



How Do You Define BDSM ?

One of the many good things about Mentoring is that sometimes you get asked questions that make you think.

This was one of those times. My reply was:

As I understand it, the four letters "BDSM" represent six words:

Bondage Discipline Sadism Masochism Dominance Submission

This is the technical definition.

For Lady Beth and me there are two aspects to it in practice:

- 1) It is an evolving (as needed or in a natural way) set of behavior patterns and activities that help generate personal growth in a person and people in relationships.
- 2) These behavior patterns and activities provide a structure where we can generate a lot of (at times intense) mental, physical, and emotional pleasure and satisfaction for all parties involved.

We refer to these as the "good parts" of the lifestyle.

Sir James