

Playing with Dark Emotions: mind fucks, humiliation, objectification, and more

*playing with shame and fear,
aggression and dehumanization*



**Richard A. Sprott, PhD and
Anna Randall, LCSW, DHS**

TASHRA - The Alternative Sexualities Health Research Alliance
 CASAS - The Community Academic Consortium for Research on Alternative
 Sexualities
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TASHRA
 The
 Alternative
 Sexualities
 Health Research
 Alliance
 PROMOVING THE WELL-BEING
 OF ALL SEXUAL ORIENTATIONS
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OVERVIEW

Today's Presentation



- Motivations**
Why do people play this way?
- Psych Scenes**
How to play with humiliation, and considerations
- Psych First Aid**
How to handle panic and emotions - Psychological First Aid
- X-Drop**
Understanding and Coping with Drop

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A CAUTIONARY NOTE

KHS & NATIONAL

| Our Sample | National Prevalence |
|-------------------------------------|--|
| 33.2% anxiety - lifetime prevalence | 28.8% anxiety - lifetime prevalence |
| 41.8% depression - lifetime | 16.6% major depressive disorder - lifetime |
| 5.91% bipolar - lifetime | 3.9% bipolar - lifetime |
| 17.98% PTSD - lifetime | 6.8% PTSD - lifetime |
| 24.70% attempted suicide - lifetime | 4.6% attempted suicide - lifetime |

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By the end of today's time together, You should be able to answer...

- WHY DO YOU WANT TO DO THIS? (Icon: X in a triangle)
- WHAT DO YOU DO IF SOMETHING GOES WRONG? (Icon: Sad face)

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PSYCHOLOGICAL NEEDS 5

motivations for kink

Motivations

5

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PSYCHOLOGICAL NEEDS 6

motivations for kink

SOME OF THE NEEDS OR USES OF KINK, AS EXPRESSED BY PRACTITIONERS:

1. Peak experiences/personal or spiritual growth
2. Emotion regulation: to up-regulate or down-regulate
3. To counter depression symptoms
4. To counter anxiety symptoms
5. Attention regulation / mindfulness practice
6. To address symptoms of ADHD
7. Interoception management
8. To dampen overstimulation (endorphin / endocannabinoid effects)
9. To heighten understimulation ("to feel something")



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PSYCHOLOGICAL NEEDS 7

motivations for kink



INTEROCEPTION MANAGEMENT

- Is perhaps related to people attempting to manage their impulses and desires for **non-suicidal self-injury (NSSI)**
- people attempting to manage sensory processing differences **when they are on the "spectrum" (ASD)**

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PSYCHOLOGICAL NEEDS 8

motivations for kink

SOME OF THE NEEDS OR USES OF KINK, AS EXPRESSED BY PRACTITIONERS:

- Confront and reframe past trauma
- Increase relationship closeness / intimacy
- Another motivation: to endure or receive as a gift to the Other
- Exploration of the self
 - less dominant aspects of personality

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?? Questions about PSYCHOLOGICAL NEEDS ??

motivations for kink

- ?? Participating in someone else's **self-destructive behavior** (if psychological play is an expression of that, motivated by self-destructive impulses) **must be addressed**.
- Playing with these psychological scenes, to varying degrees, involves playing at "unethical behavior" and the **line between play and reality must be monitored at all times** to avoid breaching one's ethics.

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If so risky - why can psychological edge play be so exciting?

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PEAK EROTIC EXPERIENCE

How do they happen?

THE EROTIC EQUATION

The Erotic Equation by Dr. C.A. Tripp

What is the magic at work?

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EROTIC CONFLICTS

That amplify the erotic experience

Obstacles

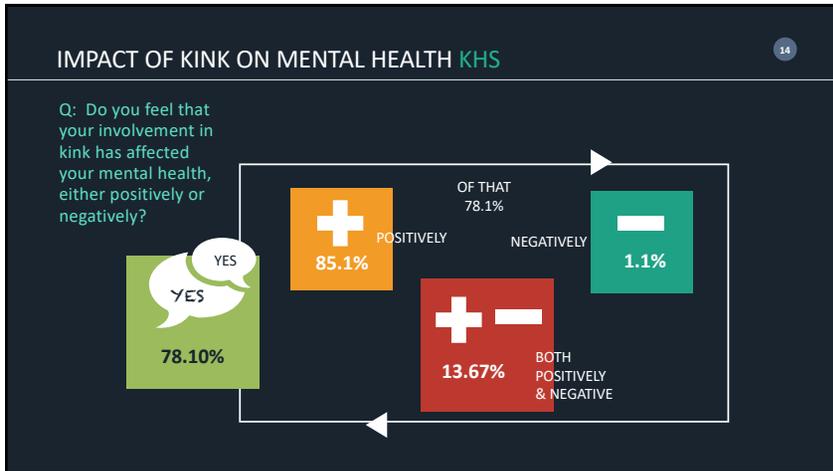
Attraction

- Obstacles can be associated with and or amplify excitement.
- When compelling associations are repeated
- **VOILA** – an association becomes solidified.

