

# **The path to loving BDSM**

*For those who truly want to understand the intensity of power and surrender*

by

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# A word before

I could go on writing about BDSM. About the intensity, the layers, the love that goes deeper than words can ever capture. About the desire for a natural balance, within yourself and with each other. Seeing each other, really seeing each other, as complete human beings. Not just the part that fits neatly into a social mold, but everything that you are, including the rough edges, the vulnerability, the rawness, and the beauty of desires that fall outside the norm. I could write about the different ways pain is experienced, about the magic of trust and the warm comfort of safety. About consent, safe words, hygiene. About forms of play and dynamics that, as an outsider, you may never truly understand. And yet... all those words together are just a glimpse. A small crack into a world that is so much bigger and richer than you could ever imagine.

Because how do you explain that pain can also be love? How do you describe the moment when someone surrenders and you feel like a Dominant, how their walls disappear and something pure becomes visible, something you can hardly put into words? How do you tell someone who only knows the image of hardcore porn that BDSM is, at its core, gentle, human, loving, even healing? That it's about connection and balance, and not about power in the cold sense of the word?

The truth is that you can only truly understand it when you experience it. When you step into that world yourself, taste and feel what it's like to be completely yourself. But the unknown is unloved. And what is unloved hides itself. It doesn't reveal itself easily, out of fear, out of shame, out of a deep-rooted awareness that "being different" is not always safe.

Sometimes I feel like a voice crying in the wilderness. A lonely activist fighting with words against walls of incomprehension and prejudice that have been standing for centuries. I write because I have to. Because I cannot remain silent when I see how many people hide themselves. How many hearts lock themselves away in shame, when all they want is to simply be themselves—including that part of their identity that does not fit into society's neat picture.

This book is yet another book; I believe it is my tenth by now. Not to put my name out there or to attract attention. I write because words are my only weapon. Because I believe that every bit of insight, every bit of awareness, can make a difference. I write to show that BDSM is not "dirty," sick, or perverse,

but a path that—if you walk it sincerely and carefully—can bring love, freedom, and healing.

I also write because it's hard. Because I know how difficult it can be to break through all those old prejudices. To explain over and over again that this is not about abuse or violence, but about love and freedom of choice. I know what it's like to be judged based on fear and ignorance, rather than on truth. And yet... despite everything, I keep writing.

Because I know that somewhere out there, someone recognizes themselves in my words. Someone who may dare to think for the first time: *I am not alone*. Someone who understands that your desires do not make you less, but more complete. That you don't have to choose between who you are on the inside and who you show on the outside.

This book is for you. For everyone who has ever felt that there is more, but never dared to say it out loud. For everyone who wants love, but in their own way. For everyone who is afraid of the judgment of others, but still longs for freedom. And also for those who think they will never understand BDSM—perhaps these words will open a small door.

So I write. Or rather, *I continue to write*. Because the world needs a little more insight. Because love comes in many forms. And because everyone is allowed to be who they are, completely. Even if that means you're into BDSM.

I didn't just end up in this world by chance. The path that led me here wasn't always paved with certainty or self-confidence. Like so many others, I had doubts, wondered if I was "normal," if there was something wrong with me because my desires didn't match what the world tells us love should be. For a large part of my life, I saw my dominance as a bad trait and tried to hide it. Yet I always knew that there was something deeper, that there had to be a higher form of love. Something that called to me, something that was more than a game or superficial excitement. A kind of intensity at the soul level. A loving touch through deeper layers of energy.

In my younger years, there was no internet and I had never heard of BDSM. So I lived my life, as best I could. I dove from one relationship into another, hoping to find what I needed so badly but couldn't yet put into words.

Eventually, I met people who carried the same fire. Their stories helped me see that my innate dominance was not a deviation, but a strength. A strength that, when used with love and responsibility, can change lives. That strength became

my compass, my reason to keep searching. Until I was whole again and could lovingly embrace myself as "complete." And no longer saw my qualities as "bad" or something that shouldn't be there.

