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**Mid-Atlantic**

# **Introduction to Dynamics**

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**ONYX Mid-Atlantic**  
**Krome ONYX / Pap ONYX**

# AGENDA

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# Power Exchange Relationships (Dynamics)

1. A power exchange relationship refers to a dynamic of mutual consent in which one gives their submission in exchange for another giving their dominance.
2. The sub willingly relinquishes control to the Dom based on a foundation of mutual trust and clearly defined boundaries.
3. The exchange is the power that is always inherent in D/s where the sub loses some degree of authority to the Dom in exchange for the Dom taking some degree of responsibility for the sub.
4. Power exchange concepts may govern individual activities or the entire way those involved in the dynamic relate to one another on a continuous basis:
  - The level of Dominance is equal to the level of submission.
  - Dominance and responsibility increase together.
  - As submission increases, the level of autonomy over one's action decreases.
  - Responsibility is greatest when autonomy is lowest.



# Guiding Principles

## Foundations of a Dynamic

- **Communication**
- **Understanding**
- **Trust & Vulnerability**
- **Safety (emotional / physical)**
- **Intimacy**
- **Education / Exploration**
- **Empowerment**
- **Growth**
- **Protocol Adherence**  
(Consent, SSC/RACK, etc.)

## Key Points

- **Control is given, not taken.**
- **Still requires negotiation, consent and safe words / actions.**
- **Informed consent is ALWAYS required.**
- **Consent is granted after communication and trust have been established and limits / desires are discussed and negotiated.**
- **Both the Dom and sub are responsible for safety and well-being.**
- **Submissives have the final say.**

# Terminology

## Dominant (Dom/Domme) Terms

- Master / Mistress / Goddess
- SIR / Madam
- Daddy / Mommy
- Caregiver
- Handler / Trainer

## Submissive (Sub) Terms

- boy / boi
- son / daughter
- slave
- brat
- little
- pet

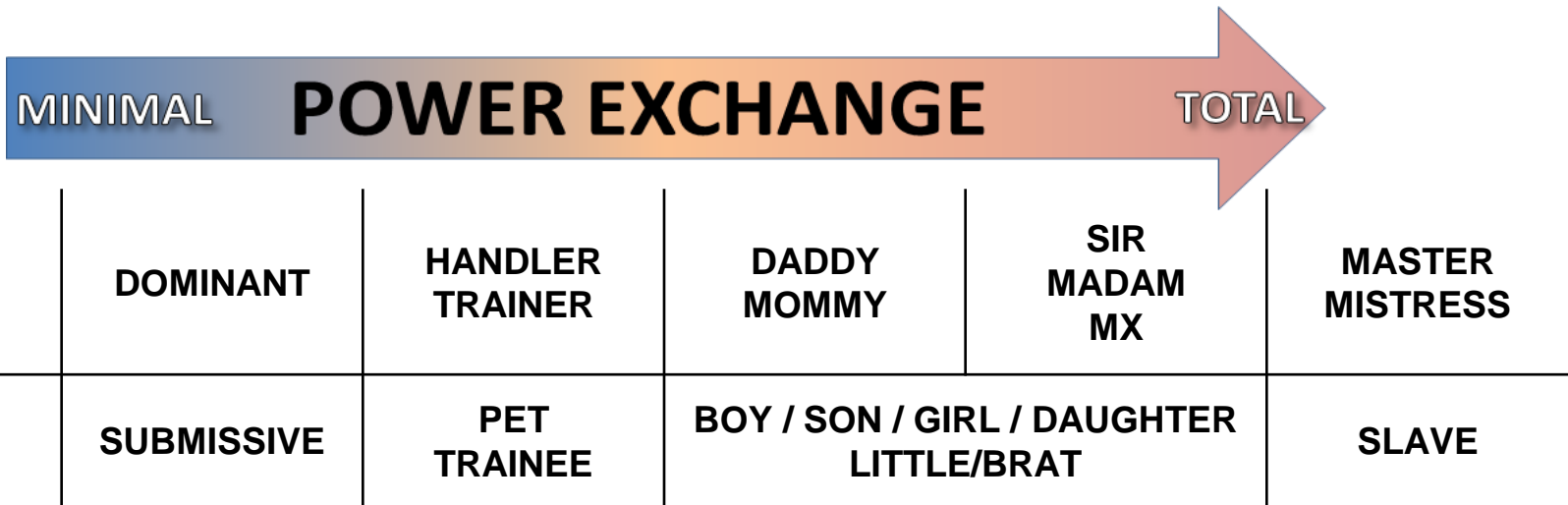
## Common Dynamics

- Dom / sub
- Master / slave; SIR / slave
- Daddy / boy; Daddy / son
- Handler / pet

## General Characteristics

- Master:** Protocols, rituals, servitude, rules for the Dom's pleasure. Greater focus on control. May include Daddy-like qualities.
- SIR:** Similar to Master, but more focused on attention and taking a firm hand than total control.
- Daddy:** Nurturing, caring, loving, playful, guiding, rules to benefit sub.
- sub:** Submits to a Dom but retains a voice. Not considered owned or property.
- slave:** Submits to a Dom in a TPE. No voice\*. Considered owned or property.

# Terminology



1. BDSM dynamics are based on the intensity of the power exchange.
2. Categories are not mutually exclusive.
3. Relationships may differ within a poly relationship.
4. Non-gendered titles may be preferred.

# Core Structure

Power exchange is seldom "one size fits all" and typically falls along two primary structures

1. **Situational Dynamics:** The exchange of power is limited to specific times, events, scenes, or locations (e.g., during a dedicated kink session, sexual intimacy).
2. **Lifestyle Dynamics:** A 24/7 dynamic where the roles of Dominant and submissive are integrated into daily life, often including non-erotic rules such as communication protocols, chores, or personal self-care.

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**Total Power Exchange (TPE):** A 24/7 dynamic where the submissive partner surrenders nearly all decision-making authority to the Dominant within pre-negotiated limits.

# Things To Consider

- ✓ Entering into a Power Exchange Dynamic should not be considered a required path for a fulfilling BDSM journey
- ✓ Definitions and rules can change based on what is specifically negotiated.
- ✓ You must consider each others needs / wants, experience level, limits (soft / hard), triggers / sensitivities, intensity levels, health concerns, etc.
- ✓ Earned “honorific” titles that all convey trust, esteem and respect.
- ✓ May be solidified with a formal, written contract.
- ✓ Your position in power exchange dynamics does not necessarily equate to your role in other aspects of your life.
- ✓ Affect on other relationships.
- ✓ Someone well versed in BDSM principles and kink play does not mean they will be “good” or “right” for a dynamic.
- ✓ These are relationships. Like any relationship, they take constant work.

# Timelines and Red Flags

## Process Example

1. Self Assessment
2. Research
3. Vetting
4. Petition
5. Discussion
6. Consideration
7. Formal Dynamic
8. Check-Ins
9. Reassessment

## Possible Red Flags To Assess

- Limited BDSM experience
- Inability to articulate needs / wants
- Had many previous Doms / subs or recent questionable changes
- Moves too quickly
- Needs / Wants Don't Align
- Reputational concerns
- Claims to know everything
- Can't admit when they are wrong
- Searching for romance
- Substance issues
- Financial requirements
- Feels off or wrong

# Q&A