Amplifying Components:

- Longing and Anticipation
- Violating Prohibitions / Taboos
- Searching for Power
- Overcoming Ambivalence

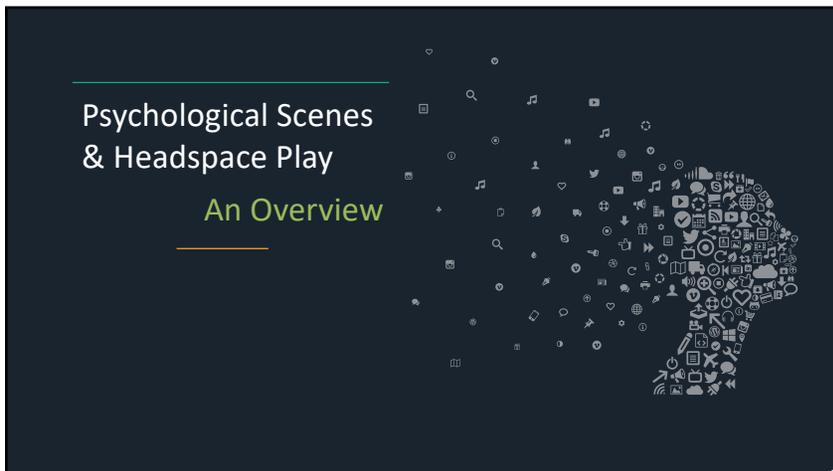
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- ### COMMON SCENES IN "PSYCHOLOGICAL PLAY."
- FEAR/TERROR PLAY
 - RAPE/ABDUCTION SIMULATION
 - INTERROGATION
 - MINDFUCK (TRICKING SOMEONE, USING "SPECIAL EFFECTS" TECHNIQUES)
 - HYPNOSIS
 - HUMILIATION
 - OBJECTIFICATION
 - PLAYING WITH TABOOS
- This is not the same as D/s role enactments or other relationships based on a power difference and power dynamic.

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EDGE PLAY

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Caution

Psychological Play can be considered EDGE PLAY

- should not be done without **preparation, mentoring, monitoring, and careful consideration of safety and ethical concerns.**

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PSYCHOLOGICAL PLAY

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Two main themes:

- *Playing with "consent"* (fear/terror, rape/abduction simulation, interrogation, mindfuck, for example) and
- *"Vacation from the Self"* (hypnosis, humiliation, objectification, for example)

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COMMON IN PSYCHOLOGICAL PLAY

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- ALL involve *definite BEGINNING AND ENDINGS*, a clear demarcation –
 - **Boundaries** of the scene are **clear** –
 - preserves the consensual nature of the play
 - E.g. **Mindfucking** someone **without** their agreement or **consent** is
 - **anti-social**
 - results in social and sometimes legal **negative consequences.**

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DISTINCTIONS IN PSYCHOLOGICAL PLAY

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- **Different from D/s relationships**
 - D/s lasts longer than a scene
 - Covers a wider range of everyday activities and contexts.
- **Different from real anti-social, violent and abusive behavior**
 - Lack consent
 - Not a fetish, they are crimes

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PHYSICAL SAFETY

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- In many of “playing with consent” scenes,
- there is high potential for **kicking, squirming, thrashing, trying to escape** – and as in every other context, the most common danger to one’s physical health is falling.
- Other physical safety concerns depend on the particular scenario, so it is crucial to find out from others in the community and from experts outside the community about the safety issues connected to that particular circumstance.

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ETHICAL CONSIDERATIONS

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- Psychological play involves playing with trust, consent, re-enactment of violence and abuse, depersonalization and intense emotions.
- Mindfucks in particular, involve deception.
- These all must be evaluated from the perspective of concerns about *Harm and Care* and other ethical principles.

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SPECIAL NOTES AND DISCUSSION:

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CONSENSUAL NON-CONSENT

- What is it?
- How does one negotiate it?
- Ethics, Safety, Sanity

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HUMILIATION :

Hot,
Edgy

and Sometimes Dangerous

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OUR PATH TODAY



Humiliation: What is it?

