

## ACTIVITY: YOUR SUBMISSIVE TYPE

There are tons of different ways to submit, and now that you have an idea of what kind of personality you have, the next step on your journey will be to try to determine what kinds of submission work best for you.

TAKE A LOOK AT THE DESCRIPTIONS OF SUBMISSION BELOW AND GIVE THEM A RATING OF 1 – 28 (WITH 1 BEING THE MOST APPEALING).

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| _____ | 1. A person that consensually gives up control either for a specified period, or all the time but with limits.   |
| _____ | 2. One who enjoys being restrained/tied up/immobilized by ropes during a scene.  |
| _____ | 3. a submissive who enjoys acting out with the intention of being "put in his/her place" by their top.   |
| _____ | 4. A form of submission in which the submissive party possesses childlike traits, heavily relying on her/his Dominant for certain types of care on a day-to-day basis.   |
| _____ | 5. A person who enjoys receiving pain or humiliation. May or may not be sexual enjoyment.  |
| _____ | 6. One who enjoys being on the receiving end of humiliating, demeaning or embarrassing techniques or behaviors as a form of foreplay.  |
| _____ | 7. One who consents to his/her Dominant or Top having complete control over his/her actions.   |
| _____ | 8. One who enjoys role-playing different ages.   |
| _____ | 9. One who does not particularly enjoy role-play or kinky activity during or prior to sex. Traditionally, someone who is vanilla will not conform to submissive/Dominant roles in a relationship, however, if the submissive/Dominant dynamic is confined to the domestic domain rather than the erotic, this might not be the case. |
| _____ | 10. Someone who enjoys being in a relationship with multiple, consenting individuals at the same time.   |
| _____ | 11. Someone who enjoys the idea of being hunted as a form of foreplay.   |
| _____ | 12. One who enjoys displaying his/her naked body in public places, possibly including performing sexual acts.  |
| _____ | 13. A bottom who enjoys animal-related play.   |
| _____ | 14. One who enjoys engaging in a wide range of activities.   |

- \_\_\_\_\_ 15. A person who enjoys inflicting pain or humiliation on another. The person may gain sexual or non-sexual gratification from this.
- \_\_\_\_\_ 16. One who can enjoy acting Dominant in some situations, and submissive in others.
- \_\_\_\_\_ 17. One who enjoys watching another engage in private acts, normally sexual, while the person is either knowing or unknowing.
- \_\_\_\_\_ 18. Someone who takes on a caregiving role in a relationship; often, but not always, a Dominant and frequently observed to be nurturing.
- \_\_\_\_\_ 19. An individual who enjoys using rope to restrain others.
- \_\_\_\_\_ 20. One who enjoys exercising control, setting expectations for behavior from his/her partner, and enforcing the partner's conformation to those expectations, either in a domestic or erotic environment.
- \_\_\_\_\_ 21. Master/Mistress – One who consents to owning a slave.
- \_\_\_\_\_ 22. One who enjoys putting bratty submissives in their places.
- \_\_\_\_\_ 23. One who enjoys putting his/her partner in humiliating, embarrassing, or degrading situations using a variety of techniques as a form of foreplay.
- \_\_\_\_\_ 24. One who has possession of another his/her partner when they adopt the role of a Slave, Property or Pet.
- \_\_\_\_\_ 25. Someone who enjoys the idea of hunting their partner as a form of foreplay.
- \_\_\_\_\_ 26. One who enjoys being thought of as his/her Dominant's personal property, often including being objectified (being used as a table or chair)
- \_\_\_\_\_ 27. In a scene, the person who gives up control, or who receives physical sensation from a top.
- \_\_\_\_\_ 28. The person in control during a scene or in play, but may or may not be a Dominant.

NOW THAT YOU HAVE AN IDEA OF WHAT SOME OF THE TYPES OF SUBMISSION ENTAIL, CHECK OUT THE NAMES OF EACH TYPE ON THE NEXT PAGE. THEY ARE LISTED IN THE SAME ORDER AS THE DEFINITIONS, SO YOU CAN MATCH YOUR FAVORITE TYPE WITH THE APPROPRIATE TERM & FIND OUT MORE INFORMATION ABOUT IT ON YOUR OWN.

## THE SUBMISSIVE TYPES

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|---------------------|-----------------------|
| 1. Submissive       | 15. Sadist*           |
| 2. Rope Bunny       | 16. Switch            |
| 3. Brat             | 17. Voyeur *          |
| 4. Girl/Boy         | 18. Daddy/Mommy *     |
| 5. Masochist        | 19. Rigger *          |
| 6. Degradée         | 20. Dominant *        |
| 7. Slave            | 21. Master/Mistress * |
| 8. Age player       | 22. Brat Tamer *      |
| 9. Vanilla          | 23. Degrader *        |
| 10. Non-Monogamist  | 24. Owner*            |
| 11. Primal (prey)   | 25. Primal (hunter)   |
| 12. Exhibitionist   | 26. Property          |
| 13. Pet             | 27. Bottom            |
| 14. Experimentalist | 28. Top *             |

Note: the terms marked with \* are typically associated with the role of a Dominant; if you've marked some of these as high on your list, you might be a switch.

SO, WHAT'S YOUR FAVORITE TYPE OF SUBMISSION?

