

## kb shame raw

**Craig:** [00:00:00] Hello and welcome again. So today's kind of a continuation on from our listener mail episode. We got one last question which dealt with shame and we kind of got talking and decided this could be its own episode because it's such a big and very topic. So we'll start off with the original listener question, which was around our Findom Q and a, and we'll broaden it out into a larger discussion around shame as always we have the lovely Buster.

**Buster:** [00:00:31] Well, hello.

**Craig:** [00:00:33] So yeah, we just, we got talking and we decided this was a, quite a big topic because, you know, as gay people and as Kinksters, especially shame can be a big factor in our lives. And it's something Queesha that I think is worth exploring, especially talking about how people deal with it. How it happens, how it happens within our own communities, which is an important point.

And just addressing some of these things.

**Buster:** [00:01:04] Yeah. And I think that kind of shame is one of those topics that, that comes up so often. Like I feel like we're five years out of date to kind of talk about the velvet rage, but yeah, the, the, the kind of, there's always an element in one self discovery, whether we're looking from a kink perspective or whether we're looking from a, kind of just a wider LGBT perspective, especially in today's world, where we have to kind of look at the shame that we've internalized.

A long time ago when I kind of learned about a lot of this stuff. When I went through a rehab journey that kind of helped me to become who I am today. The, the topic of kind of shame versus guilt came up for some kind of, right, right. Okay. How do we are these the same thing? Are they different things?

So how do we define these things? And shame was always defined as hurt pride in those situations where you feel like you are a certain type of person and you have your kind of, self-esteem built around that, but there's a conflict with that in your behavior. For instance, you might feel your see yourself for somebody who would stand up for themselves if they were getting bullied, but somebody tries to make you, and you just hand over your phone.

Yeah. , and one can feel shame about that. Or one can feel shame. For instance, if one's taught from a young age that men masculine and strong and wear lumberjack shirts and chop down trees and instead, do you want to wear high heels and press wild flowers? we can feel shame about that because we have an image of what we should be.

And I feel like so often the word should is one of the most toxic things we have in the LGBT community in general life, even.

**Craig:** [00:02:56] I've noticed a massive increase in recent years of arguments online about a lot of shoulds around the gay community. Like yeah. What it, what should good representation be?

What should gays and lesbians and trans people and asexual people and non binary people be in media. A friend has released a recent book on LGBT villains for Dungeons and dragons. And he's got a lot of pushback about it because there's a sense that the only representation you can have is that the characters should be good and noble and a good example.

**Buster:** [00:03:38] Yeah. And, and, and we, we both know plenty of people in this community who are perfectly lawfully, evil, or chaotic. Good. And actually, there's this kind of this manufactured sense of the lawful good is largely in some ways is how we won so many LGBT rights that when you're turning around to tory lawmakers, and you're trying to get them to behave in a certain way, you have to speak their language.

You have to show them white gay people. You have to show them holding hands and loving each other and adopting a child's. Exactly. But we're not just like them.

**Craig:** [00:04:19] I can see how it's more expedient in the short term to do that. And it is the easier road, but the trouble is that then leaves out people that don't, or can't fit that mold.

**Buster:** [00:04:33] And this is one of the problems When we were first talking about equal marriage and kind of, how do we go about getting the next priority should we say? And that priority was likely set by large organizations of upper middle class gay men. Even though when it's important to note like that people mean, well, people go, okay, well, what's the next thing, but they're following an internal model of the world.

then when we. Kind of take a step back and look at what actually, what was Stonewall like in 2010 when we were talking about equal marriage? Well, it was run by a white ex labor counselor who they're humanly well, now it turns out that he was largely in cahoots with Bev Jackson who went on to start the LGB Alliance who was one of the founders of of so more.

And, and the, the entire organization was, was systemically anti-trans because they felt that they could achieve more by having a very focused picture of who Stonewall's demographic were. And obviously Ruth Hunt appointment as CEO kind of shook everything off and kinda turned the tables a little bit. And I think that it's something that a lot of activists are now realizing that in some ways we shot ourselves in the foot by presenting a certain way, and then actually.

In a way we've sneaked the Trojan horse and we've got the kinks and the queers and, and everything like that in the, in the castle. But now we're being stamped in the back because we're not how we should be.

**Craig:** [00:06:09] Yeah. I was actually watching an interesting video the other day by gentlemen who works in the advertising industry.

And it's quite interesting because there are some quite blatant discussions behind closed doors about how to advertise to LGBT people. And it basically goes along well. We kind of figured out the golden ratio for advertising to married. Middle-class white gay men and perhaps lesbians, but how do we, how do we market and get money out of trans people like

that is literally the conversation going on and they can't figure it out because trans people don't fit into this nice.

White picket fence middle-class gay men image that they've built

**Buster:** [00:06:52] up. Well, this is interesting because I mean, keeping my employer's name to one side, as somebody who works in the, in the health sector, I had our communications department reach out to me as I kind of lead the LGBT kind of we recognized as a company that the health services and physio services in particular been systemically transphobic and very homophobic for a long time.

And a lot of people don't reach out for help when actually we have really inclusive services and really celebratory services of people's sexuality and gender expression. But the bit that, that the impression overall is that's not the case. And communications reached out to me. It was kind of the head of our LGBT grouping and and our site.

Well, okay. What do we do to market ourselves for LGBT history month? Like, can you think of any gay physios who've had this or that or the other? And I was just like, no, there are no gay physios though. I think there's about 20 of us in the country and systemically we're still largely racist, largely homophobic, largely misogynistic

when you look at kind of the profession as a whole, we go, well, a huge number of people publish research and very, very few people are sorry, correction. A huge number of men publish research, even though women are dominant in the, in the fields, it's like 70, 30 each way. So 70% of research is by men, even though there's only, even though men only make up 30% of the workforce.

They were actually very receptive when I turned around and said, well, actually the way to market. An organization is to say, we recognize we fucked up. We recognize that we are intrinsically and systemically, homophobic and transphobic, and we are committed to revolutionizing the way that we deliver healthcare to just tearing it all down.

Some companies are dedicated to the status quo. In which case you ain't getting queer, not gay as in marriage, but queer as in, fuck you, we're having a revolution kind of. And, and, and I think that a lot of companies will struggle.

As they try and wrap their head around from an advertising perspective, we to go, wait, you want what? Yeah. We want queer liberation and we want intersectionality to be addressed and we want, and we want to be anti-racist and we want companies that are ready to put their bollix on the line in order to stand up for what's.

Right. Because we're slipping backwards as a nation into kind of right-wing weird extremism. And therefore, like if you, if you want our money stand up for your principles.

**Craig:** [00:10:03] It really annoys me when people sort of internalize this sort of shame and assimilationist attitude.

And again, like everyone is just doing the best they can. Everyone is doing what they feel is right. But I do feel there's been this really hard assimilationist streak in sort of gay media

and sort of the organizations like Stonewall that's meant to represent us for a really long time. And I feel that has done a lot of damage because again, I've always been that sort of, I'm not LGBT I'm queer as in fuck, you sort of group and you get it with like, well, can we have leather men at pride every year?

It used to be, it used to be drag Queens and leathermen in at pride. But ever since drag Queens started bringing in the money and became an industry suddenly, you know, it's just Leatherman, people are complaining about.