- Hot:**
 - erotic charge
- Edgy:**
 - pushing boundaries

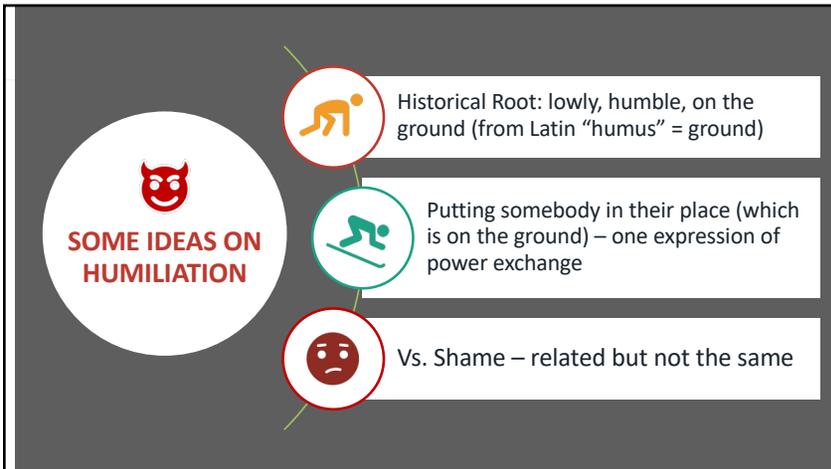
Sometimes Dangerous:

- triggers, harm, violations

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SOME IDEAS ON HUMILIATION

-  Historical Root: lowly, humble, on the ground (from Latin "humus" = ground)
-  Putting somebody in their place (which is on the ground) – one expression of power exchange
-  Vs. Shame – related but not the same

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Humiliation = Psychological Play

Psychological play involves *playing with*

- trust,
- consent,
- re-enactment of violence and abuse,
- depersonalization and
- intense emotions

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Humiliation Play works like Sarcasm

- One the surface is one message
 - “you’re a faggot” and that is bad
- Below the surface is an opposite meaning
 - I like faggots and they are a good thing

•My rule of thumb for humiliation play: *I only denigrate about things which I value, and I know & the other person knows what I value*

•I only denigrate about things the other person likes/values about themselves

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WHY DO PEOPLE DO THIS?



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The cornerstones of eroticism



Intense eroticism is paradoxical and unpredictable. Things that arouse us, under different circumstances, or in differing intensity - also turn us off.



Anything that we find that inhibits us sexually, can at a later time be a turn-on.

Longing and Anticipation

Violating Prohibitions / Taboo

Searching for Power

Overcoming Ambivalence

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They rule your life

you on your knees whenever you are in their presence

you service them as the lowly faggot that you are

you are given no choices, only orders

you will never be free

They are Men, you are a pathetic fag, it is the natural order

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HOT

- Themes of humiliation
 - Dirt (taboo)
 - Objectification (consensual non-consent)
 - Weakness (power)
 - Public Display (shaming, exposure)

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Degrade a fag!

I'm horny with nothing to do all night. I'd love to get nasty, degrading messages from any of my followers. Ask me embarrassing questions, tell me about the nasty things you would make me do, or just mock me for being such a pathetic little slut. Fill my ask box, anything goes!

Anonymous degradation is welcome!

Thank you in advance, Men.

