

Kink discordant

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Craig: [00:00:00] Hello. So, we're doing an impromptu episode here, but it's kind of a listener mail one. We've got several items in our inbox recently all which seemed to have the same theme, which all around talking to your kink discordant partner, which is to say your partner, who has a kink, that you don't have.

Some of the people that are just simply kinky people with this. Some are vanilla people who are discovering that partner has kink. We won't read out the specifics because a lot of these emails go into very personal stuff. So we're going to keep it vague. Don't worry if you've written in, but I just thought this would be a good topic to discuss about I'd like strategies and communication and what you need to do in those sorts of situations.

As always, we have the, as usual we have the lovely Buster with us.

Hello. Hello. Always good to be here.

Yes. So it was great having you on, so let's, so let's start. So kink, discordant relationships they are when one partner does not have the same kink as the other.

Often, some people can be vanilla. I do know if i believes vanilla people really exist.

Buster: [00:01:11] I've never seen one when I was growing up like vanilla people never existed. So like everyone that I saw, every gay person that I saw was dirty because they were all in the press and they were found down hoist or whatever, doing dirty things.

And there were scandals and I never saw a single. Vanilla person haven't their relationship celebrated

Craig: [00:01:39] I just think everyone's into something like people talk about being a leg man or being a boob man. And it's like, well, isn't that technically a fetish you're fetishizing a singular part of a person's body above other parts,

Buster: [00:01:53] because we all know that straight men are all desperate to see the whole woman and to validate her and to treat her as a whole person.

Craig: [00:02:05] Yeah. So what do you do if your partner has either come out to you or you're getting into a relationship with someone who has a kink you don't, or if you have a kink and your partner doesn't and you want to talk about it with them.

Buster: [00:02:22] So I think one of the key things here is like, Well w when a partner comes out to you or like something comes up, right?

So certainly you're aware of a facet of your partner's personality that was not previously seen to you. I remember I was in an in a very vanilla relationship for a number of years. That was kind of mostly asexual and very vanilla. And in the background, the porn, I was watching became more and more extreme.

And then my partner found it and it was like, well, this is awkward for an asexual guy to come across, like some really dark fetish porn. And then to question his own safety. And I think like, actually that to some degree, there's, an element of, Whoa, do I actually know this person? That I'm in a long-term relationship with.

And I think that's like, there's an immediate fear behind that for some people, which is, which is valid.

Craig: [00:03:21] Yeah. Cause it makes you feel unsure, suddenly everything you thought you knew isn't quite as solid and there are these big gaps in your knowledge, which you recognize. I'm actually reminded of one of my favorite scenes from the movie dogma .

It's where the main character basically figures out she's the descendant of Christ and she's the chosen one. And the mettatron played by what's his face appears

Buster: [00:03:51] it was Alan Rickman.

Thank you. Thank you.

Craig: [00:03:54] And the mettatron appears on the Lake and she's like begging him to take it back. And it's like, I can't. , it's fine. You're still you, you just have this new information to add to who you are.

And I think that this is an important thing to keep your mind . If your partner has, you've just discovered your partner has a kink that you didn't know, it doesn't mean they're a different person. It just means there's more to them. It is addition, not subtraction.

Buster: [00:04:25] I can't believe that's the part of the mettatron you went to.

And from dogma, I just remember that, Oh my God, are you going to rape me? And he pulls the trousers up and there's nothing there that knocks himself in the groin. It just goes, even if I was interested in that, I wouldn't have, wouldn't have the hardware to do it.

But yeah, I, think it's like coming to terms with the fact that your partner is still your partner yeah, there's a possibility of a slightly different dynamic. Something that we've talked about a lot on the show before is if I'm hooking up with somebody and getting to know somebody who's got a particular Kink , I'm more interested in the dynamic between us and, and the passion and the sexual chemistry than the actual individual kinks. And I've ended up picking up a lot of kinks, which I've evidenced all over this podcast to go from somebody who didn't know anything about fin and thought it was all a bit weird to actually being really super into it.

And that was from my partner.

Craig: [00:05:25] Yeah. And it's recently my Sir wants me to try spanking and I've always been rather afraid of pain, but I'm also curious.

Buster: [00:05:36] I'm sure his bottom will make a lovely red cushion for you to spank. I know you're kidding.

Yeah, I I'm, I'm sure you'll you'll rise to the challenge.

Craig: [00:05:54] Yes. Yes.

Buster: [00:06:00] I was going to say, I really think that like, there's a key to this, which is one of trust. And like, ultimately, like if you found out something about your partner, that your partners kind of treat it as a dirty secret of some time, there's, there's instantly a trust element. There's an element that screamed like cheating.

I guess like every relationship will need to work that out by themselves. No, there was no way of going like, Oh, this is the, the, the universal guide to fixing stuff like this. If that, if there is feelings, it's always, I think that if, when there's questions around, like these kinds of borderline cheating kind of things, where somebody feels like they have been cheated upon, I think that it's very easy to go kind of like a one way or the other, like view it as like a black and white.

Some people will have a feeling that, Oh my, my feelings aren't valid, they're stupid and try and kind of suppress them. And other people will say, my feelings are down to man. And your behavior means nothing. It's all about my feelings and either way isn't particularly helpful.

Craig: [00:07:10] No, like to go back to the oldest tree, truism relationships are about compromise.

Like there is a concept of Minimum cost to write. And it sort of, you know, talking about relationships, it's basically, what are you willing to put in or give up for relationship? What are your limits?

It can be hard. And these limits also change the time, which I think is something that's very important to remember. I've had relationships where it started off very strict, like the rules we had were very strict and over time as trust was built, it sort of then became much more laissez Faire and it's like, Oh, you slept with someone.

Oh, cool. I don't need to know the details I trust you. Whereas in the early days it's sort of, well, I need to know more. I need to, and that information was mostly about feeling safe and building trust.

Buster: [00:08:12] To some degree, I feel like my relationships kind of the other way round where it started off very, very relaxed.

Like I take no ownership of you. Even if I own you as, as a sub, like you're free to play with whoever you want. And then over time I've found I was playing too much and not giving my

partner's sexual attention that he deserves and then actually set in place for me, some kind of some limits to say, well, these are, this is what I'm going to put down.

Like, this is how I want to conduct my own behavior, because I think that that's like, when you say like, relationships about compromise, you can do this stuff. Actively rather than reactively where you can say actually like, am I as, as half of this relationship? I behaving the way I manifesting the relationship that I want to have.

And, in my head, like I put my, my prime, my boyfriend, I put first above all other sexual partners I'll never leave them alone for an evening or overnight. I never stay over, essentially come fuck who I want, but I won't stay over. I won't leave them in a cold bed over night.

Craig: [00:09:28] And this is something people need to discuss, which is what does giving a partner primacy actually look like? Is it. Enough sexual attention. Like we need to have be having sex this much. Is it time? Is it sort of, as you said, things like not leaving them alone at night and making sure you don't do overnights.

And these will be different things for everyone. And people need to consider what their needs are. Like if you're partner going out and playing. You need to consider what you feel is inappropriate, and if you're the partner, who's not got this fetish, not playing with other people, assuming that's the arrangement you decided upon.

You need to figure out what primacy looks like for you and what you need to feel comfortable and feel like you're the main, main partner as it were.

Buster: [00:10:23] Hmm. I think all of this could potentially be like a bit of a shock to the system. If you've got somebody who's kind of like vanilla and not come across kink before to certainly be kind of thrown into the deep end as it were and just go, Oh my God, I have to throw out all of my assumptions about what our relationship is.

Because society has such railroads to what our relationship is. So I feel like this can be a bit of a shock to the system. If somebody is like vanilla, never experienced kink before I feel like a lot of this could be a real kind of like sudden learning curve to go, how do I, you've got to kind of to two paths, you can go down one. It, which is sicker. Actually.

I'm quite comfortable with the societal norms of kind of like boy meets girl, get married, have kids white picket fence. And some people are like, well, actually, like, I don't feel like that's particularly appropriate. I'm willing to like experiment and kind of see what's going on in the world. In which case, like a relationship like that could open up a number of other things.

You might be the, you have a number of kinks that you haven't really kind of thought about. And I always say like, Actually seeing I've seen enough initially discordant relationships where a guy basically comes out of submissive to his girlfriend because he just can't do the job almost like he he's required by society to be the dominant one.

Then actually, if he's submissive, it can be quite a shameful thing coming out. And then actually we see, we see lots of girls kind of getting their leather boots on and trampling and

kind of taking ownership and locking up their boyfriends and having previously been vanilla. But actually the dynamic matters more to them than actually the, how you go about making that dynamic.

Like the, the nitty gritty of how that dynamic plays out.

And I do find once people see, understand how power dynamics work and they start to sort of understand the appeal. A lot of people get into it themselves.

Honestly, like I used to say when I was in my early twenties, sex is power, like just full stop, like sex is about love or tenderness sex is about power.

And granted I have a skewed perspective on sex and always have, but like when I caught with my first boyfriend who was five years older than me, he was enamored with me because I was some gorgeous young twink thing. It's hard to believe now, but like, I, I was 15 at the time. And he was like, in that like, Oh my God, I pulled a 15 year old.

