

Emotions in Rope

Rigger understanding your emotional responses. What does good look like, for example, crying, yelling, non-verbal. What does bad look like?

Why are we tying? Are we both on the same page? Do we both want compatible emotions from rope?

Security verse insecurity. Knowing what will be happening in lab time, being able to discuss whats happening, verses, not knowing in play, not being able to discuss so casually.

Shame and humiliation. Can be difficult emotions to reach and also to process and experience.

Don't tie when angry.

Switching off when switching

Brain weasels / mind squirrels

No expectations going in.

How do you want to feel? Have you taken to time to consider this for yourself? Take a moment.

Distractions from surroundings.

Is rope sexual or arousing for you or not? Let your rigger know.

What emotions do you not want to feel in rope? Communicate this with your rigger.

What do you need to do to get into the headspace! Labbing/scene.

Everyday is different

Try to have a positive mindset. Let small irritations go, know they will come, let them and then let them go.

Attitude breads attitude, especially in ropes. Riggers mood has huge impact on how you are feeling and vice versa. You effect how they tie and they impact how you feel.

When you you like to feedback after rope? Everyone is different and feedback straight afterwards can sometimes be too intense due to post rope emotions.

Ensure limits are understood and established. Make sure you are both on the same page and you both have a say in this.

Technical (Lab Rope) versus Emotional (Play/Scene)

Have a good idea what you want.

Healthy - vs- unhealthy ego.

Mindfulness

You can always do another scene.

Err on the side of caution. You can always be tied again if it wasn't an issue.

Respect your own limits

If you are concerned about your safety definitely stop the scene.

Empower yourself to speak up.

If you think you would feel guilty, then this should be a red flag to you. Maybe consider not tying with this person.

When to Stop a Scene -vs- Trusting Your Rigger

Never feel guilty. By stopping a scene you empower other bottoms to do the same. Share that you have done it with others. Have the confidence to stop the scene if you need.

Negotiate safety signals.

Know your own body, listen to what it's telling you.

If a rigger guilt trips you that is an ALARM BELL

Always better to do too little than too much.

Impact -V- Intention

Negotiation Keywords

Tops limits as well as bottoms limits.

Sexual or Not. Describe what you mean by sexual, use examples.

Different styles

Play or Lab Tying

Emotional Levels

Negotiating over time can be useful in case you later remember something. Sometimes you forget stuff on the spot.

S&M or not.

Changing how you negotiate limits with different people.

Knowing its okay to have different limits with different people.

Agree what your tying will involve

Make a list of questions before

Clear Boundaries.

Limits Likes Dislikes

Aftercare Requirements

Physical Boundaries

Emotional Boundaries

Examples of Emotions to aim for: Controlled, Fear, Shame, Humiliation, Cuddled, Protected, Sexy, Exposed, Vulnerable

Do you want to write your negotiation down in messages or something like No Grey App

Are you in a casual tying partnership or a long term relationship. Different approach for both.

Triggers

Risk Profile

Inclusive -vs- exclusive

**Studio
Kokoro**

**Watch
Others**

Peer Support from
local and wider rope
community, even
internationally.

**Ask questions!
No such thing
as a stupid
question.**

**You don't
know what
you don't
know**

**Go to events,
even just to
socialise or
observe. You
will learn a lot.**

Negotiation,
consent and
aftercare.

**How to
get
started**

**Go to
workshops.
Don't learn
from the
internet.**

**Learn how to work
out your limits, talk
with others,
internet, resources
and experience.**

**Keep a
rope
diary**

**Rope Bottom
Guide - read
the guide, it's
free.**

**Learn
the
basics**

Learn about
Communication

Self Trust

Practice.

Know your worth

Developing Self-Awareness

Give time and space when things go wrong.

Learn from any mistakes

Control of emotions in emergency

Accept Risk or don't do it

Accepting your shortcomings and taking time to know them

Celebrating differences

Understand your own limits, needs and desires.

Explore through self-tying

Don't compare yourself to Kinky & Popular

Knowing you can safeword when needed. Will you allow yourself to safeword?

Education to build knowledge and confidence

Establish joint responsibility

If you are to blame as a bottom, don't let it turn into guilt. Learn from it and move on.

When voice of doubt creeps in, voice it!

Not doing rope above your skill level as a bottom, or if you do, going slowly.

Allow the time it takes.

Acknowledge your responsibility and accountability

Communicate issues and avoid blaming each other.

Not looking to blame when things go wrong

Establishing responsibilities - knowing there is an issue you need to communicate it

Accept your own limits. Know it's okay to have limits.

Talk to people - peer support. Talk to tops, bottoms and switches. Everyone has a different perspective. Listen to a variety to then shape your own.

