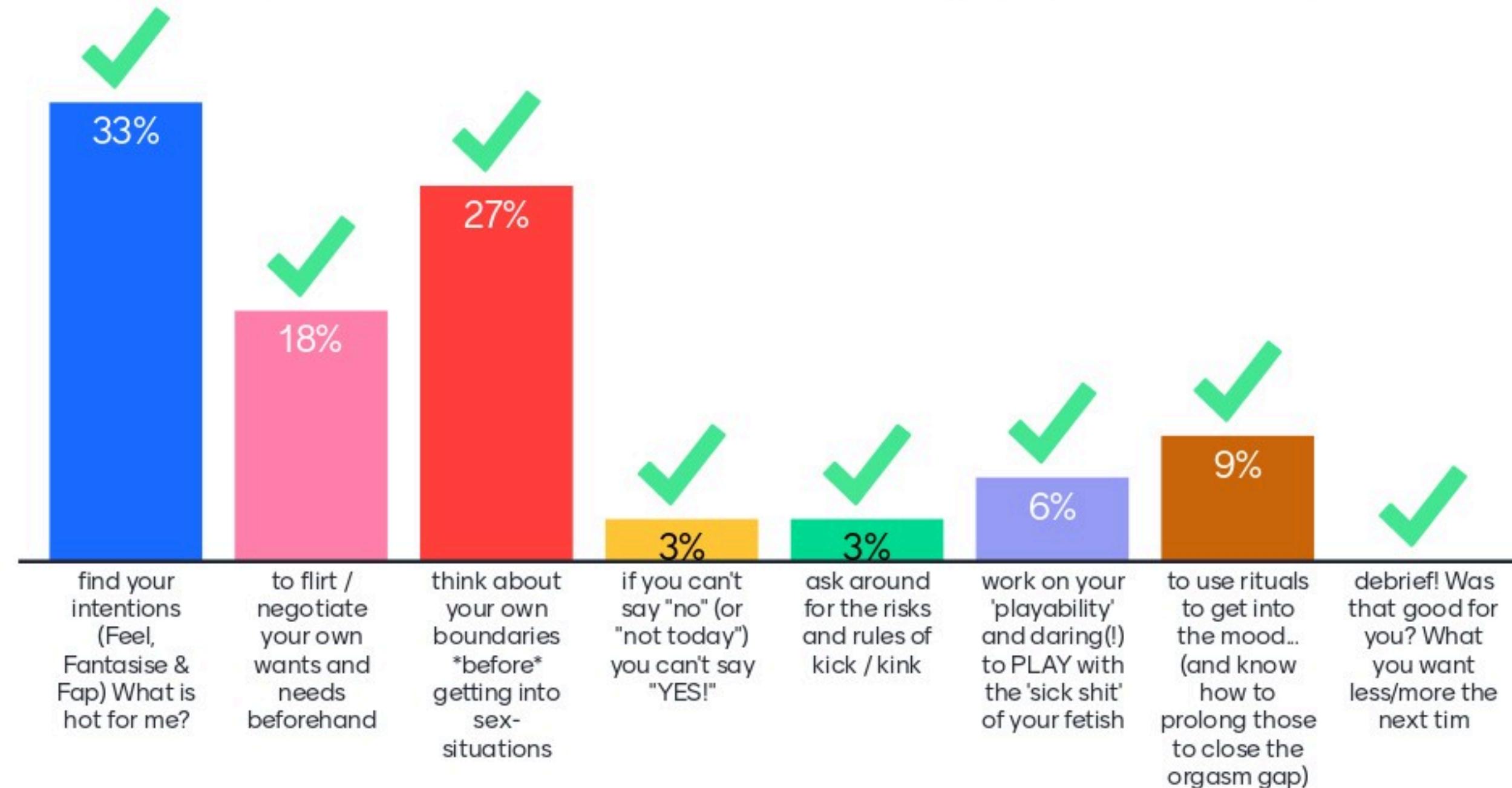
A heavy example: *consensual 'rape'-play* (mostly a *Ravishing* fantasy)

- 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!**



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

– Hans to listeners here and online –



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