



Pet Play as
**BONDAGE,
HUMILIATION &
DEGRADATION**

With Master Ray & slave Lexi

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01 INTROS

RAY NELSON, LPC, CMHC - and some other letters



A sex therapist and trauma specialist based in Portland, Oregon. He has a decade of experience in private practice, and two decades of lived experience in authority differential relationships. Ray is passionate about helping people explore power, healing, intimacy, and personal clarity.

slave Lexi aka Pony Girl Ginger



Lexi runs The Manège, a virtual academy for pony play, produces PONY CON, and is actively engaged in Leather, M/s, and kink for over two decades. Lexi has been a leather title contest judge, presents world-wide on kink & leather, and is in service to the Leather Quilt as archivist & webslave. By day, Lexi is a strategic technical Director in the tech world and an avid leatherworker.

POSITIONALITY

Socio-Economic

Ray & Lexi: middle class,
college educated

Sexuality

Ray: Queer
Lexi: Doesn't Identify

Gender/Identity

Ray: Cis Male; He/Him
Lexi: Cis-Female; She/Her

Race/Ethnicity

Ray: White; Scottish/Irish
Lexi: White, Alaskan-raised

Ability

Ray: PTSD, Chronic Pain
Lexi: Anxiety, Blindness

Politics

Ray: Far-Left
Lexi: Left

THIS IS MOTHERFUCKIN' EDGEPLAY



Especially painful experiences of humiliation/degradation may lead people into depression, anxiety, and even suicidality. Repeated humiliation may also set the stage for the development of posttraumatic stress disorder.

It is our position NO ONE should ever use this type of play as an outlet for unregulated emotions.

Thoughts on the Topic?



Emotional

What feelings come to mind when you hear the words “humiliation” and “degradation?”



Safety

When do those feelings feel consensual and safe, and when don't they?



Choice

Why might someone choose to experience humiliation in a consensual context?

02

THEORY



Bondage

Bondage is the practice of consensually tying, binding, or restraining a partner to create physical and mental/emotional sensations.

- A tool for other components
- Sense of relief or anxiety
- Domestication - gear, implements & commands, oh my!
- Complex in itself - sense of “true” self, humiliation/degradation, becoming, & un-making a person & pet



Embarrassment

The feeling of discomfort when some aspect of ourselves is, or threatens to be, revealed to others, and we think that it's likely to undermine the image that we seek to project to those others.



- **Actions or behaviors:** farting
- **Conditions or state:** CAT FUR!!!!
- **Possessions:** car or home
- **Relations:** racist uncle
- **Behavior that could change:**
Unpolished boots, stain on shirt,
rumpled clothes, CAT FUR!

Guilt



Embarrassment is a response to something that threatens our projected image,

*Guilt builds on this, activating personally subjective moral and ethical self appraisal of action or thought that lead to blame and remorse. The internal dialogue that says, “I did something **bad.**” (Ego-systonic)*

Shame

While guilt is personally subjective, Shame is a projective response to an act that is / will be perceived as a transgression in morals and / or ethics at a social / societal level. Simply, shame is the egos sense of accountability in falling short of cultural or societal standards. (Ego-dystonic)



Thoughts on the Topic?



Shame, Guilt & Embarrassment

How does becoming an
'animal' change the
emotional or psychological
weight of shame or
embarrassment?

Humiliation



A powerful emotion characterized by a loss of status, leading to feelings of shame, worthlessness, and being devalued. It involves a perceived attack on one's identity or competence, often by someone else who seeks to exert power and is public.

In short, humiliation is the public failure of one's status claims.

Degradation



A process that lowers an individual's status or debases them at a core level. Degradation targets the individual's character, dignity, or fundamental selfhood.

Degradation is beyond humiliation, guilt, shame, embarrassment, or bondage - however, that doesn't mean that those experiences are entirely separate.

Thoughts on the Topic?



Damage

How do players distinguish between humiliation that feels safe and degradation that wounds deeply?



