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## Using Conditioning: Ethical or not?

1 [notnilla](#)

2002-11-10 18:18

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Is it ethical to use conditioning to mold bottoms/servants?

Here are some examples that I believe work well.

1) There's a lady who looks in the mirror. The majority of the time when she does she hear a voice that tells her she's fat and unattractive. After she hears this voice, she changes clothes. It's painful. She tries to find anything that doesn't make her feel that way, etc. I tell her to take one line and say it to herself over and over when she first stands in front of the mirror and hears that inside voice telling her she's fat. The line is, "Was that (meaning what her voice just told her) helpful to me?" If the answers is no, to tell herself that wasn't loving and therefore it wasn't right and no one is allowed to speak to her that way. To know whose voice that comes from, that it is not hers and that she won't allow (persons name) to stand in the privacy of her bedroom with her. This conditioning was done with someone who is not my property, who I do not play with and who is owned by another. They were a client of mine.

Next example.

2) There was a boy who I played with for a number of years. I never owned him but damn he was fun. I found out he had a phobia of going to the bathroom when guests were in his home. He'd hold it for days and make himself very sick. I privately decided this wasn't okay and I'd fix it because I can and because I loved him. I took over six months conditioning him. I started by threatening him with an enema. He freaked. I kept this up until he didn't freak any longer. Then I added something about how it feels. He freaked until he didn't any longer. Then I added something about the smell. He freaked until he didn't any longer. Then I added something about the site and lack of privacy. He freaked until he didn't any longer. Then I added.... get the picture? I was unrelenting. I verbally took him through a million stages. When I literally couldn't think of anything else to say that would freak him out, I knew he was ready. He later told me that he thought I just liked to kid around, that he'd gotten secure that I probably didn't have the skills to do enema's (I howled) and wouldn't really give him one. Well, I did. That night I planned it to a T. It lasted hours. I made him show me, I smelled, he was left with no privacy and-- it was one of the greatest experiences to date for him. Oh, and might I add, he doesn't make himself sick any longer.

Every single part of that is conditioning. Classic conditioning, I'd say.

Conditioning is used to learn service movement. It's used to heighten the enjoyment of orgasms. It's used by our

Conditioning is used to learn service movement. It's used to heighten the enjoyment of orgasms. It's used by our bosses so we know what they need and when they need it. It's used by wives/husbands who teach us how they need to be loved and what that means in tangible activities. Mothers are conditioned to know the difference between what one cry and another cry may mean from their infant child.

Our lives are rife with conditioning. It is, in great part, how we learn. Sometimes we learn things that are good for us, sometimes we learn things that are not good for us.

Is it ethical to use conditioning to change how another person thinks and reacts? Is this something that tops should take on? Is this something that bottoms should allow?

Catherine

2 [willbehis4ever](#)

2002-11-11 13:55

Catherine,

I am not sure about the ethics or not..but theBigHe has used that method on me and it helped me with something that was incredibly painful to me.

I have never had much confidence, always being compared to my younger sister. I never quite seemed to measure up. I was tall...5'4..lol she was tiny..5'1 ...like a little doll. I felt like a gawky amazon. She had Dolly Parton boobs..I just had 36C's. She had long strawberry blonde hair...I had long dark hair..but it was never quite as long as hers. It goes on ad nauseum. Consequently, I have always felt like a little less, just a little behind. TheBigHe has always told me that I was beautiful. I never really believed him. I thought he felt that way because he loved me. After the zillionth time of me asking if I looked ok...he decided to change the thought process for me.

He started taking me to the casinos at night. He made sure I had beautiful clothes and looked my best. He forced me to meet people head on...to look them in the eyes. I normally looked down, so I never noticed if anyone was looking at me. He made me count each and every look I got, every raised eyebrow, every turned head. Of course the down side was I got a lick for every one of them.<smile> He said that the licks were to drive the point home, to make me count them, to make me see and feel just how many there were. I can tell you that this conditioning did wonders for me. I no longer look down. I carry myself proudly and no longer hide behind baggy clothes. The hostess at one of the restaurants even commented on how classy we looked and that we were one of her favorite couples. I was so excited! Silly huh? While I would still never say to anyone that I am beautiful(that seems a bit conceited to me), I no longer disbelieve him when he tells me that I take his breath away. I have made him prouder of me and that just increases the pleasure I get from being his.