**Buster:** [00:11:00] Mm. And, and, and anything that involves sexuality in with, with an emphasis on the term sex?

Yeah, it's, it's one of those things where our identity, so often weaponized against us. Hmm. And and this is just a, another form of exactly the same homophobia as we saw 20 years ago.

**Craig:** [00:11:21] Yeah. And when it comes from inside your own community from people, you kind of need to be on side that

**Buster:** [00:11:27] hurts. Mm.

Yeah. But quite often the thing is that the loudest voices I've seen online are from like 17, 18 year olds who haven't actually experienced our community, particularly, and in some regards, like I hold out hope to go, actually, as you learn about the diversity and the richness, of the queer community as a whole, it's very, very kind of politically active 17, 18 year olds who on one side be fighting for BLM

but in really making their voices heard, but then we'll turn around and they kink shame. But I think that that as with all things, it's about ignorance

**Craig:** [00:12:09] and ignorance. And in youth you have a very black and white way of looking at the world. And like, I don't want to be one of these people. That's like, Oh, the youth know nothing.

And you know, my generation had it all figured out. I promised myself, I would never be one of these people. I think Armistead Maupin said it best when you don't have to keep up with young people, you just need to keep open to them. But I do also feel like, you know, so this really sex Shamie trend and kink Shamie trend is harming people in longterm.

And again, I can see the short term gains that can make, I just think it comes at too high, a price.

**Buster:** [00:12:50] Yeah. And, as I said, I think that the organizations are starting to realize that we've kind of beaten ourselves in the ass, in the long run. But then what we have to do is deal with, with this kind of new generation of shame right now, we have to kind of mop up the mess as it were.

Should we look at the question ?

**Craig:** [00:13:08] . Yes. I think that's a good idea.

So we had from Sub-Zero who emailed in, and this was a question specifically for our fin Dom QA. "Do you have any pointers for cash fags slash fin subs on how to feel less guilty about tributing or getting drained, especially in regards to feeling of throwing money away."

So shall we do a specific answer for this and then move on to a wider answer?

**Buster:** [00:13:36] I think that's a good idea because once again one of the reasons I find this question quite interesting is that we've got kind of guilt and shame. There's two separate things here where actually there's the element of shame around it, but there's also the element of guilt, kind of like around a behavior that you feel like you shouldn't have done throwing money away.

Because there's a, the shame kind of side of being a. Being a cashback, which is like, actually you're turning over everything that society has ever told you, you should be bitches. The person who has the money is powerful and there's no reason to give money away to anyone else.

And there, there's no reason to ever let go of your money for any reason. And charity is just a way of glorifying oneself like our entire kind of capitalist society screams against being a finsub. And then of course we have the guilt to go, well, actually could I have used that money in better ways?

I was horny and I splurged a lot of money on on a finDom and, I've heard people saying that they kind of get really horny and they feel a lot of shame and they end up like signing up to getting drained by a straight cash master, and then they shoot their shot and then they feel terrible for the fact that they've kind of gone to that.

The fast food of, of kink, the fast food or fin subs is, is the alpha cash master XXX, 89 straight boy.

**Craig:** [00:15:08] The reason that I wanted to even do anything on fin Dom in this, on this show in the first place was because I sat down and talked with a fin sub who talked me through like how damaging the internalized shame had been for them and how they got caught in that cycle of.

They would try and suppress it, but then they would get really, really horny and do something stupid with someone they didn't know and didn't have a good ethical working relationship with, and they regretted and felt guilty afterwards. And this shame spiral to steal a phrase from the Simpsons just kept going.

It was only once they found a good ethical Dom who was willing to both treat them with respect and fulfill their needs. Did that evaporate.

**Buster:** [00:15:54] Yeah. And that's one of the things when people asked me why I kind of pivoted to doing FinDom, like. One of the things that I I'm always super keen on is if you establish a relationship with somebody and then you have a dynamic with them and you can tick their boxes, I've been laughed at and called of a service Dom before where it's like,

actually I really enjoy finding people's buttons and then pushing them because I love to watch people get riled up.

I used to be an internet troll for a reason. I still ship posts on a regular basis on the internet because I love to get people riled up. And then if we're talking from a kink perspective, well, actually we can find out from a few messages early on, in like a messaging cycle. What do you prefer to be called?

You can ask that super early in the conversation without it breaking the dynamic at all. And you're just establishing, laying down the ground rules of like a safe, sane, and consensual dynamic where we go.

Right. Okay. I've got cash fags preferred to be called pigs or or Faggot or or cash fag or wallet. I'll just refer to some, but it's like wallet. Yeah, I would never consider doing that just like off my own back, but I will do it. And the trick is to have a spreadsheet in the back of your head to think about, well, actually, what do people want to be referred to us in order just to start ticking those boxes.

As with all kinks there's room for negotiation at the start can be a little bit awkward, but actually as you start to develop that dynamic, it pays off in dividends. Yeah, especially for

**Craig:** [00:17:38] me, this is the thing like being a Dom that invests in people, you get more back because you get back the knowledge, you need to have a good working scene with people, a good dynamic and you know, to get out what you need out of them, if you know how to push their buttons.

If we return to a specific piece of the question.

Yeah. One thing about regards to feeling like you've thrown money away. It's well, are you getting value for

**Buster:** [00:18:07] money? Bingo,

okay. You only engage in fin that subbing. Or that side of your personality when you're desperate to shoot your load, actually, you're not going to get validation.

Whereas , if through a reflective process, you've recognized, this is a part of who you are, and you're willing to put in a little bit of effort outside that you can build that dynamic when you're not super horny and desperate. And actually you can have a much more validating experience.

And then if you do get super horny, you've got somebody to whom that tribute matters.

**Craig:** [00:18:49] As there's a second sort of a thought I've had around this, which is what sort of tribute is it because is it just a pure exchange of money or is it like towards something because. Something I've found talking to other people and with myself is a gift definitely feels more worthwhile than just a pure transfer of money.

It has a persistence, you can see the results. And I get the impression that's actually more common in fin sub than the purely transference of money. And that can be like a good thing to look at, maybe simply passing money. Isn't doing it for me.

**Buster:** [00:19:31] In terms of the people that usually reaching out to me as this is their first time, usually they want to do something like an Amazon wishlist.

Yeah. And I don't use Amazon because ethics. If you want to get me something, you could get me a regulation gift card.

. A lot of people have chipped in various amounts for this rubber suit.

And in my head I've got a list of people who are all getting pictures of said rubber suit and some people will get a video, said rubber suit. But that's kind of like, it's really far off while we're talking three months down the line claiming of like gratifying.

With all of these things, you, as the fin sub have to be in a position where you feel like your, your needs are getting validated, that you're getting consideration.

**Craig:** [00:20:18] It is, it's important to recognize people, even if they have the same fetish, experienced it in a different way and get different sort of gratifications from it.

Some people it's all about the cash. Some people it's about the idea of gifting. And that can be enacted in very different ways. You find this across the board of all fetishes, like two people with the same fetish will experience it in different ways and want to do different things with it.

**Buster:** [00:20:41] And I think I talked last time we spoke about somebody, who I know fairly well who's that their idea of kind of fin Dom and fence up is like he would buy his Master, a box of fine cigars and then be his foot stool, they were smoked and be an ashtray essentially for those cigars.

