



How Do You Handle A Jealous Submissive ?

This was written by my Lady Beth.

A Dominant is Protective and Possessive of their submissive. A submissive is Protective and TERRITORIAL of their Dominant. A jealous submissive left unchecked can become a ticking time bomb waiting to happen. When that bomb drops the resulting emotional turmoil that happens is almost impossible to stop and/or fix.

When a Dominant interacts or (heaven forbid!) plays with another submissive, his/her submissive is more than likely to feel some anxiety and jealousy that their Dominant wants/needs something from this other submissive that they are not giving them and feel their position may be threatened (Can we Dominants say "Ridiculous!"). Their sense of servitude makes them feel guilty of feeling jealous because they know this is what their Dominant wants/needs. Now they not only feel jealous, anxious and threatened, they are feeling guilty and like a bad submissive. Sigh....the mind and emotions of a submissive are a very mysterious things indeed!

There are different ways to handle this situation, but first I'm going to tell you the WORST ways to handle it. There are two phrases that you must NEVER say to your submissive under any circumstance. The first phrase is "I am the Dominant and what I say goes!"give me a break! Remember when you would ask your parents why you couldn't do something or go somewhere and all they would say is "Because I said so!". Didn't that make you frustrated and just a little pissed? Well your submissive is an adult and should be talked to as such, including reasonable explanations. The second phrase you should never use is "This is the way it is going to be and you are just going to have to get over it!". Submissives still have all the human emotions we are all born with. ANGER is included in this list of emotions. So now you have a jealous, anxious, threatened, guilt ridden, pissed off submissive.

Give them just a little time and then they will start to believe they really are a bad submissive and you couldn't possibly be satisfied with them and no wonder you are looking elsewhere for what they are not able to be for you. NOW the depression sets in on top of the other mixture. OMG!!!! NOW the bomb drops! You have an emotional mess on your hands and can't for the life of you figure out why. You love your submissive, you are satisfied with the way your submissive serves you and you had no intentions of replacing them with this other submissive. So what happened? You ask the submissive how they would get this impression out of something that you feel was such a small thing and get nothing but confused unintelligible explanations. The submissive is now so deep in the emotional turmoil they don't even understand it on a logical level.

OK....so there is no easy way to handle a jealous submissive once they have gone that far. So the best way is to try to avoid getting to that emotional roller coaster ride. Your submissive needs to know they are to come to you whenever they are having negative feelings so that you can deal with them without fear of disappointing you. If they come to you and tell you that they are feeling jealous and a little threatened by you playing with other submissives, you have to make sure they know that they hold that special place in your heart and any other submissive you play with is just that....play. Sounds simple, right? Not really, because just telling them this is good, but will not completely sink in. It takes time and a very patient Dominant. You have to go slow in introducing new play partners. You have to make eye contact and occasionally touch your submissive while you are playing with this other submissive to assure them they are not far from your thoughts and never out of your heart. If all parties are comfortable, have your submissive be involved with your scene. Have them fold the other submissives clothes, have them tie up their hair, place the cuffs and blindfold on, help with the aftercare or do it completely.....whatever you and your submissive are comfortable with. Sometimes it helps that when another submissive wishes to play with the Dominant that they should first approach the collared/owned submissive (which is a protocol I fully believe in myself). There are many different ways to overcome or avoid the emotional time bomb of a jealous submissive. The most important is communication and constant reassurance.

The only way to overcome or avoid negative reactions is to have positive reinforcements in place.

Sir James