

# Mindfucks

## 1) Mindfuck safety

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- b) Psychology
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## 2) Setting the scene

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  - i) Simulated cutting
  - ii) Across the throat
- c) Rape
- d) Needles
- e) Unknown multiple Dominants

## Safety

### *Knowing the limits*

Know what's taboo

Pay close attention to body language

Mindfucks are generally not for casual or first time scenes

Knowing your partner extremely well is critical especially any medical conditions ie: heart condition, asthma

### *Psychology*

Learn and understand what your partner's mental triggers are ie: know how to get into their head

Be aware that memories from past situations can trigger flashbacks and create problems. Open communication is the key to avoiding potential problems

Aftercare is even more critical with mindfuck scenes due to the possible long-term psychological impact. The effects of an intense scene may not be fully apparent for several days

Anti-depressants and other brain chemistry medications can have an effect on the outcome and long-term effects of a mindfuck scene

The perceived intensity level of a scene will often times vary from one person to another

Negative reactions to a scene may not become readily apparent for several days. Be prepared to offer whatever support may be required. This applies to both partners. Dominants require aftercare also

## *Memories and past experiences*

Abuse from a prior relationship or even childhood can be a powerful trigger

Your partner may become withdrawn or even despondent

A victim of rape or prior abuse (domestic violence) may react violently or in some other unexpected manner to the scene

In certain situations a mindfuck scene can be very therapeutic for an individual, this may be a way for them to deal with the past situation in a safe and controlled manner. Again having trust in your relationship is the key

## *What happens when the scene goes bad*

Stop the scene immediately

Reassure your partner that everything is all right

Remain calm

Communicate and discuss what happened. This doesn't have to happen immediately but it does need to happen as soon as everyone has calmed down

Speak softly to your partner, look directly at them and remain very focused on them and what they are saying to you. Body language can be a big clue

Follow up with your partner to make sure that everything is still going well and that they aren't having a relapse into "bad" head space

Always have another contact person available for your partner in the event you are unavailable and they need support and reassurance. Make sure this person is familiar with the scene and what happened so they know what to do

## Setting the scene

### *Creating the mental Image*

Plan ahead

Begin setting the stage days or weeks ahead

The goal is to create a mental image for your partner, allow his or her own mind to do most of the work. Cause their imagination to take control

A truly great mindfuck scene requires careful planning and forethought; most generally they are not created in the spur of the moment

Tone of voice is an important factor

Choose your words carefully

Too many details can ruin the effect

### *Props*

Use lighting to set the tone for the scene

Background music can be used to mask distractions

Blindfolds

Wear different cologne or perfume

Disguises and/or costumes

## Mindfuck Scene Ideas

### *Shaving*

Prepare the work area

Gather all of the props

Mentally prepare your partner

Use a credit card rather than a razor, keep them blindfolded during the process, shave an area they wouldn't normally shave but only do half

### *Knives*

Simulated cutting can be done using the dull edge of the blade and "mineral ice" or "icy hot"

Use a practice blade across the throat, create the mental image that you just want to try some a small simple cutting

The sharp point of a knitting needle feels like a knife point when you are blindfolded

### *Needles*

Use bamboo skewers instead of needles; don't actually penetrate the skin with the skewer