



Rope Bottoming Roundtable

- chicago -

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Topic: Pain Processing

How do we manage pain during a rope scene?

What is our concept of pain?

- There is good pain vs bad pain; there is a difference between hurting and harming;
- Difference between rougher and more sensual kinds of pain, and scenes;
- Establishing which kind of pain we prefer (stingy, thuddy, etc.);
- Establishing which positions / ties are problematic for us; which areas of the body cannot sustain rope; different for everyone
- Pain tolerance (level of pain you can tolerate at any given time) vs. pain endurance (how long you can sustain pain)--not the same thing

Physical Techniques:

- Get adrenaline pumping first
 - Breathe! (or don't);
 - Count;
 - Vocalize;

Mental Techniques:

- Accept the pain and offer it as an act of service / submission;
- Focus on the pleasure that our pain may be giving the top
- Dissociate from the pain (or, immerse yourself in it);
- Split the sensations and focus on a less painful thing;
- Alter our Focus

Consider your motivations for withstanding the pain--bottoming for a sadistic top who you may be submissive to can be a very different experience than a painful self-suspension, and each has different mindsets required to sustain.