And after I finally found the answer and was able to fully accept myself in my completeness, I could no longer remain silent. Because every time I saw someone denying themselves, how desire was confused with guilt or shame, how beautiful souls locked themselves away out of fear of what the outside world would say, I knew I had to keep speaking. Writing. Share. Because it's too valuable to keep in the shadows.

So this book is not just about BDSM. It's about the courage to be yourself in a world that would rather put you in a box. It's about the beauty of connection that goes beyond words, beyond the norm. It's about the love I have found in something that many people don't understand. And it's about my mission to make that visible, against all prejudice.

I invite you to walk with me. Not only along the beautiful parts, but also along the difficult parts—the judgments, the walls, the loneliness that sometimes comes with this path. I will show you my world as it really is. With openness, honesty, and love. Because maybe, just maybe, you will see with different eyes afterwards.

Mistress Moriah



# Acknowledgments

This book is not mine alone. It is the result of a journey I could never have made on my own. That is why I would first like to thank my partner. My beloved, my sub, my support and at the same time my mirror. You give me the space to experience BDSM in all its facets, even the parts you don't need yourself. You don't judge, you don't hold me back. You understand that my path is bigger than just our relationship. That this is a way of life that cannot be limited. And out of love for me, you did something that still touches my heart: you bought a house, especially so that I could fulfill my desire for my own play space. A place that is not only for us, but where I can also play with others, because I believe that positive energy must keep moving. That which flows, grows.

I also want to thank my private pigs. You are my loyal mirrors and sources of inspiration. You give me the most beautiful gift there is: trust. Your devotion and loyalty allow me to experience BDSM in its entirety. You feed my creativity, my imagination, my sadistic play. You give me the freedom to turn all the thoughts and ideas in my head into reality. Without you, I would never be able to sink so deeply into my own essence, never be able to let my energy flow so freely.

Thanks to you—my partner, my piggies—I can be completely myself. You give me wings, precisely because of the chains you willingly wear. This book is a reflection of everything you give me: love, trust, space, and the strength to continue following my mission.

And finally, I want to thank everyone who is willing to look with an open heart, listen, and perhaps even start to feel differently. Because this book is not only written for me, but also for you—for everyone who dares to discover that love comes in many forms.



# The true essence of BDSM

# BDSM as connection, safety, and depth

When they think of BDSM, many people think of ropes, whips, and dark basements. They think of harsh images from porn in which the body and pain are central, but humanity and love seem to be missing. That image is persistent. It is easy to dismiss BDSM as something dirty or perverse, as something that revolves around power and humiliation without any form of respect. But once you really step into this world, you discover something completely different. Something soft, something warm, something that goes deeper than words can express. Because at its core, BDSM is not about pain or power. It is about connection, safety, and depth.



That connection is not a superficial touch or a fleeting encounter. It is a contact in which you see each other, really see each other, to a level where masks fall away. When someone surrenders themselves, they place the most vulnerable part of themselves in your hands. That moment requires intense trust—a trust that does not develop in five minutes. It builds up in conversations, in glances, in small gestures. And once that foundation is there, a form of contact emerges that you don't find in everyday interactions with people. It's raw and real, sometimes confrontational, but always sincere.

Safety is the indispensable pillar in this. Without safety, there is no surrender. Without safety, there is no freedom to show yourself. Safety means more than agreeing on a safe word. It is a feeling you create together by being honest about your intentions, your boundaries, and your desires. It means that the Dominant is always alert, not only to what is happening physically, but also to the subtle signals that a sub shows. It means that as a sub, you learn to feel and name what is going on inside you, even if that is exciting. Safety is a two-way street, and trust grows in that reciprocity.

And it is precisely in that safety that deepening can occur. BDSM is not a game in which you experience a moment of excitement and then go on with your day. For many people, it is a journey inward, a way to encounter parts of themselves that normally remain hidden. Sometimes you encounter old wounds. Sometimes you discover desires you never dared to acknowledge before. , you experience an emotional liberation that changes your life. BDSM can be a mirror—a confrontational but loving mirror. It shows you who you are when you surrender to something bigger than your own control.