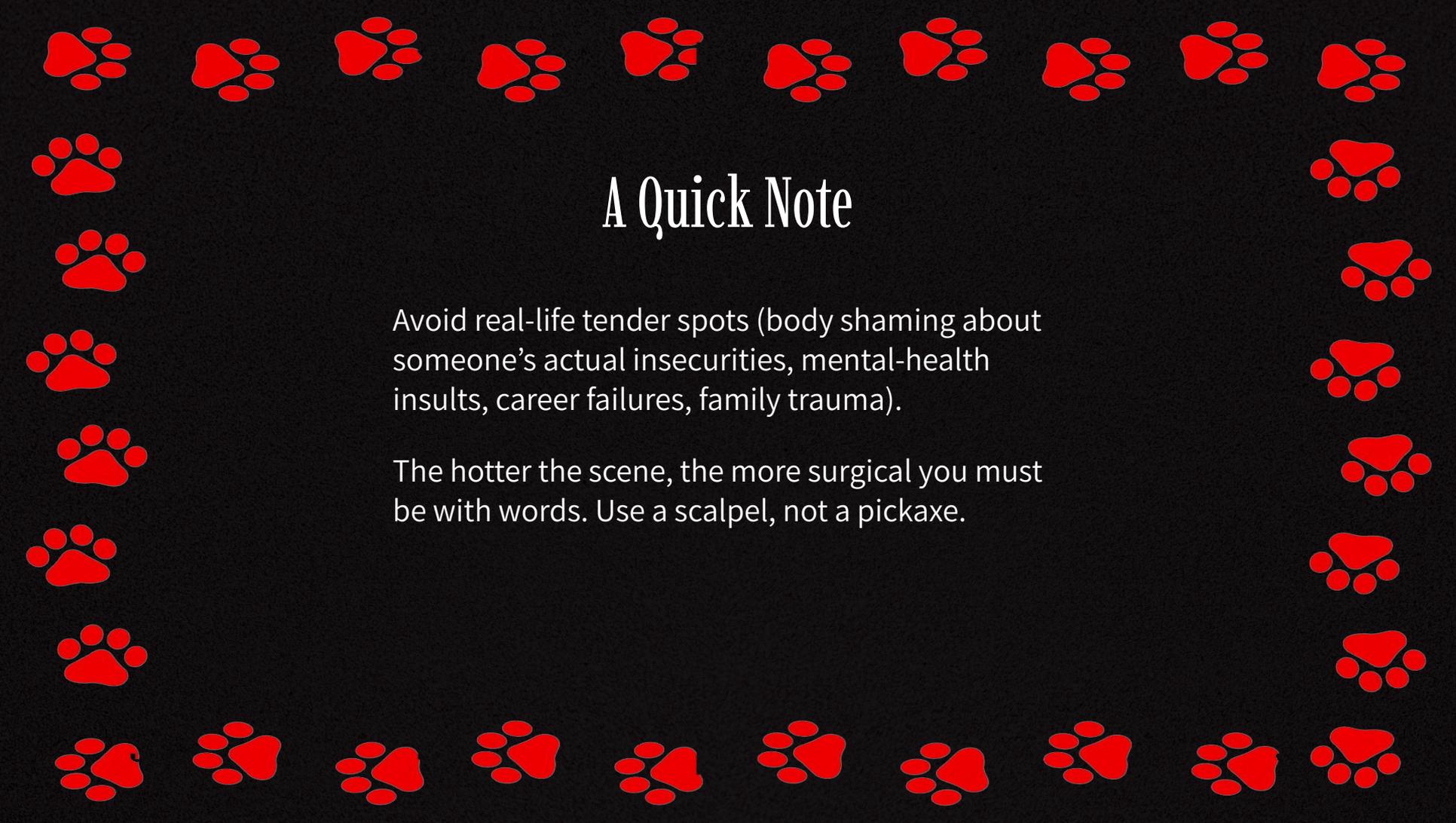
Warning Signs

What are warning signs that what we are doing is “too far” and damaging to the psyche?



