

Kinky Breakups

The Power Dynamic Grieving Experience

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Premise:

It is important to end a kinky breakup compassionately. There is a grieving process. Also M/s or D/s breakups can feel so intense like a loved one died.

The Grief Experience

These are not linear or in order but understanding them will help you anticipate your feelings:

- Denial
- Shock / Numbness / Confusion
- Anger
- Depression
- Detachment
- Desperate Bargaining “Please god”, “If I only”
- Remembering
- Inner Dialoging
- Acceptance

Psychic Shock To The System

- The loss of the power dynamic means major lifestyle changes.
- You will probably experience withdrawal symptoms.
- Brain chemistry cocktail will shift causing intense emotions.

Brain Chemistry Spikes When We Do Kink

Adrenaline	Heart beats faster There is an increase of blood flow to the brain and muscles There is a stimulation of sugar production
Oxytocin	Sexual arousal Recognition Trust Romantic attachment Pair bonding
Endorphins	Pain tolerance goes up / Pain relief Reduction of stress Sense of well-being increases
Dopamine	Feelings of pleasure Satisfaction Motivation

Non-Obvious Reasons for Kinky Breakups

Slide to vanilla over time

One partner loses interest. They were just dabbling.
But the other partner feels powerless because they can't stop this slide.

Uncovering Trauma as you go deeper

Kinky play goes deep. We get cracked wide open.
Sometimes unresolved issues from the past come to the surface.
Sometimes this requires therapy, drugs, or stopping kink for a while or forever.

Moving on in growth path: Changing/Discovery/Healing

Your kinks can change after trying things.
Bottoms can become switches or tops.
Sometimes you want more than your partner can give.
Learning all you can with a thirst for more beyond your partner.
Healing from trauma causes you to rethink your partner.

Frenzy Period Issues

Maybe your partner's frenzy period is over, and they are rethinking things.
Maybe your partner's frenzy period is just starting and is not on the same page as you.

Mismatched Coping Mechanisms

Unresolved issues just keep piling up.
Can't find ways to talk to each other easily.
Talking becomes draining for some chemistry.

Withdrawal Issues From A Power Dynamic

As a dominant or master

You may experience withdrawal symptoms from:

- No longer having services provided by your submissive or slave.
- Doing tasks that the submissive used to do and it feeling sad, weird, uncomfortable.
- Nobody to aim your energy at or control or focus on. I call it the “firehose” problem.
- Nobody to be a container for. Hold space for.
- Feeling powerless
- Feeling uselessness
- Feeling stupid

As a submissive or slave

You may experience withdrawal from:

- Not having any rules to follow.
- Not feeling seen anymore.
- Not feeling safe anymore due to lack of structure and predictability.
- Not feeling that release from anxiety from play (being fully present)
- Nobody to give you permission to cum anymore.
- Nobody to please or make happy anymore.
- No longer being the focus of someone’s world.
- Suddenly being adrift and scared. Lost.
- Feeling like they can’t do anything right
- Difficulty having to make decisions for a while
- Feeling stupid

Common Withdrawal Issues

- Losing a kindred spirit of fetishes and taboo activities.
- Losing a partner of rare likes.
- Losing the partner that you did firsts with.
- A kink was only possible with this particular partner.

Breakup Goals / Intentions

- 1) **Getting stable again independently of each other.**
 - a. Lashing out and trying to hurt the other person does not support this goal.
 - b. Increasing the drama hurts everyone around you.
- 2) **Remember the good times.**
 - They are worth cherishing and feels good.
 - Make them important together or the grief will bury them.
 - Remember that you had deep feelings for your partner.
- 3) **Minimize additional psychic damage.**
 - Especially for the dominant. See the big picture.
 - You will both be struggling for a while. Don't deny it.
 - Be your highest self not your worst self.
 - If you can't be nice then do nothing. No blogging drama!
- 4) **Respect that kinky relationships are deep requiring handling with care.**
 - We crack each other wide open when we play. We get deep.
 - We play in spaces in our minds and hearts where there are no defenses.
 - We get fully present and primal.
 - These are sacred places worth protecting.
 - Respect what you had.
- 5) **Respect that recovery is required for kinky breakups.**
 - a. Walking out and "going to zero" creates more psychic damage.
 - b. Watch out for programming from movies, tv and bad advice.
 - c. It can feel like recovery from major surgery.
 - d. It is a grief cycle.

Orgasm Control Issues

If you engaged in orgasm control or cum on command or erotic hypnosis, then you will have to deal with this psychological situation during a breakup.

Some subs/slaves report an inability to cum during the post breakup masturbation. And they wind up crying a lot. If their dom/master was available post breakup in a friendly way, it could help ease this separation. Hearing your dom/master's voice during masturbation could ease things. But each relationship will be unique here. Talk about it.

I believe that the dom/master has a responsibility to help remove any deep training in this area.

Perform A Negotiation At The Breakup

Sub/Slave Questions:

Do you need help with tasks I used to do for you?

Dom Questions:

Would you like me to continue to provide financial support like I used to do for a while?

Do you want daily check-ins over text like we used to do?

Should I keep reminding you to take your pills daily?

