

# **Intro to How to Survive BDSM Despite Your Disabilities**



**Presented by  
Lady Solaris**



# Disclaimer



- All information given should be discussed with your doctor and should not be tried on the bases that I said it so it must be true.
- Please remember that all information is the personal ideals and research that Solaris did and not hardcore medical fact.
- These are just opinions and suggestions and should be used with caution and at your own pace.
- **PLEASE ALWAYS SEEK YOUR DOCTORS HELP FOR ALL MEDICAL PROBLEMS!**

# What Will We Cover

- Biographical Information of Presenter
- What are Disabilities
- Presenter Medical Background
- Negotiation and Disabilities
- Physical Disabilities
- Mental Disabilities
- How they effect BDSM and how to remedy it

# Presenter Biography

- Solaris is a lifestyle Dominant with a 24/7 submissive (caelum)
- Solaris's collegiate studies have included coursework on:
  - Psychology: study of the mind
  - Sociology: study of human social interaction
  - Intra/inter-personal Communication
  - Human Sexuality
  - Kinesics: study of human body language

# What are disabilities?

- **Definition of disabled:**
  - incapacitated by illness or injury; *also* : physically or mentally impaired in a way that substantially limits activity
- **Definition of disabilities:**
  - inability to pursue something because of a physical or mental impairment
    - In our case BDSM

# Why talk about it?

- **BDSM can be a very physical and mentally demanding thing and disabilities can impair BDSM activities**
- **It is not talked about as much as it should be**
- **Sometimes it is over looked in negotiation**
- **Many people do not share their disabilities with others; but yet it is very important**
- **Disabilities are sometimes stigmatized**

# **Solaris's Personal Diagnosed Disabilities**

- **Solaris has been diagnosed with:**
  - **Ankylosing Spondylitis**
  - **Fibromyalgia and Chronic Fatigue**
  - **Irritable Bowel Syndrome**
  - **Complex Regional Pain Syndrome**
  - **Periodic Limb Movement Syndrome**
  - **Mild to Moderate Anxiety**
  - **Previously Diagnosed with Depression**

# Why did I tell you this?

- I want you to know that I too have disabilities that I struggle with
- I've lived with disabilities all my life and have modified the way I do things to live
  - This can be done in BDSM as well



# What are physical disabilities?

- Disabilities that are physiological or sensory that cause a person to not be able to conform to sociological norms
  - They can include:
    - Arthritis in hands (from aging or otherwise)
    - Carpal Tunnel
    - Back injuries
    - Poor circulation in limbs
    - Diabetes
    - Blood Disorders
    - Hearing Loss

# **Breakdown of Some Physical Disabilities**

- **Sensory Impairment**
- **Pain Syndromes**
- **Internal Functioning Issues**
- **Natural Aging**
- **Temporary Injury**



# Sensory Impairment

- **Blindness**
  - Visual impairment
- **Deafness**
  - Hearing impairment
- **Dumbness**
  - Tonal amplitude
- **Inability to Feel Touch**
  - (sometimes in only certain areas)
- **Or the opposite of these**

# Sensory Impairment and BDSM

- This effects BDSM by...
  - Making it more difficult for the Dom/sub to experience their surroundings in a “normal” way
- Can make things difficult because...
  - It can cause communication before, after, and during play difficult or non-existent
- Combat by...
  - Using other means of communication (for someone who is deaf, be sure to write everything down)

# Pain Syndromes

- Arthritis (such as RA)
- Nerve damage
- Myofascial Pain (aka muscle pain)
- MS
- Widespread Chronic Pain
- Fatigue



# Pain Syndromes and BDSM

- This effects BDSM by...
  - Sub not wanting pain
  - Dom not wanting to play because it causes them pain
- Can make things difficult because...
  - Either party can at any moment change their mind because mostly this comes and goes
- Combat by...
  - Taking advantage of the situation when either party feels okay
  - Work around painful areas

# Internal Functioning Issues

- Cancer
- Blood disorders
- Hormone issues
- Thyroid problems
- Diabetes
- Liver, Kidney, Gall Bladder, and Pancreas issues
- Heart Problems
- High Blood Pressure

# Internal Functioning Issues and BDSM

- This effects BDSM by...
  - Effecting overall feeling of well being
  - Makes some play impossible
- Can make things difficult because...
  - Dom/sub can become frustrated because it is ongoing internal chronic issue
- Combat by...
  - Utilizing communication to be able to play in whatever capacity possible

# Natural Aging

- Arthritis
- Skin thinning
- Sagging skin
- Hormone changes
- Eyesight and hearing impairment
- High Blood Pressure
- Urinary Issues