Unless the conditioning is used to hurt someone or to make them feel less about themselves....I see only positive uses for the process.

Besides, from my standpoint, some of this conditioning...and not just talking about the kind above, but the sexual, pleasure side...I have become insatiable...<laughing> The only downside to that is that he says he needs help! (this is a problem?) He created it...now he has to deal with it.<falling off chair> me(cherry)no nasty comments about denial<g>

3 [rabidchihauhau](#)

2002-11-11 15:36

I don't really see it as a question.

In non-slave relationships, such things ought to be deliberately discussed. If consent is granted, no issue.

In slave relationships - I think its pretty much a given that 'conditioning' is a big part of it.

Besides, as you pointed out, "conditioning" is something that goes on in our daily lives, whether we realize it or not. Self-conditioning, circumstantial conditioning (man, that street light changes fast...) voluntary conditioning (welcome to basic training, dinks!) unrealized conditioning (wow, I'm waking up at 5:00 am without an alarm clock - what's up with that?) and interpersonal relationship conditioning (the 'grease' that makes relationships work - the unspoken communication, the anticipation of your other's needs).

About the only difference between those and lifestyle-based conditioning seems to me to be the overt announcement of the intention (while chuckling or smiling with anticipatory glee).

4 [notnilla](#)

2002-11-11 16:12

cherry,

While this isn't BDSM, I wanted to share it with you. It's not conceited to say you're beautiful. It's alright to believe this for yourself and say this to yourself. What would happen if you did? If the answer is anything about how others may think less of you or judge you-- you are doing yourself a disservice.

When we provide ourselves with positive beliefs regarding our beauty, our worth, our intelligence or our talents we are freeing ourselves to live our best lives.

Close your eyes and imagine seeing your curves, your beauty-- does it feel freeing? Exciting? Does it seemingly provide you with open ended possibilities?

Learning to appreciate the beauty of who we are allows us to create new possibilities for our lives. When we appreciate our own beauty we are better able to admire beauty in others because there is no jealousy, no wishing we could be more like them-- there is just admiration.

It's a solid foundation and could improve all aspects of our lives-- even our SM lives.

Catherine

5 [willbehis4ever](#)

2002-11-11 16:51

Thank you Catherine...that was beautiful....and yes...what you say is true...it does feel freeing and exciting...::smile::  
me(cherry)

6 [Hawkins's kate](#)

2002-11-11 17:58

Conditioning, ethical or not...

It seems to me the answer to the general question lies in your original post...our lives are rife with it. Babies condition their mothers to recognise the cries...

That kind of unintentional conditioning, the kind which happens and will go on happening whether we think it is ethical or not, i think should be left out of the equation.

If you ask whether something is ethical or not...i suppose you have to start with it being intended, and not part of well, biology (like the babies).

If the conditioning is intentional, its being objectively ethical depends on all kinds of circumstances...does the person doing the conditioning know what they are doing? Does the person being conditioned want to internalise the behaviour they're being trained for? Are we necessarily talking about a BDSM relationship between 'conditioner' and 'conditionee'? To me it would make a difference...

If it is a BDSM relationship, and the conditioner is entitled to take those decisions without the say so of the 'conditionee', is the purpose of the conditioning legal? Is it healthy for the conditionee? (if so define healthy)...

Objectively i think it is a difficult question to answer.

If you were to ask me, 'do you think, kate, that your Master would be able to use conditioning in training you, and would this be a useful tool..would it have the potentiality to improve your lives?' Then my answer is unequivocally; yes.

He could use conditioning, as most people in a relationship condition each other to some extent or other, and as

i think he is an intelligent human being i think he could actively condition me. As i trust him, and generally want him to take such a role in our relationship, the chances of his successfully conditioning me would increase. i personally think he would use this tool wisely, and to his or mine, but definately our, benefit.

kate

(ps. nice question)

7 [Trinity](#)

2002-11-11 21:16

I don't have a fully formed opinion on this one, so I may not make perfect sense here.

Seems to me the main issues are 1) what the conditioning is being used to do and 2) how it's brought about.