I've still got it kind of mentality. That was like, actually, that's a power relationship. Yeah. And I didn't realize it at the time and he didn't realize it at the time, but like within a month I wanted to break up and I ended up marrying the guy because I was trapped in there. That's a power relationship.

So if you can get that power and vocalize it make it manifest and actually go, Hey, we're playing with this power. It loses that ability to trap it loses the prison. Kind of makes everything a lot more fun.

Craig: [00:13:54] Yeah. And it also gives you tools, like you say, talking about power, it gives you the tools to proactively talk about stuff.

And this is a wider relationship thing, which is people don't normally have big discussions about their relationship until it becomes a problem. No one really talks proactively about their relationships and it's a great practice to get into. So the boyfriend and I, we got this from, I think it was the ethical slut where you basically have set times to check in with one another, be it once a week or once a month, or once every three months where you just deliberately schedule to sit down and discuss the relationship.

And it can be so healthy because you can talk about, well, I've been feeling I've not been getting enough time or actually no, I've been feeling I've been great and we're doing good. And so over the years it's also come in very handy for just stuff. Like I would appreciate if you did the dishes a bit more this month, or like I'm going to be busy in the next month, can you take up this Slack around the house?

Just having that too of saying we have a regular chat just to discuss how things are going. And I always worry, it sounds a bit too clinical, or like you're having your performance review at work. And in some ways it can feel a bit clinical because we use I statements.

So it sounds like very HR language, but that can be, a useful tool. Because obviously in relationships, emotions can run high, especially around issues that cause friction. So sort of

discharging a lot of that energy in it by using I statements and stuff like that can really help smooth the path.

Buster: [00:15:44] Yeah. I think when you're in a relationship together, you're no longer trying to impress somebody. I love my boyfriend for all of them, all of his weirdness, as well as the fact that he's absolutely stunning, and he's a lovely guy.

you have to be able to deal with all of it, the whole package. So actually, if a partner has particular neurosis and they need a super regular reassurance on a particular point actually going like, okay, this isn't logical. It's a feeling that feels a little bit weird, but yeah, I will, I will reassure you appropriately.

And, taking the time to do that, I would feel like, yeah, that, that's a really cool thing to like block out time. I'd not thought about it quite like that. But the, I feel like kind of addressing the stuff in advance is something that. Actually, it was quite common in people getting married. So people like, how do I put this, generally speaking, if you go to a Christian pastor who's like serious Christian, rather than like rental, Christian rent a church to get married.

Yeah, they will insist on premarital counseling and like, they'll go, but, okay. So your wife's in the eight months of pregnancy, what are you going to do to make sure that she feel loves, like let's gain this stuff out in advance so that we know how we are going to need each other to respond in times of extreme stress, let's game these things out so that I know that I'm properly supporting my partner all times to give our relationship, like, given like.

The Christian people put a bit more but a bit more in the vows or the see, cause if you, if you're taking something in front of something you believe is a God like that, so a little bit more serious. And, and actually you want to be giving that marriage the best shot. If it's supposed to be death till death do us part, like you want to have all of this stuff gamed out.

So that, that way it's so much easier to manage it. When, when shit hits the fan. And actually I feel like it's something that we, as LGBT people don't get, because we don't really have role models per se. , we've grown up without a system in place. Like the old mentorship systems are broken down, like yeah.

We have our friends, but actually we're all just the blind leading the blind to some regard. .

Craig: [00:18:21] I mean, I do feel lucky cause I grew up in a smallish town and there was a very small gay community. But the upside to that was, I was essentially forced to meet and be friends with people far outside my age group.

Like I knew older guys, like I knew geriatric guys, we all hung out together and it really helped having people there that had been through all of the stuff and was there to tell me ahead of time. Well, you think this is going to how it's going to be bad. We actually know how it's going to be listened to us.

And that really has helped. It really helped me in life,

Buster: [00:19:04] on reflection. It's the thing that like growing up in London, like people always think like, Oh, growing up in London, there's so much to do now when you're 14 and

you have no money, there's nothing to do. And actually there's no, there's no community because I didn't really do school friends. Like it's not really my thing.

Craig: [00:19:22] The same, but there are, there are reasons for that.

Buster: [00:19:26] Yeah. The queer community is my, my adopted family. And, and now, like, we've got the kink community. That's my, I, I treat it as my adoptive family but when you're 16, like I was on gaydar chat and trying to hook up, unlike the older guys, there were like, you're not, you're not looking for sex. You're looking for companionship. You're looking for validation. You're looking to know that yes, you are actually gay. And they read me for filth in this group chat, but they didn't, they didn't moderate.

