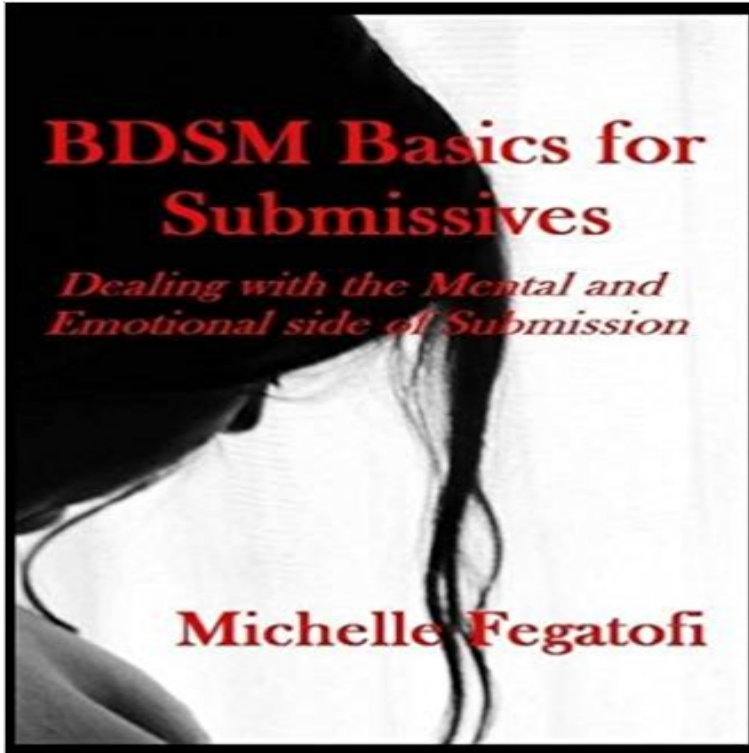


# Bdsm Basics for Submissives - Dealing with the Mental and Emotional Side of Submission



Over the years, I have found a lot of helpless and sometimes clueless submissives that were mentally and emotionally abused by dominants. They each felt like they deserved anything they got and never even questioned the dominants about their behavior. One of the hardest things to learn as a new submissive in the world of BdsM is how to navigate and deal with the whirlwind of mental and emotional stress that can come from being in a D/s or M/s relationship. Many people believe they are not allowed to feel any bad feelings, think bad or wrong thoughts, and always have to be a happy submissive. As humans, we all have to deal with negative feelings and thoughts from time to time, even though we may be submissives. This guide is a tool that will help you understand, analyze, and deal with different types of emotions and mental stresses associated with being a submissive.

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