



Durable Dynamics

Sustaining Long-term Authority-Based Relationships

Marilyn and Rio



What we hope to accomplish today

- Learn more about our values, alignment and compatibility
- Encourage mindfulness in our relationships
- Share proactive strategies for keeping our relationships strong and vibrant
- Discuss how to deal with changes and challenges



Logistics and Agreements

- Participate!
- Use your worksheet for exercises and notes
- Respect each other; no interruptions
- Silence phones, although keep your phone handy because they will be used
- Ask questions during the class
- We'll have several short breaks



Getting to know each other

1. What's your name and where do you live?
2. Define your relationship
3. Length of your relationship?
4. Is this your first authority-based relationship or have there been others?
5. What is one thing that you hope we'll cover today?



What are the
positive benefits
that
Authority-Based
Relationships bring
you?





Interactive Polls and Quizzes

Pull out your phone

Scan the QR code, enter your
nickname, click Go

Verify you see your nickname



What is one word
describing what's
most important in an
authority-based
relationship?



Compatibility and Alignment

- Self-exploration
- Share with your partner



Compatibility and Alignment #1: **VALUES**

- What is important to you in life?
- What are some of your key personal/life values?

*(5 minutes to **write on your worksheet**)*





Compatibility and Alignment #2:

What you bring & What you want

- What do you bring to the relationship?
- What you want in the relationship?

(5 minutes to *write on your worksheet*)

Circle the top 3 when you're done



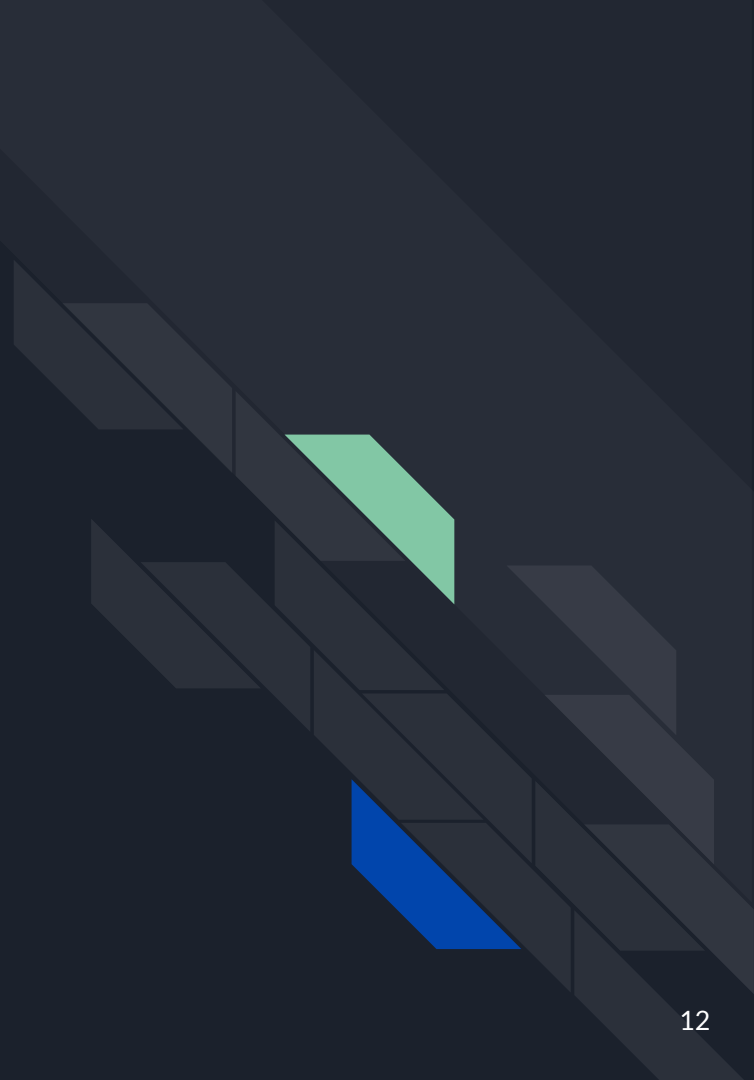


Compatibility and Alignment: **DISCUSSION**

- Spend 8 minutes sharing your answers with your partner
- Where do you align? Where do you not?
- Note those items which might need more discussion later



BREAK





Compatibility and Alignment #3: **LOVE LANGUAGES**

How do you express and accept affection?

HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE { }

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

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BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN

Love Languages Exercise - Part 1

Fill in the two “Your Order” columns, numbering the love languages by your PREFERENCE to GIVE and RECEIVE, from 1 (prefer the most) to 5 (prefer the least)

Language		YOUR Order in RECEIVING	PARTNER's Order in GIVING	DIFF		YOUR Order in GIVING	PARTNER's Order in RECEIVING	DIFF
Words of Affirmation		5				1		
Physical Touch		1				5		
Receiving Gifts		3				2		
Quality Time		2				4		
Acts of Service		4				3		



Love Languages Exercise - Part 2

Ask your partner their numbers, and put those in the “Partner’s Order” column on your sheet.

(Your GIVE number goes next to their RECEIVE number, and vice versa.)

Language		YOUR Order in RECEIVING	PARTNER's Order in GIVING	DIFF		YOUR Order in GIVING	PARTNER's Order in RECEIVING	DIFF
Words of Affirmation		5	4			1	3	
Physical Touch		1	1			5	2	
Receiving Gifts		3	2			2	1	
Quality Time		2	5			4	4	
Acts of Service		4	3			3	5	



Love Languages Exercise - Part 3

- A. Fill in the DIFF column with how different the numbers are.
(If you're a 1, and they're a 5, the DIFF is 4. If you're a 4 and they're a 2, the DIFF is 2.)
- B. **Circle** any DIFF numbers of 0, 1 or 2. **These are your aligned areas.** 🥰
- C. **The remaining items are your CHALLENGE areas.**

Language		YOUR Order in RECEIVING	PARTNER's Order in GIVING	DIFF		YOUR Order in GIVING	PARTNER's Order in RECEIVING	DIFF
Words of Affirmation		5	4	1		1	3	2
Physical Touch		1	1	0		5	1	4
Receiving Gifts		3	2	1		2	2	1
Quality Time		2	5	3		4	4	0
Acts of Service		4	3	1		3	5	2



Love Languages: Ideas for Dealing with Differences

- Example: You like to give gifts and they hate receiving them? Ideas:
 - Limit the number
 - Limit the spend
 - Give to a charity in your partner's honor instead of buying them things
 - Giver buys the household items (gifts to the household rather than the person)
- Example; You like to give touch and your partner doesn't like receiving? Ideas:
 - Limit the touch to certain parts of the body or situations (like holding hands)
 - Touch through clothing instead of directly on their body
 - Offer touch as a service such as a massage or foot worship



Love Languages Homework

- Talk to your partner
- Congratulate yourselves on your aligned areas
- Make time later to talk and strategize about how to deal with your challenge areas



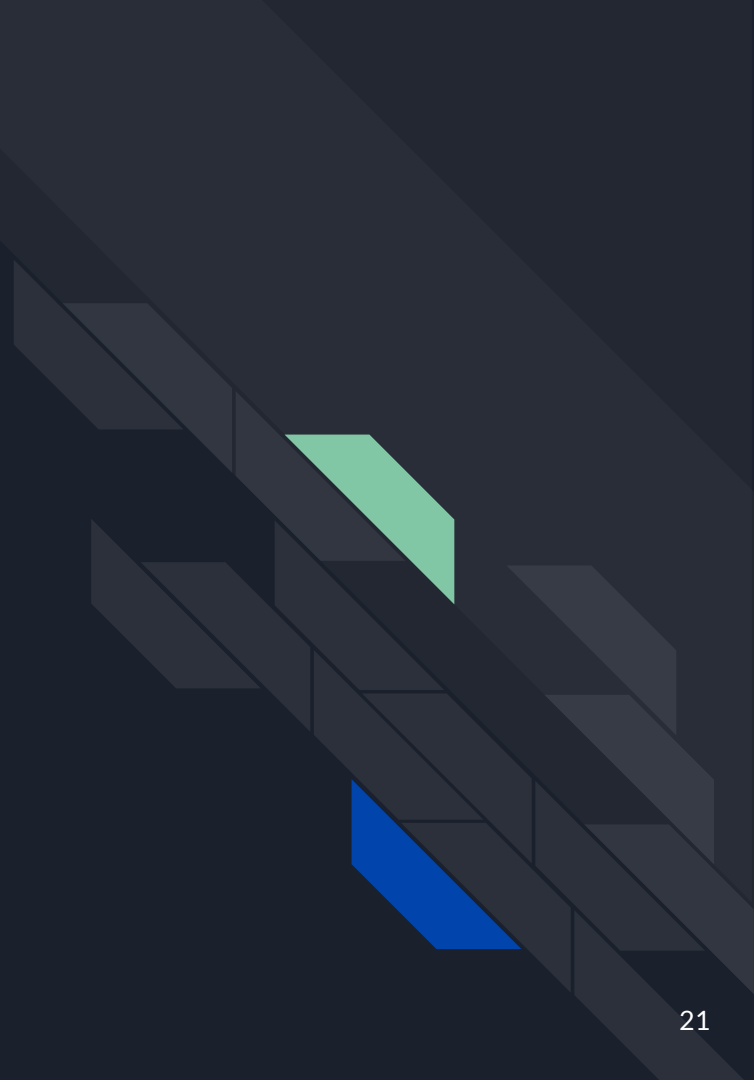


Other Assessment Tools

- Myers-Briggs (MBTI)
- Enneagram
- Astrology
- and more...

See <https://www.workstyle.io/best-personality-test>

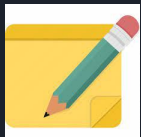
BREAK



What makes relationships work?

**Write as many ideas as you
can on your post-its, **one per
post-it****

(5 minutes)





What makes relationships work?

Put your post-its on the appropriate sheet

- All Relationships
- Specific to Authority-Based Relationships





Key stuff we're going to talk about in more detail

- Communication
- Realistic Expectations
- Transparency and Honesty
- Sustainable Protocols and Rituals
- Service
- Flexibility



Communication

- Making Space - when do you talk?
- Rules - how do you talk?
- Core issues - what do you talk about?
- Resources - Getting guidance



Realistic Expectations

- Fantasy expectations
- Temporary Situations
 - Short-term illness, current news & events, being in muggle space
- Life Circumstance
 - living arrangements, finances, work, kids, parents, pregnancy, menopause, disability, physical/mental health



Adapting to Inherent Abilities and Talents

- Personality traits
- Physical Abilities
- Neurodivergence



Transparency and Honesty

- Self-knowledge / partner knowledge
- Self-respect
- Setting boundaries: being brave
- Vulnerability



Protocols & Rituals

- **Protocol:** “a system of rules that explain the correct conduct and procedures to be followed in formal situations”
- **Ritual:** “an act or series of acts regularly repeated in a set precise manner”

What is your
favorite protocol or
ritual?





Protocols and Rituals

- Why
- Sustainability
 - Memorable, Flexible, Important enough to enforce
- Process
 - Propose, Select, Try, Evaluate





Service

- Motivations
- Examples (handout)
- Evaluate regularly to make sure needs are being met

Handout: **Types of Protocols and Service**

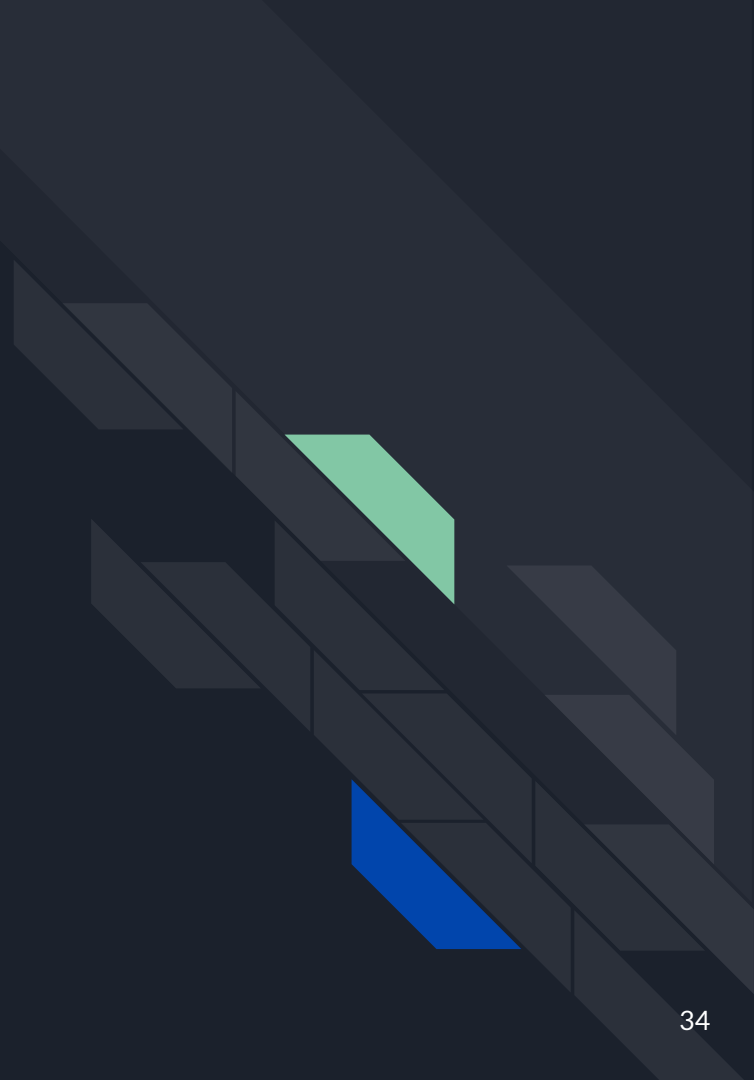


Ongoing Support

- Individually and as a couple
- Community Events
- Couples Counseling

Resource: <https://www.kaprofessionals.org/>

BREAK





Handling Change

“The price of doing the same old thing is far higher than the price of change.”

- Bill Clinton, American president

“Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better.”

-Sydney J. Harris, American journalist

Change will happen

Be willing to let the dynamic change and evolve as you both change and evolve.

What is the biggest
change you've
encountered in your
relationship?





Some changes..

- Introducing others (Poly, slaves, other D/s relationships, play, love)
- Individual life changes (school, children, jobs, living arrangements)
- Interests and Aspirations, changing/evolving perspectives
- Life cycles (pregnancy, PMS, menopause, aging)
- Changes in libido
- Marriage and other contractual and legal things.
- Change in physical ability, Illness or disability
- Changes in desire around the dynamic

Handout: Advance Planning

Handling Change

- **Starting the conversation; deal with fear of the unknown**



Handling Change

- **Starting the conversation; deal with fear of the unknown**
- **Talk about what the future will look like**



Handling Change

- **Starting the conversation; deal with fear of the unknown**
- **Talk about what the future will look like**
- **Celebrate the positives around the change**



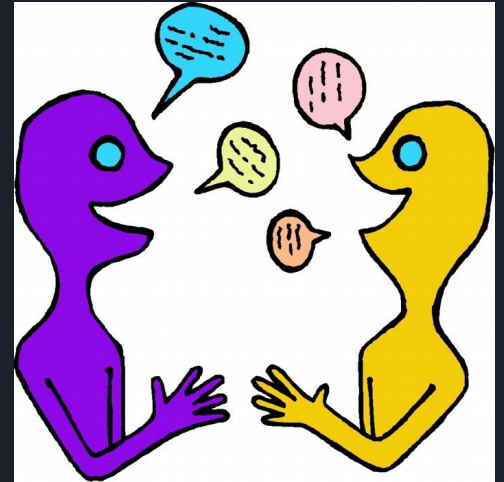
Handling Change

- **Starting the conversation; deal with fear of the unknown**
- **Talk about what the future will look like**
- **Celebrate the positives around the change**
- **Maintain normalcy**



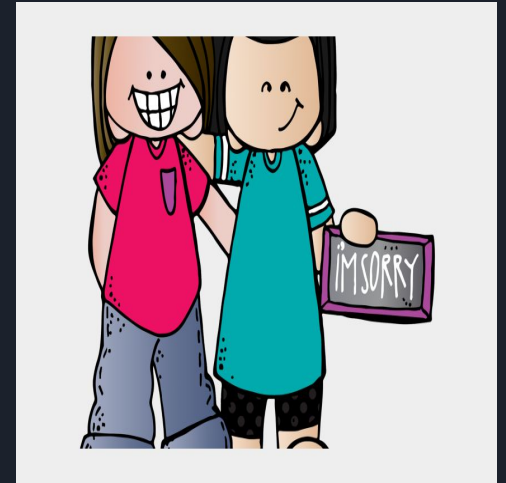
Handling Change

- **Starting the conversation; deal with fear of the unknown**
- **Talk about what the future will look like**
- **Celebrate the positives around the change**
- **Maintain normalcy**
- **Keep communicating with each other**



Handling Change

- **Starting the conversation; deal with fear of the unknown**
- **Talk about what the future will look like;**
- **Celebrate the positives around the change**
- **Maintain normalcy**
- **Keep communicating with each other**
- **Be forgiving and compassionate**



Handling Change

- **Starting the conversation; deal with fear of the unknown**
- **Talk about what the future will look like**
- **Celebrate the positives around the change**
- **Maintain normalcy**
- **Keep communicating with each other**
- **Be forgiving and compassionate**
- **Ask for help**



Challenges



“Our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant, and to face the challenge of change.”

- Martin Luther King Jr.



“In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I’m going to reveal my weaknesses, you say, wow, here’s a chance to grow.”

— Carol S. Dweck, Mindset: The New Psychology of Success



Common Challenges in Authority-Based Relationships

What challenges have you faced?

- Creeping egalitarianism
- Protocols lose their dynamic context and power is gone
- Feeling 'stuck', the "thrill" is gone
- Taking service or submission for granted
- Masters not enforcing orders
- Slave resentment



Handling Challenges: Take Action





Handling Challenges: Examples

- Strengthen protocols
- New protocols, rituals, services
- Community support (support groups, community involvement, friends)
- Slaves must take responsibility to speak up.
- Return to your roots: why are you doing this?
- Review what is important (refer to compatibility, values)



Ending Relationships

When to end

- Realization of fundamental incompatibilities
- Inability to provide what the other person needs
- Can't reconcile the deal-breakers

Support

- Both need emotional support
- Some advance planning for finances, breakup, death



Summary

- **Connect** with each other, and laugh every day
- **Appreciate** each other
(do not take each other for granted)
- **Commit** to working on the dynamic
- **Be willing** to try new things
- **Prioritize** the relationship
- **Reaffirm** our core beliefs
- When things are tough, **remember** why you began

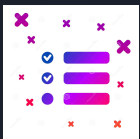


Next Steps / Work to do at Home

- Review the positives
- Compare and discuss your values and compatibilities
- Discuss what you want from the other side of the slash and what you bring
- Compare and discuss your Love Languages
- Review and update your current protocols, rituals, service
- Get your future plans (and paperwork) in order

Constantly look for the JOY in your dynamic

Test Your Knowledge!!





Thank you!

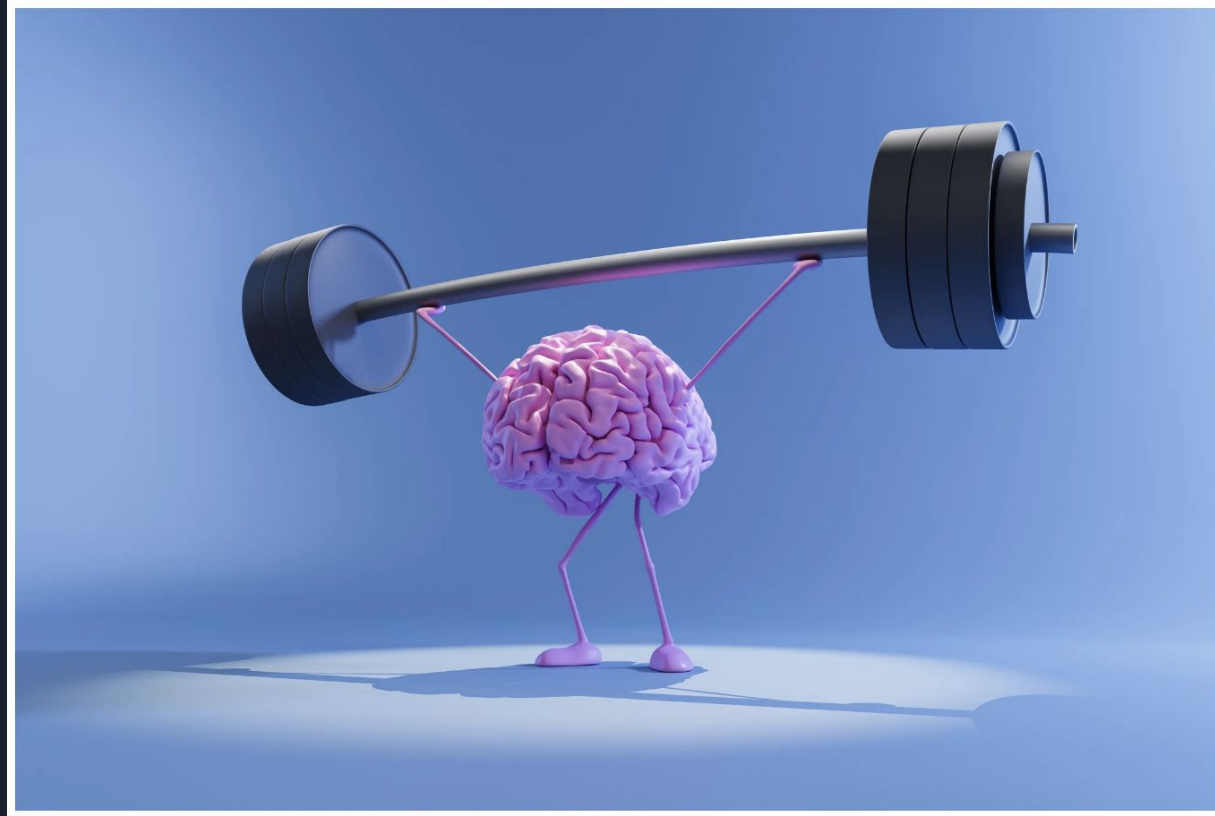
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<https://www.marilynandrio.com/>

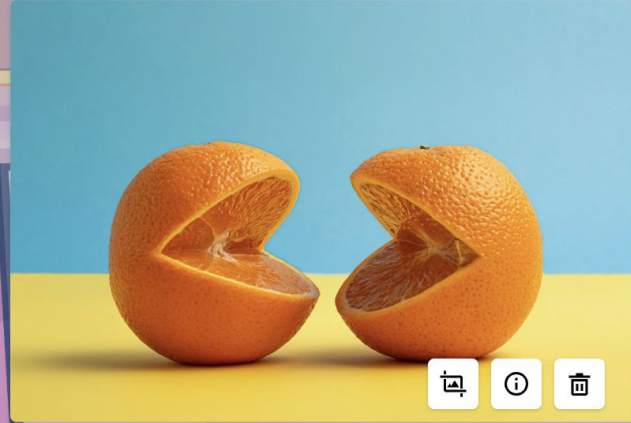
Course materials:

<https://www.marilynandrio.com/durableledynamics>

Test your Durability Quotient (DQ)



What is a key element of good communication in a relationship?



1

Active listening

3

Both parties get to express opinions

2

Avoiding attacks

4

All of the above

What is a key positive the most of us get from our authority-based relationship?

**1**

Personal Fulfillment

3

Unlimited ice cream

2

Trips to Bermuda

4

Fame and Fortune

What is *not* one of the love languages?

80



1 Acts of Service

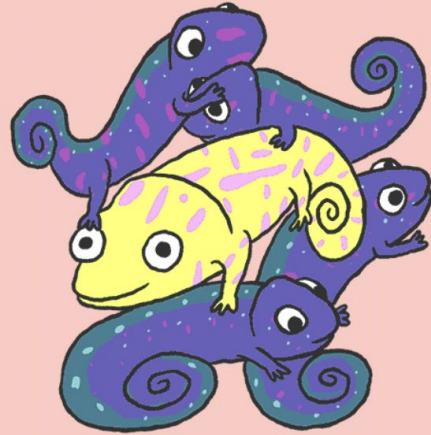
3 Words of Affirmation

2 Giving and Receiving Gifts

4 Slap & Tickle

What characteristic is *unique* to authority-based relationships?

57



1

Good communication

3

Obedience

2

Shared values

4

Honesty

Being different in your love languages DOOMS your relationship

58



1 True

2 False

What can *detract* from the success of authority-based relationships?



1

Decisive Masters

3

Bossy slaves

2

Honesty

4

Clear and open communication

How long has Rio worn Marilyn's collar?

81



1

2 years

3

8 years

2

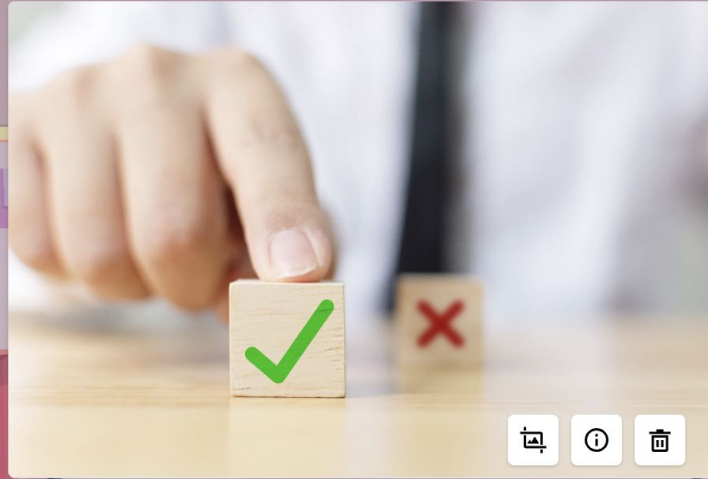
25 years

4

Since yesterday

What are key elements to keeping your dynamic Durable?

66



1

Flexibility & Honesty



3

Sustainable rituals and protocols



2

Good communication & Clear roles and responsibilities



4

All of the Above