Common Questions:

Do you want visits on a regular basis? Dinners?

Do you want help finding a new apartment? Help with security deposit?

Do you want to continue to have sex or not?

Should we stay with the cellphone family plan for a while or migrate the phone to an independent account?

Try hard not to take an attitude about any of this. Don't punish each other. You may discover that it's hard to see each other and equally hard not to. You may discover that after a few months you are ok again. Whatever happens just be mindful and not judge it all. Care about them as a person.

The “Going To Zero” Problem

If a breakup happens in a kinky relationship, be aware of not going cold turkey. Not ghosting and not just going to zero. Don't choose a breakup style based on what you see on TV or movies. Don't follow bad advice from vanilla folks and family. Do things your own way. And don't punish with ignoring your partner.

Breakups can be very stressful. You may question yourself such as:

- This is very confusing. I thought we were building something.
- Didn't I matter? What did we really have?
- Didn't my leadership mean something to them? Was I played?
- Didn't we make magic in those scenes we did? Did they feel it?
- Wasn't the sex amazing or was it just me?
- I am feeling abandoned.
- Was I not good enough.

If your partner drops you and quickly hooks up with someone else, it is even more shocking to the devoted kinky partner. This is another reason to be aware of how our actions could create more damage.

How can you cherish the good memories if you suddenly aren't sure what it all meant. Let's try and protect the good experiences and memories by doing a soft landing not a sudden blackout.

Navigating Moving Forward In The Same Community

You might experience anxiety if your ex shows up at an event you are attending. It could cause you to not relax, not be in the moment or even be able to play.

When your ex-partner is at the same event, your body fears more pain and suffering that is not the good kind. Your sense of danger is on overload.

We are all in the same community. Be realistic. We will run into each other. Talk about how you will handle going to the same event. Does someone need to skip? Have a conversation. When the breakup is happening, make an agreement on how you will handle attending events.

Adulting

Expect loose ends for a while. You might have intertwined areas of life. Same mailing address, finances, stuff left behind accidentally, etc. Deal with them as adults.

Maintain Respect

- Respect each other's privacy. Avoid the urge to blog all your feelings on the Internet.
- Do not justify reasons to mistreat each other or act badly. This is a grieving process.
- Reach out for support. Always have mentors.
- Try and remember all the good times. Honor those good times.
- Out of bad things can come good things.

Anecdote:

The song "Here I go again" by White Snake – 1982 is on VH1's top 20 songs of the 80s. It was written when the lead singer was going through a divorce. This put a struggling band to the top of the charts. This shows that out of bad can come good. Be open to a possible good outcome.

Moving Forward

- Pledge to minimize psychic damage to each other and ourselves.
- Be available to each other as a resource in some capacity. Even to just hear their voice.
- Don't forget to do your own self-care with help from your partner.
- Realize that you will be experiencing some chemical withdrawal too.

Affecting Other Poly Partners / Leather Family

If you are grieving a loss of your kinky partner, it will probably affect all your other relationships. If it's a bad breakup, you may not be able to perform sexually with your other partners.

And they may be sharing the shock of the sudden psychic shift too. Grieving can affect the whole leather family.

It can affect your connections with your metamores. So be kind.

Remedies

What can we do about dealing with breakup grief or withdrawal symptoms?

Regular exercise

Stay hydrated

Eat good healthy meals

Get good sleep

Don't isolate, get support and hugs. Lots of hugs.

Help others grieving by visiting with them

Ex-Partner Help

Talking. Hearing your voice can be a comforting thing.

Check-ins are a sign of caring.

Listening. Holding space and letting your partner talk or cry or be upset.

Be mindful of any boundaries you agree upon. Be graceful in holding a boundary If necessary.

Firm but loving. In person visit or video chat? Smile and remember good times. Be compassionate to each other.

Things You May Encounter Dealing With Yourself

The Firehose Problem

A dom or master may experience a problem during a breakup where they had gotten used to aiming all their energy and attention at their sub/slave. It became normal over time. A flow.

When the breakup happened, they suddenly had nobody to aim all this energy at. The first choice was to try and aim it at somebody else. Of course, the new person did not want all this sudden energy or control aimed at them.

This is the firehose problem. The solution is to pull it back to a dribble especially if you want to start a new relationship. This may be harder and more painful. But it is the correct thing to do.

The Container

Creating structure for a sub or slave is something I call “the container”. Rules and enforcement are a kind of comforting pressure. The walls of that container can be loose or tight depending on the day and situation. High protocol moments and low protocol moments are examples of flexing the walls of the container.

The master or dominant usually provides other things inside this container: leadership, love, financial support, emotional support, orgasms, scenes, etc.

This can be damaging to a dom/master’s psyche. If a sub or slave decides that this is not the one, then be kind about it. Help them in some way with this struggle to regroup. And don’t blog all kinds of negative things about them on the Internet. Be respectful. Be your highest self.

If the dom or master ends the relationship, then they are taking the container away. This is a serious thing.

A sub or slave having to remember how to lead their own life again can be damaging to their psyche. The dom or master should not go cold turkey and be helpful. Give some guidance and let it taper off over time.