



Broken Chains/Broken Bonds - Navigating a Dynamic Breakup

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Note

- I am not a mental or physical health care professional, and can not provide professional advice in terms of coping with mental or emotional trauma.
- I can only provide you with what I have learned through lived experience, and my own research. It is my hope that both of these will be of benefit to you, and perhaps make your journey a little easier.
- If you are in need of counselling or professional help, I would urge you to seek it - with no shame or judgement - in case it might assist you in walking your best path.

Breaking Up

- For the amount of time that is spent negotiating a dynamic, an equal amount of time should be spent (in the beginning) negotiating how to handle a break up (ie. what to do with private photos etc.).
- Ending the dynamic is best done in person, when both parties are rational - unless this is not possible.
- You may have had access to sensitive information in regards to the other party or parties during your dynamic. Unless this information is criminal in nature, or is pertinent to protecting someone, or would stop abuse, the information should be held sacred.

Exit Strategy/BATNA

- “**An exit strategy** is a means of leaving one’s current situation, either after a predetermined objective has been achieved, or as a strategy to mitigate failure”

Reference: “Exit Strategy Planning: Grooming Your Business for Sale or Succession”, John Hawkey, 2017

Uncoupling

If at some point the dynamic is not working or no longer feasible for either party, this will be discussed, and the process of uncoupling will commence. Both parties commit to remaining good friends, to ensuring that relationship thrives. Both parties commit to recalling the caring and affection that lead to establishing a dynamic in the first place, and respecting the bond that once was. Neither will seek to drive the other from the community, but rather support each other’s diverging path in whatever way best suits.

- **Best alternative to a negotiated agreement (BATNA)** “The most advantageous alternative course of action a party can take if negotiations fail and an agreement cannot be reached”

Reference: “Getting to Yes: Negotiating Agreement Without Giving In”, by Roger Fisher, William L. Ury, 2011

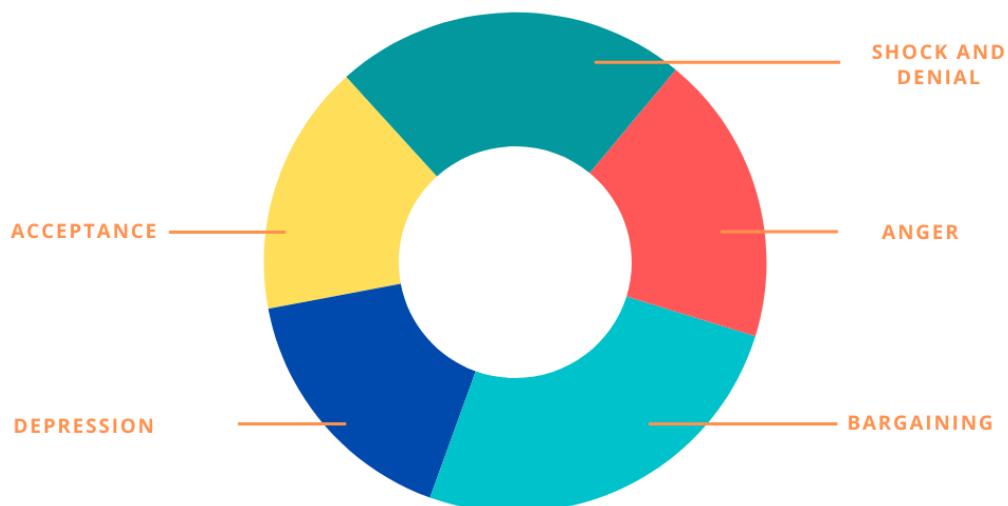
Mama 🐻 to Auntie 🐻

Grieving A Relationship Breakup

- Grieving for more than the loss of the person:
 - Grieving the potential they had, and the loss of potential you had together
 - Grieving protocols, rituals, routines, structure
 - Grieving the loss of possible third party relationships (friends, metamours)
- Loss of the familiar, security, safety, possibly even identity
- Added pressure to move on - chin up, stay strong

We don't move on, we move forward with grief

The Cycle of Grief



Shock and Denial

- Fear, frozen (fight/flight/freeze/fawn(friend)/fuck)
- Survival mechanism to enable us to survive
- Numb
- Must be a mistake
- Living outside of reality, disconnected
- Body's defense mechanism of easing into grief

“I can't believe Mistress dismissed me - that must not be right”

Anger

- Present with reality of situation
- Bridge you to reality, connection back to people
- Strong feelings aimed in every direction
- Endless cycle of anger
- Possibly angry with person or circumstances
- Need to sit with feelings

“What an ungrateful bitch!”

