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Emotional Edge Play

1 [notnilla](#)

2002-11-16 22:45

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I want to open this discussion by stressing that this is not light play and that you cannot delve into another's psyche lightly. SM is not to be used as therapy, however, SM can be therapeutic. The following is also my opinion only. It is not an absolute on how to do this type of play.

I also want to provide a warning that what follows may be edgy and difficult to read at times. It is what it is.

What is emotional edge play?

It is the use of past emotional trauma in play. It can also be the creation of an emotional state of distress and/or eroticized play through power, coercion, manipulation, and/or planned tactics to name a few.

It is taking someone to the edge of fear, perhaps anger, or some type of strong emotion. It is the use of an action or words that evoke a huge emotional reaction.

This is why using past trauma is so effective. Trauma is naturally associated with strong emotions and these emotions comes in a ready to use package, if you will. Trauma and relieving these places also can provide an edge of and within itself.

Some things which might be emotional edges are age play, incest, death, interrogation, false acquisition, rape, violence, captivity, abandonment, objectification, gun play, breathe play, exposure, rage play, role play and humiliation. This is the short list of what this play may be.

Behaviors or possible activities that are considered taboo could also be used to much success. For some people these activities are: enema play, anal penetration, exhibitionism, or any that your bottom perceives to be edgy.

This is highly personal play. It will be individual to the bottom you are taking there. You have to walk into their mind and play with what exists there. You have to discern how your bottom works mentally to really hit pay dirt and be able to manipulate what is there for your use and exploitation.

We'll come back to how one ascertains this type of information in a minute

we'll come back to how one obtains this type of information in a minute.

Why play with trauma and past emotional harm?

The first reason I want to address is specific to long time players. There is only so much about implementation that one can learn. Let's remember the first time you were flogged or picked up a flogger. Wasn't it a blast? You probably loved it and it got you so high, it was amazing. The second, third and fortieth time was fantastic too. But by the hundredth time, did it really get you as high as the first time? Generally, the answer is no. Emotional play can get you to that high once again. It's one reason why experienced players use emotional edge play to fuel their scenes. Another reason is it's a broad area and it takes a long time to honestly flesh out all the possibilities of this play.

Another reason is the emotional benefits to using past experiences. Some of these past traumatic situations may have included emotions such as fear, helplessness and a lack of power. It was these very emotions that aided in creating the original trauma.

However, choosing to re-experience a similarly scripted event, which you have active power in creating, can be very healing. You are taking a situation where you were originally without choice, without power and choosing one which does afford you control, power and choice.

This shift in perspective may afford you healing and power you never had in the original context. You are subverting previous experiences in your life. This subversion, from the non-erotic to the erotic, can afford you a power, healing and ultimate diffusing of past harms. It can be seen as a form of de-sensitization or a re-conditioning. Eventually what will happen with this play is it will go from being really edgy to something that if played with enough will no longer hold the sharp edges and this in turn will effect how you feel about these past harms.

Classical conditioning may also be part of this play. Some edges are too raw to be played with immediately and the bottom may need to be prepped over a long period of time in order to make that area of trauma a usable one.

I want to give you an example of how this is used. It's the story I told in another thread regarding the boy who wouldn't ever go to the bathroom if anyone were in his house. I'll repeat in case some of you didn't read that thread. If someone came to stay, he'd hold it for days until he was ill. I thought this was horrifying and choose to do something about it.

When he served me, I'd walk by him and say the word enema. It horrified him. After three weeks, the word didn't bother him anymore. After that, I started to use full sentences regarding what happening when an enema is given. I talked about sound. I talked about smell.

Progressively, over a period of seven months, I had him to the point where he wouldn't even react to anything I said. No matter what I said. He had come to a point where he decided that I probably wasn't ever going to do it to him and that perhaps I didn't even know how.

One evening, I did give him that long awaited enema. It was amazing. It blew his mind and changed how he felt about his body. He can go to the bathroom with people in this house now. He's more whole because of SM play. This is a clear example of therapeutic, healing SM play.

Let's talk about your responsibilities as a top. As a top, you must be willing to immerse yourself deeply into this type of play. You should be able read your bottom without pause. You should have a clear understanding of emotions and be comfortable with strong emotions. You should have some experience with trauma and how that trauma affects your bottom in particular. Know them as well as possible.

This type of play is as dangerous as anything you will ever do with an implement. You are literally playing with another person's psyche. You could be playing with experiences that have haunted and altered someone's life. What you are choosing to do can further alter how they think and feel in the future. Emotional edge play can be one of the most powerful scenes humanly possible because you are engaging the most explosive organ possible- the brain and the heart.

You can truly harm someone if you push too far. You can emotionally break them and cause a new trauma that may further damage them. This is why the top must commit to the scene one thousand percent

may further damage them. This is why the top must commit to the scene one thousand percent.

You have to be willing to handle whatever it is that you might create and be fully responsible. You have to know that you won't panic. You must be willing to put this person back together after you dismantle them. You must be willing to place your own feelings on a shelf and deal with your bottom first. If you can't make such a separation and deal with your own feelings later, then I would not advise playing in this arena.

Let's talk about responsibilities as a bottom. You have to be responsible for yourself, your issues and be willing to be honest, vulnerable and completely open to all possibilities. You must understand that this is a type of play that could change your feelings and be willing to deal with that as an individual. If you have asked someone to create a situation which will cause you distress in play, you must own that fully.

Both parties must consider the possibility of fall out after the play/game has ended. As a bottom, you may deal with feelings over a matter of weeks. This form of play may leave you emotionally raw for a while. It may also teach you aspects of yourself that you will need to examine over time. Emotional edge play may be a form of role play. Role-play is a tool for learning. We see it in all of our children and we learned that way ourselves as children. This tool for learning is just as valid now that we're adults as it was when we were children.

Another type of fallout could be lingering resentment for taking them there. It's also not unheard of that a bottom who isn't ready to play with these feelings may end up transferring their feelings for the person who originally harmed them to the top that plays with them. This could be in part because the bottom isn't able to differentiate between their own issues, their tops issues and the issues both people share.

If you are going to play, I suggest you have done the unpacking of your baggage that the original harm created. You must be willing to deal with your own issues. You should be able to own what belongs to you and not blame someone else for recreating pain. If you begin to have any of these feelings, it's important that you recognize you consented to this play; you didn't stop it when it was going on and you shouldn't continue to play in this manner.

To continue with such play could irreparably damage the relationship or even bring about the end it.

In order to plan a scene of this nature, I suggest only pressing buttons with someone who knows themselves well. I talk about "pressing buttons" frequently in reference to emotional play. This is how I refer to the emotional hot spots. They are buttons that can be pushed and induce this type of scene.

Bottoms need to know themselves well and have the ability to communicate well and clearly. If they can't, you won't be able to get the type of information that is completely essential to this type of play. This information is what you will use as a foundation for this type of play.

Through good communication, this is where you may evaluate if this person is a good candidate for this type of play. Listening to how they talk about this event in their life. Attempt to discern the difference prior to play, question what they wish to achieve, why they want to do this, and what they expect to gain.

Having good clarity and sufficient information can not be stressed enough. Questioning will allow you to hear if this is healthy or if you are the next person who this person will perceive as someone who harmed him or her. Without feeling powerful, by playing they made end up perpetuating feelings of being abused. If your bottom feels powerless, this is an indication that he/she is not a good candidate for this type of play.

Feeling powerless during the play may sometimes be the point- make sure at end of scene what you see from them is a feeling of power, not powerlessness. This in and of itself is a distinction of abuse vs. SM play. I know personally, as I top, I would not be happy if someone did not provide full information and by doing so placed each of us in a situation where I could harm them unknowingly.

When you intend to play with emotional hot buttons, I recommend your negotiations include: Medical history, childhood history, emotional history, finding out what is unpacked and what remains untouchable baggage. Your point is to search for trauma during these negotiations. The items above are where you are going to find your ammunition. You can usually only find it through intense negotiation, good listening, pointed questions and the honesty and good self-knowledge of your bottom.

In order to get this information, you could use discrete one-liners. These one-liners could be a very effective prodding. It could teach you a lot if you watch reactions and note them. You could find these little pockets in places that your bottoms had no idea they were revealing to you. You could use them later and make your scenes that much more effective.