They didn't kick me out. They did support me. But like, that was the best that I could do growing up in London. Like there was, I think it was before KDO, there was like a, there was a radio show and they had like, there had an IRC chat room and I was in it. It was like an hour a week basically for like gay people, radio and wow.

I remember I came across it when I was like 13, maybe 14. It was like, there was an episode of something on it, on the BBC of like, look at these weird people and how they're having their own radio station. Isn't it uplifting to watch the freaks do well for themselves? Kind of like approach on the BBC.

And then yeah, this chat room was poppin with people just talking about how they reckoned will young was probably gay because Popeye's laws at the time. Nah,

Craig: [00:20:55] it couldn't be the case.

Buster: [00:20:56] But yeah, like we all need when we're like new to something, we all need role models. And I feel like kinky people, we don't really have role models and that's why we have a kink community.

Craig: [00:21:11] And that is very important because that gives you a resource of information. So talk to people about so I'll get into a personal history, one of mine. So I've discussed before. I've had a bit of shame around my hypno kink, and it was one of the few things I didn't talk to my partner about initially .

Cause you know, I knew I was kinky from 18. I was out there. I, you know, I knew I wanted to be a boot black. I knew I wanted you know, to be a sub, all that stuff. And I've always been very open about it. So

Buster: [00:21:43] why didn't you tell your partner about that kink?

Craig: [00:21:47] I think I've discussed it previously in this podcast, but I had shame around it.

I thought people would think I'm a freak. Okay. And they said the best thing to me, which was Craig, you like to go out and like to lick people's boots in clubs. Yeah. Like, this is no different to me. You have no reason to be any more shamed for this than the other stuff,

Buster: [00:22:14] because you really should be ashamed of everything else.

Craig: [00:22:18] No, no. He's, he's always been lovely.

Buster: [00:22:22] Yeah. This is the thing. Like I always come back to the dynamic. It doesn't matter what the kink is, whether you're shitting on somebody, because like you've got a thing where it's filthy, where you love, like exploring filth and disgust, or whether you're shitting on somebody as a sign of like domination.

The shitting isn't the important bit there, but it's an extreme example or whether like I've got friends who love drinking piss, not as a power thing, but they love drinking piss, but I drink loads of water when I'm around them to make sure that. Hey there, my friends, I'm going to make lots of pistols.

I love having my pistol on, but with my sub I don't drink lots of water. I drink lots of coffee and it's fetish and it stinks. And it's the power. It's the, he will swallow gagging back the smell. Yeah. Because he wants to be used by me for everything. And so that's a, like for me and my friends, like piss is like a really lighthearted thing.

But when I'm in Toko, it's quite a dark ofkink and it's all about like, how does this relate to our relationship?

Craig: [00:23:49] Yeah. And that is where do I want to go with this?

Buster: [00:23:54] Well, if you're new to kink and you're listening to this to work out how to sell things with your boyfriend, that might have been a little bit more.

Craig: [00:24:02] Yeah. Yeah. It's important. If you've come to this and you're coming to us because you think this can give you advice. Yeah. Like we Busta here isn't to some very extreme kinks.

Don't let that scare you off.

Buster: [00:24:17] But this is thing. Like, it doesn't look as I keep saying, like, it doesn't matter to me about the kinks, the whole point of a kink for me is like, how do I enhance my relationship with this person?

How do I deepen the bonds of trust that I have with this person? How do we jointly explore passion?

Craig: [00:24:39] You hit on the word trust there. And I think that's a good point to go on, which is you talked about it previously earlier in the episode, when you find out your partner has a kink that they've possibly been keeping from you, it can cause trust issues, like, cause you feel like there's this big, new part of them you don't know, and it can make you feel unsure.

And you're not sure where to go with this. And he said, a lot of people may find this out from like finding out their partner, cheated in some form. Like, even if they haven't physically

cheated. I know lots of people, if like they've been consuming, a lot of porn around assessing fetish can almost feel like cheating.

Buster: [00:25:25] Yeah. And I think that when you, when you're dealing with that, you've got to deal with those feelings is as valid. Like if you feel like you've been cheated on it doesn't mean you have been cheated on, but it means that this is exposed something. Whenever we get bad feelings, like, Oh, kind of like those, those very visceral kind of like deep held feelings.

So usually something in us is being challenged, like an insecurity. But I'm I going to lose my partner is, is sometimes the question there and we've got to like. In order to be like grown-up in a relationship when we get a feeling like that it's valid. We have to validate it and say, I'm not a freak for feeding.

This I'm perfectly like logical that I would feel this way. However, what is the sponsoring emotion? Why do I feel this way? Having a bit of self-reflection and I feel this way because for me, our relationship is perfect all the time and, and birds sing around my head. And then, then like, if you've got that in your head, like that needs to be broken down.

