

# How do I become a Mistress?

A practical guide for the novice Domina

by

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# Disclaimer

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# A word in advance

In this lesson book I express my view, the way I experience BDSM, from my experience as a Mistress. This view arose from walking my own path and from the many conversations I have had with dominants and subs over the years. My image was created during my journey. However, this does not mean that this is the only sacred truth. Everyone colors their own pictures and thus forms their own truth. This applies to all of life and it also applies to BDSM.

My truth or my view does not have to be or become your view. It is important that you follow your own path, get to know yourself even better and find your own truth. BDSM is not an end goal but an educational path full of wonder and amazement.

And perhaps this textbook can be an inspiration for you or a practical reference for certain actions. Just as a little handhold. If you follow your own path, you will discover that BDSM is elusive. And as soon as you think you have found the truth or that you understand what is going on, a little later it turns out to be a little different again...

...and that makes BDSM so very intriguing and interesting. Enjoy the journey and the meeting with yourself.

Mistress Moriah

# Acknowledgment

I would like to first thank my partner/sub. For his love, patience, generosity and his beautiful submission to me. There is no more dominant and stubborn sub in this world than him. And that makes him the nicest. He is the smile on my face. Every day again.

I would also like to thank my son because, despite knowing everything, he thinks I'm just a normal mother. Almost boring.

And I want to thank my son's father, because he always does everything for me, no matter what I ask him. And he's not even a sub.

I would like to thank my slave because she is always there for me and never tires of my unbridled enthusiasm to always start new things.

And of course I would like to thank all the subs, slaves and sissies who have stood in front of me one or more times in recent years and with whom I have been able to experience wonderful, intense moments. Your trust in me was wonderful to experience. And we often had fun together!

I hope to share many more beautiful, intense and special moments with you all.



# Embrace yourself, be proud of who you are

Years ago I found a part of myself that I had hidden away deeply during my life. For years I was haunted by the words: "You are so dominant!" as in an accusation. It made me hate this feature, seeing it as a shortcoming. Felt like I needed to change, become more permissive and accommodating. Not to mention my innate sadism. That was definitely a feeling that shouldn't be there. Because enjoying pain is of course "not done" and having a man crawl in front of you, kneel and kiss your feet is of course not socially acceptable at all. Just the idea. I must have been crazy. Or at least I didn't think so. However, this convulsive and forced change did not make me happier and one vanilla relationship after another collapsed.

The emotional struggle continued until I met a sub on a dating site who asked me all kinds of questions about BDSM. All those years before I had searched for something, but never found it. Something I describe as a superlative of love. An intensity that I couldn't find in a normal relationship but that I was convinced existed. The questions from this sub gave my search a name and I noticed that I was not alone. After all these years, I was finally able to fully embrace myself. Even my innate dominance and sadism, which I had resisted all this time, I could lovingly embrace. It felt complete when I was introduced to the words "BDSM", "Mistress" and "Femdom". It felt like coming home, a warm bath, a new acquaintance with myself, but now complete. But this really started my search.

It never came to anything with the sub, but it did ignite the searchlight in me into a huge fire. So I started looking for information and I was a bottomless pit, an insatiable sponge (according to my slave, I still am). I drank in all the information and experience stories, but found nowhere near the answers to the enormous list of questions I was asking myself. And the more information I found, the more questions arose. Philosophical and psychological questions, but also very basic questions, such as "How often do you hit someone with a whip?", How does electro work? And can it hurt?, or What the heck is a cuckold? And how can the cuck like this?" But nowhere could I find a satisfactory answer. So I started looking for like-minded people and I spoke to dozens, maybe even hundreds of people. Dominants, subs (women and men), switches and I learned more and more.

But that was just the theory, now the practice. Because I don't know about you, but I was a bit hesitant to "just" pick up a whip and whack someone on the ass. Because how do you build something like that? How hard do you actually hit? The butterflies in my stomach told me that I would like it, but how was I going to approach this?

But God's ways are unfathomable, because while I was walking around with a mind full of curiosity, I met another sub and he invited me to attend a session with a professional Mistress. Wow! Those butterflies in my stomach could no longer be stopped, I immediately bought a leather corset and some other kinky stuff and counted down the days until that one moment...