Bargaining

- False hope
- Belief of avoiding the grief through negotiation
- Willing to make changes to change the outcome of the breakup
- “What if” statements

“If I become more open and vulnerable, she'll take me back”

Depression

- Withdraw - from people, pastimes, things that bring us joy and pleasure
- Living in a fog
- Hopeless
- Everything is too overwhelming

“I am a horrid submissive - I should hide from the community - how can I proclaim to be a good service sub if I can't make my Dominant happy”

Acceptance

- Engaging with new reality
- Emotions stabilize
- The situation doesn't become what we want, but we accept it as it is
- Move forward with the reality

“I thank them for being such a great teacher - what are the lessons that I learned that I can apply in the future?”

Physical/Mental Effects

- Flu like symptoms
- Chronic conditions flare up
- Aches and pains
- Lack of energy
- Nausea/digestive system upset
- Loss of appetite
- Depression/anxiety
- Panic attacks
- Irritable/inappropriate emotions

What To Do With Mementos/Gifts

- Collar
 - Tradition would say it is the property of the Dominant, and should be returned
 - Give to a friend to hold on temporarily
 - Put it away until ready
 - Destroy it
- Gifts
 - Donate
 - Give away
 - Rebrand/rechristen
 - Have someone hold temporarily
 - Destroy

Unhealthy Coping Mechanisms

- Checking ex-partner's profile/status on social media - even just once
- Reviewing photos/text messages from ex-partner on a regular basis
- Holding onto friendships that have no other basis than connection to ex-partner
- Overanalyzing, overthinking, obsession - engaging in a play by play of "where did it go wrong?"
- Stalking
- Harassing
- Engaging in unhealthy choices

All equate to numbing out

Healthy Coping Mechanisms

- Seek professional help
- Speak to a great friend who can bear the weight of your words
- Cutting ties with people/places/events that have no other meaning to you or add no value to you other than in relation to ex-partner
- Write out feelings, thoughts, grievances - but never share them
- Lean on your support network/cheer squad
- Indulge in the things you love and add value (that are non-addictive and non-numbing) - self care
- Continue with the D/s protocols that add value (that are not directly linked to ex-partner)

Closure Ritual

- Create a ritual that has meaning for you - that gives you feelings of closure/turning the page/honouring what was
- Have an Uncollaring Ceremony
- Invite those in the community who value you to participate
- Celebrate you in whatever manner feels best (non-harmful of course)

In General

- This will not kill you - you will live beyond this, you can survive solely
- It's okay to not be strong - but let those feelings go
- Time is irrelevant to grief - some scars never fade
- You must get to acceptance yourself - via self reflection or assistance - acceptance does not just happen
- Not alone with pain - others have gone through it before
- There is no finish line to grief - we can regress; we're never really "done" with grieving
- General thinking is one month of grieving for every year of the relationship
- Do get out into the community again - when ready
- You may not be able to be friends (and that's okay)
- Try not to make the breakup/loss personal - don't put your self esteem on the line
- Be kind to yourself, cut yourself some slack
- Allow for the possibility of trusting again, of being open again
- Avoid making any major decisions while you are mourning
- Revenge brings no joy or satisfaction
- Allow for the possibility that the person leaving your life, is the best thing for you

Resources

- "Codependent No More: How to Stop Controlling Others and Start Caring for Yourself" - Melody Beattie
- "How to Fix a Broken Heart" - Dr. Guy Winch
- National Coalition for Sexual Freedom - <https://ncsfreedom.org/>
- Kink Aware Professionals (KAP) - <https://www.kaprofessionals.org/>
- Don't Call The Police - <https://dontcallthepolice.com/>

Connect With Me

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Luxury lifestyle domestic service little, kink educator, cheeky bear