

Vanilla (straight) vs. BDSM and Fetish work

Five key considerations from first hand insights

Contribution

Think of the sexual world like an ice cream. Let's call it Neapolitan ice-cream with vanilla, strawberry, chocolate and a bit of all if you swirl it around. For years you have had Vanilla. It's predictable, you know it, it satisfies somewhat and it's quite straightforward. Maybe on occasion, it has a bit of chocolate topping. Then you try Neapolitan ice-cream with different flavours. You see once you have tried Neapolitan, Vanilla doesn't taste the same anymore.

It was not too long ago that I decided to take the journey and jump into BDSM (Bondage, Discipline, Sadism and Masochism) and fetish work. Having explored this in my personal life I was already curious. For many, Vanilla or what we call straight or mainstream sex work has its challenges but it is predictable in terms of the level of service and client expectations. For example there are intros or lounge style meetings, you chat, be picked, get paid, and do the standard wild thing. It's predictable – sometimes pleasant, sometimes not so much. And then you move on. Entering into the world of commercial BDSM has its similarities but mostly its differences. From first hand experience, it requires a different **mind set, emotional capabilities, physical tolerance, creativity** as well as **heightened intuition**. It's not about wearing shiny black boots and twirling a whip around nor is it, contrary to popular naive belief, beating and whipping the crap out of someone either. Like Vanilla work, it can be enjoyable and can be challenging but in very different ways.

What is BDSM?

In short there are an array of activities physical, mental and psychosexual components that fit and this is not an extensive list.

It can include: *Dominant (Dominatrix, Mistress), Submissive, Erotic Tease & Sensual Play, Voyeurism, Medical (Doctors, Nurses, Patients), Role Play such as Schoolgirl, School Mistress, Naughty School Boy, Corporal Punishment (Whips, Paddles, Canes, Spanking etc.), Cross Dressing, Anal Play variations, Bondage & Discipline, Torture, Sensory deprivation, Electrical Play, Suspension, Abrasions, Humiliation, Wrestling, Latex, Babyism/Infantilism* to a vast array of other fetishes.

Five similarities in Vanilla and BDSM work

1. There are clients.
2. It requires getting into the mind of the other person.
3. It can be very sexual and intimate physically and mentally.
4. There is agreement with the session components.
5. You get paid.

This is not an extensive list.

Five crucial differences in Vanilla and BDSM work

1. Mindset

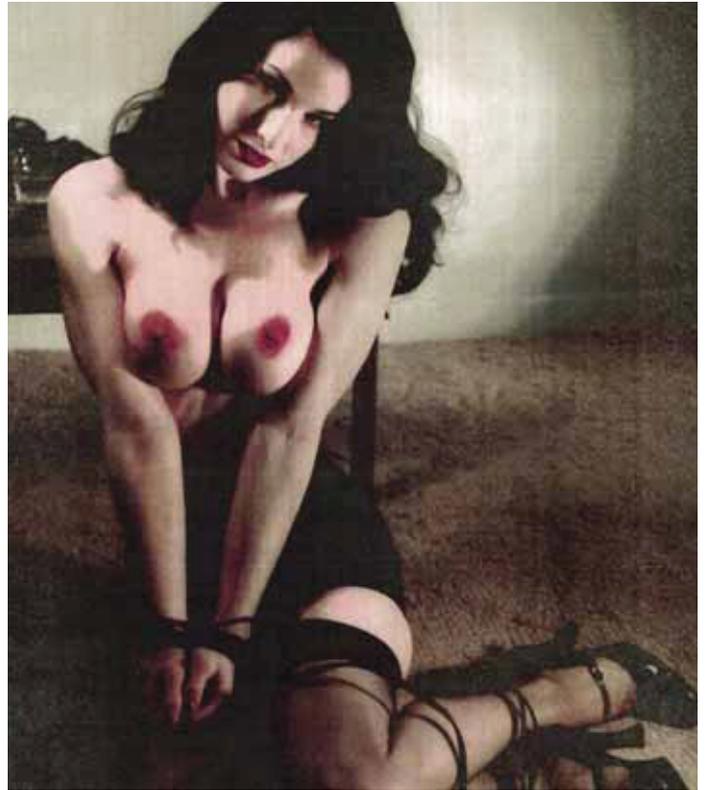
The mindset is probably the most challenging once the technical skills are mastered. Getting into the mind of your client before and during the session means that you need to be fully attentive to their reactions, verbals, body language, breathing and understanding of where they want to go. It is hard to know this unless you have experienced this. This is why working as a submissive and having personal or recreational experience in this is a benefit to you. It requires a lot more mental energy as you have not only to be present with the session and the client but also thinking ahead for the next step.

Also your own perception of what is "right" or "wrong" comes into play here.

2. Emotional capabilities

Sometimes Vanilla work can be emotional especially if there is a bond and chemistry with particularly regular clients or if our boundaries are pushed you may feel angry. Sometimes our personal situation means we respond emotionally in different ways.

What I found in terms of emotional energy is that it was like a roller coaster in BDSM. At times I was in roles where I was submissive and whether I agreed or disagreed with the fantasy it provoked different emotions. Sometimes I felt vulnerable, very angry, helpless, sad, detached, repulsed, humiliated, ecstatic, confronted and humorous. The range of emotions is vast and being able to access a range of emotions and then contain them can be exhausting.



3. Physical tolerance

Being a submissive in BDSM means that you offer your self including your body (as agreed). Being touched with different tools, temperatures and implements can push pain thresholds and can evoke different reactions. As a Dominant you may need extra physical energy to exert certain type of sessions.

For example my longest session was a shared eight hour session with another Mistress.

4. Use of language

The vocabulary of the words as well as tone of voice are crucial in BDSM to set the scene and maintain the fantasy. As I had a background in drama and had been exposed to this it certainly helped. Sometimes being comfortable with silence is required.

5. Technical skill

There is a lot to learn in terms of equipment and after 18 months I still haven't learnt it all. Being confident and competent in technique, safety, hygiene are crucial. It's not something you learn overnight or by watching a movie or one session. It is ongoing.

So in summary, I would suggest that before you go down the road of BDSM ask yourself what is your motivation? Is it curiosity? Is it to overcome feeling angry at a personal situation/men/past abuse? Is it the costumes? Is it for the hell of it? Be very careful and aware of your reasons as it is certainly not a place to vent out frustrations or resolve personal issues nor have revenge on people.

For me it was exploration of boundaries I had already crossed and a genuine interest and involvement in this play but in the end it opened up other doors I didn't think would be there. You need to be comfortable in dealing with unpredictability and the unexpected as well. Wishing you all the best in your journey.

Anya. - E: goddessanya1@hotmail.com