

SUB FRENZY

Throughout this article I am using my meagre knowledge about human behaviour (psychology) and my own personal experience and thoughts. I am not an expert in anything, certainly I am not qualified to define you or your feelings. I am sharing my thoughts on the subject and I welcome feedback and I am open to my perception being expanded and challenged.

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One of the most wonderful things about our society is that there **IS** some social acceptance of what was once considered extremely taboo and terrifyingly kinky. As BDSM'ers and Kinksters we have access to incredible amounts of information (not all accurate, but still, it beats having to order illegal magazines and hope you don't get caught) at our fingertips, access to others that share our needs, our desires, our fears, our wants; and we can find ways to do what we oh so badly want without the high risk that was part of the package forty years ago.

Even so, our interests, those needs and desires are still taboo. If you are a fetishist, Kinkster or in any way **not** mainstream sexually, you have likely spent (and perhaps still do spend) much time feeling estranged by your very desires and/or needs. You may not even have been to explain your vague needs, or have words for what you wanted. To have sexual needs that no one else seems to talk about is confusing at best. During adolescence, a time in which we are genetically programmed to seek sameness while establishing autonomy, we are already confused-having esoteric sexual needs magnifies our confusion and disturbs our sense of belonging and self acceptance.

I say taboo, but I am coming to believe that the forbidden part of our play is mostly in our own minds (and those of the far, far right). The law does not prohibit as much as you might think.

Cognitive Dissonance is a theory by Festingers (1957) that suggests that we have an inner drive to hold all our beliefs in harmony. When we are in a situation what involves conflicting beliefs or attitudes or behaviours we experience psychological discomfort. That discomfort prods us to change one of our values, beliefs or behaviours to restore balance. You can read more at www.simplypsychology.org/cognitive-dissonance.html

Or you might have never considered such things until you bumped into one of us, and found yourself suddenly consumed by a BDSM (or similar) lifestyle. Then, being exposed to activities and ideas that are adverse to what we are raised to believe can

challenge and disturb our sense of self, our sense of the world.

Either way, kinky folk face a very real psychological dilemma. They likely have core beliefs that contradict each other, which causes cognitive dissonance. The psychological discomfort when we struggle to align to contrary beliefs (cognitive dissonance) has been causally correlated to depression, anxiety, eating disorders, obsessive sexual behaviour, sexual impotence, sexual addiction, drug addiction, alcoholism etc. Yet these thoughts go, for most people, somewhat undetected and instead cause feelings of low self esteem and depression.

Examples of Cognitive-dissonance (The score is the level of discomfort the values causes)

Social Norm Value	VS	The alternative Value	Score	Discomfort thought
Drugs are bad	VS	Pot is ok, I like pot.	4	It's natural, but ...
Homosexuality is a sin	VS	Not my business	3	science shows its genetic but..
It hurts to be hit	VS	Being hit makes me feel good	10	I am broken. I am a victim
Boys don't hit girls	VS	I spank/flog/cane/paddle girls	10	I am abusive, I am wrong
Treat women gently	VS	Rape play	10	I am abusive, what's wrong w/me

Those scores of course would change for each person, as such values are intrinsically individual. The point of the examples are that the further away conflicting values are from each other the more discomfort we feel. Having such thoughts as we are growing up creates a great deal of discomfort, leading to significant psychological distress. To restore our comfort with ourselves, we try to repress the needs, desires, fantasies or thoughts that create the conflict.

This repression can continue of minutes, months, years, decades or a lifetime. In those moments, however, in which we slip in our control; when we allow our need to come through those restraints, we may find ourselves overcome with longing, obsessed with thoughts of our elicit interests, trapped in a state of need.

And therein enters what is oft referred to as Sub Frenzy, or Sub Fever. This mindset can occur to anyone regardless of their role, although it is more prevalent with submissive persons (to my knowledge). While it also more commonly occurs with 'newbies', this can also occur at anytime, usually after a time of being repressed or after being exposed to something new that

Sub Frenzy/ Top Frenzy refers to a psychological state that can be experienced by those with fetishes, secret sexual desires, or desires that may be considered taboo, in which the person feels desperately driven to have their taboo needs met. It is as if BDSM itself is a drug and the frenzied person is "Jonesing" for a fix.

just flat out works for you.

This desperation to do what we desire can be so intense that we find ourselves doing things that are incredibly dangerous, (and oftentimes incredibly stupid). We know better, but like any other addict we need just one more, just a little and that bad consequence just doesn't seem to be enough to deter us. We fall into a frenzy of activity, all designed to have our itch scratched right this minute. We make profiles, we meet people, we are play machines.

All of us have dark thoughts. Even if those dark thoughts bring us feelings of intense sexual pleasure, this does not mean we are rapists, abusers, molesters, killers, victims, doormats, lacking boundaries, broken or any such. It's what you do, not those stray thoughts, that define such things. Frenzy can be terrifying, for that reason. You may not KNOW what you will do.