Surprises can be fabulous and have a tremendous impact when they had no idea how all of this may be brought together for an entirely different experience. This is one way that you may also keep things interesting if you choose to play these games more than once.

Everyone experiences trauma in his or her lives, it's generally easy enough to find if you are willing to dig and listen. No one is an exception here.

Let's talk about two types of emotional edge play. Non-event oriented hot buttons and using actual event trauma.

You have many options when it comes to non-event based emotional edge play. You could use objects such as power tools, bugs or the like to elicit emotional responses. Or you could use tried and true mindfuck games. I want to give you a few examples of these types of games.

You could use the dangerous top game. To run this game well, it helps the top to be perceived as someone who might do anything. As someone who may play any game, is capable of anything, and has the knowledge to back it up. I have successfully done this with many people when they first began to play with me. I am fortunate enough that I am known as a heavy skilled player. Through language and drawing them a mental picture, I have been able to make people shake. They begin to wonder just what I might do and if they can survive it. It can be most satisfying.

I would caution you not to make statements that you are unable to make an actuality in this case. Sometimes a bottom takes a little convincing and you must be able to surprise them and follow through.

Another example is to play that you're a novice top. Play it as you don't know much but you're going to go all out. This can work as well. This can be quite disconcerting as generally one thinks that this goes against many of the basic tenets that we know to be safe, sane and consensual in SM.

Or you could run the old top-to-top game. You have a situation where you have an experienced top going down for you on a whim. You tell them that you've always wanted to try this one thing but you honestly didn't want to do it with a bottom. But you feel free to try it with this top cause they're experienced enough to deal with anything. It's fun and it works.

Some of the non-negotiated edges one can play which will usually work on anyone is "You don't really know me as a player game. You ask if they checked your references. Ask them what do they honestly know about you?"

This is one that you can honestly play with almost everyone. I had a friend who I had known for 15+ years. I hadn't seen her in a while and she really hadn't been out and about in the community for years. She decided to bottom to me. I tied her up and started to talk to her. Telling her how I knew she knew what a heavy player I am. How she knew how skilled I was fifteen years, yet could she even imagine what I have become now? How I honestly could do anything I wished to her and that I'd waited for this moment. I went on and on. Her eyes were the size of quarters by the time I finished. She shook and trembled. I finally had to whisper to her that I was running a game because she was dangerously teetering near an edge.

Let's talk about event oriented edge play. This is the recreation of scenarios which are from ones past and created harm to you. I recommend discussing the event in detail. You want to flesh out every ounce of information that you can to aid in your handling anything and everything. Surprises do happen and it's better to have the actual event information as a foundation. Such a foundation may prepare you to understand a response from your bottom that you would otherwise be unable to read. You must be open to all the possibilities that might occur.

The best advice I can give you is being solid in yourself and no matter what don't panic. This calm steadiness and self-assured feeling will help you to handle whatever comes your way in scene.

Let's take rape scenes as an example. If you're going to do a rape scene, I suggest trying the generic rape scene first. This will aid you in gauging your bottom and both of you being assured that everyone really is ready to play. As you play these games successfully, generally you gain knowledge and at times may wish to up the ante.

If you want to push further and harder, you may choose to enact details of the rape to further the reality of your bottom. She/he may remember certain details that stuck with them from the original experience. Perhaps they felt smothered into a shoulder; perhaps they never saw a face so you should wear a hood; perhaps a knife was used.

These things can be scripted tightly or done in a loose manner. You could recreate the exact event or you could set it up as a continuance of the event. Make it close enough and tell them that you've been thinking of them since you fucked them the last time and you've come back for more. This can be highly effective and instill fear.

In other words, use the details, recreate them. Now if that's not edgy, at least in the beginning when you're using it, I don't know what is.

Another example would be a situation where abuse as a child existed or Adult domestic Abuse. Many of these situations used what is called crazy making games. These are semantic games that the bottom can't win at, such as, telling them they did or said things that never happened. Use your voice to instill the very air with a sense of impending violence.

Using false acquisition in these types of games is quite effective. It does establish a no-win dynamic and there's nothing they can say to you to dig their way out.