That may sound grand, but it's in the smallest things. In the silence during bondage, when you feel someone relax and let go of everything for a moment. In the tears that come after an intense moment of pain, not because it was too much, but because it was finally enough to break through something. In the gentle afterglow after a session, where words are hardly necessary because something unspoken lingers between you. Those are the moments when you realize that BDSM is not a superficial game, but a form of communication without words.

It is also a deepening of yourself. As a Dominant, you learn to take responsibility, to remain sharp and at the same time embrace your own strength without abusing it. As a sub, you learn to let go, trust, and sometimes rediscover boundaries. This interaction not only increases the dynamic between two people, but also self-insight. You learn who you are, what you need, what you fear, and where your strength lies. For many, this makes BDSM not only exciting, but also healing.

But—and this is important—connection, safety, and depth are not a given. They require time, attention, and sincerity. They can only exist if both parties take responsibility and have the desire to truly see each other. That is why BDSM is so often misunderstood by those who only look at it from the outside. Because what you see is only an act. What you don't see is the foundation

underneath. The look between two people. The invisible thread of trust. The inner process that makes it not a game of power, but of balance.

BDSM as connection means looking beyond the outward appearance. Realizing that the rope, the whip, or the chain are only a means, never the goal. The real goal is contact. The real goal is feeling—with your whole body, your head, and your heart. Safety and trust make that contact possible. And when those two are present, a world of depth opens up that cannot be compared to anything else.

That's why I keep writing. Because I want people to dare to look beyond those superficial images. Because I want to show that this path, when walked with respect and love, can be one of the purest forms of human contact . BDSM as connection, safety, and depth—that's what it's all about. Not what you see on the outside, but what happens on the inside.

# BDSM is not porn

If you type "BDSM" into the internet, you get an endless stream of images. Tight latex, whips, masks, screaming subs, and unapproachable dominants. It's all loud, intense, and above all... shallow. Porn shows you what the camera captures: the spectacle. The body being tied up, the whip coming down, the look of power. But what it doesn't show is everything that lies beneath. It doesn't let you feel how intense the trust is that is needed to let someone go that far. It doesn't show you the silence that precedes the first touch, or the gentleness with which someone is comforted afterwards. It tells you nothing about the layers of emotion that are part of real BDSM.



Porn is about stimulation. It is made to excite, to be consumed quickly and then scrolled past. It only shows the outside—an image that is often harsh, cold, and distant. And that makes so many people think that BDSM is exactly that: harsh and insensitive. But in reality, it is exactly the opposite. A BDSM experience is not about the image, but about the process. The process of building, of exploring, of creating a space together where everything is safe and you can show yourself.

Where porn creates the illusion that BDSM is always extreme and exaggerated, reality teaches you that it is often subtle and layered. Sometimes it's a light touch, a word, a look that does more than a hard slap ever could. Sometimes it's a game of mental tension that goes much deeper than physical pain. And sometimes it's the calmness of bondage, the quiet moment when someone surrenders themselves completely to you. There are no screams, no exaggerated noises. Just breathing and silence.

Another big difference is in the intention. In porn, there is no real connection needed; it is a script, a role. Just as fake as any Netflix series. In BDSM, intention is everything. Why do you tie someone up? Why do you inflict pain? Why do you make someone kneel? Not to humiliate in the sense of breaking someone down, but to build them up. To create a feeling of surrender and freedom. To bring someone closer to themselves. A Dominant who understands this knows that he or she is playing with a human being, not an object. In porn, that distinction disappears completely; it's just an image.

And then there's the aftercare. In any serious BDSM experience, aftercare is essential: the moments after the game when you come back down to earth together, when you discuss your emotions, cuddle, laugh, or just sit quietly together. That safety net is essential, because a session can trigger deep emotions. You never see that part in porn. There, the image stops as soon as the thrill is gone. But in reality, aftercare is sometimes just as important—or even more important—than the play itself.