And it was just like this such a nice kind of romantic kind of approach to it. It's just such a difference there to like the common way that we talk about fin Dom and FinSub, like the, just dropping cash through cash app to a stranger on the internet

it's like everyone, there's just such a broad range of how anyone can, or how deep somebody can go into an individual fetish. Some people are into just one thing. Some people are into like the whole gamut of things. As I've mentioned before I'm into power.

**Craig:** [00:21:38] And if your financially in like in a reasonable amount, right control, and you want to do, like, if you're solvent essentially, and you want to give money to offend on

because you get off on a recognizing that and reconciling that into one's personality is one of the most powerful things you can do, because then you go, this is me, sorry, I'm going to start singing from what was that musical right.

No that's. I am what I am. I'm the shit. The bearded lady one.

Oh, greatest showman.

**Buster:** [00:22:18] When you can, when you can kind of instead of hiding away from the things that other people would use as weapons against here and, and just go, actually, yeah, this is me and this is you as well, but you're in denial about it.

**Craig:** [00:22:33] Well, yeah, it is that thing of the stuff people hate most in others is what they have in themselves. And yeah, there is such a power in just be so freeing just to be able to just state what you. What you are and, you know, again, shame is built on the idea of, I shouldn't be this. I should be this. And it's just like, just be just being publicly, say, I am, this is what I am.

And that is a neutral or even positive. Declaration is so incredibly freeing.

**Buster:** [00:23:10] Yeah. We all experiencing it and coming out when we come out for the people that come out, that, that, that kind of just being able to take a big sigh of relief and go, okay, I am able to be myself and people will love me. And and so often when coming out to go bad, it's an opportunity then to cut ties and to move on and to find ourselves in a place that's amazing.

And if you come out as kinky and you don't have to come out or work as kinky.

**Craig:** [00:23:43] When people were talking about coming out, one of the phrases were, well, life is a series of coming out and I kind of rolled my eyes at that. And because it's kind of like when there's empty platitudes, well, yeah, but that's not the same as LGBT coming out, but the older I've gotten, the more I realize I have, I've come out, I've come out then as kinky and then I've come out as very specific niche kinds of kinky and then I've come out, had to come out as autistic and ADHD, which that was a lot more traumatic than I thought it would be like, because I had to reevaluate who I was.

I'm doing a whole episode on autism and ADHD in kink, but I had to sit down with my manager and go, okay, I have a disability. And that was incredibly hard for me because that was the first time I ever vocalized that about myself. And it forced me to fundamentally shift the way I view myself.

**Buster:** [00:24:37] And shifts that forced you to shift the way that you view disability as well, because I always, like, I originally had to stand up for myself at work because I'm deaf. I use hearing AIDS and the interpreter service that we use is like a remote system and it's not fit for purpose. It lets patients down there that's clinicians down.

And most people just struggle by with it and hope for the best. And actually, like, I don't have to engage with it because it's, it's not accessible in the slightest. And every time

something comes up about like, Oh, every time I get new line manager or I change jobs within the company or something like that, the whole question comes up again.

And just being able to go, no, you find a better system because it's your problem, not mine, if I have a disability, what are my perceptions of people who have other disabilities. I, I'm not normal, but I think of myself as normal because we all use ourselves as the baseline for what the rest of society is.

And therefore, if I have a disability, what are the people who are on the other side of that baseline? Like who are wheelchair users? , how do they feel when they get out of bed in the morning where they feel the same as me? , they feel like they're the center of the universe, like will do. And therefore it's kind of like, it's a very different value proposition to thinking about, Oh, those people over there, it forces an empathy on us.

**Craig:** [00:26:03] And again, being able to vocalize and say, you know what, I'm not normal. I'm not the baseline I have needs that. Is so incredibly freeing and empowering when you do that.

**Buster:** [00:26:16] And I think that there's also a flip side to that as well, which is that I'm one amongst many, actually a lot of people are like this, even though my needs, aren't particularly common in the kink scene.

I'm one of many , I'm not, I'm not the best. I'm not the worst. You'll never be the best person in the world. And you'll never be the worst person in the world. You'll never be the most kinky person in the world or the least kinky person in the world. You've just where you should be. That's just, you're just where you are even like, let's remove the word should from that.

Regardless of whether you enjoy being spanked by somebody who. Calls themselves daddy, or like some people will find absolutely shocking. Like you've been there. Other people would find that horrifying to go, wait, wait, is this like, you're working out your dad trauma and we go, yeah, probably.

And we, we laugh it off and that's got completely fine in the queer community, but this is just like another kind of like we in sub, especially, it's just got another layer to it where we go, actually. Yeah. I like giving money to people or I like a kind of category or I have a firm hierarchy in my head that I'm on the low side of that.

And I prefer to I, I prefer to kind of worship people who are higher up in that hierarchy that I have in my head. .

**Craig:** [00:27:30] Which we will talk about that later. Cause there are pros and cons to that and stuff you have to work out for. But yeah, Shame's a lot easier to deal with if you find people like yourself, if you can view yourself in others and see you're not so alone, You don't have to do so much sort of internal work on your own self-esteem because humans are social primates. We gain our baseline from the community around us. We, our brains are wired to need community.

And so to find a place where you see yourself reflected and shared values reflected and shared needs reflected really does a lot to reduce shame on its own. And again, so, you know, not to sound all new age-y, but speak your truth and just be like, yes, I am this. And there is nothing wrong with this.

And also finding other people you can connect with about it.

**Buster:** [00:28:23] I mean, there's a flip side to that, which is if you come out loud, there's a finSub. That's a lot of people who are trying to take a lot of money off here. And I think that that's one of the fears that, where we're going, like, there's a big difference.

Like me being gay doesn't mean I'm attracted to you, Bruce at work. Well, and me being offensive doesn't mean that I want to keep you money, Dave, on the internet, like, or CA alpha cash master 99 X, X, X. Yeah.

**Craig:** [00:28:51] And th that's the other part or important part of having a community is subs talk. Like subs talk to each other and we tell each other who to avoid and who's a good person and point them towards

**Buster:** [00:29:05] and I'd love to see more kind of vocal finsubs ups in general.

Cause it's kind of like, okay, well let's reclaim this a bit and start talking about it and, and, and say, well, what turns me on and what doesn't turn me on and what have I have problems with and what I have problems with. And it takes an enormous amount of bravery to stand up and say something like that.

If you're the first person to say it.

**Craig:** [00:29:26] Yeah, exactly. It is. And it can feel really daunting.

**Buster:** [00:29:29] Yeah, me the, that actually there's an extra layer of secrecy. Like, so if I, if it, sometimes I've mentioned this before, I have dynamics with people where they want the they, they want me to gloat or they want me to like publicly kind of show off their.

The attribute and there's a kind of a split side to us where, where actually I don't have a financial interest in telling anyone who that person is. And then obviously it's not my job to tell the world that they are a fin sub. So therefore everything's done kind of like under covers almost where it's like, Oh, okay.

All I do is show this list of payments that could be refund from Sainsbury's for that anyone else knows because the recipient's black. And, but, but it's kind of like this default state of everything being kept under wraps, everything being super quiet and like,

**Craig:** [00:30:23] yeah. I mean, this touches on something which I always really struggled to see the view in sort of exposure play like, Oh, look at this I've exposed him.