# THE INTERNAL & EXTERNAL STRUGGLES OF SUBMISSION

Submission definitely is not easy. No matter what direction your journey takes, you will have moments where struggle and strife challenge you to continue your submission. I'm a bit hesitant to say that it is common to struggle as a submissive, but I do know that a lot of what I consider struggle is actually self-created. That's right: I make my own problems for myself. I can't be alone in this.

I believe that struggle is my way of finding the right direction for my life, and resolving that strife gives me a lot of positive and negative feedback that I can use. I have had to learn to use struggle in this way, and I'm not perfect. I can be so negative at times that I wonder how KM keeps me going on the straight and narrow towards his perfection.

Initially, it's good to understand that the struggles that we do have are broken into two types; **internal** and **external**.

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## INTERNAL STRUGGLES

When we talk about internal struggles these are emotions, feelings and mental blocks we place in our way. Most commonly these are feelings of jealousy, inadequacy or lack of trust. Establishing or lacking a specific mindset, adjusting to behavioral changes and learning to live with conflicting societal views on our lives are also internal struggles. Don't forget any mental disorders we may have that can be a struggle in themselves.

Other internal struggles can be anything that is directly caused or dealt with by the submissive. Yes we can be our own worst enemy. We make a lot of these issues into a personal road block of our submission and then do not know how to resolve it. I know this is the majority of my own personal struggles.

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## EXTERNAL STRUGGLES

The bulk of external struggles are things you cannot control coming into your life and making it difficult. Things like interpersonal relationships, demands on our time, family, illness, work of all sorts and your Dominant's requests on your time. These are all things that you have to learn to work around. Learning to work around these external struggles is what can make or break your dynamic. In fact, this is where so many people lose track of the relationship, "real life gets in the way" they say. Very few people have learned how to incorporate these external struggles into their 24/7 style relationship, but those that do benefit by not ever saying "real life happened."

Okay, but off the tangent a bit, the number of requests for advice that I get you would think that the internal struggles are the ones that people want answers to, but you'd be wrong. I hear all the time about family or friends, or time constraints or work. How do you handle disability or illness, long distances and more? These are all external struggles that you have to work around in order to make your submission work for you. If you can't do that then you might need to re-prioritize your submission.

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## INTERFERENCE

Now that you know the types of struggles that you have to face in order to develop your personal submission there are even more things to get in our way. Interference is things that develop out of the struggles listed above. Say you have feelings of inadequacy as a submissive. You struggle with it constantly. What sort of interference do you think that can

cause? Can it make you physically sick? Untrusting? Paranoid, hyper-sensitive, quick to argue? All of these things interfere with you solving the problem of feeling inadequate. Again, submissive are really good at throwing our own interference into it and making things harder than they have to be.

In the end, the point is to realize that with all the struggles that you can name, there are things that can interfere with your resolution goals. Also, you are your worst enemy when it comes to struggling in submission. If only we could shut off all those what ifs and worry warts in all of us. But hopefully I've given you some light into how struggles manifest and you can then tackle them a bit easier.

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#### THOUGHTS TO PONDER

- What internal struggles are you currently feeling in your submission? Are they riddled with interference?
- What external struggles are you having to work around?
- What external struggles are overwhelming you? How should you conquer them?

# RESET YOUR “FEEL SUBMISSIVE” BUTTON

Submission – it’s hard work. For the 24/7 types it’s an all the time thing. So, what happens if you wake up one day and you don’t feel like submitting? You could voice it as a break or get really cranky every time you are asked to perform your duties as a submissive. If you are anything like me, you’ll be grumpy. I get visibly angry at the world when I’m not in a mood that is conducive to submission. I can completely disregard my polite speech and regularly snip back at any comment that my Owner would say to me. These are definitely the days where I’m thinking, “get your own damned coffee!”

If you are a submissive who has never had an imperfect day in your life, and you always submit no matter what, this article is not for you.

How many are still reading? Oh, right. You aren’t perfect, either are you?

Well then, when you have a day where you wake up and just don’t feel like following the rules, what do you do?

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## TAKE A TIME OUT

A time out does not have to be a full relationship break. Even just an hour or so on your own, practicing a hobby you enjoy, going to the mall, meeting with friends; just something that isn’t D/s related can help recharge your batteries. If this includes time apart, then do that. Sometimes I just need some time on my own. I like to go to a cafe or coffee shop with my computer and just be alone. It’s nice.

It’s recommended that, especially in the beginning of a new relationship, you negotiate time out periods where you can be partners but not D/s partners. KnyghtMare and I are 24/7 but we have moments where the power exchange is at the bottom of the list of roles and we just are two people together. It’s nice and it reaffirms your commitment beyond the D/s.

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## TALK ABOUT IT

When you have reached an edge, and you need to take a moment, it’s time to talk to your partner about it.

What you need to talk about is how to prevent the need to take a break. There are ways to prevent it sometimes, and you can learn about those in the next section.

You’ll also want to talk about what ways you can take a break without isolating yourself, and in ways that can still include your partner on occasion. After all, you are in a relationship.

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## 3. PERFORM A REFOCUSING RITUAL

Adding a ritual to your everyday (week/month) that helps to remind you that submission is not only work, but beautiful can help keep you from freaking out and needing to break away for a time. Some of the suggestions that have come my way are: