

Living An Enriched Kink Life with Borderline Personality

~~by [redacted]~~

A neurodiverse look at navigating the kink life as a Borderline
and overlapping symptoms

About Kora



Trans Leatherwoman,
Bootblack, Domme

I live in Fox Valley, WI
which sits on unceded
territory of the
Menominee and
Ho-Chunk nations



**Socials where you can
follow/message me**

Fetlife: Prinxess_Kora
TikTok: @prinxesskora

Content and Trigger Warnings

There will be intermittent affirmations



**Possible Spoiler Alerts:
all Star Wars series**

-
- I do tend to use curse words
 - I have a dark sense of humor
 - Topics mentioned in this course will include:
 - suicide ideation
 - intense emotions
 - mentions of sexual assault
 - emotional abuse

Disclaimers

- I am not a mental health professional.
- Many neurodivergent symptoms may overlap, so while many of the symptoms I talk about and my personal experiences may be relatable, I would like to advise against considering this a diagnosis.

"I don't think anyone should feel bad if they get diagnosed with a mental illness because it's just information about you that helps you know how to take better care of yourself"

Taylor Tomlinson



defined

Borderline Personality Disorder (BPD) is a condition characterized by difficulties regulating emotion.



Fifty tacos says
I bring down this
tower of stigma
faster than any
of you.

Borderline Stigmas

"toxic"

"avoid them"

"immature"

"emotional abusers"

"drama queens"

"self-centered"

"manipulators"

**I DON'T DESERVE
ABUSE, STIGMA OR
DISCRIMINATION.**

TALKING ABOUT BPD ©

All wings report in...

**...lock S foils in attack
position.**



BORDERLINE TRAITS

- Avoiding Abandonment
 - Unstable relationships
- Self-harm or self-mutilation
 - Distorted self-image
- Impulsive behaviors
 - Suicidal behaviors, threats
- Chronic feelings of emptiness
 - Severe Dissociation



Inappropriate, intense or uncontrollable anger—often followed by shame and guilt



- <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Borderline-Personality-Disorder>
- Stop Walking on Eggshells Authors: Paul T Mason, Randi Kreger

Additional Borderline Traits

- Pervasive shame
 - Undefined boundaries
 - Control issues
 - Interpersonal sensitivity
-
- Situational competence
 - Self-centered demands
 - Stress-related Paranoid ideation
 - No object constancy

Sources:

- <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Borderline-Personality-Disorder>
- Stop Walking on Eggshells Authors: Paul T Mason, Randi Kreger

**I AM LOVABLE AS I
AM TODAY.**



***Power Exchanging on
the Borderline***

**The
neurotransmitters
at work**

**What you can
bring to the
dungeon!**

This is the Way

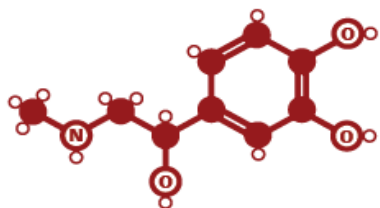


THE STRUCTURES OF NEUROTRANSMITTERS

STRUCTURE KEY: ● Carbon atom ○ Hydrogen atom ⊙ Oxygen atom ⊙ Nitrogen atom ⊙ Rest of molecule

ADRENALINE

Fight or flight neurotransmitter



Produced in stressful or exciting situations. Increases heart rate & blood flow, leading to a physical boost & heightened awareness.

NORADRENALINE

Concentration neurotransmitter



Affects attention & responding actions in the brain, & involved in fight or flight response. Contracts blood vessels, increasing blood flow.

DOPAMINE

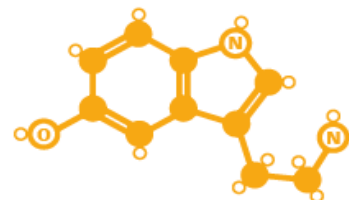
Pleasure neurotransmitter



Feelings of pleasure, and also addiction, movement, and motivation. People repeat behaviours that lead to dopamine release.

SEROTONIN

Mood neurotransmitter



Contributes to well-being & happiness; helps sleep cycle & digestive system regulation. Affected by exercise & light exposure.

GABA

Calming neurotransmitter



Calms firing nerves in CNS. High levels improve focus; low levels cause anxiety. Also contributes to motor control & vision.

ACETYLCHOLINE

Learning neurotransmitter



Involved in thought, learning, & memory. Activates muscle action in the body. Also associated with attention and awakening.