I want to give you an example from my past when I bottomed. This scene was built upon rage play. The goal of this scene for me was to push buttons, get angry and use anger to fight back. This was my opportunity to do something different than I had when I was in an abusive situation.

The tops goal in this scene was to explore what it felt like not to be responsible or caring, and simply a violent person who needed violence for sex. This top was acting out something from her past as well.

The first line this top uttered to me set up the expectation of violence. It went from there and was a wild, resistance filled, screaming, angry, raging scene. We were both bloodied and battered by the time it ended.

We achieved both our goals and we laugh about that scene to this day. The negotiations for this scene did not include any details for the scene itself; it only included details from our past so we'd have some clue of how it was going to unfold. We both are hard players and knew we could skip some of the basics, as we knew each other exceedingly well. Due to the nature of the scene, we also each agreed to consensual harm. We agreed if anyone was honestly hurt physically that we'd be individually responsible for ourselves as the goal was more important to us than our relative safety.

This scene used actual phrases, stances, styles and details of my past and of this other tops. These details aided the effectiveness of the scene tremendously. Had those elements not been there, the scene would have had exponentially less impact. I also would have to play this scene again for my satisfaction. As is, I have no need to play that game again. It was dangerous which was part of the appeal. I wouldn't play there again, but I wouldn't trade the experience for anything either.

Age play also provides us with another good example of a milder form of event trauma. Many people grow up with a feeling that they never pleased their parents and weren't good enough in their parents eyes.

Generally if someone who does age play has this most common hot button of wanting to be "good" as children it can be used.

Their perception of being less or "bad" can be used with terrific results. Let's mix that issue with some coercion. Coercion comes fairly easily when one person is playing a child to another adult. The power dynamic of adult/child is inherent.

Here is an example. Make sure you listen to the structure of language. It's very structure coerces a particular answer. It is a set up.

"Now, mommy is going to touch you here, like that, Mommy knows you are such a good, good boy that you're going to be very good and still while Mommy does this, cause you are such a good boy, right?"

The very phrasing of the question leaves no response other than, "Yes, I am a good boy and will do that, Mommy."

Someone who has an issue about being good wouldn't respond by saying, "I am bad, I am not going to do that. Their goal is to be good, and have Mommy think they are good as they wish for her approval. Therefore, they will say yes if this particular hot button is in place with them.

Another example of this is to use love to hold them hostage emotionally.

Example: "Mommy loves you so very much, that she does this because she loves you, now you love Mommy, don't you? And if you love Mommy, you're not going to tell anyone, are you?" This combination of love and secret keeping can be intensely powerful in this situation. Many incest or molestation survivors had been told not to tell. Such statements will usually cue into their past easily.

Or "Mommy loves you so much that she wants to make sure that you are a healthy boy, so Mommy needs to examine you." This opens up a plethora of possible activities. All of these through are directed towards one basic tenet and that is to hold someone emotionally hostage.

I want to add one additional caution about this type of play. I would advise engaging in it frequently or all the time. It's extremely taxing for all involved. So I would space it out accordingly.

In closing, this can be the hottest, most dangerous play you ever do. There aren't any "how to" textbooks and you have to be fast on your feet. It is physically and mentally engaging because no two people who play these games are ever the same. Even with the same type of event trauma, or if you're using the non-event play, no one will ever react as anyone else previously has reacted. The uniqueness of each bottom and each situation is one of the most attractive factors in this type of play.

Be responsible and have fun... play your edges carefully.

2 [TooLoose](#)

2002-11-17 15:32

An excellent summary, thanx for posting it :-)

If I may add a few points. In many cases a bottom will discover new "buttons" during the course of the edge scene. As others have correctly pointed out in this forum (and cleverly named), these "lurking limits" need to be taken into account. My suggestion is to expect that something will go wrong in the scene, and prepare accordingly.

This is the kind of play where people die. Yet it also attracts the foolishly inexperienced. If the players are not apprehensive, they have failed to fully grasp the nature of the act. I've enjoyed edge play since I was my grandkids age (she's 14) and I'm still nervous each time I do it.

It's like jumping out of a plane without a parachute. Having carefully calculated altitude, wind and trajectory, you know you will reach a deep tranquil lake which will break your fall after an exhilarating ride. You just hope the pilot remembers the coordinates.

