

Kink & Consent Education Library

A growing collection of clinically-grounded articles on consent, kink, and relationships from Love Psychotherapy, LLC. Each entry links to its live page — update the URL list below if any slugs change during publishing.

Consent & Negotiation

- [**Understanding Consent Models in BDSM: From Authority Transfer to TPE**](https://www.lovepsychotherapy.com/blog/understanding-consent-models-in-bdsm)
https://www.lovepsychotherapy.com/blog/understanding-consent-models-in-bdsm
The full taxonomy: Authority Transfer, Enthusiastic Informed Consent, blanket consent, CNC, TPE, and the difference between a violation, an incident, and revoking consent.
- [**How to Negotiate Consent Before a Scene: A Practical Guide**](https://www.lovepsychotherapy.com/blog/how-to-negotiate-consent-kink-relationships)
https://www.lovepsychotherapy.com/blog/how-to-negotiate-consent-kink-relationships
Step-by-step negotiation: intentions, safewords, care plans, and aftercare.
- [**What Is CABINS? A Consent Checklist Beyond Yes or No**](https://www.lovepsychotherapy.com/blog/cabins-consent-checklist-explained)
https://www.lovepsychotherapy.com/blog/cabins-consent-checklist-explained
Consent, Aftercare, Boundaries, Intentions, Negotiation, Safety — six parts, not one gate.
- [**RACK vs. SSC vs. PRICK vs. CNC: Comparing Consent Models in Kink**](https://www.lovepsychotherapy.com/blog/rack-vs-ssc-vs-prick-vs-cnc-consent-models)
https://www.lovepsychotherapy.com/blog/rack-vs-ssc-vs-prick-vs-cnc-consent-models
Four ethical frameworks compared, and how to pick language that fits your relationship.
- [**Hard Limits vs. Soft Limits: Why the Distinction Matters**](https://www.lovepsychotherapy.com/blog/hard-limits-vs-soft-limits)
https://www.lovepsychotherapy.com/blog/hard-limits-vs-soft-limits
Non-negotiable vs. conditional curiosity — and why confusing the two causes real harm.
- [**FRIES: A Simple, Memorable Consent Standard**](https://www.lovepsychotherapy.com/blog/fries-consent-model-explained)
https://www.lovepsychotherapy.com/blog/fries-consent-model-explained
Freely given, Reversible, Informed, Enthusiastic, Specific — a widely-used baseline consent standard.
- [**RBDSMA: A Relationship-Centered Consent Framework**](https://www.lovepsychotherapy.com/blog/rbdsma-relationship-consent-framework)
https://www.lovepsychotherapy.com/blog/rbdsma-relationship-consent-framework
Relationship, Boundaries, Desires, Sex, Meaning, Aftercare — consent zoomed out to the bigger relational picture.

Coercion & Communication Patterns

- [**Covert Contracts: The Unspoken Expectations That Undermine Consent**](https://www.lovepsychotherapy.com/blog/covert-contracts-unspoken-expectations)
https://www.lovepsychotherapy.com/blog/covert-contracts-unspoken-expectations
Unstated expectations one partner holds and expects the other to meet — and how to spot and repair the pattern.
- [**Fantasy Pushing: When “Asking” Becomes Pressure**](https://www.lovepsychotherapy.com/blog/fantasy-pushing-repeated-pressure)
https://www.lovepsychotherapy.com/blog/fantasy-pushing-repeated-pressure
Repeated pressure toward an activity a partner has already declined, and how it differs from healthy fantasy sharing.

Sexual Health & Substance Awareness

- [**RAVE: Talking About Sexual Health Risk Without the Euphemisms**](https://www.lovepsychotherapy.com/blog/rave-risk-aware-virus-exposure)
https://www.lovepsychotherapy.com/blog/rave-risk-aware-virus-exposure
Reframing 'safe sex' as informed, consensual risk awareness — testing, prevention, and direct communication.
- [**Sober Kink: Why Intoxication and Consent Don't Mix Well**](https://www.lovepsychotherapy.com/blog/sober-kink-consent-and-safety)
https://www.lovepsychotherapy.com/blog/sober-kink-consent-and-safety
Why negotiation and higher-risk BDSM activities benefit from full sobriety, and how to build the practice.

Safety & Assault Awareness

- **[Sexual Abuse and Intimate Partner Violence: Safety Planning and Getting Help](https://www.lovepsychotherapy.com/blog/sexual-abuse-intimate-partner-violence-guide)**
<https://www.lovepsychotherapy.com/blog/sexual-abuse-intimate-partner-violence-guide>
Recognizing abuse and assault, safety planning, medical care, and getting support without judgment.
- **[Is This Assault? Understanding Consent Violations in Kink](https://www.lovepsychotherapy.com/blog/is-this-assault-consent-violations-in-kink)**
<https://www.lovepsychotherapy.com/blog/is-this-assault-consent-violations-in-kink>
When a BDSM encounter crosses into assault — safewords, coercion, incapacitation, and common myths.
- **[BDSM vs. Abuse: How to Tell the Difference](https://www.lovepsychotherapy.com/blog/bdsm-vs-abuse-how-to-tell-the-difference)**
<https://www.lovepsychotherapy.com/blog/bdsm-vs-abuse-how-to-tell-the-difference>
The real difference between consensual power exchange and intimate partner abuse.
- **[Sexual Choking: What the Research Actually Says](https://www.lovepsychotherapy.com/blog/sexual-choking-what-the-research-says)**
<https://www.lovepsychotherapy.com/blog/sexual-choking-what-the-research-says>
Health risks, legal status, and lower-risk alternatives, grounded in current research.
- **[Vetting a New Partner Safely: What Kink Communities Get Right](https://www.lovepsychotherapy.com/blog/vetting-a-new-partner-safely)**
<https://www.lovepsychotherapy.com/blog/vetting-a-new-partner-safely>
Community references, safe calls, and red flags worth taking seriously.
- **[The “Missing Stair” Problem: Why Communities Protect Known Offenders](https://www.lovepsychotherapy.com/blog/missing-stair-problem-kink-communities)**
<https://www.lovepsychotherapy.com/blog/missing-stair-problem-kink-communities>
Why known consent violators persist in tight-knit communities, and what real accountability looks like.
- **[White Knight Awareness: When “Helping” Becomes Its Own Harm](https://www.lovepsychotherapy.com/blog/white-knight-awareness-kink-communities)**
<https://www.lovepsychotherapy.com/blog/white-knight-awareness-kink-communities>
Well-intentioned intervention that overrides someone's autonomy — and how to offer real support instead.

Aftercare & the Body

- **[Subspace, Domspace, and Drop: What's Actually Happening in Your Body](https://www.lovepsychotherapy.com/blog/subspace-domspace-and-drop-explained)**
<https://www.lovepsychotherapy.com/blog/subspace-domspace-and-drop-explained>
The neurochemistry behind altered states in BDSM, and how to plan aftercare around them.
- **[Grounding Techniques for Sub Drop and Top Drop](https://www.lovepsychotherapy.com/blog/grounding-techniques-sub-top-drop)**
<https://www.lovepsychotherapy.com/blog/grounding-techniques-sub-top-drop>
Physical, sensory, and relational grounding tools for supporting drop after intense scenes.

Neurodivergence & Kink

- **[Autism, ADHD, and Kink: Why Explicit Structure Works So Well](https://www.lovepsychotherapy.com/blog/autism-adhd-and-kink)**
<https://www.lovepsychotherapy.com/blog/autism-adhd-and-kink>
Why explicit negotiation and clear signals often fit neurodivergent communication styles especially well.
- **[Hyperfixation vs. Special Interest: When a Kink Becomes a Deep Dive](https://www.lovepsychotherapy.com/blog/hyperfixation-vs-special-interest-kink)**
<https://www.lovepsychotherapy.com/blog/hyperfixation-vs-special-interest-kink>
Telling apart ADHD hyperfixation and an autistic special interest — and planning around either one.

Relationship Structures

- **[New Relationship Energy \(NRE\): The Neurochemistry of a New Dynamic](https://www.lovepsychotherapy.com/blog/new-relationship-energy-nre-explained)**
<https://www.lovepsychotherapy.com/blog/new-relationship-energy-nre-explained>
The real neurochemistry behind NRE, and common pitfalls in non-monogamy.
- **[Polysaturation: Knowing When Your Plate Is Full](https://www.lovepsychotherapy.com/blog/polysaturation-relationship-capacity)**
<https://www.lovepsychotherapy.com/blog/polysaturation-relationship-capacity>
Recognizing your capacity for relationships, and saying no without guilt or scarcity thinking.

Accessibility & Reference

- [Disability and Kink: Adapting Play for Chronic Illness and Mobility](https://www.lovepsychotherapy.com/blog/disability-and-kink-adapting-play)
https://www.lovepsychotherapy.com/blog/disability-and-kink-adapting-play
Adapting negotiation, positioning, and communication for chronic illness and disability.
- [BDSM Glossary: Kink Terms Explained in Plain Language](https://www.lovepsychotherapy.com/blog/bdsm-glossary-kink-terms-explained)
https://www.lovepsychotherapy.com/blog/bdsm-glossary-kink-terms-explained
A quick-reference glossary of roles, consent language, activities, and aftercare terms.

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Pronouns: They/Them