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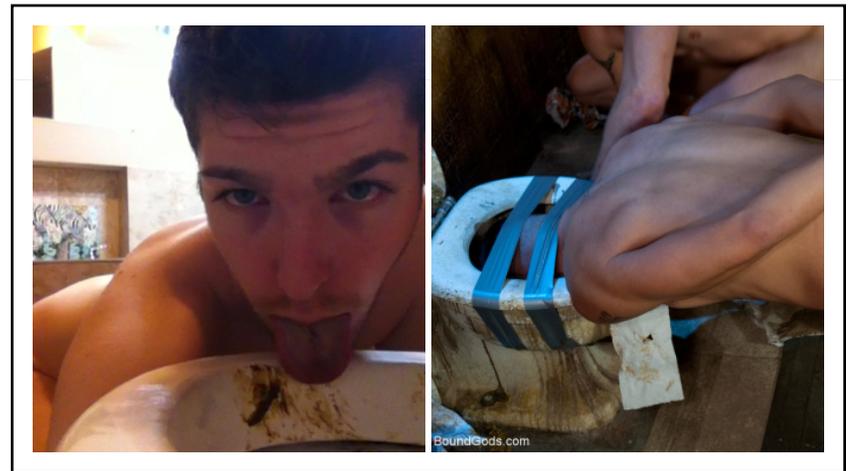
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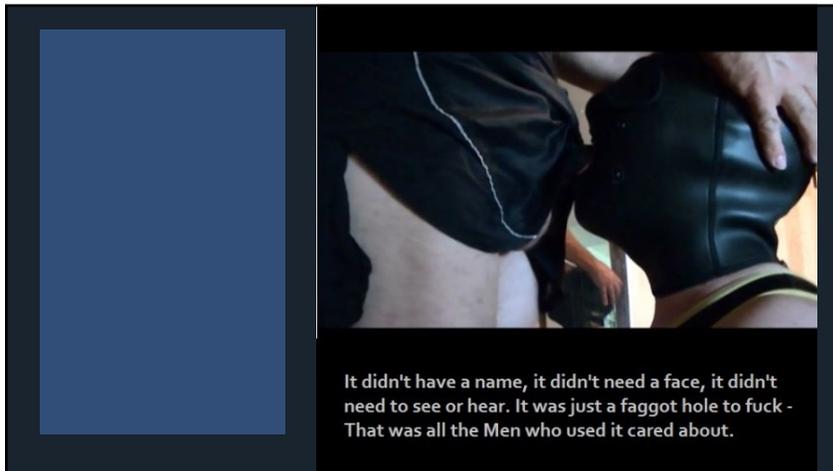
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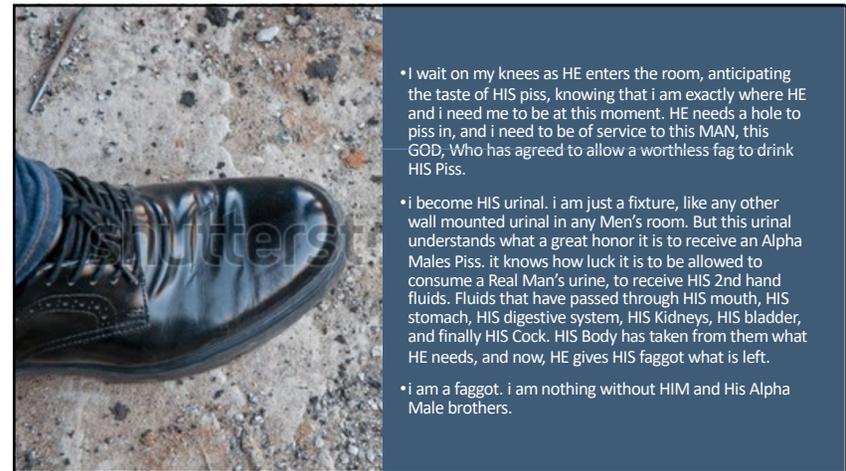


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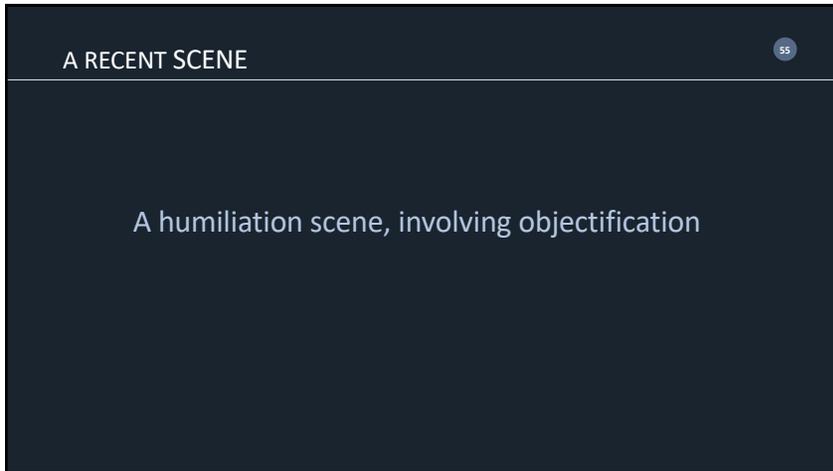
It didn't have a name, it didn't need a face, it didn't need to see or hear. It was just a faggot hole to fuck - That was all the Men who used it cared about.

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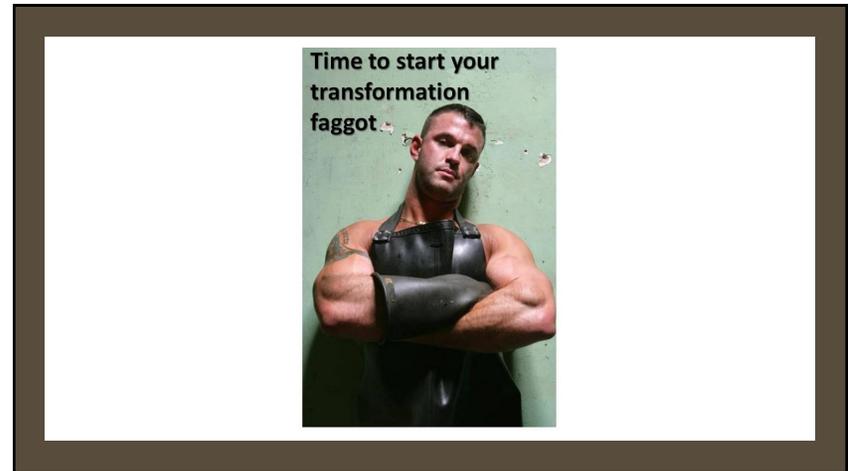