03

METHODOLOGY



A Quick Note

Avoid real-life tender spots (body shaming about someone's actual insecurities, mental-health insults, career failures, family trauma).

The hotter the scene, the more surgical you must be with words. Use a scalpel, not a pickaxe.

PET PLAY – ANIMAL OBJECTIFICATION

Nussbaum

Instrumentality

A tool for the objectifier's purposes

Denial of Autonomy

Lacking in autonomy and self-determination

Inertness

Lacking in agency, and perhaps also in activity

Fungibility

Interchangeable with other objects

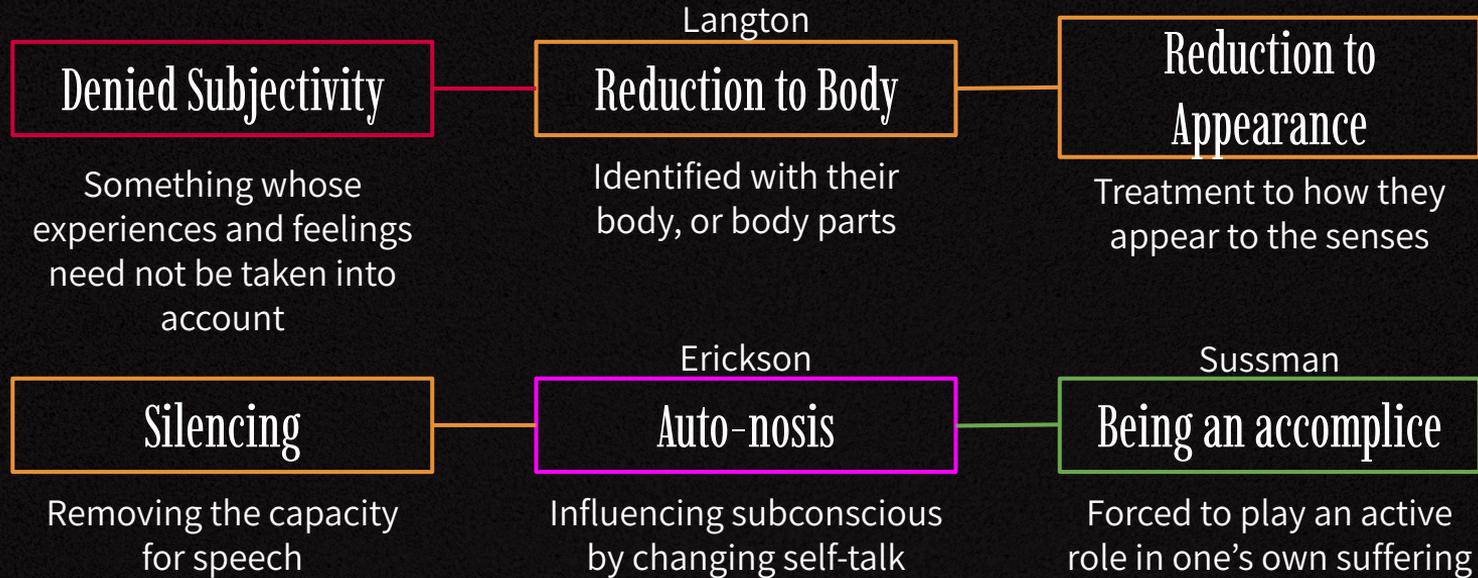
Violability

Lacking in boundary-integrity

Ownership

Something that is owned by another

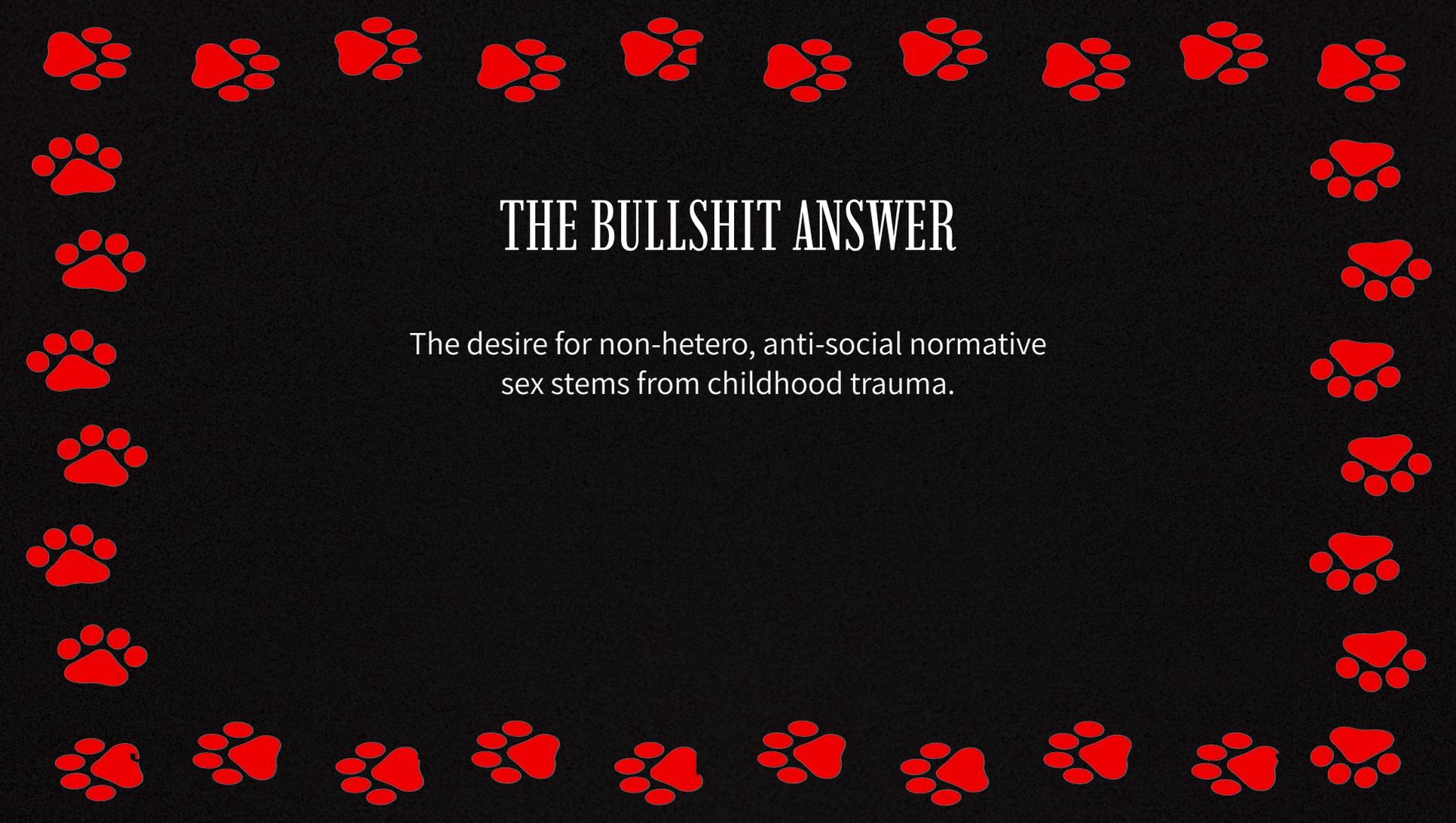
PET PLAY – ANIMAL OBJECTIFICATION





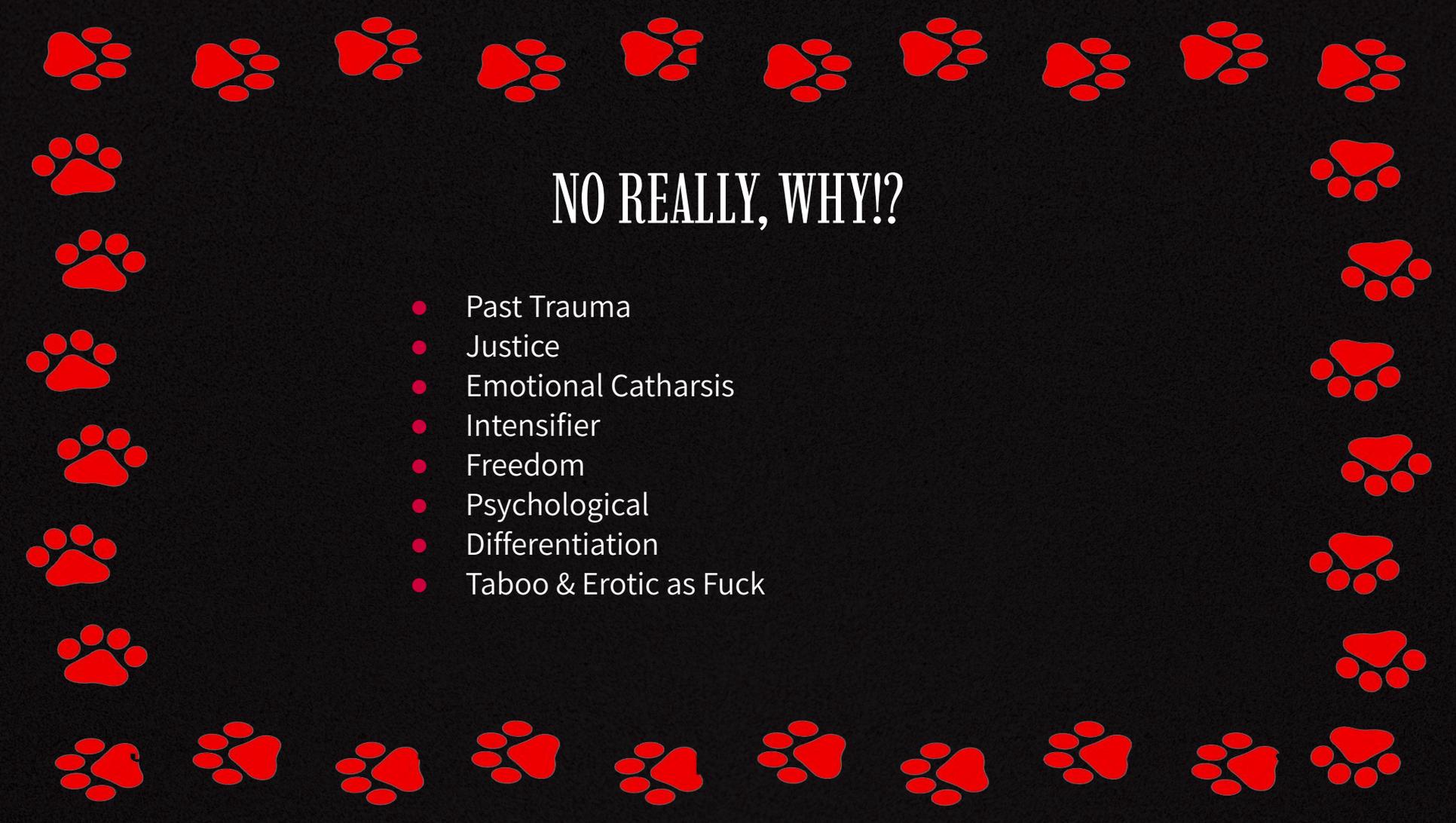
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WHY THE
FUCK ARE WE
DOING THIS?



THE BULLSHIT ANSWER

The desire for non-hetero, anti-social normative sex stems from childhood trauma.



NO REALLY, WHY!?

- Past Trauma
- Justice
- Emotional Catharsis
- Intensifier
- Freedom
- Psychological
- Differentiation
- Taboo & Erotic as Fuck

Thoughts on the Topic?



Goals & Motives

What do you want to get out of Humiliation & Degradation Pet Play?



Aftercare

How do we come back from a scene involving core debasement (as opposed to just play)?

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THANKS!

Questions?

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