Develop negotiation skills and learn your aftercare needs.

Don't compare yourself to others

Accidents happen (occasionally) sometimes no one is to blame

You are Valid

Breaking things down, repeating to develop experience.

Being open minded and open to learning

Communicating when Bottoming

Body language, what does yours mean.

Post Rope Feedback

Not being afraid to speak up.

Aftercare for bottom and for rigger.

Do you prefer verbal or non-verbal communication. Let your rigger know how you communicate.

Speaking up as a bottom. Know you can do this!

Remember to breath.

Do you have non-verbal safewords? For example safe-gestures.

Negotiation pre-tying; what experience do you have, how experienced are they? Limits, injuries, preferences.

Check in after a few days.

What level of aftercare do you need? Do you even want aftercare? If yes, what should that consist of?

Positive Action for Consent.

Can you speak up if something goes wrong?

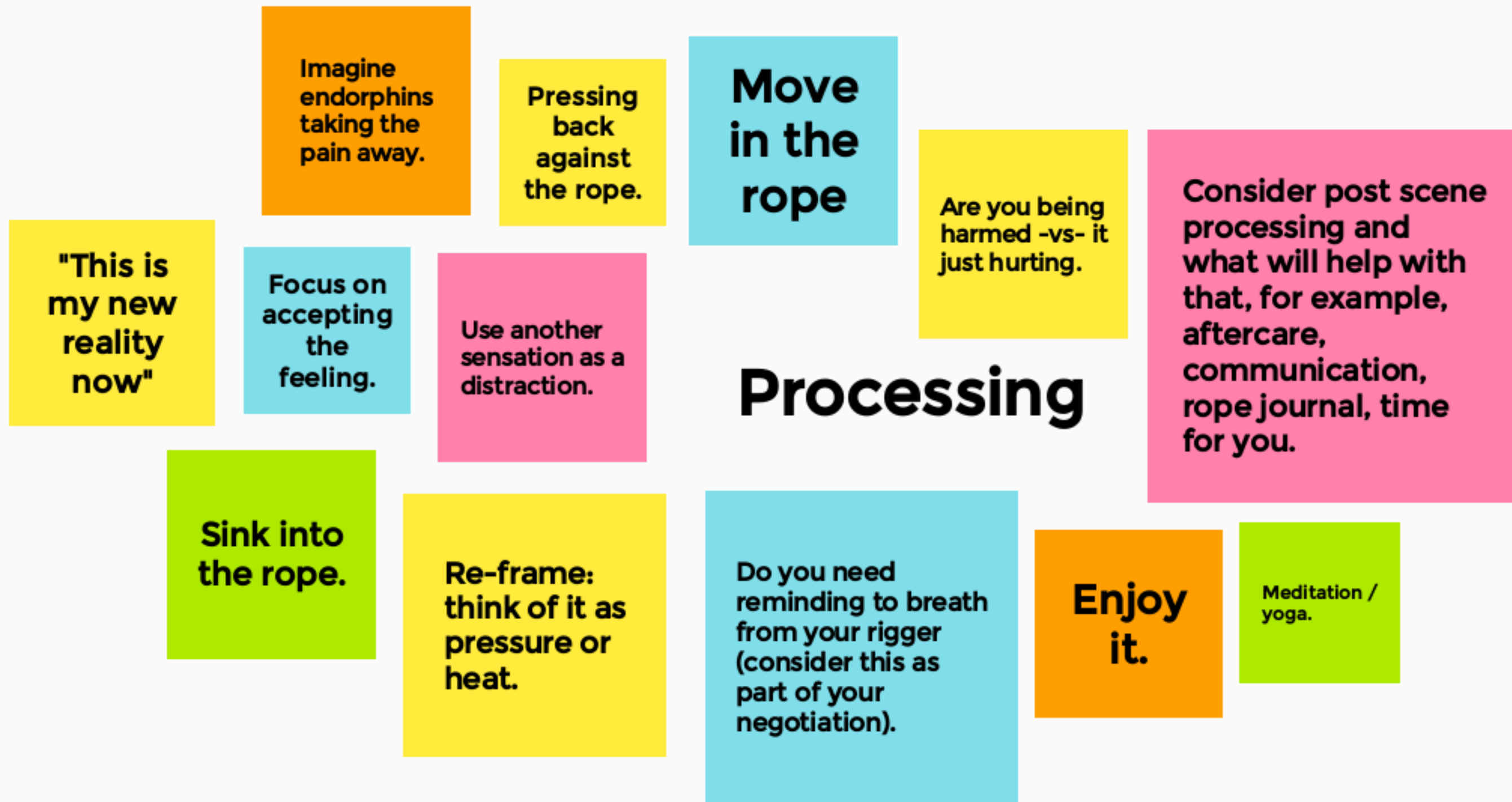
Make sure you working to the same understanding, for example if you agree sexual, do you both know what this means?

