I have been into kink since I was a kid but I didn’t have the vocabulary for it at the time. I discovered the kink community through the pagan community about 20 years ago where I attended my first weekend event at camp.

I have consented to many scenes since that time. But now that I am on my fourth year of hiatus, I realize now that I was in no condition to do so. Due to childhood trauma, I now know that I have CPTSD that likely contributed to the autoimmune condition that I have been battling for the same amount of time that I have been on hiatus. I have done a lot of introspective work during this period where I have learned about self-care, self-empowerment, taking responsibility for my feelings/thoughts/actions, and just overall how to heal.

I am so grateful to everyone who put the Thrive Virtual Conference together. This is an amazing opportunity for me to explore how I identify now and where I might want to go from here with relationships, kink and life. (At the moment, I am without designation other than ‘kinkster’.)

My current interest is in learning self-bondage. Rope was a favorite past-time for me pre-pandemic. I think that this new skill will help strengthen the self-empowerment that I have been building.

Outside of that, my vanilla interests include canoeing/kayaking, hiking, waste reduction (buying less/upcycling, etc.), cooking, watching dramedies, listening to Audible books and learning about psychology and neurology in my spare time.

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