...and that one moment didn't happen. Subje suffered a back injury and could not go to that session. And for a moment the world seemed to go dark. Just for a moment. Until a little voice in my head said: "Sad for him, but you move on now!" So I contacted that professional Mistress and booked a kind of workshop for dominants with her. I found a completely unknown practice subject via Facebook, who was more than willing to come with me. And there I was on the doorstep of the SM Club Doma in The Hague.

What a wonderful afternoon that turned out to be. I enjoyed it immensely. My smile seemed to be plastered on my face from beginning to end. What a wonderful sight to see another suffer for you... what a pleasure it is to listen to the moans of his surrender and what a liberation it is to release your sadistic feeling...

Wow...I could never get enough of this. I wanted more!

So this day ended with a question whether the club could use another Mistress.

And the answer was "Yes".

And even though I was as blue as a puppy and knew absolutely nothing about "how it should be done", I started working as a Pro Dom and followed my own path. I quickly learned all kinds of techniques and enjoyed a lot of things. Whether it was a whipping session, sounding, anal play or needle placement. I wanted to learn everything. And the more I worked on it, the more I liked it. I went to play parties, met more and more people and enjoyed...

And no, it wasn't all roses and moonshine. The BDSM scene is just like the normal world. So there is also scum walking around there and a number of people do not take the truth very seriously. For example, the many subs who demand a lot of your time and drain your energy but never come to an agreement. Or submissives who lie about their entire lives and play with your feelings. But apart from that, it was an intense, innovative and, above all, educational period.

Because I had become wise through trial and error and had to get information from every nook and cranny, I decided to set up a website ([BDSMforyou.nl](http://BDSMforyou.nl)) to share my knowledge and experience. [Femdom-Lifestyle.nl](http://Femdom-Lifestyle.nl) was also added at a later date, a site that specifically focuses on the Femdom experience. However, I still felt that sharing information did not go far enough, because theory remains just theory. So I decided to also give workshops to share my experience with others. Often to couples who wanted to find their way in BDSM, but also to novice dominants or seeking subs. Super fun to do and it was very special every time.

However, the lying, sucking subs eventually started to bother me, as did the jealousy within the scene. So after a few years I hung up my commercial cane. Not long after that I met the love of my life, also a sub, so my BDSM experience continued, just no longer commercially. After a few years a permanent slave was added. In short, I lived my life, enjoyed love and our intense togetherness. My toys continued to expand until our house became too small for them and then there came a moment when all the pieces of the puzzle fell together at once.

That started with a restlessness within me. I really enjoyed playing with my sub and slave, but I sometimes missed the interaction and challenge of the unknown. I missed the fun and intensity of giving BDSM workshops, because I had always enjoyed doing that. And suddenly there was that moment, the moment my great love went to buy a DIY house to turn it into a playhouse for me (my big dream). And this moment more or less coincided with the decision to start working commercially again in the field of giving workshops! Workshops for couples but also for novice dominants and subs.

Not long afterwards I decided to write this textbook, for anyone who finds the step to a workshop still too big. Full of tips, information and inspiration! And if after reading this book you think: "Damn it, I don't just want to read about it, I just want to do it!" Then you can simply book a private workshop with me! It is completely tailor-made for you (or you).

But first read on, because hopefully I can give you guidance in this magical world with my words and experience. Because that's what it is.



# The world of BDSM

# What is BDSM?

BDSM is extremely comprehensive. But what exactly is BDSM? That is still quite difficult to explain. Yes, it is an abbreviation of Bondage, Discipline, (Domination/submissive), Sadism & Masochism, that is evident. But that doesn't say much. Some will describe BDSM as “kinky sex”, but that really misses the true experience. And although everyone's interpretation of BDSM will be different, it is more than just an exciting pleasure.



BDSM is all about balance, just like the dualistic world we live in. Everything around us revolves around balance, the attraction of opposing interests. Although we may not always notice that. Just think of dark and light, day and night, good and bad, etc. There is always a pursuit of the right balance, a natural compensation. And we humans have that too. We also strive for a natural balance, balance in our lives. And as soon as that is not there, when we are out of balance, we do not feel comfortable.

