

KULDRIN'S KRYPT: A BDSM 101 PODCAST PRESENTS:

"MINDFUCKING AND FEAR PLAY"

MINDFUCKING & FEAR PLAY

By: M. Kuldrin / July 1, 2021

1. **Demo: 1: Knife play**
2. **"All warfare is based on deception Hence, when we are able to attack, we must seem unable; when using our forces, we must appear inactive; when we are near, we must make the enemy believe we are far away; when far away, we must make him believe we are near." -Sun Tzu 5th Century BC**
3. **Mindfucking and Fear Play IS NOT permission to abuse, coerce, neglect, degrade, humiliate, traumatize, or harm a person in any way. If there isn't negotiation, consent, AND aftercare it is abuse.**
4. **It is "Power with" not "power over" just like all things in BDSM. It is negotiated. It is consensual.**
5. **Definitions:**
 - a. **Mindfuck:** a disturbing or extremely confusing experience, in particular one that is caused by deliberate psychological manipulation.
 - b. **Fear Play:** a form of psycho-emotional S&M involving the use of Fear to elicit powerful emotional responses from our primal survival mechanisms (i.e. fight/flight response).
6. **Why are people into Mindfucks and fear play?**
 - a. Dealing with trauma. (Nikki)
 - b. Studies prove sex and fear is directly linked. Thus, mindfucks and fear play play is often used as a sexual practice as a lead up to sex or penetrative sex.
 - c. Catharsis
 - d. Adrenaline junky
7. **Types of Mindfucks and Fear Play:**
 - a. **Expectation: plays with a partner's expectations.** (The most common mindfuck builds anticipation and/or playing with their expectations - "Wait until we get home!")
 - i. Negotiating acts for the scene and then not doing them.
 - ii. Establishing a pattern and then deviating from that pattern.
 - iii. Setting out a toy during play that you have no intention to use.
 - iv. Making a play partner wait for play to start.
 - b. **Perceived power: your partner thinks you have power you do not have or confuses the power you do have.**
 - i. Role play is the most common perceived power mindfuck.
 - ii. Convincing your partner you have magical powers.
 - iii. Making your partner believe all choices are left to chance, luck, another person, or a deity.
 - iv. The Top takes all notes during negotiations and has the bottom sign it.
 - v. Documentation such as court papers, collection notices, A royal decree.
 - c. **Illusion mind fucks: uses a stimulus that is likely to be wrongly perceived or interpreted by the senses.**
 - i. Making the bottom feel like they are in more danger than they are:
 1. Jumping from a higher point than they are or knife switching.
 - ii. Using a shepherd's tone (a sound that appears to constantly be rising in pitch but doesn't.) can create high anxiety in a person.
 - iii. Pre-arrangement of situational event within a play space: argument over rules, other participating: faking gang bangs or others participating in play.
 - d. **Asymmetric information: uses a difference in knowledge to affect a partner.**
 - i. Tell your partner you know what they have done but do not say what it was.
 - ii. Have your partner fill out a BDSM survey for you to study but not provide them with your own survey. Make them sign the survey.
 - e. **Perspective change: an intentional alteration of someone's perspective; a framing exercise.**
 - i. Stating what you are going to do with your partner in a way that frames play differently; "We are going to play a game (start a scene).", I am going to interview (interrogate) you.", I am going to tickle (torture) you."