TooLoose :-)

[to the lurkers: I am not taking applicants, I am not looking for subs, do not send me your pic, even if you really are a famous movie star]

3 [notnilla](#)

2002-11-18 02:17

I know it's that deep reaching in that attracts me. What could be more interesting than the psyche? We all have so many layers, playing with them seems only natural.

However, I have to agree with everything you said TooLoose, extreme care is needed.

Catherine

4 [GloriaBrame](#)

2002-11-18 15:50

Catherine,

You've talked about emotional edge-play for the submissive. But what about for the dom? Do you think there are SM scenarios, behaviors or rituals that can help doms heal from trauma? I don't know if you've had any significant traumas in your own life, but if you did, would you ever play with your own experiences to achieve some emotional catharsis?

Glory

5 [TooLoose](#)

2002-11-18 23:43

PMFJI,

>> Do you think there are SM scenarios, behaviors or rituals that can help doms heal from trauma? I don't know if you've had any significant traumas in your own life, but if you did, would you ever play with your own experiences to achieve some emotional catharsis?

A fascinating question :-) I'm going to toss out a few experiences I've had, which I usually share in a different venue unrelated to D/s. I'm not sure this will be relevant, as I've never looked at myself from the point of view of your question.

I have adopted a lot of the behaviours and rituals from the idealized middle ages, and I associate with other Doms who have done likewise. I find the concepts of chivalry, honor and self-sacrifice to resonate with my sense of self as a Dom. In my case, a large part of this comes from having been raised by various step-parents who were in the military, as well as catholic orphanages, where ritualistic behaviours are the norm. There is also an undercurrent of "machismo" or "over-aggressiveness" to these societies, which encourages high-risk behaviours.

My biological family was way up there on the child abuse scale. One of the regular punishments I received as a child was to be held and shook by my ankles out of a 3rd story window, with the threat of being dropped. As a young man I developed a nasty case of vertigo, for obvious reasons. The people I associated with in later years encouraged and accepted my high-risk behaviour as an avid mountain climber. I pursued extreme high risk climbs. The support of my friends and adopted families, as well as the "rituals", were essential in assisting me in overcoming my vertigo through the "over-compensation" of mountain climbing.

The stunts I did were totally stupid, and the fact that I survived all of them is a miracle. A little therapy with a good shrink at that age would have accomplished the same goals (Where were you when I needed you, Gloria <vbg>) Nevertheless, the "code of ethics", the "rituals" and "rites of passage" that I adopted back then are very similar to the ones I have now as a Dom. I can easily see my current D/s buddies and I running off to the mountains and doing the exact same things, with almost the same rituals.

(Note: We won't, naturally, we're way too old. I think I'd be hard pressed to make a 10k base camp in my present condition [busted knees, busted back, malfunctioning pancreas, etc.], but maybe I can teach my grandson a trick or two :-)

TooLoose :-)

6 [notnilla](#)

2002-11-19 20:13

<<You've talked about emotional edge-play for the submissive. But what about for the dom? Do you think there are SM scenarios, behaviors or rituals that can help doms heal from trauma?

This is an excellent question. I believe it all depends on what type of trauma has been experienced.

Some trauma creates a feeling of powerlessness, helplessness and it is those very feelings which aid the creation of the trauma. Rape is a good example. Playing where you recreate the helpless situation so your feelings are more aligned with the original experience doesn't generally fit into the topping box.

I have known some folks who recreated past traumatic scenes as the aggressor instead. I have heard that it felt to them as if it was full circle. It was their way to taking power back that was once lost.

It is not a method that would work with me personally. I believe if I attempted to play in that manner personally it would perpetuate the ideology of violence. It would do little to relieve any sensibility I had in regards to the event. This is why it wouldn't work for me. Other swear by this method.

<<I don't know if you've had any significant traumas in your own life, but if you did, would you ever play with your own experiences to achieve some emotional catharsis?>>

I believe I have had several. I don't think that any of us can move through life in the society we live in without experiencing various forms of trauma.

I have done several things to move forward and aid my own healing as a top.

Some of those are:

- a) Ritual cuttings into my body to signify a closing and an ending that leads into a new understanding;
- b) There is a cutting on my left arm that is done over and over. I gain feelings of strength and resolve from cutting this symbol into my flesh. It is also a symbol of deep meaning to me; and
- c) Involved rituals of acknowledging a benchmark in my life with my peers (because my Sir is no longer here to do it for me).

I have to say, 90% of my healing through SM has come to me when I have bottomed.

As a top, I have a tendency to clean up my own mess and not enlisted bottoms to help me with it. I prefer to come to bottoms with a clear head and when I'm upset my clarity is occasionally diminished.

I'd be very interested to hear what other tops do as my experience in this area is extremely limited.

Anyone?

Catherine

7 [Hawkins's kate](#)

2002-11-20 03:27

just listening

8 [memneth](#)

2002-11-20 10:30

I tend to internalize things, I don't wear my emotions on my sleeve and generally have my happy go lucky face on. There is a balance to be maintained though, for me at least and one of my valves sometimes is intense type E play. The bottoms I have played with know they are safe (or always have been) and thus increasing intensity to the point of chilling them emotionally is sometime very.....relaxing. Only with 3 have I ever reached what I call my "predatory" space", where it seems that only the thinnest of tethers holds the most base part of my sadism in check. Exactly what you're talking about? I don't know, but sorta doubt it. An emotional edge for me and them when it occurs? Yep.

Justin Medlin

9 [notnilla](#)

2002-11-21 16:23

That's a really good point, Justin. Perhaps something I overlooked as well. Perhaps I was too focused on the word healing. But topping hard most certainly does provide me with emotional release. There are particular scenes I have done over the years have been very heavy. It was in large part due to my mood and need. Does it on occasion have an edge to it? I'd say yes. But I don't think it has an emotional edge for me-- release, yes. The only edge it could begin to approach is the thought of how far I am willing to take the bottom before me. However, that's generally an easily decision and one I make often.

Catherine

10 [GloriaBrame](#)

2002-11-21 17:07

Catherine,

I don't have any personal rituals I've engaged in to deal with healing, at least not in an SM context.

One thing I have discovered though is that bondage can be very therapeutic for me. Example: my ex-slave loved extended periods of rigid bondage. As a dom, once you've actually put the person in the bondage, and unless you are going to be playing with them during, there really is not a whole LOT to be derived from the experience, speaking generally. Speaking personally, though, there is something so incredibly comforting and healing for me in knowing I have my man all tightly bundled up, unable to go anywhere (or even move a muscle). All old abandonment issues fade away. You certainly don't have to worry if he's going to remember to call while he's off flying around somewhere :-)

So I'd say long-term bondage situations do give me something emotionally deeper than what one might ordinarily expect from an SM scenario. That's the example that springs to mind right away but, as I mull it over, I think this same principle can and does apply to other aspects of dominance, e.g. forced chastity (wherever he goes, whatever he does, you can be sure he won't be fucking without permission--which is very nice for a possessive dominatrix).

The more I think about it, actually, the more I can see how this extends to a wider range of SM and power dynamics. All in all, I think dominance gives me a kind of control that resolves a lot of my childhood issues, everything from fears of abandonment to issues about access to my body.

hugs,

Glory

11 [notnilla](#)

2002-11-22 12:12

I think you're absolutely right, Gloria. I know I love particular games where my property isn't allowed to respond with physical movement. LOL>... it amuses me to no end to feel the building want...to add fuel to the fire until I can feel it as a need. I believe this overt control absolutely feeds into my desire to have absolute control regarding any access to my body.

I was just talking to someone I play with last night. We were discussing how I like to be able to control what is a basic human need (sex). I see sex as a necessity for sanity and not a mere want. In conditioning someone to orgasm to my voice, to release on command, I am changing a basic human need. Very powerful.

The choices I currently have with this person are delicious. I requested they not orgasm for one week prior to seeing me. What I am doing is feeding my own want of being desired. I am increasing the likelihood that this person will be quite needy. Translation, Catherine gets to be the focus of great amounts of need/desire. Further translation-- Catherine was a fat, unwanted child. Catherine now gets to be a wanted, desirable adult. Chuckle...not so bad. :)

Would that all childhood issues could be worked out so smoothly with such delicious benefits.

Catherine :::who is going to laugh about this one all day:::

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