This desperation can lead to **ignoring red flags**, returning to partners that have already proven themselves unsafe, not setting limits, refusing to respect limits, backing down on our safety measures, forgiving boundary violations, meeting people in dangerous manners and so on. We might hit too hard, or with lack of care for our target. We might bind them too tightly, or let what should not trickle over from fantasy to reality being to trickle. We might forgive penetration although we negotiated for none. We might not speak up that we were hit too hard, or in a spot that is dangerous. We are so desperate in our need to feed our desires that we do not exercise caution.

There are easy to find stories in the community and online about trips to ER, dangerous meets, going to far, playing unsafe. It is quite likely that those involved were experiencing frenzy when they made the choice to play in that manner.

If you have one or more of the following symptoms you may be experiencing Sub/Top Frenzy

- *Insatiable hunger to experience 'it' right this minute.
- *Focused on finding a way to experience 'it' right now.
- *Falling in love with a potential playmate quickly.
- *Behaving overly 'Domly' or 'Subby' to prove your 'domliness' or 'subbiness'.
- *Not just topping or bottoming for new partners, but immediately giving your submission or dominance to a new partner.
- *Making choices that are potentially dangerous (not using safety protocols such as a safe call or safe words, not vetting partners, meeting to play without first meeting to greet, agreeing to meet non vetted in a private setting)
- *Ignoring your 'gut' instinct, ignoring red flags.

*Returning to play with someone who has demonstrated previously a lack concern for your safety.

*Changing your personality or interests to appeal to a potential partner

*Going from partner to partner, scene to scene, repeating mistakes in regards to your well being and still not feeling sated.

When Can This Frenzy Occur?

We may experience this before we even understand that we are longing for 'deviant sex'. Before we know what BDSM is even, we may experience a painful restlessness, a lack of feeling content or sated. We may experience this frenzy when we do discover the 'scene'. When we discover the community, when we learn that there are books and movies and websites and dungeons and festivals and courses and **people just like us...** We may have felt a surge of excitement which cued us to understand that our restless needy feeling, our obsession with our desires is linked to a fetish or alternative sexual behaviour.

Some of us are thrilled with this discovery. We cruise online soaking up information. Perhaps we seek out our local community and meet others. We finally feel accepted and begin to build our self acceptance. We may be angry and deny the connection. We may feel afraid, or relieved. Most often it seems we are left confused and emotionally drained by a bombardment of conflicting thoughts and emotions (more cognitive-dissonance). With our new fetish glasses on we start to re-evaluate our past, our past choices, our past romances, our past behaviours.

Then, before we even complete our process of sorting all these new emotions we suddenly realize that **we can meet our needs**. That our previously believed to be impossible desires can be attained. We can dominate or be dominated, we can spank or be spanked, we can play rough.

This realization often triggers a frenzy or fevered state as described above. We are frantic to meet a dom/sub, to find a play partner to explore, learn, feel. No longer needing to repress our most taboo selves we instead become gluttons.

We may also experience this frenzy/fever state when we end a BDSM relationship. Discovering ourselves without the person we are used to being available to meet those needs, we may feel driven to find a new partner, to ensure that our previous repressed state does not occur again.

At any time in your life journey this feeling can occur. While most often it is reported to be in one of the above type of situations, many have had this frenzied feeling for no

easily discernible reason. It always passes in time, of course, and the strength of the frenzy feeling varies from person to person, and for one person from occurrence to occurrence.

The essential information needed about Sub/Top Frenzy is that this is a normal reaction that includes physiological and psychological systems, and that you can take steps to ensure your safety during this vulnerable time **and still have your needs met**. Even if you are brand new to the scene you can seek out those who sit on the 'board' of a kink organization, or those who run the dungeon and ask for help finding a safe partner for a session. You can seek mentors from within the community.

Even when you feel that you need to meet your desire, scratch that itch, have that type of play **RIGHT THIS MINUTE** you need to ensure your safety first and foremost.

Feeling Sub/Top Frenzy?

Do's

- Do talk to a trusted member of the BDSM community
- Do, before risking new partners when in this state, try to find a trusted, experienced BDSM'er to meet your needs. Sometimes a good 'session' can alleviate the frenzy state.
- Do have a trusted BDSM'er review your 'safety plan' for meeting new partners.
- Do know that you are not alone. That safe partners can be found.
- Do strictly adhere to established, community endorsed safety protocols.
- Having a safety in the room to ensure that nothing gets out of hand

Don'ts

- Don't panic. This will pass.
- Don't keep your feeling secret. The strain of secrecy can make this feeling worse. (plus it puts you in danger).
- Don't meet new potential playmates without taking a trusted safety with you.
- Don't forget your boundaries.
- Don't ignore warning signs of potential danger or abuse.