- I wait on my knees as HE enters the room, anticipating the taste of HIS piss, knowing that i am exactly where HE and i need me to be at this moment. HE needs a hole to piss in, and i need to be of service to this MAN, this GOD, Who has agreed to allow a worthless fag to drink HIS Piss.
- i become HIS urinal. i am just a fixture, like any other wall mounted urinal in any Men's room. But this urinal understands what a great honor it is to receive an Alpha Males Piss. it knows how luck it is to be allowed to consume a Real Man's urine, to receive HIS 2nd hand fluids. Fluids that have passed through HIS mouth, HIS stomach, HIS digestive system, HIS Kidneys, HIS bladder, and finally HIS Cock. HIS Body has taken from them what HE needs, and now, HE gives HIS faggot what is left.
- i am a faggot. i am nothing without HIM and His Alpha Male brothers.

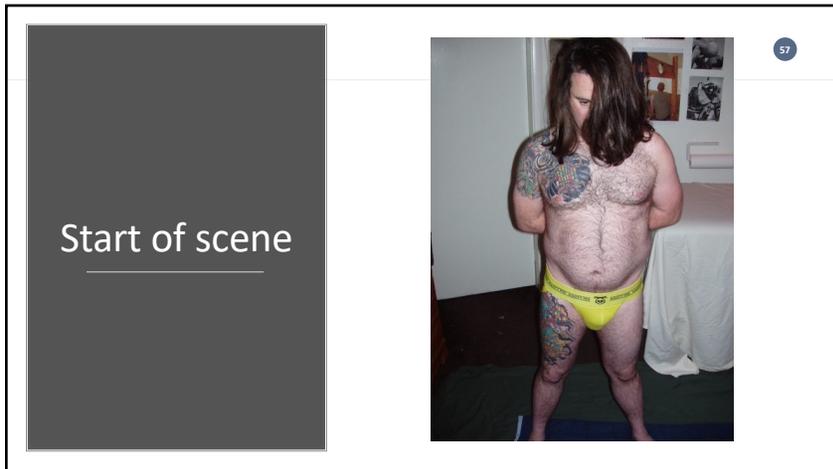
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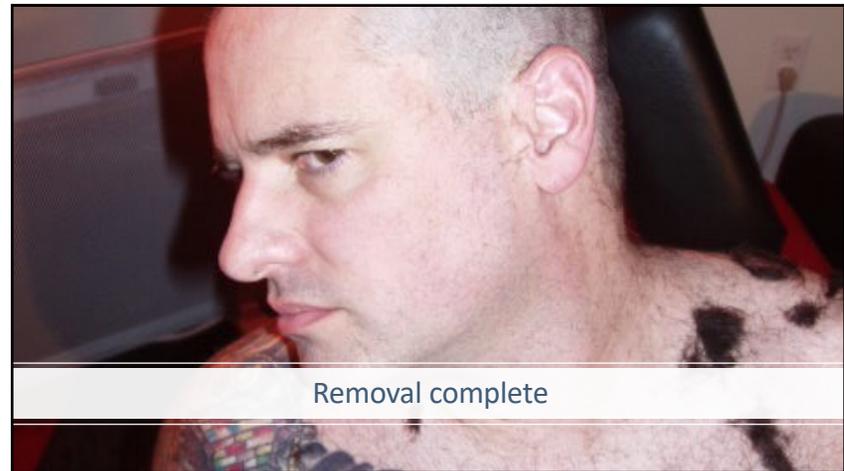
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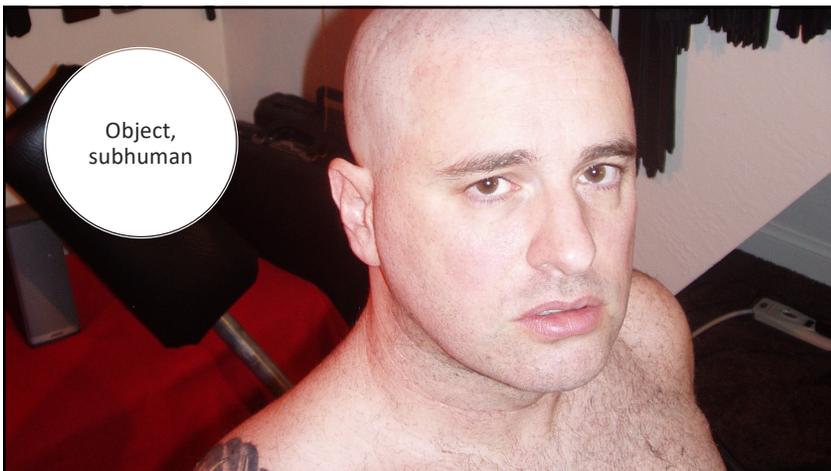
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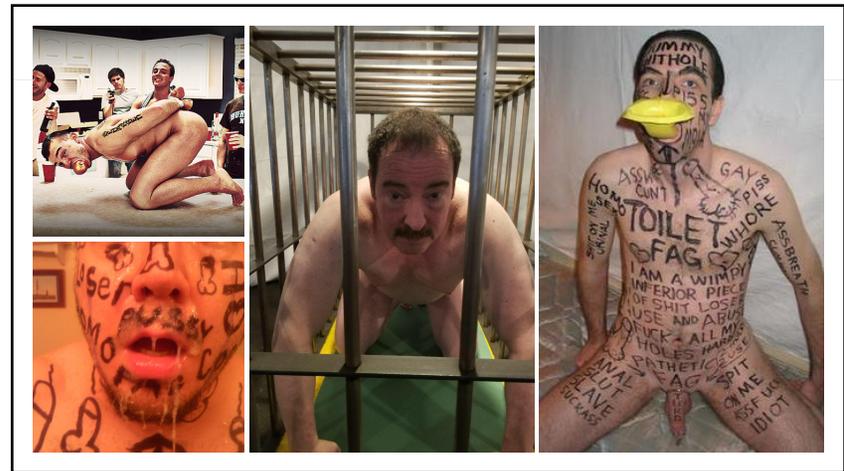