The problem is that many people base their perceptions on what they see. And those who become curious and take their first steps into BDSM with that superficial image in their heads sometimes get stuck. They expect spectacle, but don't understand the layer beneath. Or they copy what they've seen without realizing that consent and trust are the foundation. This leads to misunderstandings, disappointments, and sometimes even unsafe situations. That's why I keep repeating: BDSM is not porn. It's not a play to entertain others. It's an intimate form of communication between people.

That's not to say that porn is necessarily bad. It can stimulate the imagination, inspire, or spark curiosity. But it should never be your guide to reality. It's like the difference between an action movie and real life: fun to watch, but unrealistic if you try to copy it one-to-one. If you really want to understand BDSM, you have to be willing to look deeper, beyond the screen.



Real BDSM is quiet where porn is loud. Warm where porn is cold. Real where porn is acted out. And above all, it is based on humanity, something no camera can capture. Once you feel that, you will never be satisfied with superficial clichés again.

# What BDSM is (and especially what it is not)

BDSM is a term that is often used but rarely understood. Many people only see the outside: the attributes, the roles, the power play. They think it's about pain, humiliation, or exercising control for the sake of control itself. Or they think it's a form of sex, an extra sauce poured over intimacy. But what BDSM really is goes much further—and at the same time much deeper—than that. To understand what it is, we also need to look at what it is not.



BDSM is not a license to hurt someone. It is not violence, abuse, or an excuse to cross boundaries or break someone. And yet that is often the image outsiders have. They see the word "pain" and immediately think of something negative. They hear the word "humiliation" and see someone being made small and powerless. But what they don't understand is that in the context of BDSM, this is completely different. Here, pain is not a punishment as we are used to, but a means of evoking a certain feeling. Here, humiliation is not breaking someone down, but a game with emotion and vulnerability—a game that is played voluntarily, within clear agreements.

BDSM is not a random exercise of power. It is not a game in which the Dominant can do anything and the sub has no say. Quite the opposite is true: a good Dominant knows that his or her power comes from the trust that is given. That power is never absolute, never separate from responsibility. It is a temporary power, a dynamic that you choose together and that is always based on consent. Anyone who thinks that BDSM is about the Dominant always being "above" and the sub just following is wrong. Without equality at the core, there is no BDSM—only abuse remains.

BDSM is also not an obligation to have sex. Many people find that strange to hear, because they think that BDSM and sex are inextricably linked. But for me—and for many—that is not at all self-evident. BDSM can be purely mental or physical, a game of tension and control without anything sexual happening. It can be a form of meditation, a journey inward, a way to connect with a part of yourself that you never touch in everyday life. It can even be healing, because it confronts you with your boundaries and teaches you that you can let go safely. Of course, BDSM can be sexual, but it doesn't have to be. It's a choice, not *a must*. I'll go into this in more detail in a later chapter.

And perhaps most importantly, BDSM is not a game without consequences. It affects you emotionally and physically. It can open doors to deep feelings, old pain, or new desires. It can transport you, but it can also confront you with yourself. That's why it's so important to have aftercare, to have space to talk and feel what has happened. This is not a game you play casually and then put away. It's an experience that stays with you, sometimes for a while, sometimes forever.

So, what is BDSM then?

BDSM is first and foremost a language. A language you don't speak with words, but with energy, touch, silences, and rituals. It is a way of communicating that goes beyond everyday chatter and the masks we normally wear. In a BDSM experience, you let go of those masks. You show yourself as you are, with your strength and your vulnerability. And the other person does the same. This creates a connection that is more intense than what many people ever experience.

It is also a form of connection. A good session does not feel like a game between two separate individuals, but like a dance in which you move together. The Dominant leads, but never without listening. The sub follows, but

never without maintaining his or her own voice. In this interaction, something greater than the sum of its parts emerges. It is the moment when you see each other completely, without judgment, without shame.