But what causes this imbalance? Of course there can be several causes for this, external influences, but it can also arise within ourselves. Every person wants to be seen and accepted as he or she is. But we can only expect that from others if we can (want and dare) see ourselves as a whole. People are not all good, we have bad qualities just as well. Or at least, less good qualities. You may therefore wonder whether concepts such as good/bad have a value. Because if there is a natural desire for balance, it means that the more “good”, there will also be more “bad”. And by attracting more “bad”, is “good” still “good”?

And of course this applies the other way around. If this means that with more “bad” there will also be more “good”, is “bad” still so “bad” when it is a driver of “good”?

But I don't want to make it too philosophical, it is good to know how balance works. And how important this is to us. It is inextricably linked to our existence. But this is also the beginning of acceptance of (and by) the other. Because how can you expect someone else to embrace you completely, if you cannot do that with yourself?

We also see the pursuit of balance within BDSM. Just look at the D/s, it is a pure symbiosis. One complements the other and the higher one, the deeper the other. Jointly responsible for one whole. I sometimes compare it to a perfect circle. That circle is half filled with a D-something and the other half with the s-something. Together it forms a complete circle where it doesn't matter where one or the other is located, because in the end it forms one perfect circle.

Ostensibly the D holds the reins and leads the s, but it is the s that has previously set the picket posts in which the D can move. And of course the boundaries of surrender can be explored and stretched where possible, but if the D completely ignores the picket posts and completely does its own thing, there is no longer any consensus. Then it's just abuse. Or deprivation of liberty. Or...

If you delve deeper into the different layers of the BDSM experience, you may discover that the D in this case perhaps stands for “Servant” and the s for “directive”. By the way, a beautiful film was made about this “The Duke of Burgundy”. Definitely recommended to watch it once. This film captures this flawlessly.

The line between “power and surrender”, “servant and directive” is therefore quite thin because the basis always lies in “consensus” on both sides. And it is precisely that consensus that makes the crucial difference between BDSM and abuse. Other aspects that are important within BDSM are of course safety, trust and keeping your wits about you! Because BDSM has risks, you have to calculate that in advance on both sides. And the responsibility lies with both. Not just with the D. Because whether you are dominant or submissive, within BDSM you are and remain responsible for your own life.

BDSM is a broad concept and includes all kinds of different experiences. The broad lines are of course incorporated in the abbreviation: Bondage, Discipline, Sadism and Masochism. These words revolve around restriction of freedom and pain. But BDSM goes much further than this. Consider, for example, humiliation and/or sissification, servitude, ageplay or... well, it's too much to mention.

Over the years I've noticed that there are all kinds of subs. I will mention a few here as an example, but you will notice that there are many more experiences. So it is very important to keep in mind that there is no “one type of sub”. And therefore no “One size fits all” experience. BDSM goes so much further than swinging a whip in a kinky outfit.

But back to the different types of subs:

### **Pain slave (masochist)**

This person gets much of his arousal from painful stimuli. He enjoys the natural drugs his body produces and is proud of his marks. His stripes are proof of his "being".

### **Pleasure slave**

This person gets his excitement from a certain fetish, eroticizing the dominant and sees BDSM mainly as an extension of vanilla sex, but with a kinky touch.

### **Nothing**

This person goes for the mental torment, the humiliation. Sometimes pain stimuli can have a strengthening effect, but he does not enjoy this, as the pain slave can. The sissy slut can also fall under this heading, through sissification (emasculatation). But Sissy's are also often found among cleaning slaves.

### **Femdom slave**

This person especially wants to suffer for the lady and show this in all kinds of ways. He is somewhere between the pain slave, the money slave, the cleaning slave and the nothings, because his experience is a combination of pain stimuli, servitude, pampering and humiliation. "Anything" to please her.

### **Cleaning slave**

This person mainly wants to be of service, but wants to be punished if he does something not quite right. However, his excitement does not lie in the painful stimuli. His excitement often lies in wearing certain (often feminine) clothing and often in combination with wearing high heels. This form is often seen in men. Often this desire goes hand in hand with the desire to be a willing slut (for you).

### **Money Slaves (Paypig)**

These people mainly want to feel the pain in "their wallet". Unfortunately, I see that this has mainly been taken as an 'easy revenue model', but nothing could be further from the truth. If you want to do this well, it requires a fair amount of human knowledge, empathy and good knowledge of the human psyche. I will come back to this later under the heading "Findom".

