

# How to Talk About Relationship Status or Changes.

After some research and questions to the right people this is what we have come up with.

- First and foremost is ability to communicate! Some of us think that other automatically know what they are intending to say. **-myra-Owner of the Tampa Bay Phoenix Club**
- Communication, defining terms and expectations, a level playing field for negotiation because it needs to be initially negotiated as equals not D/s. Including big changes. There must be a conversational safeword. 24/7 without the ability to drop out of that to talk through serious issues is not healthy or practical. And if your relationship is strong, there should be no fear about that temporary "pause" to talk. It should make both happy that there is trust there to talk. **Tymber Dalton-Best Selling BDSM Romance Author/Lifestyle Educator/Management Team of the Tampa Bay Phoenix Club**
- We have had lots of life changes in our dynamic and our talks had to be transparent, honest and forthcoming, as well as ongoing-**Peg Member of BDSM Educational Facebook Group**
- Well what comes to my mind is the basics of negotiations, talking about how often you want to do check-ins, identifying in yourselves and communicating with one another when you need a check-in otherwise, a quick low-down on how unspoken expectations build resentment, possible ways to phrase negotiations and check-ins without being caustic, accusatory, insensitive, or on the flip side, concealing, untruthful, deceitful, or otherwise hiding your feelings... Valuing open, honest conversation, valuing one another's well-being and health, valuing your own health... commentary on consent... deciding whether you have a relationship status/dynamic goal you want to mutually work toward, or if you just want to see where shit goes naturally (and how conversations/check-ins can be similar/different in both situations). **Raymond-Member of BDSM Educational Facebook Group**
- Some people like to remove the PE and talk as equals when they need to renegotiate or adjust their relationships. This doesn't work for me. I prefer to maintain the dynamics and have respectful communication to address changes desired or needed. **Xiaoyi-Member of BDSM Educational Facebook Group**
- I have found it is easier for my partners when there are well defined points I've let them know I want to be told about. For example, I don't want to know about every person my nesting partner chats with intimately, online. I have asked he just let me know before he meets someone the first time. Another partner and I have a code word for intimacy. It's easier for him to communicate he started "cuddling" with a new partner. That works for me. Each know where my communication boundaries are. So, defining benchmarks you want to be told about helps. **Raya- Member of BDSM Educational Facebook Group**

- NVC non-violent communication or collaborative communication model works really well for structuring conversations. It feels a little clunky at first if you're not used to it. And, once you get the hang of it it comes pretty naturally. I also find it helpful to be very transparent when I'm having difficulty.

- " I'm really nervous to talk about this and it's really important"
- "please be patient while I gather my thoughts, this is difficult for me"
- " I need to talk about something, I'm feeling really anxious. Can we take a moment just to breathe and center"

**MsKitty-Member of BDSM Educational Facebook Group**

## How You Can Use the NVC Process



Clearly expressing  
how **I am**  
without blaming  
or criticizing

Empathically receiving  
how **you are**  
without hearing  
blame or criticism

### OBSERVATIONS

1. What I observe (*see, hear, remember, imagine, free from my evaluations*) that does or does not contribute to my well-being:  
"When I (see, hear) . . . "

1. What you observe (*see, hear, remember, imagine, free from your evaluations*) that does or does not contribute to your well-being:  
"When you see/hear . . . "  
*(Sometimes unspoken when offering empathy)*

### FEELINGS

2. How I feel (*emotion or sensation rather than thought*) in relation to what I observe:  
"I feel . . . "

2. How you feel (*emotion or sensation rather than thought*) in relation to what you observe:  
"You feel . . . "

### NEEDS

3. What I need or value (*rather than a preference, or a specific action*) that causes my feelings:  
". . . because I need/value . . . "

3. What you need or value (*rather than a preference, or a specific action*) that causes your feelings:  
". . . because you need/value . . . "

Clearly requesting that  
which would enrich **my**  
life without demanding

Empathically receiving that  
which would enrich **your** life  
without hearing any demand

### REQUESTS

4. The concrete actions I would like taken:  
"Would you be willing to . . . ?"

4. The concrete actions you would like taken:  
"Would you like . . . ?"  
*(Sometimes unspoken when offering empathy)*



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- My Sir and I have worked this very issue into our dynamic from day one. We established a way to request speaking out of dynamic if necessary, to help discuss difficult topics We schedule regular check-ins with each other (monthly when we lived apart) One of my protocols is that I must inform my Sir of life changes (school, work, family) immediately so that he can make adjustments as necessary. We both agreed day one that life and family come first. Period. And that we each are to respect the needs of the other whenever a course correction is needed to accommodate either. **Virgina-Member of BDSM Educational Facebook Group**

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