And it's like, it's a nude selfie. Like, there are a million of them on Twitter, obviously, but to the sub that's something they have had no shame or nervousness around and it's become

part of their kink play to play with that. But to me, it's like, it's a nude selfie. I've posted many a time myself,

**Buster:** [00:30:55] but, that can be enormously empowering too.

If somebody is very shy about that to have to hand over that control. I think when we first started playing Toko and I liked Toko was like had some problems showing off his body and actually having that control taken away from him and like instructions. Like if he sends me a nude and I go, you'll post this online, like actually having that control taken away from him.

So that kind of like body dysmorphia does just stops being something that holds power over you. It's something that exists, but it doesn't necessarily hold power anymore. And from an exposure side of things, some people like it's not a kink you have, but some people are super around by being exposed.

And for me, like, and so often that involves trash-talk as well. It's like, Oh, look at this stupid pathetic sob who. I don't know, like it just, just in the moment, it's like, how do I think of something to say to this? Yeah. So often it's like, for me, this is like, yeah, whatever. I don't, I don't care that much, but it, part of our dynamic for me to glow or for me to expose, or for me to and then obviously that then kind of builds and you have some people who are naked with a fist up their ass showing off their driver's license and their social security number, and then like, Whoa, okay.

With w w w that escalated quickly.

**Craig:** [00:32:23] Yeah. And, and I think that that's a good point to get into one of our topics, which is what is the point of shame, because it does have a point it's not like one of these negative emotions that, you know, you just need to get rid of shame, plays an important role in society as a sort of limiting mechanism.

And we can see what happens when shame was taken away with a lot of the lo recent political activities, both in the U S and UK. There have been people in power that have basically got away with anything because they just won't accept shame about their actions and they cannot be shamed and shame is sort of at them, like one of the main ways to exert political pressure, like through media.

**Buster:** [00:33:14] Mm. I mean, shame is a control mechanism, but it's also like it's a way yeah, exactly. For society overall benefits from areas of shame and it's a key part of our coding as human beings. So yeah, having no shame about anything is probably unhelpful. But I don't think that anyone has the option to just discard their shame.

**Craig:** [00:33:39] Yeah. It's basically a matter of diving into it and I'm picking why you feel shame if it's simply just because you are different and you feel like that different NIS makes you wrong. That is something you can unpick and work on if it's shame, because this is something that hurts other people that's different.

**Buster:** [00:34:03] But with that, I was talking about this recently, actually, where I was kind of like I'm picking some of like how I felt as a teenager. Cause one of my first fetishes was rape.

I couldn't quantify it at the time, but through a period of kind of self-reflection and learning about myself and experience of getting older, I've come to realize I actually, what I was looking for was power and what turned me on so much about this was power.

And now like me deciding, if I'm in a, master-slave dynamic with somebody and me deciding when sex is initiated, if they do not consent to this, then everything stops red flags everywhere, but it's just superficial playing dress up, essentially the idea that that's really kind of healthy because it speaks to that side of, of, of who I am and kind of like, doesn't deny it, but does it in a way that super consensual and hot for both parties.

Yeah.

**Craig:** [00:35:05] Many times, which is in kink, we build little sandboxes for ourself where we can do and safely explore stuff that you just can't do in regular society. And you make this sort of sandbox where there there's no harm because it's all agreed at the set up. Is contained.

**Buster:** [00:35:25] Yeah. Yeah. And there's no reason why kind of exposure and anything like that should be outside of that. I liked that they are building little sandbox for each other. And we go, right. Okay. This little space is a, is a safe space. And I think one of those things about actually having a, a dynamic so that if the difference between speaking to somebody, establishing a dynamic versus going to a alpha cash master, kind of guys that, that, that initially when, when I'm first talking to a Sub.

So one of my, one of my key things is going to be established. This is a safe, confidential space. Like you have some fucked up desires, but we all have fucked up desires and celebrating that in this space, you can celebrate that.

And then there is a relevant aftercare for you to be able to go back and function in the real world without feeling like you are less than. I think one of the problems with the shame after those big splurges to an alpha cashed on whatever w off was he realized, but actually I I'm left alone here.

It's like he shot his load and left. Like I I'm the one that's left alone here and there's no aftercare. And actually that money has gone to a bad course. Yeah. That money is fueling homophobia. And so that shame can be an incredibly powerful driver rather than trying to expunge that shame to go " well am I getting what I want from this?"

Do I have ethical boundaries that I'm not currently respecting my violating my own soft and hard limits because my Dick tells me to and then kind of like having the aftereffects of that well, actually that in a way that shame is telling you to wake up and pay attention.

**Craig:** [00:37:18] the main thing that lets you decide between them is learning discernment, learning how to pick out your own feelings and emotions.

And is this coming from a place of internalized dislike or is it coming from a realization of an ethical boundary? And that is very important. And this also goes into guilt because as we've established guilt and shame are quite the same things, guilt is when you feel or recognize you've done something wrong and feel bad about it.

That's the simplest way I can

**Buster:** [00:37:51] Shame can be a thought or a thought word or deed. And, and, and guilt is an action and to go, right. Okay. I've done something that usually guilt as a feeling is a bit more destructive, I think. Well, I mean, it's to say guilt is usually a negative emotion.

It's not really a turn on. It's not really a, okay. I've actually done something. I shouldn't do this. Isn't anything to do with like my internal structure. It's like, Oh wait, I feel really guilty because I've harmed somebody else.

**Craig:** [00:38:25] To go back to the original question from Sub-Zero he, you know, he talks about feeling guilty for just, just tributing to use the term. That is because do you view yourself as doing something wrong when you're doing it? And again, it can just be, we're taught not to throw money away on stuff, and it's like, you know, you should save for a rainy day and you should feel bad about buying like 50 quid's worth of sweets.

**Buster:** [00:38:55] Like, you know, that's all

**Craig:** [00:38:57] waste and waste of money, which is why it's your

**Buster:** [00:39:01] money. Yeah. If you want to feel guilty about that. Sure. Go for it. I view that as a triumph, I just spent 50 quid on sweets. I've just made my living room into a bull pit because I'm an adult now. And I get to decide what that means.

**Craig:** [00:39:17] And it's like, have you internalized this idea that there are things you should and shouldn't do with your money for your own personal enjoyment?

**Buster:** [00:39:25] Mm. And is that serving you? The question that all it comes back to is how is this set of behaviors and beliefs serving me? Is it doing me justice?

Because if you really, really get off and enjoy giving money to somebody, to whom you have a strong dynamic quiz, and then you feel guilty afterwards, is it like, is that guilt serving you? Is that donation serving you? Because if it's not, if your if you found yourself in a position where you're tributing to try and chase a feeling and you're no longer getting that feeling, then yeah.

It's, not, it's not serving you. And to some regard feeling guilty about that, isn't necessarily a bad thing. It's it's a, it's a message to yourself. If it's wrapped up in kind of societal shame as they go, like, yeah, if you feel. A shame because society tells you that as the one with the money, you should be like, lording it over other people and you should be, you should be using it for something else is a very different prospect from actually you're struggling to pay the rent and then you're doing this.

**Craig:** [00:40:37] Yeah. It's like so long as you know, your bills are paid, your foods there, all the life essentials are done. Your free money is your free money to do with whatever makes you happy.

**Buster:** [00:40:49] And honestly, my experience so far within subs is they're some of the most financially organized people I've ever met because they have to know how much money they come blow on twats like me.

