

Relationships

Negotiation need not always be a scene by scene thing. You may want to negotiate how you are going to interact with your partner on a day to day basis. What rituals are going to be in place, how you are going to address your partner when in public situations etc.

Even in a long term relationship there is still a need for negotiation. Limits and boundaries are constantly shifting as the relationship grows, often there will be a need to renegotiate these limits.

If there are children involved in the relationship, boundaries will need to be in place to ensure their well being.

Good communication is the basis of any relationship.



Regional Group Information

An up to date list of the many New Zealand BDSM groups may be found online at BDSM.GEN.NZ

www.bdsm.gen.nz

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Negotiation

A BDSM information guide.

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What is negotiation?

Probably the most important concept in erotic power exchange is the concept of negotiation.

Partners negotiate about their fantasies, feelings, needs, dreams, barriers and hidden desires. Negotiation in this sense is not a bargaining process, where one person is trying to get something at the expense of someone else; it's a win-win technique where you're both talking about what you've done, what excites and doesn't excite you.

The partners try to establish where they meet, how much common ground they can cover and what are absolute "no go" areas.

The point of negotiations is to ensure that both the dominant and the submissive enjoy the scene. Contrary to public belief, having the submissive enjoy the scene IS part of the fun. It is important to know as much about your submissive's limits, health concerns, and experiences as you can prior to playing with them.

If you're just getting into BDSM, like casual play at parties, or just into a new relationship, negotiation is a VERY valuable process.

Talking about what you want from your sexual relationships can be difficult at first, but the more you do it the easier it gets and the more you get out of it! And note that none of this is necessarily specific to BDSM; negotiation is useful on all levels in all relationships. Be communicative. Let your partner know what you want and don't want. Keep the dialogue going; watch your partner, be aware of what she or he is feeling and thinking. Be sensitive.

Be honest. If you do not want to do something, don't let your partner pressure you into it. When you begin exploring BDSM, you may often find yourself with a partner who wants something more than you have experience giving, or who's right now in the mood for something that you're not in the mood for.

After the scene is over, take time to discuss what the scene felt like for each of you. Make sure to listen to your partner and learn how they felt, and thank your partner for playing... after an intense scene, it's really nice to cuddle and connect, rather than stopping abruptly and going home

What should I include in my negotiation?

There may be some particular activities, roles or words that will make you feel unsafe, scared, or worthless, and you may well want to avoid those activities/roles/words. That is exactly what negotiation is for; you have the right to do what feels good to you and avoid what does not, and you have the right to insist your partner respect your boundaries. This can be achieved with the use of a safeword to halt a scene when one partner is uncomfortable with what is happening.

What about health issues?

Health concerns are often overlooked when a couple are playing. However, if your Dom or sub is epileptic, diabetic, or has heart problems, you NEED to know these things. Emergency room visits should be avoided. The dominant needs to share their health concerns, too. Imagine being in bondage, and having your dominant keel over with a heart attack.

Inescapable bondage is fun, but remember the risks