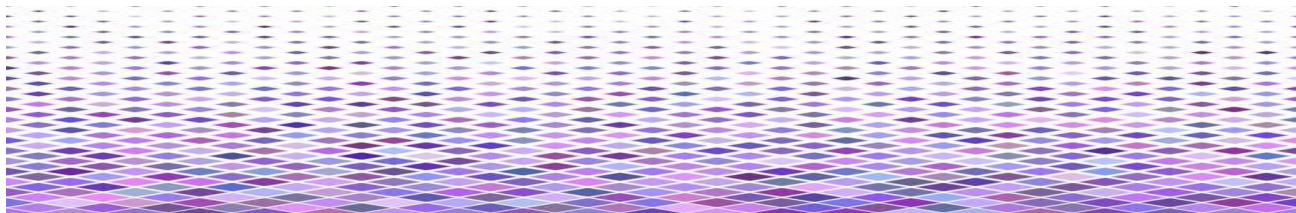# Metamorphosis

Unlearning Sabotaging Behaviors

Hierarchical Relationships

▶ One person has authority over another

▶ D/s (dominant/submissive), Master/slave, Daddy/girl, Sir/boy, or others

▶ Power Exchange

▶ Authority Exchange

2
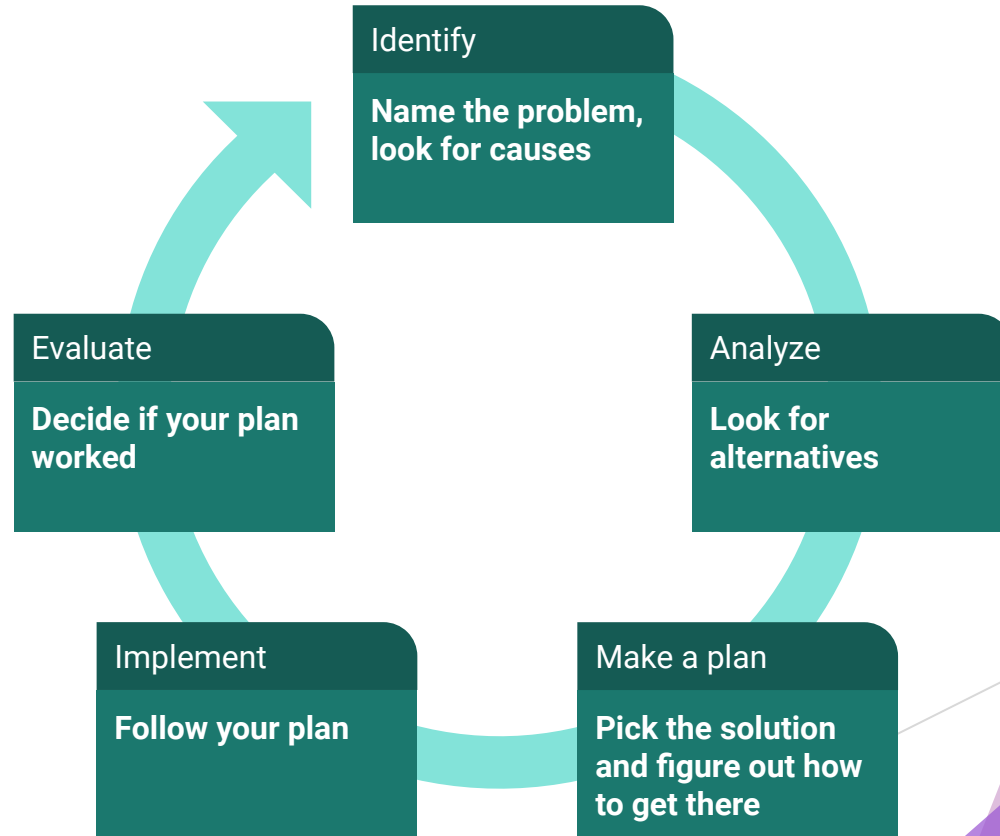
Why this class?