BDSM is also a way to dive deeper into yourself. For a sub, it can be a path to surrender, to letting go of control and experiencing a freedom you never feel in everyday life. For a Dominant, it can be a path to responsibility, to carrying someone's vulnerability with respect and care. For both, it can be a journey to self-knowledge—because you discover what your desires are, where your boundaries lie, and how you can give or receive yourself.

And yes, BDSM can also bring pleasure and excitement. It can be playful, creative, even humorous. It doesn't always have to be heavy and serious. But even in the lighthearted moments, the foundation remains the same: trust, consent, and connection.

What many people don't realize is that BDSM is also a mirror. It shows you who you are when you no longer hide behind social expectations. It shows you what you really feel, what scares you, what fuels your desires. Sometimes that's beautiful. Sometimes it's confrontational. Sometimes it's both at the same time. And that's exactly why it's so powerful.

This also means that BDSM requires responsibility. From the Dominant, who must always be aware of what is happening to the sub and who must be willing to put his or her ego aside. And from the sub, who must be honest about what he or she wants, what feels good and what doesn't. It is not a one-way street. It is not "I do what I want and you have to follow." It's about creating a space together where both feel safe to explore and experience.

Once you've felt that, you understand why BDSM is so often described as loving. Because yes, there can be pain. There can be humiliation. There can be power. But underneath all those layers there is always care, always attention, always love—in whatever form. Anyone who doesn't see that has only scratched the surface.

It's easy to say that BDSM is extreme, but in fact it's very human. We all need connection. We all long for moments when we can be completely ourselves. BDSM offers that space—in an intense, unfiltered way. It strips away the superfluous and leaves only what is real.

That's why I always say: BDSM isn't for everyone, but it's also not what most people think it is. It's not cold, destructive, or inhuman. It's actually one of the

most human forms of contact there is. But you can only understand it if you're willing to look beyond the surface.

And that's why I'm writing this book. Because I want you to see what's behind the images. Because I want you to understand that BDSM isn't about pain for pain's sake, but about what that pain—or tension, or surrender—does to you. Because I want you to know that this path can be loving and safe, if you walk it with the right intention.

BDSM is not what you think it is. It is much more. Much deeper. Much more human. And once you see that, you can never dismiss it as a game of perverse power. You understand that it is a way to meet each other on a level that words can barely touch.

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### **Looking deeper**

Perhaps an example will help. Imagine a BDSM experience in which a sub is tied up. From the outside, all you see is a body that cannot move. You might think: that's scary, that's unsafe, right? But what you don't see is the process that came before. The conversations in which desires and boundaries were discussed. The trust that was slowly built up. The way the Dominant constantly checks in, with words, with glances, with small touches. What you don't see is the sub's face at the moment he feels he can let go. That he no longer has to fight or hold on. That he is being carried in his vulnerability. That is where the essence lies.

Or take the moment after an intense game of pain. You may only see a body with red marks. But what you don't see is the deep relaxation that follows. The feeling of liberation, of emotional release. The Dominant's arms that catch and comfort, the soft words that follow. You don't see that bit of humanity in clichés or porn. But it is what BDSM is at its core.

That's why I want this chapter to invite you to look differently. To not judge based on what you think you know, but to open yourself up to what is really there. Because when you do that, you see that BDSM is not about what happens on the outside. It's about what changes on the inside.

# Why do people engage in BDSM?

It's one of the questions I'm asked most often: *why do people do this?* Why would you consciously want to feel pain? Why would you humiliate someone or allow yourself to be humiliated? Why would you surrender to someone else, give up your power, expose yourself to something that is outside the norm? For many people, it feels incomprehensible. They think in black and white: either you are "normal" and like gentle sex, or there is "something wrong" with you that makes you like BDSM. But the reality is much more complex and human.