The world is not black and white and that also applies to this subdivision. Of course, it is all much more nuanced. But it is important that you know that there are differences. And although the dividing line is sometimes thin and there can be all kinds of overlaps, it is important that you take these differences into account. Because a pain slave simply has no interest in humiliation and a nothings can be a huge wimp when it comes to pain stimuli.

And if you think you know what your sub needs, you might be faced with surprises, because this can change from one day to the next. There are all kinds of factors (including external ones) that influence the experience. Consider, for example, busyness, fatigue, another job, health, you name it. And that also applies to the dominant. He or she may also have a bad



day, be tired, don't feel like it, you name it. You will notice that a pure BDSM experience can differ in intensity every time, even if you do the same thing over and over again. Everything revolves around energy. Your own energy, the energy of the other and the collective energy. If you can be open to it, this can be your guideline. In combination with the signals that the sub emits. Moaning, groaning, glances, physical reactions, in short, all verbal and non-verbal communication give you guidance and support. It is therefore important that the dominant is not only sensitive but also empathetic and loving. No matter how sadistic it can be. And yes, that sounds contradictory, but it isn't. That's why BDSM is so intriguing and sometimes difficult to understand. It is full of contradictions and is difficult to capture in a clear story.

# What is Femdom?

Femdom, in short, is a way of life where a woman is dominant to a submissive. Femdom is an abbreviation of the words FEMale DOMination. If you assume a natural desire for balance, Femdom (mental dominance) is a logical response to a man's natural physical dominance.



It is quite strange that so little is known about Femdom and that it is mainly seen as a term (or movement) from the BDSM world. Just Google the word “Femdom” and you will notice that it only yields a handful of results, mostly from the sex or porn industry and hardly substantive or informative.

However, femdom is much more than an exciting game, it is a lifestyle, a way of life, a belief that you are born with. Just like homosexuality or transsexuality. This is not (yet) clear to many people, who mainly see Femdom as an “exciting hobby”, “sexual preference” or “fetish”. This does a considerable disservice to this “way of life”. Perhaps Femdom is the biggest taboo in this man's world, and perhaps the reason why women have been oppressed for centuries in this male-oriented society.

In addition to the term Femdom, you may also come across the concept of Female Supremacy. Although the terms are used interchangeably, there is a (minor) difference between Femdom and Female Supremacy. In both cases it can concern a way of life in which the woman is decisive and dominant, where Femdom is more often used when there is a combination with commerce and/or sexuality. Female Supremacy is used more to indicate

the way of life in which the sexual experience seems to be of secondary importance. Female Supremacy assumes that women are (mentally) stronger than men.

You will also find the pursuit of a natural balance within Femdom or Female Supremacy. Nature has determined that there are women and men. From prehistoric man, man was “designed” for hunting (externally focused) and woman for taking care of the home front (internally focused). These fundamental basic tasks have given us both specific characteristics. The man is physically stronger, the woman mentally. The man has a sharp focus on one point, while the woman has a greater range at a glance. For example, women's stronger mental capacities are still reflected in puberty, with girls developing much faster than boys.

One is not better than the other. Different is just different. We complement each other and it does not determine the value of our being. Unfortunately, centuries ago, men started seeing women as threats. Take Peter, the founder of the Catholic Church. Peter was a misogynist. No wonder that women still cannot be elected as cardinals or popes in the Roman Catholic Church. The oppression of women has been going on for centuries and is still rampant in many countries. However, even in the Netherlands, our “free country” where people shout about “justice and equality”, there is still a lot of room for improvement in this area.

It seems to be difficult to accept and appreciate each other for what we are. You see this on a small scale within relationships (the urge to want to change, shape the other person, according to your wishes), but you see it on a large scale in war and violence. But it is precisely the differences that make us powerful. We don't have to excel at everything, we are good just the way we are. Men and women are different but equal to each other. Even within Femdom or within a D/s. After all, we are inextricably linked. We just have a different task, a task that closely matches our strengths and talents.

And if we want to be fully accepted in our full being, to be “seen”, let us start by lovingly embracing ourselves and accepting that we are allowed to be different. Because unfortunately there is still a big taboo on Femdom, surrounded by prejudices and fueled by misinformation.