► Language & behaviors can clash with the relationships we wanted to have

► "Slipping back" into egalitarianism

► Desire to maintain the "bubble"

► Desire for behaviors to be automatic

► Behaviors build the connection

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Properties of Hierarchical Relationships

Process for Change

Identify
Name the problem, look for causes

Analyze
Look for alternatives

Make a plan
Pick the solution and figure out how to get there

Implement
Follow your plan

Evaluate
Decide if your plan worked

Behaviors and Motivations

► Be explicit about problem behaviors

► Motivations: understanding why, root causes

► Grouping behaviors

   ► By Motivation

   ► By Type

Exercise: Behaviors & Motivations
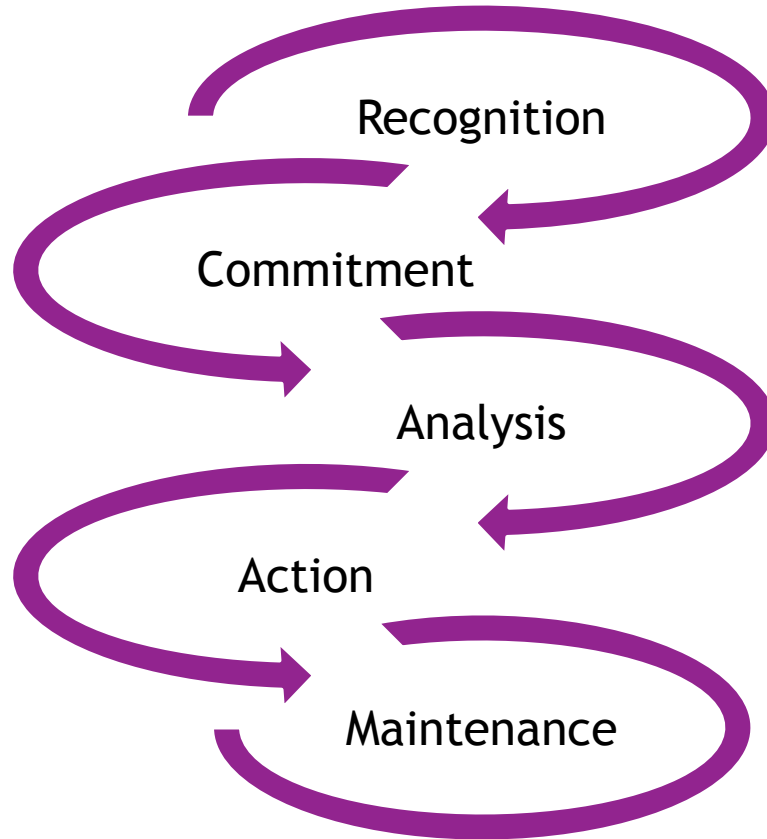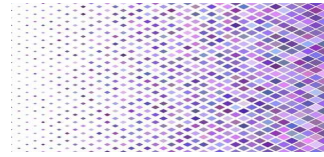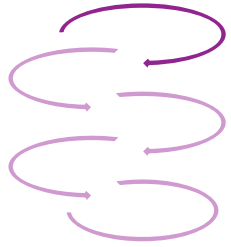
15 minutes   **4-5 people**   **No couples**

▶ Come up with some sabotaging behaviors that you've experienced

▶ Place under the behavior type and indicate the motivators that apply

▶ No wrong answers; this is an exploration

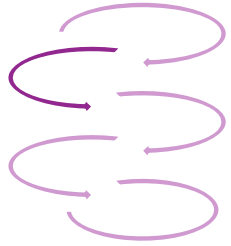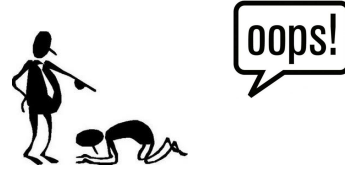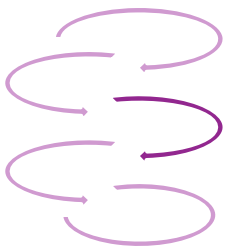▶ Pick an interesting one to share with the class at the end

Repatterning

Recognition

Commitment

Analysis

Action

Maintenance

Recognition

Something's not right...

oops!

Commitment

▶ Determination to do the work

▶ Internal motivation →

long-term success

Analysis

- ▶ Identifying behaviors and motivations (matrix)

- ▶ Understanding what sets it in motion

- ▶ Transparency/Radical honesty

- ▶ Recommitment

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Offering Correction ✓ →

► Kindness and respect

► Constructive, not destructive

► Positive ("I want") versus negative ("I don't want")

► Don't avoid due to politeness

► Correct to avoid future friction

► Teaching shows caring

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Receiving Correction ⟶ ✓

► Positive reception sets the tone

► Acknowledge and confirm

► Open mind / not defensive

► Intent: not "I didn't mean that"

► Fill in information gaps

► About <u>behavior</u>, not about who you are
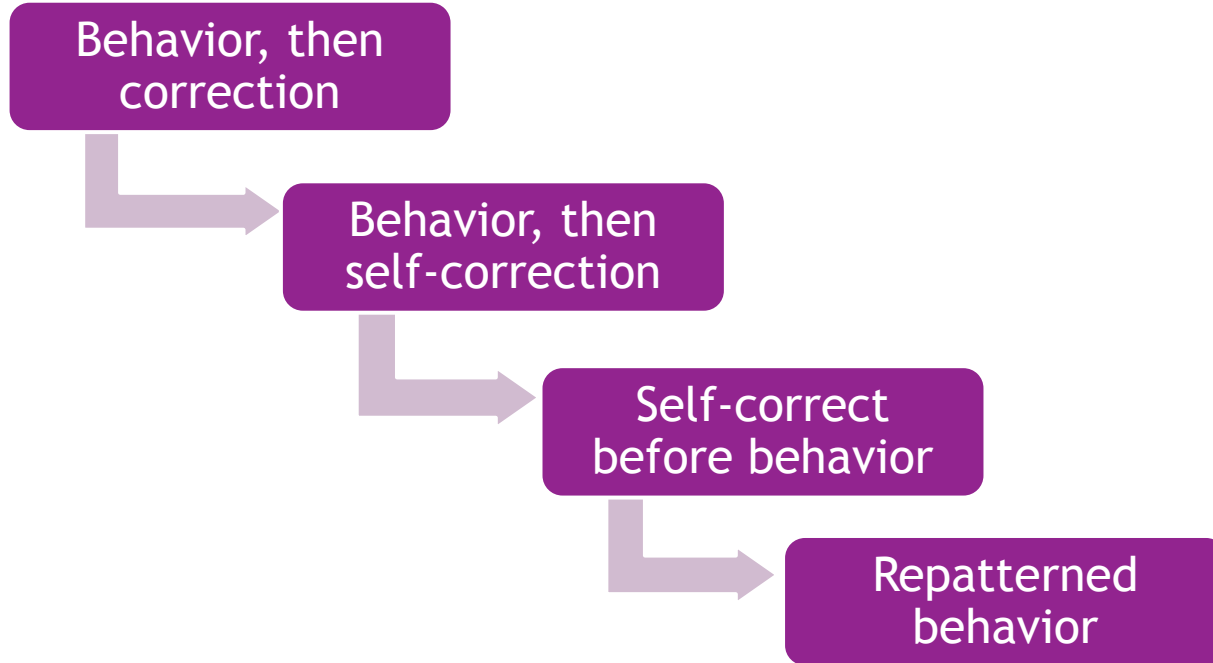
► Don't assume any more than is stated

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Special Case: *S correcting D*

► Giving information <u>is not</u> telling the D what to do

► Talk about the effect

► Distinguish want from need

► Make sure the time is right

► Don't avoid out of fear

► Taking care of yourself is service, not failure
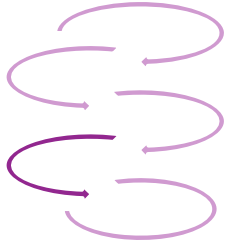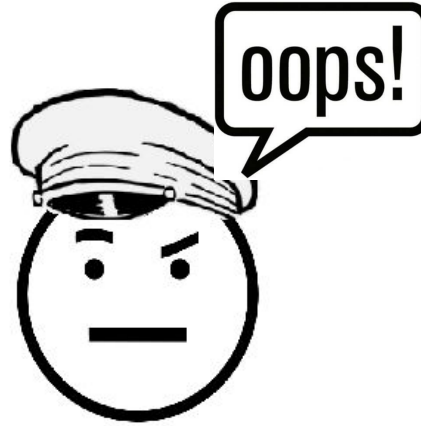
Action: Progression of Repatterning

Behavior, then correction

Behavior, then self-correction

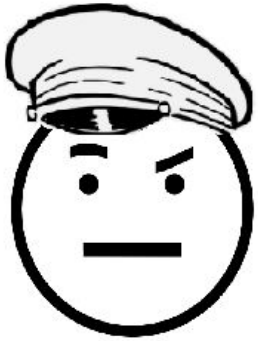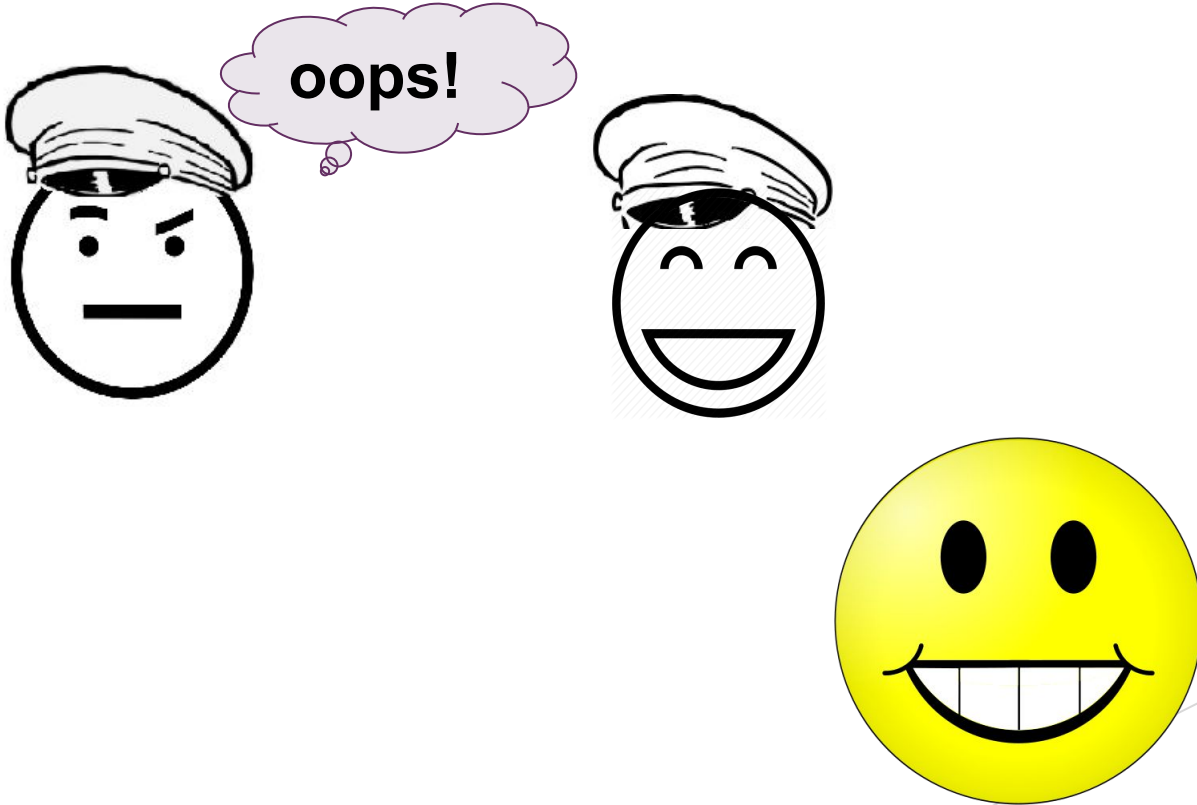**Self-correct before behavior**

Repatterned behavior

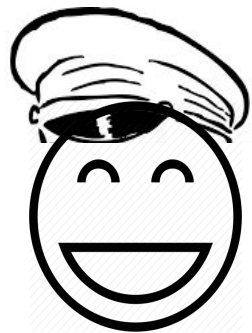# Behavior, then Correction
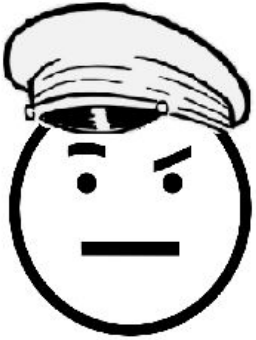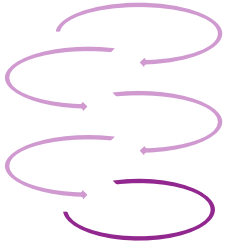
Behavior, then Self-Correction

Self-correct Before Behavior

Repatterned Behavior

Maintenance

- ► Conscious commitment; Mindfulness

- ► Positivity leads to better behaviors

- ► Adapt to changes

- ► Adjust rituals and protocols

- ► Be gentle if you backslide

Metamorphosis

Avoid Sabotaging your hierarchical relationship...