People engage in BDSM for all sorts of reasons. Some are physical, others emotional, psychological, or even spiritual. Sometimes it's a search for excitement, sometimes for freedom, sometimes for healing. And often it's a combination of all of these things at once. I'll try to peel back the layers, but keep in mind that every experience is unique. There is no universal answer and therefore no *one-size-fits-all experience*. There is only a multicolored palette of reasons, all equally valid.

## 1. The desire for surrender

For many submissives, BDSM is about surrender. In everyday life, we all carry so much responsibility. We control our work, our family, our social life. We make choices, plans, keep balls in the air. But control is heavy. Sometimes people long to let go of that for a while. To no longer have to think, decide, steer. To simply be allowed *to be*.

Within BDSM, surrender offers that possibility. As a sub, you don't have to hold on to everything for a while. You trust your Dominant, you give your body and mind to someone else. That sounds paradoxical—because you are giving up power—but in that surrender, many people experience freedom. Freedom from their thoughts, their responsibilities, their inner pressure. Surrender can feel like a deep breath, a moment when everything falls away and only the *present* exists.

Some people compare it to meditation or trance. The mind becomes quiet, the world narrows to the contact between you and your Dominant. And in that moment, a sense of peace arises that you rarely find outside of BDSM.

## 2. The desire for power and responsibility

On the other hand, there are the Dominants. Why would anyone want to take charge, to exercise power? For a true Dominant, it's not about ego or lust for power. It's about responsibility. About the deep satisfaction that comes from carrying someone's vulnerability, guarding their boundaries, and creating a safe space where the sub can let go.

Dominance is not a game of "I'm better than you." It is a role in which you make the other person greater by standing firm yourself. It requires strength, self-knowledge, and empathy. And that is precisely where the satisfaction lies: you know that someone trusts you on a level that goes deeper than words. You know that you are the one who is allowed to lead, but never to mislead. That balance gives many Dominants a sense of purpose and connection.

As a Dominant, nothing keeps me in the present moment like an intense BDSM experience. I am so focused that the world around me stops spinning. Everything falls silent and I don't even feel my daily pain anymore. I am completely in the present moment and yesterday and tomorrow seem to have lost their *raison d'être* for a moment.

### 3. The desire for intensity

BDSM amplifies emotions. Pain is experienced more intensely, but so is pleasure. Tension becomes more acute, but so does the release afterwards. Some people seek that intensity because it takes them out of their head. Everyday life is often flat—you feel a little stress, a little joy, but everything stays within safe boundaries. BDSM pulls you out of that.

A whip lash is not "a little bit of feeling." It is *real* feeling. A look from a Dominant is not just a look, it is charged with energy. The silence in a session is not ordinary silence, but a silence that sizzles with anticipation. Everything is more. More present. More alive. That intensity can be addictive, not in an unhealthy way, but in the sense that it reminds you how alive you are.

### 4. The desire for healing

For some, BDSM has a healing side. That may sound strange, but I've seen it time and time again. Pain can touch emotional wounds and actually soften them. By dealing with pain in a controlled, conscious, and loving way, people can relive old traumas in a way that is safe. They experience that they can handle something, that they don't break, that they are stronger than they thought.

Humiliation can also be healing. Not because you want to break someone, but because it confronts you with your ego, with shame, with self-image. Learning in a safe setting that you are still loved and seen, even when you show your "lowest" side, can be liberating.

BDSM can also heal because it allows you to feel that your desires are okay. So many people carry shame with them for years because they think they are "weird." When you finally find someone who says, "*I see you, and it's okay*," a weight is lifted off your shoulders.

### 5. The desire for self-knowledge

BDSM holds up a mirror to you. As a Dominant, you learn how to deal with power, responsibility, and empathy. As a sub, you learn how to deal with vulnerability, trust, and boundaries. You discover parts of yourself you didn't know existed. Maybe you discover that you can endure more than you thought. Or that your boundaries are different than you thought. Maybe you discover that you are more powerful, softer, feel deeper than you ever dared.