Within femdom it revolves around the dominant position of the woman and the submissive position of the man. This may involve giving pain stimuli, but that is not necessary. The Femdom relationship can also be limited to servitude or acceptance of the unequal mental power relationship. The woman is the one who has the decisive and final say. In some Femdom relationships, chastity control can play an important role, but is certainly not necessary. More about this in the chapter about chastity and cuckold.

A femdom slave wants to show that he would do “anything” for her, for example in his suffering. This does not mean that he enjoys pain, as is the case with a masochist. However, he may experience excitement from the idea that he is experiencing this pain “for her.” This also applies, for example, to bisexual acts. A Femdom slave does not necessarily have to have bisexual feelings, but can certainly get excited by the idea that he has to perform or undergo these actions for her.

With a Femdom slave the focus is on the lady, he submits for her and she decides. This is his experience, it is evident that reality is always more nuanced. Of course, as a Femdom lady you also keep the interests of the other in mind. You can boldly shout “I decide” – and that is exactly what he wants to hear – but... in reality his interests play an equally important role. Actually, it's all about perception. And that is why you may wonder whether the D for dominant is not rather the D for subservient.

The true experience is difficult to capture in words, you have to feel it, live it. Looking for your own way in this, finding your own answers. That's the beauty of BDSM, it goes much deeper than the superficial layers. You not only get under the skin, but also into the other person's head.

Different names are used for the Femdom Lady, the most common ones are: Mistress, Domina, Madam, Lady, Goddess, Lady, Queen and Princess. The names for the submissive can be: sub or slave (or whatever you like).

# What is Findom?

Findom is a relatively new movement within BDSM. It is a combination of two words: Financial and Dominate. An experience in which the submissive is “forced” to give her his money. The sub, usually called “Paypig” within the Findom, wants to please the dominant financially. This usually involves male piggy banks and female dominants. Personally, I've never seen a female paypig, but that doesn't mean they aren't there. Just like for the money slave, different names are also used for the lady, such as: Findom Mistress, Money Mistress, FinDomme, MoneyDomme or Boss.



The paypig gets his excitement from the fact that he is paying for the Lady's luxury. It gives him the feeling of humility and that he himself is worth nothing. Don't think that money slaves are reckless slobs, because nothing could be further from the truth. There is a good chance that the paypig on the other hand are very serious and cautious men. Because here too it is often about balance. The paypig is not interested in buying sex with expensive gifts, but he does it out of a desire for the feeling of not wanting to be anything and of being able to look up to the Lady with admiration. The fact that he can contribute to her luxurious existence can give him a feeling of excitement.

So it is a bit different from Femdom, where the Femdom slave wants to please and pamper his “Goddess” from within himself. As a sign of his idolatry. So there is a different feeling underlying this. If you were to use a Femdom slave as a paypig, you would be missing the point a bit. With a Femdom slave it usually comes from himself, he wants to spoil his Lady

because he looks up to her. This is different with the paypig, he loves it when he is told to pay for her lunch (which he is not allowed to attend) or those beautiful shoes. Money that he himself had to work hard for, and this hard-earned money is spent on her. To a woman he is barely allowed to come near. The feeling of humiliation and regret is accompanied by excitement and pain.

His gifts are a reflection of his dedication. And the more pain and hardship he has to experience, the greater his desire to please the lady even more. You understand that this carries the risk of addiction because a person naturally needs more and more to achieve the same feeling. It is therefore important that the Findom Lady has had access to his financial situation in advance and therefore knows exactly how far she can go and knows where the boundaries of responsibility lie. Because pushing boundaries and stretching them a bit is fine, but going far beyond them no longer has much to do with Findom. Then you are deliberately ruining someone's life to enrich yourself. That no longer has anything to do with Findom, then the responsibility is gone, the consensus is lost and it is simply criminal practices that belong in criminal law.

Findom, just like Femdom, is about power and submission. The Lady loves to be pampered and the money slave loves to provide her with all that luxury. The paypig must ensure that she does not lack anything in luxury and will do a lot for it.

People sometimes think lightly about Findom. You see this, for example, on social media where ladies “beg” (my interpretation) for money for a cup of coffee or other crumbs. In my opinion this has nothing to do with Findom. Findom, just like Femdom, is largely about the mental experience. You have to be able to get into the paypig's head and get under his skin. It is an experience where you have to know how to play it, because it is very precise. Findom is at least 75% a mental experience. It is therefore important to get to know someone well in advance, to observe them and to get into the other person's psyche in order to discover his or her right desire. This experience is not about a handful of change. And it is certainly not an easy revenue model, because if you want to do it right, it can be quite time-consuming. It's not easy to find a good Findom. And unfortunately there are a lot of fakers around.