And it's sort of a bit of a mirror as it were these negative feelings. So they tell us where we need to work on ourselves, but it also it's like, well, if you feel like it, because Actually you're quite insecure in this relationship still. And you're re you've really, really been struggling. And you think you're looking at other girls more than you and you don't feel loved and validated by this person, then that stinging feeling of being cheated on, it's going to point all that out to you.

And then it's up to you to decide what you do with that.

Craig: [00:27:13] Yeah. And there's also something to be said for when you have this big shock of finding out something new about a partner, there is a grieving process. Like we always talk about grief as something that happens around people. Like you lose a person.

Grief happens. Like whenever we lose a big idea, we hold in our heads. So like when you lose a possible vision for the future you wanted, like, this is how my relationship is going to be. This is how my life is going to be. And that gets stripped away and you have to deal with the grief of the loss of that.

That is a valid process and it takes time and you will go through the processes of grief. You will go through hurt bargaining anger. I can't remember the rest.

Buster: [00:27:58] Don't worry. I'll put that. Nobody uses those anymore. So no, no. Okay. But you do bit, you can move people, move back and forth between them and Elizabeth Kubler.

Ross is five stages of grief are, I should remember this, a healthcare professional denial, anger, bargaining, something acceptance. You're going to Google that good, man.

Craig: [00:28:26] I'm just going to leave at the grief

Buster: [00:28:29] podcast. Yeah, no, we're going to, okay. We're going to edit all this out then.

Craig: [00:28:35] It is Like you will have to go through a grieving process.

And that, that takes time, like don't pressure yourself into feeling like this has to be fixed immediately. If you have a good, strong relationship with your partner. So long as you were willing to talk things through and give each other space and do the work, it'll end up fine, but you need to give it time and it will be rough for a little bit.

That that can be scary, but it's the truth. And again, if you can get through that, you will be fine.

Buster: [00:29:08] Yeah. And my first thought kind of reading, so reading these emails is like one of them, obviously I was thinking I'm really interested to hear what the boyfriends. Kind of like what, what, what their dream is like, okay.

This is a part of them that I've just discovered. They've got a fetish. My boyfriend said to me, Oh, I've got this fetish for slime. Gunge messy. And then I go, okay. So what is your, what is your ideal situation there? Tell me about your fantasy. Oh, right. Okay. So I want to be tied down to a chair and be struggling while somebody humiliates me and has control over me is very different from, Oh, I just love, I, I want to be in a swimming pool full of guns with you.

Yeah for

Craig: [00:30:07] sensation, like, you know, it's that sensation that does it for me,

Buster: [00:30:11] because like, when you understand, like in order to understand the kink, you have to understand, well, how does this fit in personality wise? If somebody enjoys, like somebody comes out as a submissive in this situation, like we talked about before, it's like, well, what's, what's the fantasy because actually that fantasy might be entirely like centered around you as their partner.

They might be really interested in trying something with you. And initially that you, you catch them watching porn and it's all like there's guilt and shame and feelings of trust and everything like that. But if that's what stirring emotion is actually passion for you, that's like it's worth knowing and being able to like.

Kind of just with the shame and the guilt and, and be able to go, Hey, like I could learn something new from this. Like when Touko came to me and said, like I'm super into findom. And I was like, Oh, okay. Give, give me your money. Is that how this works? You just give me, give me 10 pound notes every now and again, but how does this work?

What is your fan to see? And then being able to kind of like dig into that a little bit and you go like, okay, so you've got this this sexual fantasy. Like, Hey, let's give it a try. Like, okay, I know what I need to do. Like, okay, fine. You want to have your lunch money stolen, like from fin dumps, but two very different either you have your lunch money stolen, or you want your bank account drained by a stranger to look to different things.

Whether it's like a bullying thing or whether it's a power thing or like how it all plays out. But actually, like I learned something about myself in that, which is actually, this is a really hot way of playing for power exchange and it, and it's fin Dom something like kink power exchange is my kink.

And so it just slips nicely into one more tool in the arsenal. And if you're if the thing that you love most about sex is having your partner look deeply into your eyes as they rail you and they come out a submissive and you can do exactly the same thing. You just flip it around that they're tied up on the bed and you're looking deeply into your eyes as you ride them.

Craig: [00:32:43] Yeah. That is so much, you can explore this and like your horizons can be broadened and you can find a deeper connection than you thought you did. This is ultimately another way you can connect with your partner. It's not a barrier, it's a path.