The typical SM fantasy stuff, the "I'm going to lock you in a room for days until you become totally submissive to me" type fantasies, would be unethical, I think.

But conditioning like what's being described in here -- attempts to help a person rewrite a destructive behavior or a destructive piece of zir self-image, is different.

What's being described in here sounds less like the highfalutin "I am DOM. I will REMAKE YOUR PERSONALITY, for you are slave." and more like... attempts to show a person how to re-conceptualize things that are limiting to zir well-being.

The things described in here don't bother me... in fact, they sound like good things to do. They sound, even, like things that aren't necessarily tied to dominance -- things we'd try to do to help people we love, regardless of whether we dominate them or not.

I would, however, be leery of the "I'm a dom, ergo I get to condition you simply because I want to" style conditioning.

8 [alpha\\_femm](#)

2002-11-12 07:22

This is a very deep subject to which I can add only one other thought:

willbehis4ever, I would be THRILLED to have "just 36Cs"!

:-)

Deb

9 [paul\\_puckett](#)

2002-11-12 10:07

This is an interesting thread especially for a submissive who has yet to be in a true D/s relationship. It seems to me that conditioning is merely behavior modification. In some cases, it may be for the good of the sub to correct a bad habit or behavior (e.g., Catherine's example of the sub who made himself sick). In other cases it may be for the good of the relationship (e.g.. training a sub to perform a certain act that is important and perhaps unique to the Domme). Regardless, is it not just behavior modification?

If I were in a relationship, I do not think that conditioning as discussed here would be a problem. Before I consented to enter the relationship, I would have developed confidence, trust and respect for my Domme. I would know that she has my best interests at heart, and would not do anything to harm me.

:)

paul

10 [rabidchihauhau](#)

2002-11-12 10:22

alpha-fem,

don't forget that there are plenty of us out here who think that 'less is more'.

11 [alpha\\_femm](#)

2002-11-12 10:24

Dear Rabid,

Precisely (more or less)!

:-D

12 [willbehis4ever](#)

2002-11-12 11:31

Rabid,

<don't foget that there are plenty of us out here who think that 'less is more'>

Its too bad that someone doesn't tell that to all those girls out there developing. They think the end all and be all is a D cup. (even the Victoria's Secret models have big boobs now..lol) One especially nasty little secret that no out there shares with you, is that after you have children and nurse them, they sometimes shrink!

But hey, Deb! Perkies don't sag! Sweet justice...:smile::

me(cherry)

13 [Hawkins's kate](#)

2002-11-12 11:35

\*smiling with cherry and Deb\*

Hawkins always says, 'anything more than a handful is a waste', but that is just personal preference...he says he just likes stargazers...

i don't know...boys huh?

kate

14 [notnilla](#)

2002-11-12 14:25

<<The things described in here don't bother me... in fact, they sound like good things to do. They sound, even, like things that aren't necessarily tied to dominance -- things we'd try to do to help people we love, regardless of whether we dominate them or not. >>

They are tied into dominance. I need someone to be healthy and have a clear vision of themselves. The less nuerotic someone is the better abled they are to serve, to hear what I say and evaluate their world. They are less defensive, less self critical and therefore they can be better focused instead of listening to the demons.

I beleive strongly that all forms of mental health are absolute pertinent to D/s. The cleaner you are, the better able you are to distinguish your issues and needs, the more able you are to create lasting healthy D/s relationships.

Catherine

15 [willbehis4ever](#)

2002-11-12 15:07

I know this is going to sound simplistic to what you just said by Catherine, but she is so very right! It was extremely hard for me to concentrate on what theBigHe wanted from me, when all I could think about was how I looked to the outside world. My total lack of self-confidence made it difficult to carry myself in a way that would please him, to wear the clothes (or lack of them) that he required. I was so busy feeling bad about myself that I couldn't think of much else. It frustrated him and made me miserable. Now, it is so much better. The release that I feel after confronting and purging myself of those demons has left me free to be what he wants me to be (my best) and he doesn't have to worry that he is going to damage my psyche in some way.

I have always felt that the mental health of the people involved in these kinds of relationships should be dealt with first and foremost. The relationships are so intense and can only heighten problems that lie underneath the surface. Who knows what drives each of us and makes us like we are, but I think it is well worth delving into and confronting, before we plunge willy nilly into something that could truly mess with our minds. There is a freedom in understanding ourselves. I believe it helps a Dominant to know just what drives this person they are asking to serve them.

me(cherry)saying over and over..."I am beautiful, I am beautiful" <g>is that better?