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PUBLIC HUMILIATION 63

- Playing with **shame/embarrassment**
- **Breaking social rules** (adrenaline rush)
- **Depersonalization** (use and abuse)

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BEING SUBMISSIVE MEANS BEING SOMEONE'S DOORMAT. IT MEANS YOU ARE WEAK. IT MEANS YOU ARE A PATHETIC FAGGOT WHO SERVES ONLY FOR OUR DESIRES. WHO HAS NO IDEA HOW TO TAKE CONTROL. BEING SUBMISSIVE IS FOR THE WEAKEST BEINGS AND FOR THE MOST STUPID OF FAGS.

Weakness

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EDGY
 – close to real
 (non-consensual)
 humiliation

Social Categories – Stigma and Oppression
Race/Ethnicity (race play)
 Gender (Stigmatification)

Body Image and Body Weight

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“Humiliation keeps a honky slave in line”

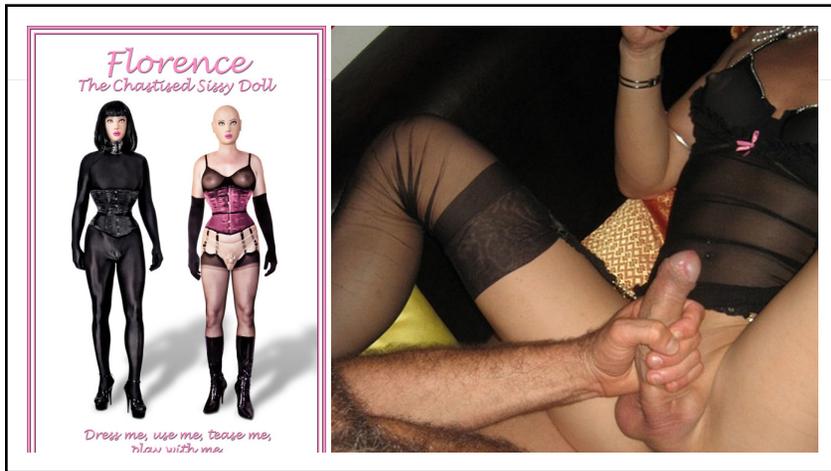
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“When I want to fuck ass, I don’t mess around. I take a bitch, pull his pants down and hold him tight while I shove my hard cock up his cunt. He fucking takes it. Like, what choice does he have?”

