

Class Notes & Highlights for

JADED. When Kink Loses its Sparkle

Presented by Alain & TiedRed

You can't control the wind, but you can adjust your sails

Shit Happens

- Kink Participation = Varying Risk
- If you are showing up and participating in kink and doing more than plastering yourself to the wall and strictly watching parties, something is going to go wrong at some point. It might create deep yuck feelings.
- Participating in Kink is a risk. With any risk you take, loss is possible.

We're Human

- Scrolling through Fet or Instagram, it's easy to assume you are the only one experiencing grief, loss, or complications within the community.
- All of the items discussed while putting our fingers down are COMMON. It's just not often openly shared or discussed. Especially the resolutions folks work towards.

Self-Selecting Out

- We welcome everyone and let people self-select out
- The fact that you are in the community, even though you've had things happen several times, makes you special and adaptable. It's a win. Many folks don't overcome these things. Many have one bad thing happen and bail.

Shit went wrong. Now what?

- Typically, we take solid steps to remedy the issue
 - Talking it through with friends, partners, and community leaders.
 - Getting professional help from doctors or therapists
 - Taking ownership of any wrongdoing, if appropriate
 - Make amends when appropriate
 - Try to learn from it and be better humans
 - Seek out additional education
 - Look for new places or friend groups

- BIG POINT: “The idea that jadedness is a self-protective response coming up that is quite natural and appropriate with these kinds of experiences.”
 - Trying to convince yourself not to be jaded sometimes is harder than just befriending your jadedness and recognizing that it’s just a part of you that wants to try and keep you safe.
 - You can say hello to it without letting it dictate the choices you make about how you move in your kinky world

Become or stay well-rounded

- Is kink a part of your life or is your life defined by kink?
- If the latter, kink feeling jaded can be very problematic. We recommend balance, making sure your life contains a mixture of things.
- What is your life like outside of kink?
- Curate supportive non-kinky friendships
- Gratitude & Positive Psychology
- "Kink comes last" rule
- Create goals that do not incorporate kink

Considering Partners

- Choose your partners wisely to remain active in kink
 - If you are trying to shake your jadedness, choosing the right partner can help or hinder
 - Partners can open up new doors, experiences, and people
 - Partners can also close doors (think consent violations)
 - The partners you choose can help determine life happiness and the path you take on your kink journey. A good partner can lead to a more fulfilling life.
 - When starting a relationship, maintain your life balance – value your alone time and hobbies

Examine how you participate

- Pick a new kink to explore
- Attend classes that you may have dismissed in the past
 - Look at a conference class list. If you can’t explain why someone would be into a certain kink, that might be a good class to check out
- Experiment with different roles
- Travel, if you can

The Fuck-et List/Kink Bucket List

- What have you wanted to try but never got around to?
- Keep an ongoing list on your phone and slowly add to it as you learn new things or think of items
- The sky is the limit, no one is grading your list
- Peruse FetLife and Instagram for ideas
- In the spirit of being well-rounded you could also combine with a vanilla bucket list
- Share your bucket list with your partner

- If you're open to new (play) partners, posting your bucket list online can be a good way to find them.

Service and Volunteering

- This only applies to you if volunteering is not how you started feeling jaded in the first place
 - Community Service vs Unpaid Labor - don't become Unpaid labor
- Invest in the event or venue through volunteering
 - For a night or long term
- Willingness to come in on the work days plants seeds that may or may not grow
- Working the front door for an event allows you to meet everyone in the house that night
- Proximity Principle - we are more likely to form relationships with those we frequently see around us
- It's also good for your overall well-being to help others
- You don't have to be a leader or educator to be an important part of the community.

Become a Villager

- Rings of friendship
 - Dunbar's Number also known as the "150-friend theory"
- Journal of Social and Personal Relationships, Associate Professor of Communication Studies, Jeffrey Hall, ~ 50 hours = casual friend, ~ 90 hours = good friend, ~ 200 hours = help you bury a body
 - Throw in life, kids, work, school, illness, partners, travel...there is little time left to build a village
- Become a Villager
 - Everyone wants the village, but no one wants to be a villager
 - More than ever we need to look out for each other
 - Bring someone soup when they are sick, ask how their test went, buy the wrapping paper from their kid's school fundraiser, do they need a ride to the airport next month?
- Friendships make us resilient in the face of adversity (like kink gone wrong)

Alter your Chemistry - Speeding Up

- We like to talk about adrenaline, but there are lots of chemicals that control how we feel and act. Changing any of them can help clear a funk!
- Think roller coasters, nudist hot springs, hot air balloon ride, or anything that might scare you a bit.

Slowing down

- Kink does not need to happen at speed/volume 11.
- If you are experienced, there's value in taking a step back and enjoying the simple.

Nuggets of Information

- If you've been in the scene for a while, classes probably aren't blowing your mind like they used to. Still attend the classes!
- Try to stay in a curious, questioning mindset
- Instead of looking for revelations, look for nuggets of new information

- It can be as simple as a good book recommendation, a quote
- Small items add up over time and give you the kinky edge

Don't give up space

- This means not giving up space at events and clubs
- Don't swear off going to a place forever
- It is okay to take a break from a venue

Two-Year Rule

- 90% of people attending a club or event will be new.
 - Why? Some people realize it's not for them. Some people find a partner and take their play private. Some are jaded.
- Be patient and give yourself time, it heals all
- Gives us new perspectives and growth
- Don't expedite your grief to alleviate tension

Thank you for attending "Jaded. When Kink loses its Sparkle". Alain and TiedRed welcome positive and negative feedback as they strive to deliver the best classes possible.

Contact information is available at <https://alaintiedred.com/#contact>.