**Craig:** [00:41:02] Yeah. That, that actually kind of triggered something in my brain, which is, if you have set the money aside already, it kind of almost preemptively eliminates that guilt because this is what the money is for.

I have planned for it and I have set it aside for this purpose.

**Buster:** [00:41:23] Yeah. And like, even if it's like a separate Monzo account, that's sort of a play bunny or a Monzo pot. But it's like play money and you can set it up that whenever you send money to a certain person, it comes out of that pot. Yeah. And that way, if you start to eat into your grocery money, it'll just reject the payment, something like that.

That's, that's kind of really a strong way of kind of setting that aside and then setting it aside. You spend it almost. Yeah.

**Craig:** [00:41:51] Yeah. You have pre spent it and in your brain, you have made this association with that batch of money.

**Buster:** [00:42:01] Yeah. And yeah, providing that, you're not doing yourself a disservice. I, I find kind of stories of like guys sending huge street guys usually send a huge amount of money to to women and taking out credit cards and loans and stuff like that to try and get their attention.

That's like deeply problematic.

**Craig:** [00:42:20] Yeah. That, that, that crosses a line. And again, you need internal discernment. You need internal discernment and a good community around you, that will call you on your bullshit. And also point out Dom's bullshits and Doms need a community around them to call them out on their bullshit.

**Buster:** [00:42:37] I mean, in some regards, like, say for instance, with that kind of the idea of the Strait situation, quite often, it's a straight up, like if you were taking out loans to pay for a prostitute, like at what point does that prostitute have a, a point to say, but no, that shouldn't be like, there's not really a point.

Like she has no responsibility over his finances at that point. And so every individual situation has to yeah, like a lot of the responsibility falls on the sub. But in every situation, that's just like, you've got to have some discernment, as you say, and you've got to every

**Craig:** [00:43:19] party involved needs to not sound like Tyra banks, but take some responsibility for yourself.

And again, we responsible for each other. That is what humans do. We are also responsible for ourselves. That is what we do. And if everyone strives towards that, things should work out. I hope.

**Buster:** [00:43:41] Yeah. And it's just like, we're all on a kind of, without sounding too wonky, we're on a lifelong journey where we kind of find out about ourselves and explore who we are and, and then we die and it doesn't actually matter that much.

One of my experiences working in healthcare is that kind of having sat with people as they're in their last days and gain like, it's that old cliché people don't regret things.

They did, they regret the things they'd never did. It's actually, if you've got a huge kind of, if you've got a huge desire to involve yourself in some kind of BDSM relationship that involves you leaving work and doing this whole thing, but if you have that desire your whole life, and then you get to, 80years old and you feel like that slipped through your fingers, then yeah, then there's a problem there.

Not everyone will achieve everything that they want to achieve in life. But it's. Yeah. The idea of not doing something because of risk aversion.

**Craig:** [00:44:40] Again, it all comes down to discernment because there are good reasons for not doing stuff, but you have to put in the work and think through what is it a good reason or is this a bullshit reason I've internalized and only you can do that.

**Buster:** [00:44:56] . Everyone's got their own set of limits around that.

**Craig:** [00:44:59] . Again, you need to decide what's best for you. And hopefully you'll have a community around you, like talking to other people into the same thing who can sort of be a good barometer and judge. Yeah. It's and again, the important, one of the important things is finding a Dom that can respect your limits and also work with your limits.

**Buster:** [00:45:21] And regardless of whether you're paying that dumb money for their attention, or you're paying them in attention for their attention or there's, there's no transaction at all going on. And you're just, you really loved spending time with that person. It doesn't make a difference. And like, yeah, but find somebody who makes you feel good.

**Craig:** [00:45:43] And you know, the w we keep going back to Findon because that is one where there's a lot of shame around it, but you get it around other stuff.

I mean, we do need to talk about self-esteem. Like, cause self self-esteem is really important in this, which is feeling like you're worth it. And in kink, especially when we talk about like exposure, kinks and kinks rooted in shame, if it's touching on real self-esteem issues you have that can get quite destructive.

Because, I talked about the sandbox where we would build these little boxes where we can explore stuff. Sometimes stuff gets out, you know, what I have referred to in the past as

emotional leakage. And you know, emotional leakage can be quite destructive. I will give a personal account , so I'm a service sub.

I like to do stuff in my Doms. I like to do labor for them. I like to treat them, you know, I will gift them. And. One of the things is I've recognized that comes from the self esteem thing. I feel like, and God, we're getting into capitalist realism here. I feel like my labor and time I give them gives me worth.

And I have got into bad places before where sort of there's been an emotional leakage on my depressive days, I feel like I am worthless , and I've had to work hard to uncouple. My sort of joy I get from being a service sub from my everyday sense of self-worth. And I have to make sure that my bedrock of myself worth does not come from what I do from other people.

That's just a bonus on top and that's a lot of work I've had to do.

**Buster:** [00:47:31] I think this is something that's kind of like, if, if we're not going to get too deep into politics, but if you either believe in universal human rights or you don't, this is my, my, my thinking in general, like you either believe that we need to fight passionately for civil equality among all of the equality streams or you don't.

I had a very kind of clear realization in that rehab process that I was talking about before, where actually my self, my self worth is defined by my status as a human being. Everyone, whether it's a toddler in Costa Rica whose parents can't afford to feed them or a trans kid in Australia, or somebody in prison in Pennsylvania.

Like everyone has the same worth as a human being.

If you grow up in a situation where there's violence all around you, you can't then blame that person so much for being violent. And obviously there's accountability, but there's a natural kind of like, well, yeah, they're probably going to be a bit more violent than other people. Cool.

Yeah. And the question there should be, can we help them become less violent?

Yeah, I, I, but, but, but with all of this, their worth doesn't change their value as a human being doesn't change. Because the reason that we can consider people who are in prison to be worth less than people who aren't or people, a toddler in Costa Rica to be worth less than an upper middle class kid growing up in central London is because of capitalism.

And ultimately like we place value based on how much somebody is going to bring to society, but actually that's how much money is this person going to make over the course of their lifetime?

**Craig:** [00:49:28] We all have a baseline worth. And I think there's something it's worth talking about the just world fallacy. So the just world fallacy is this sort of. Idea, mostly subconscious that a lot of people get that good things happen to good people and bad things happen to bad people.

And the reason why it's subconscious is because people won't actively admit this, but it's one of those things where if you look at studies, people kind of assume someone, if they're living a bad life or have had bad things happen to them, there's a sort of tendency to look, ask a question of, well, what was going on with them?

What did they do in that situation?

**Buster:** [00:50:10] And that's really interesting because that, there's a, there's an underlying kind of concepts for thousands of years. Humanity has lived in that way. And actually it's a fairly new concept to ignore like ill health. When we look at some of the. The philosophy around healthcare and the history of healthcare is actually only in the last 200 years or so when we started looking at epidemiology and people like John Snow looking at, Oh, wait, it's not the evil that these people, these poor people in central London.

Yeah. It's basically the fact that they haven't been given a toilet far enough away from the well, so therefore there's color. And when John Snow published that research, he was essentially slammed for the decades over that because people felt like he was excusing the disgusting habits of the poor.