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if you want to be fucked like a **WHORE** in chastity - for the rest of your life

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SOMETIMES **DANGEROUS**



Crossing a line is a real hurt

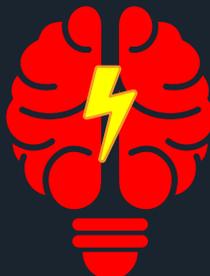
- Neurobiological dimensions
- Emotional Responses
- Triggers and PTSD, Panic Attacks, Rage Outbursts and X-Drop

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PAIN: NEUROLOGICAL FOUNDATIONS

Anterior Cingulate Cortex

- Crucial to processing pain and formation of long-term memories
- Particularly crucial to processing emotional aspects of pain and fear
- Makes no distinction between physical pain and social/emotional pain



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SOCIAL AND PHYSICAL PAIN OVERLAP SIGNIFICANTLY

- Studies have found that acetaminophen (Tylenol) and marijuana do significantly reduce social pain as well as physical pain
 - Tylenol binds to the cannabinoid 1 receptors
- Individuals who are more sensitive to social rejection and pain are also more sensitive to physical pain
 - Eisenberger, N. (2012) Psychosom Med. 2012 February ; 74(2): 126-135. doi:10.1097/PSY.0b013e3182464dd1.
- Humiliation scenes or dynamics will kick in the pain system, which will release endorphins and endocannabinoids



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EMOTIONS ELICITED (REALWORLD) 75



Humiliation, for the person in power, can elicit

- Anger
- Irritation
- Anxiety
- Fear
- Pity



For the humiliated, it can elicit

- Embarrassment
- Shame
- Anger
- Fear
- Alienation

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TRIGGERS



- Intrusive thoughts or memories that initiate fight/flight response
- Fear/Panic or Rage – remember, the function is *self-protection*
- Watch for emotional contagion / empathic response
- Learn psychological first-aid – *glad you asked!*

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AFTERCARE 77

Beyond any **aftercare basics on a physical level**, one should also **do some psych aftercare**

- Provide for the Emotional Transformations
 - anxiety ----> security
 - weakness ----> strength
 - guilt ----> freedom
 - anger ----> appreciation (satisfaction)
 - fear ----> love
 - shame ----> acceptance (pride)
 - wounding ----> healing

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CONCLUSION 78

- Humiliation Play is **about playing with power, especially**
- It is a **deep form of psychological play** (similar to mindfucks, interrogation scenes, etc) and needs to be respected as such
- Remember **to denigrate aspects/behavior** that you **actually value or like**; avoid topics/areas that the person is most insecure about
- **Learn psychological first aid and plan on aftercare**

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PSYCHOLOGICAL FIRST AID 81

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VAGUS RESPONSE 82

FIGHT, FLIGHT, FREEZE

- **High intensity stress response =**
 - intense fear
 - intense anger
 - Or becomes frozen
- Unable to speak
- Nauseous or sick to stomach
- People may dissociate
 - depersonalize: "float, out of body"
 - derealized: "this is a dream, this is not real"

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PSYCH FIRST AID 83

Remember

- **REFOCUS THEIR ATTENTION**
 - Get their attention
 - Ask them to describe something in the room
 - Changes focus from their sensations or thoughts
 - Can lessen intensity of emotions and sensations
 - have the person pay attention and describe something in the environment; changing focus of attention away from bodily sensations or thoughts/emotions can help lessen the intensity of those sensations and emotions
- **DO NOT PANIC!**
 - Remain calm - essential!
 - If you are nervous, worried - they'll pick it up
 - If you panic - their panic will escalate

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PSYCH FIRST AID
what to do

TALK TO THEM

- Describe what is going on in the person's body,
- Let them know they are not in any danger
- They are already focused on what is happening in their bodies:
 - help them re-interpret the sensations as non-threatening
- Talk also stimulates the parasympathetic nervous system
 - Especially low, soothing and quiet voice

COACH THEIR BREATHING

- Help the person to take longer, slower, deeper breaths.
- 5 in and 10 out

LONG STROKES ON THE BODY

- Stimulates the parasympathetic nervous system
- Reduces the rate of breathing
- Be Careful About Touch if person is raging)

EMERGENCY!

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PSYCH FIRST AID
Remember this

REMEMBER THIS

▪ *An Important Consequence –*

ANALGESIA

“Fight or Flight” Response

- endorphins and opioids deaden pain
- May not feel physical damage
- Cannot respond appropriately to potentially dangerous stimuli.

EMERGENCY!

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Who has experienced a mood change after play?

WHAT DO YOU CALL IT?
WHEN DOES IT HAPPEN?
WHAT'S GOING ON?

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What is Drop Like?
KINK – IDENTIFIED REPORT

X-DROP

I slept

Felt light/expansive (ungrounded)

Tired, lots of lethargy

Tears

Felt empty

Felt abandoned

Disconnected

Fear

Felt Sad

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DESCRIPTIVE MODELS
WHAT MIGHT EXPLAIN X-DROP

- 1 Biochemical
- 2 Theories of Grief
- 3 Identity/Self Development

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BIOCHEMICAL EXPLANATIONS
TO EXPLAIN X-DROP

Commonly described by BDSM community members as:



the after-effects of high adrenaline and endorphin rushes

"Subdrop is when all the endorphins and adrenaline are settled down again."