A good Findomlady is naturally dominant, empathetic, intelligent, creative and social. She enjoys her power and the luxury around her. As a FindomMistress it is useful to gather more and more information about your piggy bank that you can use. But you can also use practical knowledge, such as: “How do you take over someone else's computer?” There is certain software for this. Maybe your piggy bank should install these for you? But it is also useful to know how to open an account anonymously, such as Paypal. Please note, however, that Paypal does not support this type of practice and you therefore run the risk of having your account blocked.

The line between extortion and voluntary emptying the pockets can sometimes be blurred and sometimes even chafe or go over the edge. It is therefore necessary to always make a good decision in which you continue to see not only your own interests but also those of others. After all, he is handing over his basic guarantees, which is quite something. It

requires quite a bit of insight to walk along that line, because how do you keep the tension high and still keep it voluntary? Ultimately, Findom is also about voluntariness on both sides.

It may sometimes be difficult for outsiders to understand, but ultimately it is about power and surrender, trust and vulnerability. In many cases, a contract will be used in which the sub knows exactly what is expected of him. What this contract looks like will be different for everyone. It will usually be drawn up based on the possibilities and wishes. It is important that the Findomme gets a good insight in advance into the financial space of her piggy bank.

Have you really gotten the hang of being Findomme? There is even a special platform ([www.findoms.com](http://www.findoms.com)) where Findoms and Paypigs can meet each other. Of course, you have to be careful not to bump into a faker, because there are plenty of those too. Where there is money to be had, there are plenty of vultures nearby.

It is difficult to find a reliable partner on both sides. Because it is just as difficult for the dominant. There are also plenty of fake money slaves walking around. They promise everything but ultimately deliver on nothing, robbing you of a lot of time. Finding a good match is a pain in the ass and remains difficult. Precisely because this is primarily about money. Trust continues to play a crucial role.

It is now clear what the paypig gets out of this experience, but what does the Findomme get out of this? She naturally loves being spoiled with all kinds of luxury and pampering. And if you think this is easy to earn, then you are looking at it a bit too simply. Because it takes quite a bit of time and energy for the Findomme to play the money slave in a sophisticated way. Regardless of the image she has to portray. No woman gets out of bed looking well-groomed. That takes time, money and effort.

And I think... that the contribution of the true Findomme is sometimes underestimated...

# What is a fetish?

A fetish refers to a strong fixation (or fascination) with a particular object, body part or activity that causes or is associated with sexual arousal. That's quite a mouthful. In summary, you can say that a fetish involves a certain increased fascination in combination with sexual arousal.



The concept of fetishism originally comes from anthropology. Here it referred to the attribution of magical or religious properties to certain objects. Within BDSM, fetishism specifically refers to a sexual fixation.

There are so many different fetishes, you name it, and it exists. The most common are:

- Foot fetish (number one)
- Leather fetish
- Latex fetish
- Spanking
- High heels fetish

But besides these five, there are hundreds of others. A fetish does not have to have anything to do with BDSM, but it can be played with within BDSM and therefore have an extra strengthening effect.

Unfortunately, fetishism often has a negative reputation, but in principle there is nothing wrong with it as long as it is not harmful and is experienced between consenting adults (and no one is caused pain or suffering, unless that is part of the fetish in a safe and consensual way). . It is not that you have a choice, there is little you can do about the fact that you have a fetish. Although you are not born with them, they develop naturally over time. Sometimes



due to trauma and sometimes it is just there and it is impossible to trace where it came from. As long as you don't hurt or hurt anyone, that's completely fine.

As a dominant you can make use of this fascination. If you know that someone has a leather fetish, you can increase his arousal in advance by putting on a leather outfit. But the knife cuts both ways. If someone has a leather fetish and you show up in a sexy lace babydoll, you're really missing the point. It is therefore important that you are aware of possible fascinations in advance. Use it and play with it. Give them the opportunity to enjoy their fetish as much as possible. Let them look, feel, smell or maybe even taste.