GLUTAMATE

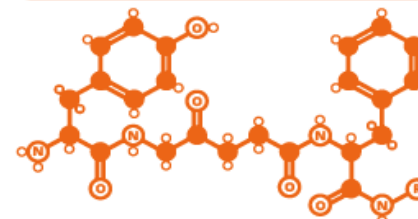
Memory neurotransmitter



Most common brain neurotransmitter. Involved in learning & memory, regulates development & creation of nerve contacts.

ENDORPHINS

Euphoria neurotransmitters



Released during exercise, excitement, & sex, producing well-being & euphoria, reducing pain. Biologically active section shown.

In many Borderlines, some neurotransmitters don't work, while others may work too much.



**NOBODY CAN TELL ME
WHAT I CAN'T DO OR
ACHIEVE BASED ON
MY DIAGNOSIS.**

TALKING ABOUT BPD ©

Borderlines have immense emotional power!

- Borderline is **not** a hindrance to your kink life
- Borderline has implements and armor to better equip yourself for an ENRICHED kink life
- the Borderline play bag, all S/slash identities apply

**Having great emotional
power comes with
great responsibility.**



Managing Risk in Borderline Kink

**I deserve to be valued in my
dynamics, the play I choose, and
the dungeon I take up space in.**

Negotiations & Informed Consent

- Disclosure of Borderline
 - You do not have to disclose you are Borderline in negotiations

- **Always Negotiate Aftercare**

- **Your aftercare needs are valid**
- **Set a plan to have extra supports in place**
- **Direct communication is best practice**

- Equip yourself for "no"/"yes"

- Both no and yes can evoke unexpected emotions and anxiety. Your feelings are valid, and it is handy to practice and keep positive self-affirmations at the ready.



**I AM ALLOWED TO
MAKE MISTAKES
BECAUSE I AM
HUMAN.**

Scene and Play Enrichment

**I bring value to my dynamics, the
play I choose, and the dungeon I
take up space in. And...**

The Borderline kink life isn't complicated, just has more compartments for all your implement bag.

- We will experience deeper and more intense emotions
While there is a potential for extreme negative emotions, Borderlines also have capacity for extreme feels of euphoria and joy

-
- Mistakes happen; it's why it's risk, you're not the villain
However you may need to do it, remind yourself that mistakes DO NOT make you unworthy of playing or attending a dungeon.

When navigated correctly, this mindset can help Borderlines be more safety and aware of the other person's headspace.

The Borderline kink life revolves more around being prepared.

- Always have your medication with you
 - Keep it in the same place, every time
 - Have a trusted person know where to go when you may need
- Know what implements work best with you
 - Choose implements that affirm the self-image you would like to have about yourself
 - Choose implements that give you euphoria
- Find comfortable equipment
 - Stress can destabilize our mood and distort our reality of what's really going on. Comfortable equipment can better facilitate our mood.

The Borderline kink bag, and it's added compartments.

- Patience over Impulsivity

you're valid in asking for time to respond

you're valid waiting for the scene or play that will fulfill you and not simply quench you

- Interpersonal Sensitivity

Use this to your advantage when you get a bad vibe. No is a complete sentence.

Implement this to read the person during the scene, helping be more aware of headspace and safety

Use your safety instinct. Even when you perceive that you aren't safe, you're valid if you do not play.

- Situational Competency

Choose to keep doing what you are good at and affirms your abilities.

You're a valid kinkster even if you're not good at everything.



*Aftercare Ultra:
brought to you by
Borderline*



**And...I deserve euphoria.
I deserve to feel spicy and valued.**

If it works for you; make it yours.

Stay Hydrated!



- Remain euphoric yet grounded. You deserve to feel euphoric and admired, but keep yourself grounded in reality so as to protect yourself from perceived attachment.
- Create an Aftercare Plan (that includes a backup plan)
- Reframe the negative concept of "Drop" and call it "Neurospicy Afterglow" and let it be the

The Dungeon is your space, too...

You deserve...

Fulfilled dynamics

Euphoric scenes

Living out your fantasies

Space when you need it

A supportive kink community

You still...

Are a valid kinkster if playing in a dungeon isn't in your risk profile

Still have value when playing with who you choose to play with

Have value taking your time with your kink journey

Get to determine where your boundaries are

What is the difference between Borderline and Autism?

Q&A Follow-up

I'll be honest. I have difficulty answering this question personally because I can only speak to my own experiences with Borderline, but I know I can see similar outward characteristics with Autistic friends.