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Biochemical Explanations

"Since the increase of hormones and chemicals has produced a trance-like state, as play ends the submissive may feel out-of-body, detached from reality. As the sub's system stops producing morphine-like drugs, and as the parasympathetic nervous system kicks in again, the sub may feel a deep exhaustion, a sharp drop in temperature, as well as incoherence and un-coordination. In the lifestyle, this is commonly referred to as "drop" or "sub-drop."

http://chicomunch.com/publ/basic_info_about_bdsm/bdsm_101_subspace_aftercare_and_sub_drop_and_sometimes_top_drop/1-1-0-23



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Biochemical Explanations

Problem: no research has tested these ideas about the physiological profile of the immediate x-drop

In fact, one could argue that the exhaustion phase of a stress reaction is more complicated, and involves increasing lactate, ammonia and creatine kinase rather than endorphins or adrenaline.



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Biochemical Explanations

Counter-balancing an acute stress response **is not the same thing as exhaustion phase.**

Often hormonal stress responses have negative feedback loops, meaning that there would be a falling level of adrenaline, etc, as a scene goes on.

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What Might Be Happening Instead?

Biochemical reactions to acute stressors may not account for the second kind of "drop"

DELAYED X-DROP

We propose that "Delayed X-Drop" requires a different explanation

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We Propose A Preexisting Condition

a Peak Erotic Experience

"Flames of passion are fueled by a mixture of attractions and obstacles to overcome"

To learn more about erotic templates and what drives our own erotic fantasies
The Erotic Mind
 By Jack Morin

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EXAMPLES OF TRANSCENDENT EXPERIENCES

- Kundalini Awakening
- Mystical Ecstasy and Rapture
- Shamanic Ecstatic Trance States – Soul Journeying
- Burning Man
- "The Experience of Awe"
- "Near Death" Experiences
- Birth
- Jungian Synchronicity – ESP

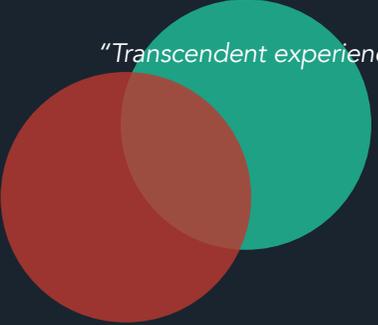
"One knows something that until that moment was unknown. When the darkness again descends, does the person chart a course dictated by the current reality of the darkness ... or by that knowing, the knowledge of the terrain that was momentarily glimpsed?"

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"Transcendent experiences are the intersection of the timeless moment"

(Eliot, 1970)



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POST TRANSCENDENCE

What does that have to do with "X" drop?

AFTER TRANSFORMATIONAL EXPERIENCE?

Is it Loss?



Grief?



POST
TRANSCENDENCE



Mourning?



Bereavement?

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TRANSCENDENT EXPERIENCES

What do that have to do with "X" drop?

What happens when we get the blues?

What are we experiencing?



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GRIEF AND GRIEF WORK

THEORIES REGARDING GRIEF

GRIEF WORK

LINDEMANN
1944

STAGES of GRIEF

KUBLER-ROSS 1969

**EXISTENTIAL EMPTINESS
BACK TO OUR SELF**

PARKES-BOWLBY MODEL

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Our Theory is that XDROP

IDENTITY AND SELF DEVELOPMENT

- Rearranging the self after transformation

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IDENTITY AND SELF DEVELOPMENT

Rearranging the self after transformation

GROWTH

NEW IDENTITY
The process of forming a new identity can involve the "loss" of the old identities

CHRYSLIS
Growing from one stage to the next is experienced as a disorienting, anxious, or frightening experience –

LOSS OF THE OLD
You are losing the way you make sense of the world

KEGAN'S GROWTH OF THE SELF
"developmental depression" is a natural response to the growth of the self



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The emergence of....



THE NEW YOU

PRESENTED BY YOU

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KINK and Positive Effects on Well-Being

• "Kink helped me heal from the molestation, bullying, anger, depression, and anxiety I felt and experienced. I was broken and in some ways still am, but the kink community and my pagan community have both been instrumental in breaking down those walls and helping me grow. If it were not for the members of my House I would most likely still be lost and searching for an identity....and I don't think that I would be as happy. When I started I needed the pain....now I just need someone who cares enough to help me fulfill myself and drive me towards being my best self. I don't think I could get that in a vanilla relationship."

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COMING SOON

KINK HEALTH SURVEY 2020

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