**Craig:** [00:51:07] Yeah.

It's like, it's that very Victorian idea of, are you undeserving serving

**Buster:** [00:51:13] Paul? Yeah. It, when do we look at medieval history? Doctors were often shunned because actually, if you were sick, you, you had done something to offend God and were being punished. And if you intervened as a doctor to do anything other than alleviate suffering, then you, you, you interfering in God's judgment.

**Craig:** [00:51:34] And to loop it, background to kink. Cause you know, this is when those huge, big , philosophical discussions,

**Buster:** [00:51:39] but we are the philosophy boys podcast. Yes.

**Craig:** [00:51:45] . In kink, it can be very easy when you're feeling down on yourself and you feel like you deserve punishment and not the fun kind, the actual, like I'm a bad person.

I don't have worth to look back on kink play and like pick out the times where you played with those emotions in a very safe space. And your current depression brain or like low self esteem, brain picks up at them and goes, well, actually that was right. All along. And that wasn't just play.

**Buster:** [00:52:17] I think the important thing is to recognize when you're, when the, that part of your brain is at work, when depression is at work, the idea of the black dog on your shoulder.

I view it as, as like I have a child living in my brain, like as somebody who's neurodivergency. I have a child who wants instant gratification living in my brain. And I talk to that child on a regular basis and say, no, we're going to go and do this first. And then we'll do this. And then, and only then will we do the thing you want to?

Yeah. Otherwise I'll spend all day masturbating. Like I won't go to work and instead have random kink sessions. Like we'll, we will kind of like set things out. And I had, and actually knowing when that self-sabotaging nasty little bastard is at work to try and get its own way. , it's a really kind of helpful step,

**Craig:** [00:53:12] I know a lot of people who deal with long-term mental health issues give a name or an identity to this part of themselves. They'll call it Cyril and then they can go that Cyril talking. Shut up Cyril

**Buster:** [00:53:26] I think that this is kind of a getting professional help around.

I mean, there's, there's the old trope of like every gay man being a therapist for every other gay man. But I spent some time working for Very prominent member of the community. Who's a therapist and it was just a wonderful experience for me as a, in my mid twenties, actually kind of like not having access to a therapist on top, but actually having somebody who was seeped in these a mode of thought that encouraged me to question myself around everything and kind of right where kink was like the fact that we're both kinky was like part of how we had ended up meeting for me to end up working with them on a business project, but actually having somebody with a therapy background to enable you to explore yourself, I think is really, really valuable.

Looking at things from a. From a self-critical, but a safe perspective where that therapist creates a safe space for you to explore yourself the same as we doing kink sessions. But the idea there is that without judgment, we can look at some of these destructive behaviors and then kind of work out effective coping strategies.

And then we have bleed over into our, we have carry over from our therapy sessions into the rest of our lives, and it doesn't matter how long you've been in therapy for, and kind of like, Oh, you worked through various different things and you think you've got everything sorted and then something will come out left field and fuck you over.

**Craig:** [00:54:57] Yeah. And, and it's kind of looped back in my brain when we was talking earlier about the power of just stating I am to the world and just being, I am this sometimes. Like there's a power in just asking people just to affirm your positive values. Cause, cause, cause you're not allowed to do that in society.

You're not allowed to accept compliments in any way. You have to be deferential and you can't say yes and people often pursue positive affirmation in sort of a backward way. Like they'll make sure to post good selfies online when they're feeling low and like it's food, but it's junk food and it won't last. Just ask your friends or your Dom for positive affirmation.

If you've , emotional leakage and like a past session is coming back to bite you when you're in a bad place. Talk to the Dom and just say, I just need to know you don't actually think I'm a piece of shit. I need to know those were just words.

**Buster:** [00:55:59] And actually through whether it's just kind of asking like that, or I feel really low. I had a session last week. I feel really low. Can we talk this through? I find it from a dance perspective, I find that immensely rewarding because it says even after you've shot

your load, you trust me. and it might be that actually, no, I can't talk it through right now because I'm busy, but let's put some time in the diary for later on in the week and let's talk it through.

But in the meantime, know that I care about you. I like, I validate you. I, you belong to me. You're you're special. And, and being able to kind of provide that for a Sub is immensely rewarding because. While it breaks, the language of Sub/Dom Both sides are always bringing stuff to the table.

Don might provide stability and being able to provide emotional stability and reassurance is a key part of what we do.

**Craig:** [00:56:58] And, and it works both ways. I recognize in this podcast, we often talk about the subs needs. Doms need that too.

Again, you talked on having saidist tendencies, or liking some really dark shit as a Dom, you need affirmations. I know Dom's that need affirmation, that they're not a monster that they are loved and treasured and, and appreciated person. And just to step away from the general, like BDSM sub dom dynamic.

Tell your friends, you love them and tell them why you love them. Just like I know like Buster and I are British and you know, you're not meant to talk about your feelings or like just state your feelings, but yeah. Tell your friends why you value them. Tell them why they're good people. Just, just as part of chat,

**Buster:** [00:57:48] make it a habit if you miss them at the moment, because we're in fucking locked down 3.0, because the government's fucking useless.

Tell them you miss them.

And these are the really powerful things that can enrich and enhance a relationship that when you're together, actually, you've got this background of like, you, you put money in the bank almost like you you've invested emotion in small quantities that are cumulatively into that relationship.

Like little and often just being able to affirm your friends and like, there's that old Maya Angelou quote, people don't remember what you said. People don't remember what you did. People remember how you made them feel. Yeah. And if you can reach out to somebody and say, look, there's the old thing. Once again, can kind of put up from rehab, but then there's the old thing of like, if you're feeling down call somebody because the amount of times I've had somebody reach out to me or message me and they're feeling terrible and need some affirmation.

And I was just in the middle of like a hellish day at work where I'm doubting myself and being able to then go, Oh wait, actually, I mean something to someone else. And they need me and be able to then kind of like decompress with that person and like, yeah, the depression and the anxiety always says, Oh, they, they don't want to hear from me.

I don't want to hear from me right now. So therefore, nobody else wants to hear from her, but your friends want to hear from you and your friends want you to reach out to them. And if, if you're feeling, if my friends are feeling shit, you need somebody to talk to. I'm honored. If they call me. Yeah, because it shows that they trust me and they believe in our relationship and our dynamic and that's immensely powerful.

**Craig:** [00:59:42] Yeah. I, one of the things with my mental health is I kind of feel very lucky to be a gay man when I'm going through my mental health issues, because I have an emotional availability to the other male friends in my life. I just don't see with straight guys. And I couldn't imagine going through the stuff I've gone through.

If I didn't have these like friends there, I can just say, I love you. I need to talk with you. And you know, you mean so much to me and have that sort of emotion reciprocated and people would tell me why they liked me and just be open with their emotions if me, and I think that is something to be really thankful for.

which is. LGBT people have a real community in a society that is incredibly atomized and individualized. We have a glue that binds us together and keeps us together. We have emotional support, other people don't for all the damage that is done to us or the pain that has done to us.

We have an interlinking support community, which when it works well works really well.

**Buster:** [01:01:02] Yeah. And I think that in the kink community and LGBT community generally, like, yeah, I I'd agree with that and say, we have an ability to reach out to our friends and we have an ability to tell our friends that we love them and we care about them and we don't have the Twitter meme of like fellows, is it gay to eat fruit.