So, I did some homework. And, essentially Borderlines have an inability to regulate emotions particularly with attachment, but are very much aware of social cues, and struggle constantly with the need for external validation. When external validation is not met, then Borderlines tend to act out.

Autistics more commonly do not have an understanding of social cues, usually since childhood, which also creates a struggle on an interpersonal level.

Both have co-occurring traits when outwardly manifested, which leads to frequent misdiagnosis.

(please be aware that these articles have binary gendering)

Resources: <https://embrace-autism.com/its-not-bpd-its-autism/>

<https://psychcentral.com/autism/bpd-and-autism>

<https://www.sciencedirect.com/science/article/abs/pii/S0010440X18300324?via%3Dihub>

How to protect oneself from attachment?

Q&A Follow-up

Since, we are smashing stigma about Borderline.

I want to further answer that evaluating pick-up play in your risk profile is one to keep yourself safe from what may be harmful to your mental health.

Communicating how you integrate pick-up play or playing with someone new in your risk profile is a great way to have direct communication and understanding of the boundaries and reality of the play and interaction.

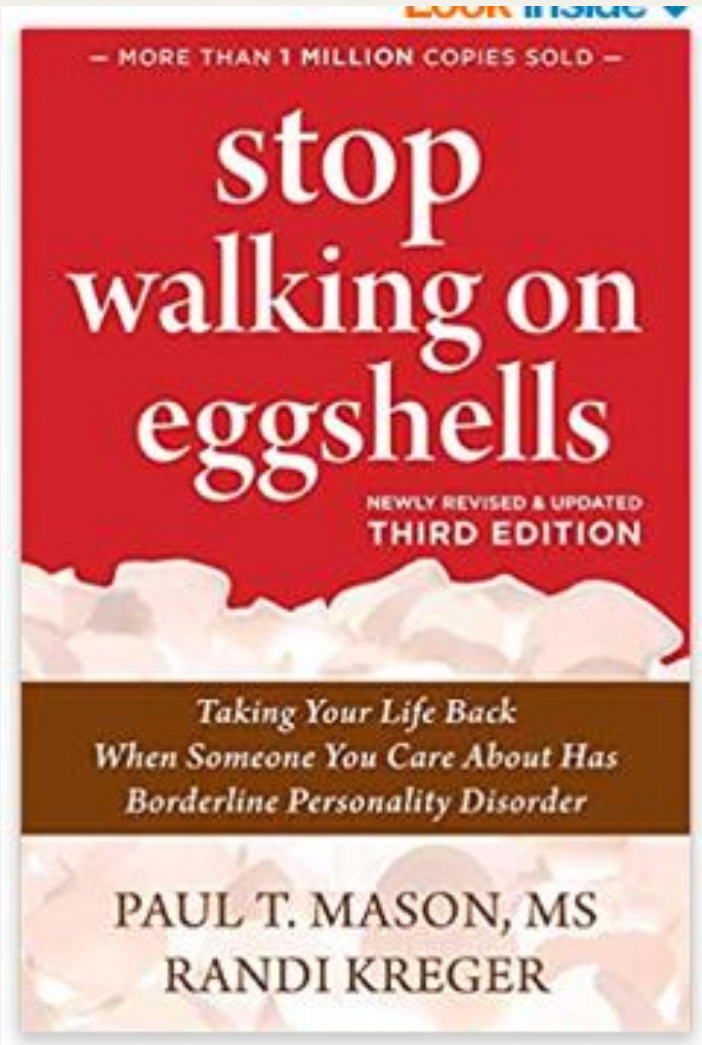
Another step you can take in pick-up play is directly communicate your needs as to what you need communicated before and after the scene, and additionally after the event.

As I talked a little about before, self check-ins on your reality are really going to help. Write down expectations to keep grounded in the expectation is just play.

Q&A Follow-up

This book has been recommended to me for people that have Borderline partners or are in any sort of dynamics with Borderlines.

How can I be supportive for a Borderline I am in a scene with?



When encountering a play situation with a Borderline in crisis, here are some steps you can take... (keep in mind you may not know they are Borderline)

1 Be calm and consistent, Borderlines tend to pick up on the social cues of others, so this will help them know they can be safe

2 Be patient and let them vent.

3 Validate their feelings and remind them of their positive traits.

4 Provide a gentle distraction, like a soft transition in conversation to a different topic.



Knowledge is Power
Conversation is Exchange

This is the Way