

Top/Sub Space

Within the context of BDSM, "subspace" is an altered psychological state that can be entered into by a person bottoming/topping in a scene.

Most people associate BDSM with the physical aspects of the scene. There are many mental aspects to a scene as well, and those need to be considered. Subspace, can be akin to a hypnotic trance. During a BDSM scene, as your focus becomes more and more on the physical sensations of play, the entire world may shrink to only include you, your partner, and whatever is being done to you. So while many aspects of BDSM are physical, there is also a mental aspect that may lead to Top/Subspace.

During a scene the melding of both pain and pleasure, may trigger a response of the sympathetic nervous system, which causes a release of epinephrine from the adrenal glands, as well as a dump of endorphins and enkephalins. This dump of morphine-like chemicals into one's bloodstream can increase the pain tolerance as the scene becomes more intense -- and also may induce a euphoric, ecstatic floating feeling.

Top/Sub Drop

The endorphin dump in Top/Sub space may produce a trance-like state. As play ends, it is possible that those involved may feel detached from reality or out-of-body. Once the body ceases to produce endorphins, the player may enter a new state. The parasympathetic nervous system engages and a player may feel a deep exhaustion, a drop in temperature, or incoherence and uncoordination. In the lifestyle, this is commonly known as "drop" or "sub-drop".

The majority of people recover from play in a matter of hours, but others could exhibit signs of drop for weeks. The more extreme forms of drop could have you feeling like you have a hangover or partied too hard the night before. Some people have felt lost and depressed for hours or days. Some just want to sleep it off.

Not all play leads to drop. A player may have a very intense scene with no drop effects. Because each person is individual and the chemicals produced are based on a person's triggers; they may not hit a player the same for all

Pamphlet by Veronica-Lodge

NEWBIE PAMPHLET



*A Reference to help keep
you Safe Sane and
Consensual (or RACK)*

Items in a Drop/Play Kit

Keep yourself prepared and bring a personal kit with you when you play.

- Blanket
- Extra clothing
- Small First Aid Kit
- Water or Juice
- Candy or sweets
- Tylenol/Advil (If prone to headaches)
- Something to soothe (music, book, journal etc)
- Condoms
- Makeup remover
- Deodorant
- Hair Ties and Grooming Products

Remember to include anything you think you may need to personalize your kit and take out things you don't.

Negotiation Questions

- What is your scene name?
- Are you “with” someone, do you have permission to play?
- Are you inebriated in any way?
- Do you have any injuries or no hit/touch zones?
- Do you have any medical issues? Diabetes? Contacts? Dentures? Asthma? HIV/AIDS? Pregnancy?
- What experience do you have with (this activity)?
- How long do you expect the scene to last?
- What do you prefer for aftercare?
- What kind of scene are you picturing?
- Do you have any fears? Phobias?
- Do you have any concerns about marking?
- Do you prefer to be nude? Dressed, Costumed?
- Do you enjoy restraints?
- What are your preferred activities?
- What will you do if something goes wrong?
- Do you expect sex? What kind of sexual contact is acceptable?
- How many people will be involved?
- What are your safewords?

Please add your own and keep asking questions until both parties have agreed with the terms.