

Humiliation : Hot, Edgy and Sometimes Dangerous

Presented by Richard A. Sprott

Our Path tonight

- Humiliation: What is it?
- Hot: erotic charge
- Edgy: pushing boundaries
- Sometimes Dangerous: triggers, harm, violations

REBLOG

If you love Humiliation



Some ideas on defining it

- Historical Root: lowly, humble, on the ground (from Latin “humus” = ground)
- Putting somebody in their place (which is on the ground) – one expression of power exchange
- Vs. Shame – related but not the same

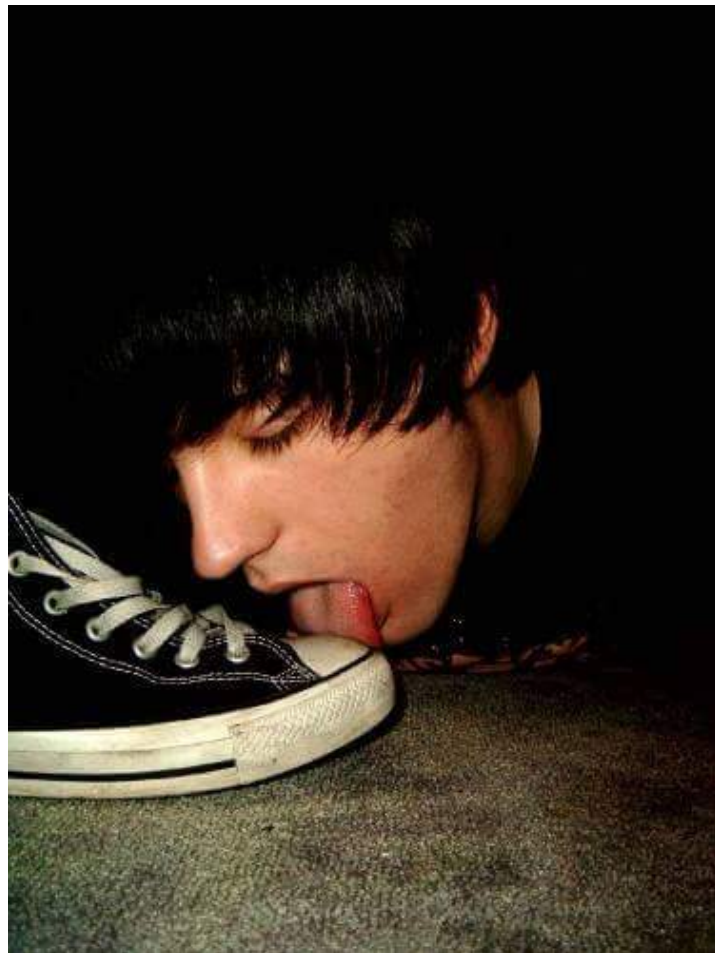
Humiliation = Psychological Play

- Psychological play involves *playing with*
 - trust,
 - consent,
 - re-enactment of violence and abuse,
 - depersonalization and
 - intense emotions

Humiliation Play works like Sarcasm

- On the surface is one message
 - “you’re a faggot” and that is bad
- Below the surface is an opposite meaning
 - *I like faggots and they are a good thing*
- My rule of thumb for humiliation play: I only denigrate about things which I value, and I know the other person knows what I value
- I only denigrate about things the other person likes/values about themselves

Why do people do this?



The cornerstones of eroticism

Intense eroticism is paradoxical and unpredictable. Things that arouse us, under different circumstances, or in differing intensity - also turn us off.

Anything that we find that inhibits us sexually, can at a later time be a turn-on.

- Longing and Anticipation
 - Violating Prohibitions
 - Searching for Power
- Overcoming Ambivalence

Emotional Transformations permeate erotic life

- anxiety -----> security
- weakness -----> strength
- guilt -----> freedom
- anger -----> appreciation (satisfaction)
- fear -----> love
- shame -----> acceptance (pride)
- wounding -----> healing

“Adrenaline Rush”

activation of the fight/flight response leads to more intense sensations, and in reaction the body releases endorphins and other opioids, and dopamine when safety is re-established.