# Natural Aging and BDSM

- This effects BDSM by...
  - Dom/sub not being able to do activities they could a few years ago
- Can make things difficult because...
  - When Dom/sub is seen doing something for years and they on day cannot it is frustrating
- Combat by...
  - Slightly changing the way things are done to work around the problem

# Temporary Injury

- Broken bones
- Temporary nerve damage
- Temporary infection

Just take care of these things so they do not turn into permanent disabilities no matter how much you want to play

# Temporary Injury and BDSM

- This effects BDSM by...
  - Dom/sub being temporarily out of commission
- Can make things difficult because...
  - It comes on suddenly and can cause Dom/sub to not play at all for awhile
- Combat by...
  - Resting and waiting it out
  - Try using more D/s activities instead for awhile

# What are mental disabilities?

- Disabilities that are cognitive, intellectual, or psychosocial that cause a person to not be able to conform to sociological norms
  - They can include:
    - Learning disabilities
    - Depression
    - Anxiety
    - Anorexia
    - Borderline Personality Disorder
    - Bi-Polar Disorder

# **Breakdown of Some Mental Disabilities**

- **Mood Disorders**
- **Anxiety Disorders**
- **Personality Disorders**
- **Eating Disorders**
- **Addiction**
- **Developmental Disability**



# Mood Disorders

- Depression
- Bi-Polar disorder
  - Also known as Manic Depressive



# Mood Disorders and BDSM

- This effects BDSM by...
  - Dom/sub not physically or mentally being able to play sometimes
  - Can cause either party to feel inadequate
  - Bi-polar can cause massive mood swings
- Can make things difficult because...
  - It causes mood to effect body and then causes Dom/sub to not want to do anything
- Combat by...
  - Utilizing medication, herbs, acupuncture, massage, or enjoying activity to improve mood
  - And try and find happiness in the things you love (such as BDSM!)

# Anxiety Disorders

- Generalized Anxiety Disorder
- Panic Disorder
- Phobias



# Anxiety Disorders and BDSM

- This effects BDSM by...
  - Some BDSM situations may cause panic attacks or extreme anxiety
  - Dom/sub may have phobias
- Can make things difficult because...
  - Dom/sub can be okay one minute then panicky the next
- Combat by...
  - Communicating your anxiety ridden situations
  - Use help of friends in community
  - Breathe

# Personality Disorders

- Paranoid Personality Disorder
- Borderline Personality Disorder
- Dependent Personality Disorder



# Personality Disorders and BDSM

- This effects BDSM by...
  - Dom/sub has anger outbursts, frequent mood swings, and poor impulse control
- Can make things difficult because...
  - Dom/sub is not acting in an irrational way
- Combat by...
  - Having an open and honest discussion about your concerns and offer encouragement and support

# Eating Disorders

- Anorexia
- Bulimia
- Compulsive Overeating



# Eating Disorders and BDSM

- This effects BDSM by...
  - Leaving someone feeling weak because high or low weight
  - Or weight makes things more difficult for others
- Can make things difficult because...
  - Dom/sub can be preoccupied by food no matter what is going on
- Combat by...
  - Supporting Dom/sub
  - Help them with coping

# **Addiction**

- **Alcoholism**
- **Recreational Drug Abuse**
- **Prescription Drug Abuse**
- **Sexual Addiction**



# Addiction and BDSM

- This effects BDSM by...
  - Dom/sub being under the influence while playing
  - People getting hurt due to sexual addiction
- Can make things difficult because...
  - Addiction can be dormant then it can surface and cause relationship problems
- Combat by...
  - Not ignoring the problem
  - Never play with someone who is under the influence
  - Don't be an enabler

# Developmental Disabilities

- Mental Retardation
- Autism
  - as well as Aspergers syndrome
- Trouble understanding people or learning things



# Developmental Disabilities and BDSM

- This effects BDSM by...
  - Dom/sub not understanding other correctly
  - Dom/sub actions not being socially acceptable
- Can make things difficult because...
  - Dom/sub can frustrated by having everyone treat them differently
- Combat by...
  - Taking time to explain thoroughly
  - Not outcasting those who are different



# Discussion

# Conclusion

- Understand that disabilities are out there and that people should not be shunned because they are different
- Know that there are ways to get around an individual's inability to do something



If you want me to do another  
insight...

Please contact Le' (Insight Coordinator) and  
tell her you enjoyed mine very much and  
would like me to do another.

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# Bibliography

- Wikipedia:
  - Search: disabilities, psychosocial disabilities, physical disabilities
- National Institute of Mental Health
  - <http://www.nimh.nih.gov/>