16 [rabidchihauhau](#)

2002-11-12 19:12

alpha, willbe, kate,

I put it out there precisely because I know that so many women are encouraged to have a hangup on size - just like guys are when it comes to other parts of the anatomy.

Once it became apparent that k and I were going to get together, one of the first 'hedges' she gave me was the breast size issue. I said 'GREAT!' - I prefer small - but I don't really think she believed me for quite some time.

Part of my 'conditioning' of her was to spend some time on the issue, making sure that she knew I was being honest about that.

Since she'll be reading this - yes k, I know it wasn't a big deal, but its relevant to the discussion.

And it wasn't really 'conditioning' in any classic sense of the word - all I really did was make sure that she knew I loved and accepted all of her, both individual parts and the whole person.

Sometimes I suspect that there's one or two guys with a GIGANTIC BREAST hangup (read that both ways please) on Madison Avenue who are getting their jollies at the expense of the average woman.

I personally think that most guys are interested more in shape and 'utility' than they are in size. I've yet to see a guy turn down the opportunity to fondle one just because its 'too small', which ought to be some kind of clue.

17 [Trinity](#)

2002-11-12 22:27

Catherine,

Yes, but things like that might make sense even outside of that context.

I had a lover who helped me get over a nasty hangup of mine in the way cherry and rabid describe -- continually introducing ideas that involved the things I was hung up on as good, fun, valid, exciting, etc.

Was he my dominant? Of course not (nor was I his). Was he dominating me? No.\* Was he saying things that would eventually train into my mind the idea that I didn't need to be hung up on the things that were messing with my head? Yeeees. Am I grateful for that? Heck yeah.

But a D/s relation between us had nothing to do with it. That's why I say these things need not be tied to domination.

-T

\* : I suppose one could postulate that any such conditioning is a form of domination, and that he indirectly dominated me through doing it. However, that's not the way either of us experienced what was happening.

18 [notnilla](#)

2002-11-13 02:04

<< I suppose one could postulate that any such conditioning is a form of domination, and that he indirectly dominated me through doing it. However, that's not the way either of us experienced what was happening.>>

I suppose they could as well but I wouldn't go down that path. It does not need to be attached to domination but it certainly isn't a mutually exclusive concept either.

Catherine

19 [Hawkins's kate](#)

2002-11-13 04:02

Rabid,

i never had a hang up about my breast size. They're small, but i have always liked them. (sillu thing to see on a screen, but it's true). i was the first girl in my class to start developing them, and it was the first time i was singled out by the rest of them for something positive. i loved it!

i have never had a partner who didn't like them, and as i am smal all over huge boobies would make me look topeavy \*grin\*

My smiling was at 'perkies don't sag' and 'less is more'  
i thought those were really funny...i mean, really; 'perkies' even feels funny in your mouth. And i \_do\_ mean the word, not that i am sitting here developing a stiff neck trying to eat my own boobies lol.

20 [TooLoose](#)

2002-11-13 17:29

Booby size? This is kink-land, as long as a nipple clamp will stay on who cares what size they are. Got to keep our priorities straight <vbg>

TooLoose :-)

21 [¿'nilla?](#)

2002-11-14 12:04

The examples posted so far look like genuine attempts to fix something that is actually broken. As usual, it's probably the 'nilla world that's doing things which are truly Evil, Bad, and Wrong. Take the Mad Ave types (please!) for example. Most advertising is all about making as many people as possible feel anxious and uncomfortable within their own skins, that there's something very, very wrong with them that can be alleviated solely by immediately rushing out to buy The Product now, Now, NOW! And then they'd try to condemn you all for "using conditioning" to adjust maladaptive attitudes, thinking, and behavior that if just left to fester would make your parters' lives into something right out of Dante's \_Inferno\_?! But of course. Happy people don't indiscriminately spend, spend, spend on the latest and greatest useless crapola "as seen on TV", and therefore they are mere economic deadwood.

22 [TheirFaerieGirl](#)

2002-11-15 20:42

yes

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