“Exploration of the Self”

some scenes allow a person to test their will, allow their subconscious to vent, investigate some other aspects of the Self that society does not favor or value, allow a person to stop self-monitoring and self-regulating for a while.

“Re-Enacting Past Hurts Without Healing”

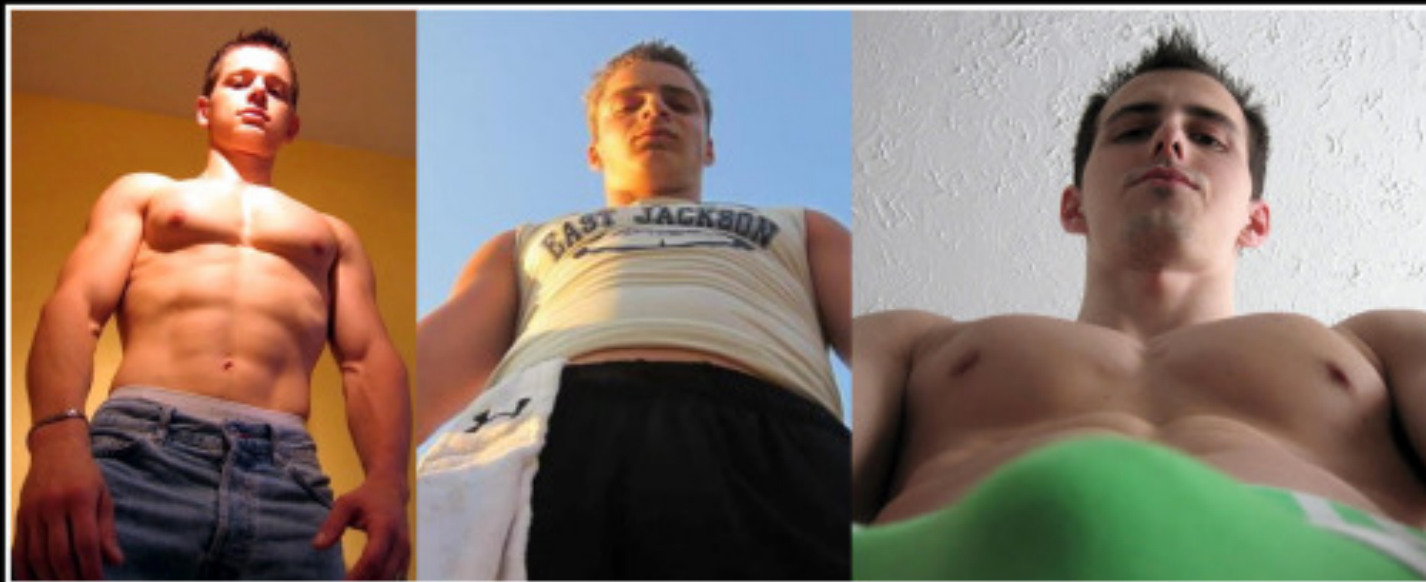
some scenes repeat a person's experience of abuse or trauma, with no reframing of it. Some people do psychological play for self-destructive reasons.

“Healing Past Hurts”

some scenes allow a person to relive, review a past hurt and “rescript” the event, so that it ends better – or the scene becomes a ‘container’ to hold the past hurt and the person’s emotions around it.

POWER

- No matter what the motivations are, a primary attraction is POWER
- Humiliation play is about creating and reinforcing positions of unequal power – as an erotic charge



**They rule your life
you on your knees whenever you are in their presence
you service them as the lowly faggot that you are
you are given no choices, only orders
you will never be free
They are Men, you are a pathetic fag, it is the natural order**

HOT

- Themes of humiliation
 - Dirt (taboo)
 - Objectification (consensual non-consent)
 - Weakness (power)
 - Public Display (shaming, exposure)



WHAT HUMILIATION TASTES LIKE

Degrade a fag!