Buster: [00:33:03] And yeah, I always feel like there's, there's a. Almost a default state when you find out about something it's to try and control it for them to promise, Oh, I'll never do it again. I'll never do it again. Like, Oh you can't do that. Yes. Or we consider it cheating and you can't do this while we're in a relationship together and actually like going, well, how does this, if we explore this together, how does that work out?

Because in any relationship, things are going to come up, whether they're financial, whether it's about the laundry getting done, or the dishwasher getting packed, or whether it's about some fucked up sexual fantasy, which is hot. Whether like you're gonna come across disagreements, you're gonna come across differences of opinion and differences of experience that lead to that lead to that opinion.

The it's all an opportunity to workout who am i, in this relationship, like, am I at like, when I'm here, am I doing my best for my partner? Do I feel like my partner is doing their best for me? Do I, do I still want this person in my life, which is always my, my base level kind of like start with any relationship, whether it's a friendship, whether it's a grinder, fuck.

Whether it's considering getting into a long-term relationship with somebody. Do I want this person in my life? Because if I'm looking on Grindr, like go, I don't want this person in my life. I just want to fuck then I don't fuck.

And that goes back to the whole thing of what is the price of admission to the relationship.

And are you willing to pay it? Yeah. Is it worth it? Are you getting what you need for what you pay into the relationship?

Craig: [00:34:52] Like that sounds horribly transactional. It's not that clear cart, but it is a guiding principle of for relationship. You need to be fulfilled enough for what you're putting into it.

Well, it should be mutually supportive.

Buster: [00:35:10] I wouldn't feel like on the cold logical bastard in the room, but actually here, I think of our relationship, but instead of kind of like that transactional mentality, it's almost like I think of our relationship as like, okay, we're going to create something together.

Yeah. And, and if your, if the two of you are painting an art piece and you paint the whole art piece and then they sign it, it's not like you have an Oh, I'm going to have to borrow where from corporate world, you haven't synergized. The whole point of our relationship is the two of you should be stronger than you are individually.

And, and actually learning to work as a team. I, when I look at my friends, getting into relationships, the ones who have sexual chemistry lasts for three months and the ones who are dedicated to like working as a team with their partner, they're the ones that really last get married, buy a house, have loads and loads of gear and fucked up sex.

And yeah. Yeah.

Craig: [00:36:12] I know my boyfriend is always on my side. He's always in my corner. And that includes when we've had arguments, even under the arguments that support and that care for one another is fundamentally they're all ways.

Buster: [00:36:30] Yeah. We are a team and we may have some disagreements within the team, but we're still like, yeah, I got the Wolf and my boyfriend and yeah.

And I want him to know that even when I'm telling,

Craig: [00:36:51] I mean, we S we've spent a lot of words on this, but ultimately it all comes down to open and honest communication where you're willing to listen and you're willing to compromise, and you're willing to be open to what other people say.

Buster: [00:37:08] Mm, equally there are sometimes where somebody has a lot of guilt and shame around a kink and they're exploring in an incredibly destructive way.

And actually sometimes the best thing is not to engage in that. Like if your boyfriend is spending all of your joint income, like pursuing a fetish, like, so like if he's into fandom and spending a huge amount of money that you, both of you Herbert, and that's not within the terms of your relationship, like actually that's a serious breach of for us.

W we talked so much throughout kind of about bringing, coming, like coming together with this, but actually it might highlight the actually announced that it's fine to go, actually, that, that, that is severely disruptive and that's not on. Yeah.

Craig: [00:38:03] Cause it's like, Shane can make you do horrible things and destructive things, but it's not a get out of the jail free card.

You have to own

Buster: [00:38:14] your life. It explains it. Doesn't excuse. Yeah. And, and like sometimes thing, like I'd done things in relationships before trying to like suppress kinks and yeah, I, she like my, my ex husband, the one that I talked about my life because of the circumstance of our relationship, that he was not privy to, like, it was all internal to me.

I cheat it constantly. I was playing around all the time. Our relationship was open one day and closed the next and opening closed. And on reflection, I realized he was probably a cock.

But struggling with the shame of that and actually like. That relationship is very disruptive. So I think to both of us, and so they come to a point where it's like, okay, well, if you're, if you're not able to communicate this stuff and you're not a, like, it all comes down to, can I be open and honest with this person?

Do I want to be open and honest with this person? And actually this isn't necessarily about the person, the vendor, the person talking to the kinky person. But actually if you're a can keep us in a new guy, actually this partner isn't fulfilling what I need. And, and they have, like, their requirements are such that I can't get what I need from this relationship.

Then, then, then actually like, There's a question of, well, okay. Do you, do you open things up and say, I actually on reflection were not sexually compatible. Therefore we can open things up and, but then working on that is its own series of challenges. Like opening up a relationship, takes a lot of hard work from both sides.