Like there's still this kind of toxic masculinity in the world, but being able to have had to break through that, but through our coming out process by engaging in the kink scene, we like, there's a commitment there almost when somebody really starts to put something back into the kink scene, there've been some friends of ours.

So mutuals of ours who I've spoken to and kind of view them as like, Oh, they're really sane nice people. And I believe they have a load to bring to the kink community and that their perception was, Oh, actually they're on the outskirts. And they don't really engage at all, but actually I go there, but what you do bring you're an introvert, but what you do bring is seen and validated and appreciated.

And then, and then you see them step up and kind of do more and more in the community. It, from their own way of setting up a website or doing kind of lots of, kind of like interesting kinks and sharing that with the world

I know you and I recently, we, we chatted about like other people in the scene that we want to see do well. And like talking about looking out for our friends and going like, Oh, I'm a bit worried about so-and-so or I'm a bit like we have the ability to talk about that in such a way that it's not gossip.

It's like, Oh, so-and-so said this and it makes me a bit worried. Like, do you want to reach out to them as like a neutral third party? And being able to , even when we disagree on something, to be able to look out for the other people in our relationship.

**Craig:** [01:02:55] Yeah, exactly. It's

**Buster:** [01:02:57] The therapy, his podcast.

**Craig:** [01:02:59] Yeah, yeah, yeah, yeah. , this is something that is so badly missing from the discussion around mental health and, you know, mental health awareness, which is. It's entirely put upon the individual to fix their own mental health issues. And a lot of the time it's probably because they're not getting what they need from the world around them, from their community, around them, from their friendship circles, around them, from their job.

They're not getting what they need to be healthy and that's not entirely their responsibility. That's their friend's responsibility and their world's responsibility to that.

**Buster:** [01:03:41] Yeah. And I mean, we live in a shit world where kind of like people, people are systemically, oppressed and discriminated against.

And it doesn't take a lot for, as a friend and as an ally to be able to stand up and. To make this my problem. Like if my friend's friends have been harassed on social media, it becomes my problem. And therefore they can ignore the whole thing and I'll deal with this.

Don't you worry? Like, and that's where it kind of allyship kind of like applies as, as kinky people. We can be tremendous allies to trans people. We can be tremendous allies to by people who often get ignored in the whole LGBT kind of like acronym .

**Craig:** [01:04:26] Yeah. It has been a learning curve for me to adjust my language, to just stop saying gay men and start saying queer people.

And I recognize I've fallen into this pit in this very podcast, but like, I don't have a circle of friends who are gay men. I have queer people.

**Buster:** [01:04:41] We have the, the ability to validate just through recognizing and championing people's identity. We have the ability to validate people immensely and to look out for their mental health, just by validating who they are when somebody says, this is me, trust them and champion that.

So if you come out online and you say to me, I'm a fence up, like my interest is not in taking money off. Yeah. My interest is in validating. Yeah. And yeah, like, this is, this is you. Great, fantastic. Let's let's live with

**Craig:** [01:05:17] all of that. You know, let's loop this background right. To the beginning, which we talked about sort of going if the safe option for progression, like, you know, the most easily The parts of our communities that most easily fit into wider society, get the attention and get the push.

And, you know, you have to have representation where queer people like gay people are only these perfect paragons of virtue to be worth something. And it's like, if you are not willing to stand up for the messiest for the people that make you a bit uncomfortable, just as much as those people, you're not doing it right.

That that's not community, that's not solidarity with people. And again, and, and this brings it into the kink community with like stuff like fin subbing is there is this inner ring of kinks that are widely expected and okay. You know, slave master boot worship, spanking that is all seen as fine and dandy, but you have these outer ring kinks, like.

You know, like there is a lot of weird niche kinks out there, you know, like I often talk about my hypnosis kink, which I've had lots of shame around because I recognize it is both weird and campy in a lot of ways, and also very extreme in other ways in this week. And like, yeah, Finserve like, I've dabbled in up and I've had shame about that.

This is because the wider community, I've seen examples of people putting shame on that. Like people who are just a kinky and weird in their own way, judging other people and saying, well, I don't want to be associated with that. Those people don't deserve the same sort of community and solidarity that I have enjoyed for my own kinks.

**Buster:** [01:07:08] Yeah. I think that's something really powerful when kind of way back when, when we started this conversation about findom. So often it's Dom's who have decided that findom and fin sub is exploitative and therefore will shame any Findom they see as being exploitative of these poor gentle Finn subs, who, who are normal people who aren't like you, who you're exploiting and mate, and done

**Craig:** [01:07:37] and its not a kinkit's just that they're damaged and exploitable because they're vulnerable, damaged people,

**Buster:** [01:07:44] which like. And that is shaming. That is a shaming as outright homophobia. Like what we see in like transphobia so often, like, well, we have to protect children. So therefore we have to punish trans people.

**Craig:** [01:08:00] Like SWERFS and people against sex work, which is. Well, we have to do it for the sex workers, these poor people who we don't have to listen to, we just have to save them from themselves and their circumstance.

**Buster:** [01:08:14] Yeah. And that is interfering in somebody else's sex life for your own sense of heroism.

I I'd been blocked by a number of these people on social media, because like, actually they're not willing to engage. They just, they made the decision. Well, this is, this is it. Like, their decision is wrong. And like, if they want to shame a bunch of people, like I would encourage people to block them or move on.

Because if somebody says to you like your safe, sane, and consensual, or your risk, risk aware, consensual kink is shameful or like isn't right in any way, then that person doesn't

have your best interests at heart. And I think the, one of those things on social media in general is that we have to.

Constantly be asking ourselves, the people we interact with, does this person have my best interests at heart? Because if they don't stop engaging, like if they don't have your best interest, if you feel like your like some title holder doesn't have your best interests at heart, then don't listen to them.

Like the fact that they've got the titles are irrelevant.

Because there is no shortage of people who want the best for other people, like kink is not a zero sum game.

There is no shortage of people in this community who want the best for every single member of our community. Because if we all get pulled up, if somebody else gets pulled up, I get pulled up and we get stronger together.

If we dispense for shame and then we get to lead straight people, like instead of being like bitter about it, we get to turn around to a bunch of straight people and lead them out of their internalized shame and help to kind of throw out a lot of the intrinsic homophobia and a kind of systemic transphobia that we see in the country.

We all win. And so within the kink community, if you've got, if somebody has got a King, you don't understand, and it seems a bit off to you, like putting them down, puts yourself down. Yeah, but it's a whole kink community down. And until you understand that kink, until you can say, sometimes there's this thing of like, can you repeat back somebody's argument in a way that they would understand?

You have to understand the argument because if you can't explain their argument in a way that they would understand and say, yes, that's what I believe.

Then you're not engaging with our argument. And you're engaging with the strawman that you made. And actually like every time I see somebody shaming bend arms or fin subs online, it's engaging with the strongman and not actually explaining. Clearly, like not demonstrating an understanding of what the problem is.

**Craig:** [01:11:03] On this podcast, we have talked about abuse of people in the community. And one of the things is it's important for the community to call out abuse, but you to do that effectively, you first have to do your internal discernment as asking your motivations and is this abuse or am I projecting my insecurities onto other people?