- I'm horny with nothing to do all night. I'd love to get nasty, degrading messages from any of my followers. Ask me embarrassing questions, tell me about the nasty things you would make me do, or just mock me for being such a pathetic little slut. Fill my ask box, anything goes! Anonymous degradation is welcome! Thank you in advance, Men.

Dirt





FAGGOT WATER FOUNTAIN



BrutalTops.com









BoundGods.com



Objectification





I'M JUST A HOLE





It didn't have a name, it didn't need a face, it didn't need to see or hear. It was just a faggot hole to fuck - That was all the Men who used it cared about.

- I wait on my knees as HE enters the room, anticipating the taste of HIS piss, knowing that i am exactly where HE and i need me to be at this moment. HE needs a hole to piss in, and i need to be of service to this MAN, this GOD, Who has agreed to allow a worthless fag to drink HIS Piss.
- i become HIS urinal. i am just a fixture, like any other wall mounted urinal in any Men's room. But this urinal understands what a great honor it is to receive an Alpha Males Piss. it knows how luck it is to be allowed to consume a Real Man's urine, to receive HIS 2nd hand fluids. Fluids that have passed through HIS mouth, HIS stomach, HIS digestive system, HIS Kidneys, HIS bladder, and finally HIS Cock. HIS Body has taken from them what HE needs, and now, HE gives HIS faggot what is left.
- i am a faggot. i am nothing without HIM and His Alpha Male brothers.

A recent scene

- A few pics of humiliation scene, involving objectification

**Time to start your
transformation
faggot**



Start of scene



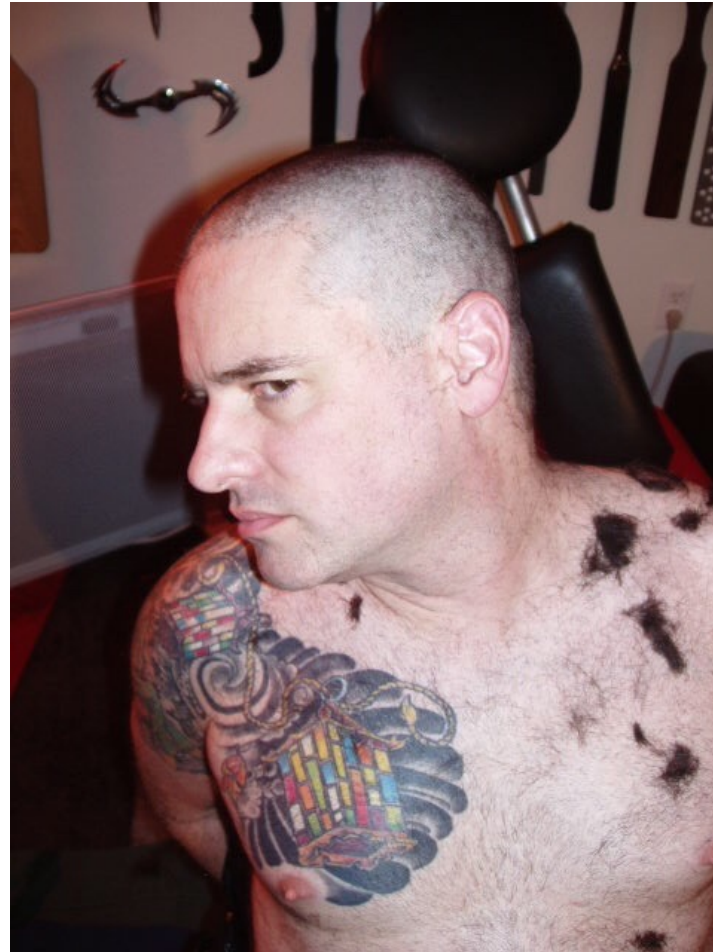
preparation



Cutting, shaving



Removal complete



Object, subhuman

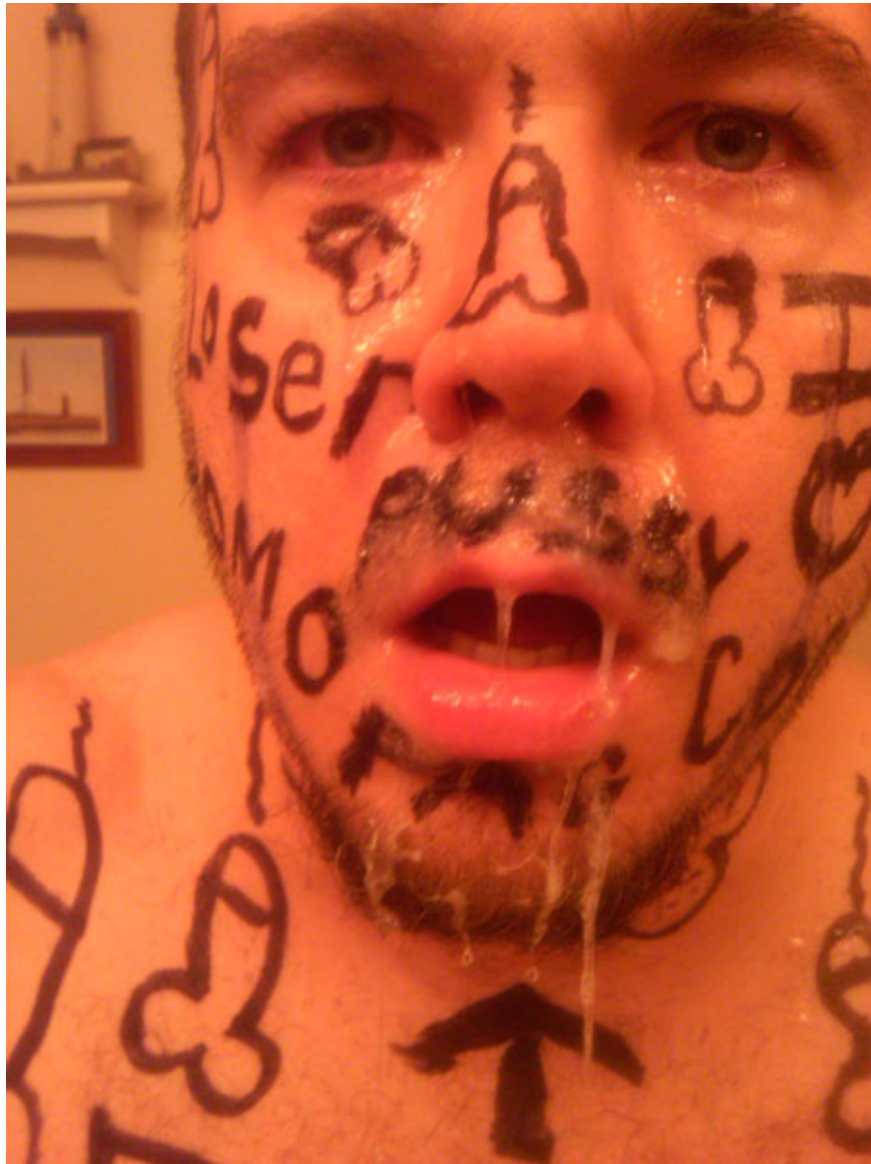


Final stage of transformation



Public Humiliation

- Public humiliation is playing with shame/embarrassment
- Breaking social rules (adrenaline rush)
- Depersonalization (use and abuse)



