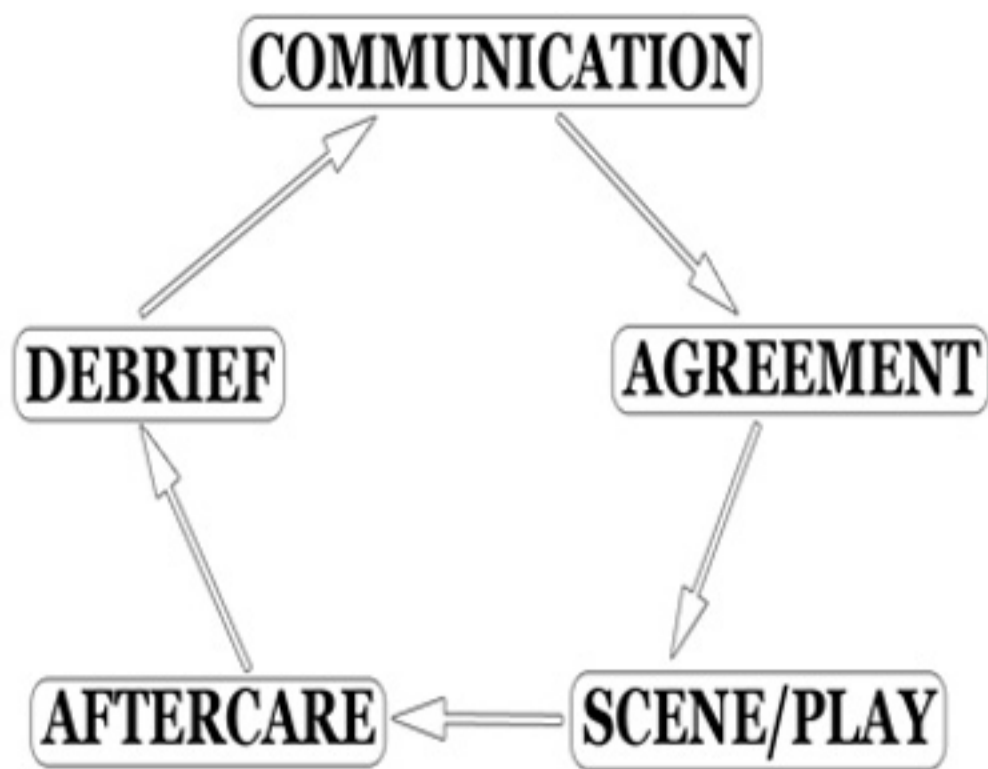


# THE DIFFERENCE BETWEEN BDSM AND ABUSE

## BDSM



## ABUSE



### BDSM Domestic Cycle

**Communication** - Both partners still down and talk about what they would both like out of the scene. They discuss things that are off limits and safety measures that need to be put in place to ensure both people are safe.

**Agreement** - Both partners agree to what is on and off limits for the scene  
 play/training scene - This is the time when both partners can take part in the scene they both discussed and agreed upon.

**Scene/Play** - This is the time when both partners participate in the activities that were previously discussed and agreed upon

**Aftercare** - After an intense scene, both partners can be physically, mentally and emotionally drained. Cuddling and relaxing within each others arms allows both partners a chance to reconnect as they come down from the scene. This is a good time to drink water and eat food to replenish any spent energy

**Debrief** - When both partners are ready, they can sit down and discuss what they enjoyed about the scene, what did not work in the scene and how they can both do to improve upon future scenes together

### Domestic Abuse Cycle

**Abuse** - A physical or verbal form of violence is committed against another person

**Guilt** - The abuser becomes worried about being caught and the potential consequences

**Excuses** - The abuser will shift blame, make excuses and rationalize in any way they can to avoid taking responsibility of their actions

**Honeymoon** - The abuser becomes the perfect partner, bringing gifts and doing all the things the victim has always wanted them to do. This is done to ensure the victim stays in the relationship.

**Planning** - The abuser starts feeling a loss of control and begins planning ways for them to regain control

**Set-up** - The abuser waits for a time when their abuse can be justified

## BDSM VS ABUSE



What Is BDSM?	What Is Abuse?
The use of bodily sensations to elicit pleasure	A way to cause physical, mental and/or emotional damage or harm to another person
A form of consensual power exchange where both participants are empowered	It takes away another person's power
Before anything happens, each participant must negotiate and come to an agreement	Nobody knows when or how it will happen, and nobody every negotiates or agrees to it happening
Creates excitement to see your partner	Causes most people to fear and be afraid their partner
Creates, relies upon and builds trust	Destroys any and all forms of trust
Is designed to help fulfill the desires of both partners within a safe environment	Is the cruel and violent treatment of another person
Opens communication and supports an environment where both parties can talk freely about their thoughts and emotions	No communication, and no support
Has rules, limits and boundaries that must be respected at all times. There are even safety measures in place to make sure none are crossed.	Abuse breaks the law! There are no rules, limits or boundaries. It shows no respect towards the victim.



WHEN PERFORMED BY RESPONSIBLE CONSENTING ADULTS

# BDSM IS NOT ABUSE

[BDSMTRAININGACADEMY.COM](http://BDSMTRAININGACADEMY.COM)

\* Abuse References  
[http://www.helpguide.org/mental/domestic\\_violence\\_abuse\\_types\\_signs\\_causes\\_effects.htm](http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm)