

# Exploring the D/s Lifestyle



As with any new adventure, you should start exploring the D/s lifestyle from the beginning. The beginning, in this case, is recognizing that you have a genuine interest in the D/s lifestyle or you wouldn't be here reading this. It may be that you know a friend who is involved in the lifestyle and your trying to understand why on earth would he or she do the things they talk about. Or, you have found that dominating or being submissive holds some secret fulfilling pleasure deep within you. The D/s lifestyle is a very personal experience in which no two people derive the same enjoyment from. The personal dynamics change over time as you become more aware of you're own needs, wants, desires, and limits. But the best place to start exploring this lifestyle is within yourself. What attracts you to it? What do you hope to get from it? What part of yourself do you expect to enhance, or find?

Once you're sure that this is something you want, then the next steps in your adventure is to meet others in the lifestyle and just talk with them. Most people in the D/s lifestyle are more than willing to discuss what drives them and how they got their start. We highly recommend attending "munches" to meet people to talk with. The Internet is a great place to chat about nothing, but you can never be sure if the person you are talking to is actually involved in the lifestyle. It's the anonymity of the Internet that can make it a dangerous place for lifestyle newcomers. A munch provides the opportunity to meet people who actually do live in, or practice, the lifestyle. Munches bring together people with diverse interests and experiences to learn from. They are a very safe way to meet others and they always make newcomers feel very welcome. Attend several munches and make friends that you can discuss what your expectations are of this lifestyle. Before long, you'll find that your always looking forward to the next munch.

Play can come later... there's plenty of time for the enjoyment of play. The core of the lifestyle is not about play, it's about getting in touch with yourself and relationships. Finding out what drives you, building a healthy self-esteem, acceptance of who you are, and finding your natural place in life. These, and an infinite number of other personal issues, are what the D/s lifestyle is truly about. The lifestyle is a personally intense place to be. You'll make close, long lasting friendships with people who will understand you better than you ever thought possible. The D/s lifestyle also helps to define and enhance all your relationships in your life. All relationships, from friends to parents and significant others, are structured around D/s in some way or another. Most people never learn to realize or recognize this. In some cases, learning more about yourself through this lifestyle can have profoundly positive effects on relationships in your life.

Take the time to read some of the books written about the dynamics of D/s. Visit our [Book Corner](#) to find a list of excellent books about the subject. Don't fall prey to how popular culture portrays D/s with it's heavy content of BD/SM play. Pornography and fictional books play on the base emotions of dominance and submission to create extremely erotic and exotic situations. While these types of scenarios are possible within the lifestyle, that is not what the average person does everytime "play time" comes around. Learn the difference between BD/SM fiction and reality D/s. The Internet does

shine though at being a repository of information. There are several, if not more, excellent web sites that cater to the beginner in the lifestyle. They have articles by recognized authors, site members, and average people who enjoy the lifestyle every day. Visit our [Beginner Reading](#) section for a collection of articles that we recommend.

Before participating in any type of play, develop an understanding of the dynamics of the power exchange that occurs between a dominant and the submissive. This will help you to decide which you are... dominant or submissive. Each are just as important as the other, and each commands the same amount of respect from the other. Being a submissive does not mean you are "less" than the dominant nor does it make you a doormat. Likewise, being a dominant does not make you "better" than a submissive and does not give you the absolute right to push people around. In most cases, doms and subs have the same level of self-confidence and self-esteem. The difference comes down to some are comfortable leading, and others are more comfortable being led. The power exchange that occurs as a submissive gives up control to a dominant can be extremely emotionally intense. It develops trust that carries over to all aspects of life.

Take the time to decide what you want to try during playtime. There are several "BD/SM Checklists" available on the Internet to help you learn what types of play occur in the D/s lifestyle. There is a checklist included in the additional reading section of this page and it can be downloaded from our [Downloads](#) section of this web site. Remember this one thing... BD/SM in the D/s lifestyle is not a requirement. It just so happens that many forms of BD/SM play fit in naturally with the power exchange of D/s. Many people living the D/s lifestyle have nice normal, "vanilla" sex lives with BD/SM play tossed in here and there. Living a D/s lifestyle does not mean that every sexual encounter with your mate or significant other will end up as some new BD/SM romp.

This adventure in learning will take, and last, a lifetime. So take your time and don't rush into the lifestyle. Make sure this is something that you want. It takes a certain level of commitment to continue learning about and live this lifestyle. You have your entire life to find what you like and dislike about play that is typically associated with the D/s lifestyle. Learn from each new experience, critique it with a friend preferably, and decide if it's for you. Changes take time, and there will likely be changes in your personal life as you become more comfortable and relaxed with all the new things you'll experience. After all, it's not referred to as a lifestyle for no reason. This truly is a lifelong learning experience that will leave you more confident, more knowledgeable about yourself, and we hope, it will help you become everything you ever personally wanted to be.