**Buster:** [01:11:22] Absolutely. It's something, that's a hot topic for me at the moment, because I've been called out recently as being an abuser for many fronts because Tokou asked me to give him a black eye, gave him a black eye, like gently. And then I sent in a risk away. Kind of keep

**Craig:** [01:11:39] it within rack. You, you discussed it, you did it in a safe way.

**Buster:** [01:11:43] But obviously that essentially canceled to use that phrase.

**Craig:** [01:11:48] You sure? Cause he posted a photo and that visual of him with a black eyes set people off

**Buster:** [01:11:53] But it's no different to having bruises on your body if you within our community. If I showed a picture of him with his buttocks bleeding from a whip and I shown pictures of him where I've drawn blood with a single tail whip

**Craig:** [01:12:07] His back has been torn up and everyone was like, Oh my God, this is so hot. This is so cool. This is like that level of bodily trauma is way worse than what caused this outrage.

Yeah. And if somebody has seen a video, if a lot of the people had seen a video, actually how little it takes to give somebody a black eye it's it's, it's really not that much. And we talk about things always from a sub's perspective, but actually that was way below Touko's limits.

It's way over mine limits. I found out afterwards and every time I've had to look at him in the face since because he's still got a black guy now God. But I find out that actually that was way over my limits that I'm not willing to play with this coding of abuse, but it still play. It's still that sandbox and yeah, people have a very strong reaction to what is coded in society for abuse.

Yeah. It's

like how many abuse victims actually have black eyes that know very

**Buster:** [01:13:13] little, most of the abuse

**Craig:** [01:13:14] is. Yeah. Yeah, well, they have is mental trauma and abusers are very good at hurting people in a way that won't publicly show like even physical damage is normally below the neckline. Wear sweaters and clothes will cover it up easily.

**Buster:** [01:13:31] Yeah. And honestly like people who are being abused, don't tend to take pictures of those bruises, smiling and showing them off and then post them on social media.

**Craig:** [01:13:41] I know Toko, I know Toko is very into like heavy damage

Every Picture that we posted. And plenty of the pictures that we posted, it can have like a thousand likes, like they get retweeted 250 plus time because we make some really erotic stuff like using him as a footstool and using him as a plant Stand when he's covered in Whitbread like the, the amount of stuff that we have that goes viral.

That picture of him with a black guy had more likes and more retweets and anything else we've ever put out into the world. And actually we deleted it. Like somebody made a convincing argument to me about kind of some of the aftereffects of operation spanner.

That actually made me think, no, actually this is, this is the, kind of the, this isn't about the coding.

This is about the intrinsic homophobia and kink phobia. But actually like if anyone was going to report that to the police, it would have been a kinky person based on the responses that I had. So he had a huge, overwhelming, positive response in the numbers on Twitter, but the comments like we didn't get ratioed by a country mile, but rather it was more of a thing where people are, have such a profound reaction to it that they, when we have an emotional response with it

it is an intrinsic human. Response to look at something like somebody with a black eye and have a very negative reaction towards it. And what we need to do before we call out somebody else is to look our own psychological response. As you said, and to go, what are my interests in this? What, what does this make me feel?

And why does it make me feel that then we can have things like check in on the sub. The people that have our best interests at heart are the ones that message Tokou to check that everything was okay. And the people that don't have our best interests at heart are the ones that decided to make a song and dance and stuff in the comment section to tell me why I was the abuser and they were going to save Toko from me.

**Buster:** [01:15:55] Yeah. Actually, you've got this dynamic really the wrong way around, but you actually, you decided to ignore the facts of the situation and you're just going with your emotional response, right? Ultimately, if we want to persuade anyone, if I turn around, like if we want to risk persuade Tories about gay rights, we have to talk that language.

We have to understand their objections and we have to talk their language. If we're trying to deal with this latest culture Wars thing, we have people screaming about being canceled. We have to understand that the. Argument as they see it, not as we see it. And if we, if we have a negative response to a kink, we have to understand that kink as the people engaging in that kink seer, not as we see it.

Yeah.

And that is so very important. Cause like there are kinks I find very uncomfortable to see and I always make a point of, this is my discomfort and I need to deal with this. It's like when I first came onto the kink scene, gas masks used to make me very uncomfortable. Like they were nightmare fuel for me, like, like world war two gas masks.

But obviously if you go on the rubber scene, they're everywhere and you kind of have to get used to it.

And yeah, like for me that I've found that a lot of the kinks that I had the strongest emotional reaction to, well, once that later I could play with that emotional reaction. Like actually, this has opened up entirely new avenues of exploration from a kink perspective around stuff like Finsub like domestic abuse stuff, like single tail whip.

I used to be into bruises and thudding, but not anything sharp because the thought, the thought of drawing blood was intrinsically abusive to me, if I take somebody in my own ship, I'm quite a caring guy.

Like I want to wrap them up. I want to look after them. And like, that's an immensely strong reaction. But actually that's now some of the hot stuff for me, being able to hit somebody so hard and so long that they just break down in tears and let it all out. And it's like this emotional purging almost where they're like, everything comes out and all of their bad feelings just get ditched.

And then they come out of it kind of feeling so much cleaner. And like from a Dom's perspective, I've helped that sub to connect with that part of themselves and to let it go. And that's so powerful.

**Craig:** [01:18:41] Oh yeah. Like kink, at its best has this really good way to pull polar opposites into one, like my service, something, my service sub desires very much come from a place of wanting to be exploited, but I also wanted to be praised and rewarded for being exploitable.

And it's a very weird way to try and explain that to people.

**Buster:** [01:19:05] But actually like when you break it down into the emotional side of things, it's like, I can do whatever I want to you because your mind, because you belong because you're a part of something I can see you getting it. I can see you. I hear that.

Yeah. Just being able to look at somebody dead in the eye and going, you're useless F\*\*\*\*t, but you're my useless F\*\*\*\*t. So much of what I, what I see from subs is this craving to be told that they're like pathetic, but then my pathetic

I see who you are, which is somebody who who's desperate to be pathetic. Who's desperately wants to be crawling around the floor. And licking my boots and being beaten as you do. I see that, that desire in you and I champion that desire in you and you, that desire is important to me.

**Craig:** [01:20:10] Yeah. And it goes back to that whole thing of countering shame by just saying, this is what I am deal with it. Like that is the first step. Because even if you don't feel like it at the time doing that just drives the shame out and then you will find people that will reward you you'll find friends and dorks and the community that will reward you for being yourself.

**Buster:** [01:20:35] The thing that like is an absolute must have for me in the sub is, self recognition. . And being, being like the second you're, at peace with , your desire to serve, then everything opens up. Like if you're deeply conflicted about it,

like, you need a therapist Dom right now, and then you kind of work it all out and then you explore a little bit. But yeah, there's so much power in helping be the one who validates and guides, whether it's a friend or whether it's a sub, it's just so much power in that. And it's so empowering to me to be able to go, I can look up to people in this way.

I can be the one that validates and champions, my friends and playmates.

**Craig:** [01:21:24] Yeah. Yeah. Like validate yourself and you'll find people that will do that for you. Hmm. And I think, I think that's a good note to leave it on.

**Buster:** [01:21:35] Well, I as always, thank you for having me on and thank you for for exploring this with me and our philosophy boys podcast and our socialist boys podcast all rolled into one.

**Craig:** [01:21:48] Well, you know, we contain multitudes.

Yes. But thank you listeners. I hope this has helped people. I hope this has given food for thought. And I've hoped you've been entertained. So as a waist dear listeners thanks for listening and play safe.