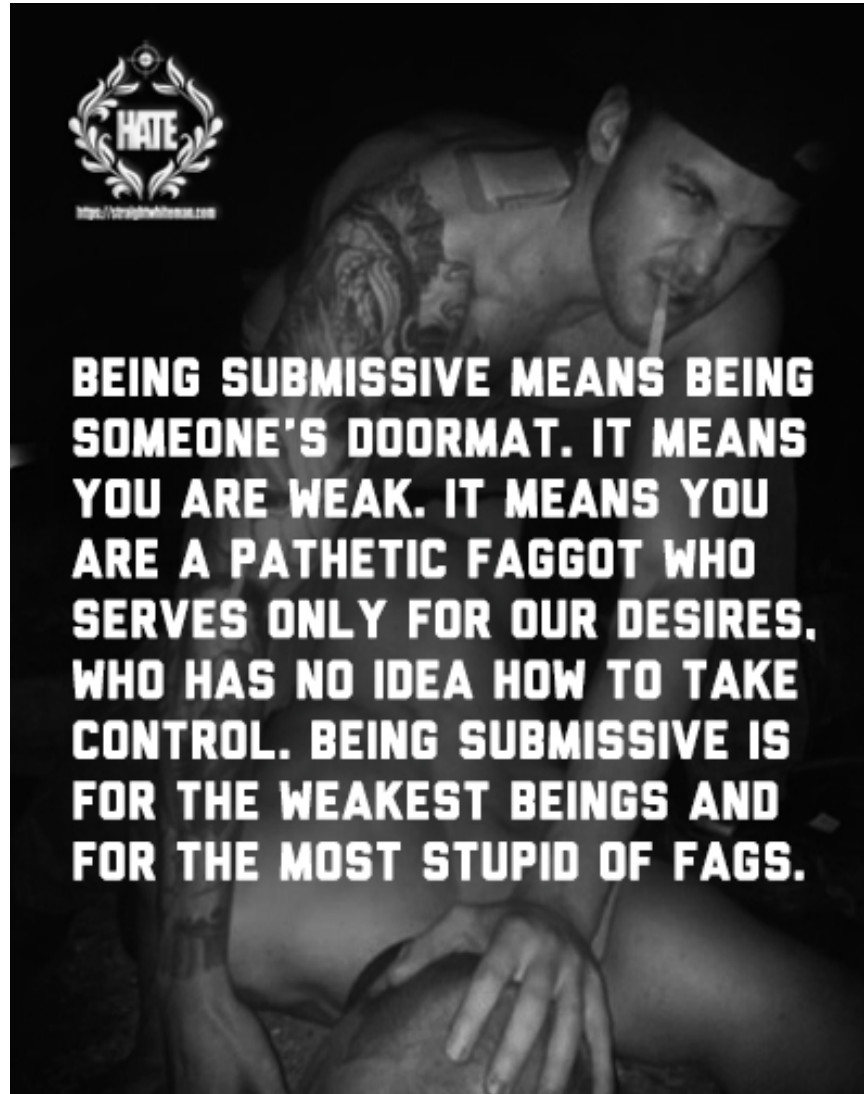






BoundInPublic.com

Weakness



**BEING SUBMISSIVE MEANS BEING
SOMEONE'S DOORMAT. IT MEANS
YOU ARE WEAK. IT MEANS YOU
ARE A PATHETIC FAGGOT WHO
SERVES ONLY FOR OUR DESIRES.
WHO HAS NO IDEA HOW TO TAKE
CONTROL. BEING SUBMISSIVE IS
FOR THE WEAKEST BEINGS AND
FOR THE MOST STUPID OF FAGS.**



Edgy

– close to real (non-consensual)
humiliation

- Social Categories – Stigma and Oppression
 - Race/Ethnicity (race play)
 - Gender (Sissification)
- Body Image and Body Weight

“Humiliation keeps a honky slave in line”



When I want to fuck ass, I don't mess around. I take a bitch, pull his pants down and hold him tight while I shove my hard cock up his cunt. He fucking takes it. Like, what choice does he have?