# What is the difference between BDSM and (self)harm?

Mutilation is perhaps best known in the word “self-mutilation”, or in another word “self-harm”, the intentional injuring of yourself. In psychology this is seen as an expression of psychological pain, anger or sadness. However, mutilation is not about yourself but about damage in general. In this case it is about deliberately damaging your sub. However, that certainly does not always have to be negative.



## Forms of mutilation

The complete meaning of mutilation is:

- 1) The intentional cutting or other removal of body parts, large or small.
- 2) Damage, mutilation, injury.

So this is actually a “permanent injury”. For many, this is a no-go (hard limit) within BDSM, but there are of course different degrees. Mutilation can occur in different forms, for example: deeper knifeplay, forced tattooing, applying a (forced) piercing, branding, stripes from whipping or making deeper cuts with a needle.

## What is self-harm?

Because I think it is important to explain this full concept of “mutilation”, a small explanation.

I already described this in the first paragraph, self-mutilation is also called self-injury or self-mutilation. It is deliberately damaging your own body. It can be an expression of

psychological pain and sadness. It's about literally making this pain visible. Sometimes as a cry for help, sometimes by wanting to gain control over emotions. It can be caused by scratching, cutting, burning and in extreme cases it can even involve deliberately breaking bones. Self-harm is not about suicidality, on the contrary. Making the pain visually visible or gaining control of the situation is a survival mechanism.

In the DSM-5, self-harm is called a “non-suicidal self-harm disorder” and is defined as “self-injury to body tissue, such as cutting, scratching, burning, or biting, without suicidal intent.”

### Is BDSM also a form of (auto)mutilation?

Various answers can be given to that question. So many people, so many opinions. Some people will indeed consider BDSM to be a form of (self)mutilation, after all the subconsciously chooses to be “tortured” or “tortured”. The other person will think that this has nothing to do with each other. The deeper layers of BDSM are not so easy to capture, just like the human mind. There is still so much to discover. However, it is the intention, the expectation, the experience and the form of mutilation that makes the difference.

If all goes well, it will be perceived as a positive BDSM experience. Both the dominant and the sub enjoy this intense game. Afterwards, both people leave with a good feeling (or at least that is the intention). For example, pride when his Mistress's name is tattooed on his ass, or when he is branded as a TPE slave. But also – a less intense example – the welts on his body after a tough whipping session, or the nicks after a tough knifeplay.

To the outside world, a brand may be unthinkable (not to mention the words “completely insane”), but for those involved it can be a wonderful, intense affirmation to each other: “You are mine.” In this way, the expression of mutilation can even offer a feeling of security: “I belong to her/him”, “there is someone who watches over me”.

### Giving up control

However, there is another essential difference. (Auto)mutilation (as an expression of pain) is about gaining control over yourself or the intense emotions. BDSM is all about giving up control. “I am Yours and You decide what is good for me.” The intensity of this form of BDSM goes too far to explain it “in plain language”.

Finally, there is a major difference between psychological expression and mutilation within BDSM, namely the pleasure element. A masochist gets pleasure from pain and will wear his marks with pride.

Self-harm can also have a different basis. For example, consider controlling the situation or as a punitive measure (penance) to reduce your feeling of guilt.



# Commercial BDSM

# Working like a Pro Dom

A BDSM experience with your partner is of course completely different from a commercial BDSM experience. You probably know your partner inside and out, and “mistakes” are often covered with the cloak of love. This option does not apply to a client. He has paid for a certain experience (and probably fantasized about it in advance) and wants to be appropriately rewarded for his payment. This is only possible if the preliminary discussion has been conducted as well as possible. Because only if you know what expectations the other person has, you can respond to them professionally. With a masochist this can be clear. After all, his perception is focused on experiencing painful stimuli and it does not matter to him whether he knows in advance what to expect.



However, this can be difficult with other submissive clients. Because science is often “contrary” to desire. The Femdom slave in particular wants to put you in control. So it's mainly about perception. By this I mean that the other person should above all have the idea that you are the one who decides.

The most important moment is therefore the preliminary interview. Because in that conversation you have to subtly try to find out who or what you are dealing with. And even then it can still happen that, due to a lack of self-knowledge or timidity, something other than the real desire is said. It is therefore very important that you continuously read the other person so that you can adjust or switch to a different direction during the session.

## Example