Craig: [00:40:06] I'm and again, it is one of those things where you have to be fair to go through rough moments where you do feel hurt or jealous or worried or scared, and you have to sit with those emotions and not let them review. And that can be a horrible process to go through. But again, I think it really helps you as a person.

Buster: [00:40:28] Yes. I know that I am a better partner for having been in the relationships that I've been in before. In fact, I've made all the mistakes and in the early days, I didn't learn from those mistakes and I've made those mistakes over and over and over again. And eventually I had to look in the mirror to find out what was going wrong in my relationships.

And somebody read me for filth. One of my best friends read me for filth

Craig: [00:40:53] When you're in a relationship, you need to remember your own personal worth and what you're willing to put up with or not put up with as the case may be. Yeah.

Buster: [00:41:04] I think that having a good grasp, like taking an active role in reflection and self-improvement like looking at one's own insecurities I, in this relationship because I'm scared of being alone.

So therefore, is it a relationship of convenience? Rather than like, Oh, actually, are we, are we really forming a team where we really got an excellent team relationship? Like a true relationship going on here? Or is this a transaction where I had to put up with his shit? And he gives me a sense of being together with somebody because I don't like being alone.

And, and being it's it's, it's probably some of the more painful, possible things that it's, it's possible to go through. As, as, as like in a relationship, especially like having to confront these very dark kind of primal feelings, but you can come out of it with a much clearer head. I always recommend therapy to anyone.

Who'll listen for precisely that reason to go, Oh, actually, how do I feel about this? Starting with the assumption that actually like, I'm lying to myself about almost everything, because that's my experience of life. My early twenties, I lied to myself about everything. And then slowly I came to the realization that I was full of shit.

I dare say other people have different experiences. Some people would say I'm still for the shit. Yeah.

So like so I guess it's really important in all of this though, to take a look, kind of take a step back when your engaging any, any kind of kinky, if you want to explore something with your partner and think about like the, some of the ground rules and then the fetish community, we, we have a variety of acronyms.

I personally like safe, sane, and consensual.

Craig: [00:43:02] Most people will start with it's. I tend to think of safe sync and central is. The baseline beginner one. Yeah. And then we can go on to rack, which is the sort of, kind of more advanced one

Buster: [00:43:16] listeners that's risk aware, consensual kink, but yeah. So should we start with say sane and consensual?

Like we started off with the idea about it being safe. What does safe mean for you ,

Craig: [00:43:28] Well, you account for the dangerous that can happen in it. So obviously like some something simple as, Oh, I don't know, bondage getting tied up. You're aware of how to do bondage correctly, how to not damage limbs, how to not damage nerves, that sort of thing.

So that's the safety saying is of course,

Buster: [00:43:51] well, there's more to safety. I'm going to, I'm going to interrupt there and say and safety can also be. Thinking about like your mental health and your partner's mental health and things actually, are we in the right place to explore this at the moment?

Is there somewhere that we need some time to talk about? Do I feel like I trust this person in the right way? Ah, see,

Craig: [00:44:13] I would class that as the sane part.

Buster: [00:44:17] Well, go

Craig: [00:44:17] on. No, no, I think the same part is essentially exploring mental ramifications and obviously exploring your state of mind. Are you in the right place to consent to this?

Do you, are you informed enough to consent to things? And it's like considering all the ramifications it can have on your life, that sort of thing.

Buster: [00:44:40] So I always tend to take a zoomed out view of sane, and I always think about like, okay, like broadly speaking is this thing that we're about to engage in.

If we told a stranger, we were about to do it with the man on the club room, on the bus, be shocked and horrified, or be severely worried for one of our safety. Say for instance, like when just getting started thinking about sanity is like, okay, are we exploring a hanging fetish

here? Like, because that's not saying like, are we exploring having never done anything before we're going to make each other blackout because of the breath play. Like that's not a sane thing to do. So kind of like zooming out almost and going, okay, I'm going to separate my brain from my dick and think with my brain about this fetish, is it wise?

Yeah, and then consent, but both of us, I think we'll probably be on the same page, which is, can you make informed decisions? Do you understand things? Have you consented to it? Is there a safe word in place? If you feel like you need one, most people, when they're getting started a safe word, I always recommend the word safe word.

There seems to be a common trope in, in the media that a safe word should be something really weird and like extravagant, because it'll never get said, but if you're fighting to remember your safe word, then that, that can be a really toxic thing. There's no need to say the word safe word in sex, unless you mean it.

Craig: [00:46:20] Yeah. I mean, I'm a big fan of the traffic light system for safest, especially when you're exploring a new kink. It's great. Because the traffic light system, you don't have one hard Safeway. Do you have. Amber or orange and red red means stop. Amber can mean slow down or pause. And this means you can continue the scene, but you can pause or tell them to back off a bit.