Communication after, start by saying your favourite things about the tie. What you would like to do again and what worked. For constructive criticism, straight after may not be the best time.

Do you like plain speaking or do you want a safeword?

Do you like post rope communication to be written a few days later, email or text or do you need a phone conversation or go for a coffee etc.

Let your rigger know if you go non-verbal when during rope or if you like to speak.



Safety

Anatomical Knowledge

Self checking nerves. Do you know what you are checking for?

Exchange of experience: talk with other bottoms.

Communication

Ask your rigger where they learned?

Have realistic goals, don't run before you can walk

There are conflicting opinions regarding safety. Ask why to understand the reasoning. Develop your own informed opinion on this.

Learn from bottoming books, articles, courses, mentors.

Is your environment safe?

Learn to set boundaries. Respect your boundaries.

Getting the basics right.

Education

Monitor the scene yourself. Know your correct placement.

Learn from different people and know that no one knows everything.

First Aid Kit - Safety Shears

Get ongoing feedback.

Never rely on existing knowledge, keep evolving and educating yourself. Everyone is different.

Check finger and wrist movement

Make sure you have been taught correctly.

Have a spotter and know your level of ability when learning

Scratch tips of fingers and thumb to self check nerve issues.

Stretch out in rope to prevent muscle cramps

Body Awareness

Bone
Muscular
Nerves

What is
'normal'

Keep a
rope
journal

Do you
have any
mobility
issues.

Get to know
your body
through
experience
over time.

Trust your
instincts.

Awareness of
pain -vs-
actual damage.

Do you
bruise
easily?

Education on what a
bad tie lacks, tips to
know when a tie is
unsafe. What does a
bad tie feel like?

Pain and
Mark
Scales.

Knowing your
bodies limits,
communicating
those limits. Do
what you can do.

Knowing
circulation -
vs- nerve
issues.

Confidence: are you
comfortable with
nudity? Do you have
issue with different
parts of the body?

Know your
state of mind -
is it the right
time to tie, or
to do a
particular tie?

Know what is
usual for you,
what your
response will
likely be.

Have the
confidence
and
awareness to
stop a scene if
you need to.

How to adapt
to the tie or
rope. Relieve
pressure.

Learn
about
your body.

Go for a wee and scratch your nose

Check in with your own health. Are you good to tie?

Ask your rigger to move the strand of hair tickling your nose

Communicate if you have had a bad day etc.

Stretch to prevent injury

Nutrition and Hydration

Have you drank enough, are you hydrated? Have you eaten (not too heavy a meal).

What aftercare do you need. Ask before you get tied.

So, you're about to get tied up...

Dynamic warm up stretches

Take a moment before you begin to relax and get into your preferred headspace to help process, bratty, calm, giggly, emotional.

Allow as much time before tying as you would swimming after eating.

Warm your body up in the way your body needs. Mentally and physically.

Communicate any physical issues or injuries.

Stretch appropriate to the tie if you know it.

Have you discussed your limits?

Confidence Asking to be Tied Up

Why do you want to tie with them? Is it their status or do you genuinely like them

It's okay to ask so long as you aren't putting on pressure.

Asking for a later date. Less on the spot. Can think about it. "If you fancy tying some time I'd be really interested..."

Getting yourself out there and chatting to people

Ask rigger what they like too

What can you bring to the scene, know your strengths

Worried about pressuring someone to saying 'yes' when they don't want to.

Want to make sure the rigger enjoys it to and not just service topping

Presume that because you think you are not good enough for any rigger to want to tie you you don't dare ask.

Showing that you can do it.

Saying "I like your style of rope because of a,b and c, could we tie some some time?"

It's okay to say no as a top or a bottom

Do you trust them? Do you get on with them on a personal level?

Ask who they learned from, how good is their teacher and how well did they retain it?

Don't go by their photos and how popular they are on social media.

Do you like the riggers style of rope?

Do they understand how to adapt their ties for different body types, e.g bigger bodies.

Ask for references, get a balanced view. Doesn't guarantee you will be safe or have fun, but gives you an overall idea.

Vetting your Rigger

Come up with questions to find out about their personality during negotiation. For example, why do you do rope? How do you feel when people watch you tie.

Need to know they know what they are doing, ask them questions about their education.

People gel with different people

Ask about their bad experiences and how they deal with things that go wrong. How do they deal with blame.

Who did they learn from, do they have the right kit, is their rope in good condition.

Don't want to be a tickbox for someone.