REBLOG

if you want to be fucked like a

WHORE

in chastity - for the rest of your life



Florence
The Chastised Sissy Doll



*Dress me, use me, tease me,
play with me,
my sole purpose as your sissy doll
is to satisfy and please you*

Sometimes Dangerous

- Crossing a line is a real hurt
 - Neurobiological dimensions
 - Emotional Responses
 - Triggers and PTSD, Panic Attacks, Rage Outbursts and X-Drop

Pain: neurological foundations

- **Anterior Cingulate Cortex**

- Crucial to processing pain and formation of long-term memories
- Particularly crucial to processing emotional aspects of pain and fear
- Makes no distinction between physical pain and social/emotional pain

Social and Physical Pain overlap significantly

- Studies have found that acetaminophen (Tylenol) and marijuana do significantly reduce social pain as well as physical pain
 - Tylenol binds to the cannibinoid 1 receptors
- Individuals who are more sensitive to social rejection and pain are also more sensitive to physical pain
 - Eisenberger, N. (2012) Psychosom Med. 2012 February ; 74(2): 126–135. doi:10.1097/PSY.0b013e3182464dd1.
- Humiliation scenes or dynamics will kick in the pain system, which will release endorphins and endocannabinoids



Emotions elicited (realworld)

- Humiliation, for the person in power, can elicit
 - Anger
 - Irritation
 - Anxiety
 - Fear
 - Pity
- For the humiliated, it can elicit
 - Embarrassment
 - Shame
 - Anger
 - Fear
 - Alienation

Triggers

- Intrusive thoughts or memories that initiate fight/flight response
- Fear/Panic or Rage – remember, the function is *self-protection*
- Watch for emotional contagion / empathic response
- Learn psychological first-aid

X-Drop

- “Sub Drop, Top Drop” – guilt, shame, anxiety, depression, irritability, distress after a scene is over, or feelings of isolation and disconnection, usually within several hours to several days after a scene (note: this is a condition not recognized by mental health professionals – it is community wisdom and experience)

What is it like?

- I slept
- Felt Sad
- Disconnected
- Depressed
- Felt abandoned
- Fear
- Tired, lots of lethargy
- Tears
- Felt empty
- Felt light/expansive (ungrounded)

X-drop is related to transcendence?

- If a peak erotic experience is an experience of transcendence, then imagine how the loss of that transcendence would impact a person.
- We propose that *grief/bereavement* is a good way to understand and make sense of sub drop, top drop and event drop.

Transcendence

- “When we surrender to a transcendent experience, we glimpse our Universal Aspects, moving beyond the limitations of the ego, and its illusions of separateness. The great paradox of transcendence is that while self-consciousness totally disappears, we know more clearly than at any other time exactly who we are.”

--Jack Morin



Aftercare

- Beyond any aftercare basics on a physical level, one should also do some psych aftercare
- Provide for the Emotional Transformations
 - anxiety -----> security
 - weakness -----> strength
 - guilt -----> freedom
 - anger -----> appreciation (satisfaction)
 - fear -----> love
 - shame -----> acceptance (pride)
 - wounding -----> healing

Psych First Aid

- **Long strokes** on the body will stimulate the parasympathetic nervous system, reducing the rate of breathing. (be careful with touch when person is raging)
- **Talk** – describe what is going on in the person's body, let them know they are not in any danger – since they are already focused on what is happening in their bodies, help them re-interpret the sensations as non-threatening. Talk also stimulates the parasympathetic nervous system.
- **Coach Breathing** – help the person to take longer, slower, deeper breaths.

Psych First Aid

- **Mental Imagery** – guide the person to imagine a safe, relaxing place
- **DO NOT PANIC!** - remaining calm is essential; the person will pick up that you are nervous, worried or in a panic and this will immediately escalate the person's panic.
- One Importance Consequence of a Panic/Rage Attack: ***Analgesia***. The body produces endorphins and opioids to deaden pain as part of the “fight or flight” response. This means the person will not feel physical damage and therefore cannot respond appropriately to potentially dangerous stimuli.

Conclusion

- Humiliation Play is about playing with power, especially
- It is a deep form of psychological play (similar to mindfucks, interrogation scenes, etc) and needs to be respected as such
- Remember to denigrate aspects/behavior that you actually value or like; avoid topics/areas that the person is most insecure about
- Learn psychological first aid and plan on aftercare