- ii. Creating an illusion with Niacin (Vitamin B3) *Two pills of 100mg-300mg each works well. NEVER use more than 1000mg/24hrs as it can cause liver failure. Buy from two different manufacturers so they look different. Tell them it is a truth serum combo and it will get side effects of heating, flushing, and dizziness. The placebo effect can work to make the illusion feel real. Be careful you might find out things you don't want to know.
 - f. **Degrading or ennobling: Directly affect your partner's sense of station.**
 - i. Treating your partner like royalty or giving them the worst task possible.
 - ii. Calling a sub by a Dominant honorific.
 - iii. Telling them they are excellent at something they are absolutely terrible at or something that is impossible for them to do or to be. "You are such an amazing opera singing little car."
 - g. **Humiliation mindfucks: acts that cause extreme embarrassment. These are very personal to each player.** Something that might send one person into a hyperventilating panic attack in a very vanilla sense, could cause another person to orgasm uncontrollably. **Caution:** "Sticks and stones..."
8. **Examples of Mindfucks and Fear Play:**
- a. Interrogation
 - b. Clowns
 - c. Murder
 - d. Abduction
 - e. Bugs/insects
 - f. Rape Play/Consensual Non Consent
 - g. Group Think
 - h. Anything the bottom fears.
9. **Safety:**
- a. **SSC does not exist in this type of play. There is no such thing as "safe".**
 - i. **F.R.I.E.S.:** Freely given, Reversible, Informed, Enthusiastic, Specific
 - b. **One size does not fit all. While some people are really good at fly by negotiation, the best practice is to know your bottom.**
 - c. **Goal:**
 - i. What is the goal of the scene?
 - ii. If it is interrogation, what is the information?
 - d. **Set a time limit for the scene.**
 - e. Thoroughly discuss hard limits. (Soft limits do not exist for this type of scene.)
 - f. **Safety Person:** Have someone that is not involved in the scene but has been part of the negotiations and is aware of all limits.
 - g. **Aftercare:** Plan for daily check-ins for a minimum of two weeks after the scene. **Some people have required therapy after this type of play.**
 - h. **Tops can often experience a backlash after a mindfuck or fear play scene. Feelings of being an abuser, self doubt, ... it's extremely important that both tops and bottom share the responsibility of reassuring each other.**
 - i. **Scene Ending: All mindfucks must be exposed (unmindfucking) as part of aftercare and the scene truly ended. Yes, it can be fun to hold back some information, however, this is abuse.**
 - j. **Rollercoaster:** Plan ebbs and flows in the scene to make it an adventure.
 - k. **Hydrate: Never refuse drinking water!**
 - l. **Location Counts:** Plan scenes close to medical facilities.
10. **Negotiation types:**
- a. **Expectations and Conditional Ask (Long Game):** Don't forget to ask to negotiate. Can take place over weeks or months. "I think we'd have a good time and if you'd be willing, we could talk about some of things we might like to do together without any expectations."
 - b. **Long term planning:** Negotiation weeks or even month prior to playing will allow for the memory to lapse. Taking notes is essential.
 - c. **Spamming:** A quick negotiation almost immediately prior to play that sounds like "Spanks? Floggers? Single tail? Fluid exchange? Can I spit in your mouth? Can a slap you with a fish? Do you like electro-play? Knife play? Cutting and blood? Can I penetrate you with toys? Fingers? Can I tattoo you? Penis? Toes? Can I choke you? Can I pull your hair?"

- i. Typically most people will only remember the first (spanks), the last (hair pulling), and the weirdest (can I hit you with a fish?). Most often they will only remember the very last thing.
 - d. **Last minute:** The “last minute” negotiation takes place immediately prior to play for any type of play.
- 11. Negotiating Trauma Informed Play**
- a. **What happened the last time you were traumatized?**
 - b. **What kind of care was required for you to feel safe after you were last traumatized?**
 - c. **What is the plan if one of us becomes traumatized?**
 - d. **Is it an automatic end of scene?**
 - e. **Do you want to do a check in at that point?**
 - f. **Do you want to push through it?**
 - g. **What if I’m not able to see you through your trauma?**
 - h. **Is there a friend or therapist you can call?**
- 12. Playing with the same people:**
- a. **Things to use:**
 - i. Bugs, bowls of food, blindfolds, sensory deprivation, do or don’t allow or force bathroom breaks, hot and cold water, honey, scene clocks, knives, rope, ...
 - b. **Things not to use:**
 - i. Anything that would normally be used in a play session with that person.
 - 1. Examples: Fire, impact, electro
- 13. Aftercare - The things specific to mindfuck and fear play:**
- a. Unfuck the mind: reveal the mystery, uncover the illusion, release the mind of any mental bondage, and step out of any rolls used for roll play. Help each other to feel safe, see hidden information, and step back into reality.
 - b. Plan for extended aftercare and check ins-weeks to months after the scene.
- 14. Warnings:**
- a. Therapy
 - b. The mind can’t let go of the scene/scenerio.
 - c. Relationship changes
 - d. Mild to serious injury
 - e. Death
- Sources:
 - Personal Experience <https://KuldrinsKrypt.com/mindfuck>
 - “Mindfucking Mindfully: A Guide to Mental Manipulation for BDSM & Sadoomasochism” by Sir Ezra <https://www.askezra.info/>
 - “Dare to Lead” -Brene Brown
 - “The Art of War” - Sun Tzu