It's like saying I'm reaching my limit here. Can we back off, but keep the scene going, which is a helpful tool to have is again, when you're exploring a brand new fetish, it's a wonderful thing to have.

Buster: [00:46:56] Hmm. Yeah. That's a good point, because for me a safe word, if somebody uses a safe word, it's like everything.

Like I have an order as I'm putting, if I'm tying somebody up and I've got hoods on sensory deprivation, I have an order in my head about how I'm going to remove this and in a way to bring them back to life, kind of like as quickly as possible. And it's in a safe way. Right? Okay. Something like you're panicking.

Great. Let's get the hood off so you can see so that you can breathe freely. Then we're going to, I'm talking somebody through it, but the scene is basically over w w with a red and, and there's no, there's no discussion to be had with the safe word. It's like, okay, I am honoring the safe word. Here's how I'm going to do it.

And then stepping back from that and, and these things combined create a trust experience. There was a situation where w w my boyfriend and I were playing with like a new people popper up poppers. So a few years ago, and he ended up getting liquid poppers in his mouth safe word, and being able to step back away from that.

And then on time, kind of get him back to back, back to the real world and then getting water, and then spend half an hour having a cuddle, because that's a nasty bump back to real life that created that enhance our relationship. Our relationship was closer for having had that experience, because it allowed us to build trust in them that moment.

I'm back to trust. Yeah. Like kink between whether you're both in thinking or whether one of you is into kink, it's about trust and. Does exploring this kink fit within your current level of trust. And are you going to trust this person more for having explored this together?

Craig: [00:48:54] Yeah. It's at the end of the day, it's what bind you and your partner together.

And just building on that and it's understanding each other's needs and working towards a common goal. And again, being willing to tough out the tough points and being willing to be loving and opening communicative, even when you know, things have come between you.

Buster: [00:49:25] Absolutely. I mean, that's good relationship advice that any couples counselor would give you.

Craig: [00:49:31] This is the thing we, we keep talking about this, like for kink discordant relationships, but this is just general advice. For all relationships in every circumstance, it all works.

Buster: [00:49:44] Yeah. And, and so kind of like with that, like what are the things that work for all relationships? Well, just mentioning couples counseling.

Like actually, if you want to discuss this and you need a framework to be able to discuss this and you don't feel like you've got the tools then asking for like a third party mediator to come along and to do some couples counseling together to actually create an environment where it's safe to talk about these things.

And there are lots of counselors who specialize in working with BDSM couples. So there's no that they've got the language to help you explore this kind of stuff together. I can be really valid as

Craig: [00:50:24] well. Yeah. Definitely try and seek out counselors that are not, not pro BDSM, but Comfortable. Yeah, they're sex

Buster: [00:50:34] positive, certainly for LGBT people, but actually kind of broadly speaking pink therapy's website.

If you're in the UK pink therapy has like counselors and therapists kind of like database that you can search. If you say we're straight BDSM couple, and we're looking for a guy who's trans identified to help. Like you can, you can specify everything until. Until you're blue in the face to, to, to get the right person for you.

And it can certainly help to help to create an environment where you can discuss that kind of stuff. Really.

Craig: [00:51:14] So I think we've pretty much covered all the basics here. So

Buster: [00:51:18] there's one thing we haven't covered.

Craig: [00:51:21] Yes, yes

Buster: [00:51:23] we,

Craig: [00:51:25] yes. Yes, we do have veteran and it's been going well and we really hope if you like what we do here, you'll just toss some, quit our way to help support us.

Buster: [00:51:36] Yeah. I think it's important to note, like actually making a podcast, not only takes time and equipment, but also as a number of things that you need to be subscribed to in order to make sure. Essentially make a podcast hit the real world. There's, there's quite an expense to that. So we're asking if you like what we do sign up for, for the Patrimon.

It starts at a pound pound a month. And yeah, at the moment, it's, you're doing it for the good of your heart. We will be announcing podcast, Patrimon tins in two

Craig: [00:52:09] calls. Yep. We will be revising our tiers and getting people a bit extra if they want. But yeah, the lowest tier at the moment gives you a week early access.

And our newsletter, I write up a little newsletter about what's been going on behind the scenes stuff. I didn't get same the interviews, so yeah.

Buster: [00:52:28] Yeah. Well so it's patrimon.com forward slash kinky boys Polk pod, kinky boys apart. And it'll be in the show notes. Of course.

Craig: [00:52:40] Yes. And to our, all our listeners hope you've enjoyed listening and play safe.