

Playing With Jealousy

Without Getting Burned



Remember a time when you felt jealous.

What did you lose, or fear losing?
How did it feel in your body?

Anton Fulmen

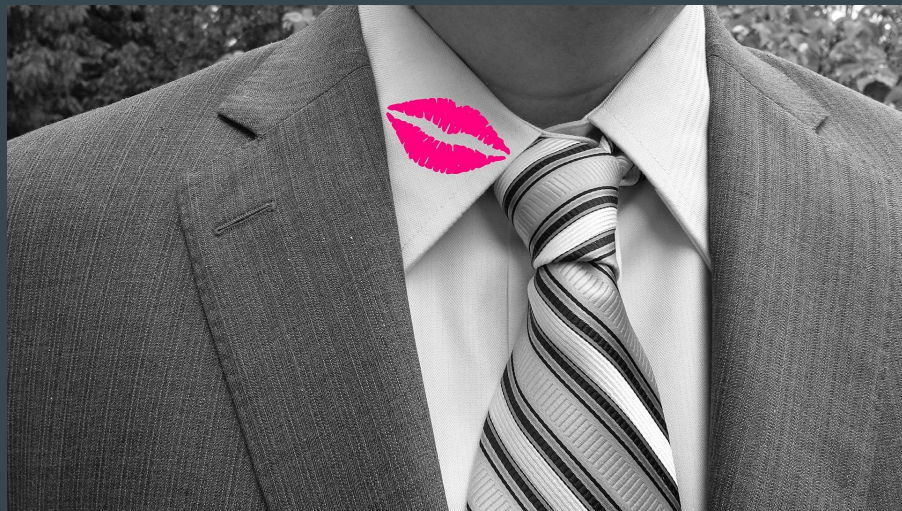
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Playing With Jealousy

What's one thing that attracts you to playing with jealousy?

Playing With Jealousy

- I. Unpacking Jealousy
- II. Fantasy & Simulation
- III. Flirting With Jealousy
- IV. Out-of-the-Room Jealousy Play
- V. In-the-Room Jealousy Play



Unpacking Jealousy

- Emotions aren't good or bad, but they can be challenging!
 - Playing with hard emotions carries risk, and should be taken seriously.
- Jealousy play requires an active desire on the part of the bottom.
- Jealousy is never an excuse for violence.
- Jealousy play can be fascinating, erotic and connecting!

Unpacking Jealousy

- Jealousy play doesn't always look like cuckolding/cuckqueaning
- Some working definitions:
 - Top: a person in the role of making their partner jealous
 - Bottom: a person whose jealousy is being provoked and played with
 - Lover: a “third party” in the role of being an object of jealousy

What's one concern you have about playing with jealousy?

Fantasy & Simulation

Sharing fantasies or simulating things that make the bottom jealous, without actually doing them

- Ideas
 - Whispered stories during sexy times.
 - Comparisons vs. ex-partners.
 - Make up an imaginary affair.

What's one idea for playing with fantasy or simulation?

Fantasy & Simulation

Sharing fantasies or simulating things that make the bottom jealous, without actually doing them

Keys for Success

- Learn the fine details of what fires your partner's passion and what turns them off.
- Communicate with one another the line between fantasy and rehearsal.
- Don't expect reality to be like your fantasies!

Flirtations

Dancing around the edges of what makes the bottom jealous

- The line between “flirting with it” and “doing it” depends on those fine details of exactly what provokes the bottom’s jealousy.
- Ideas
 - Literally flirting with other people.
 - The top having an online dating profile or posting personal ads.
 - The top masturbating to porn instead of having sex with their bottom.

What’s one idea for flirting
with jealousy?

Flirtations

Dancing around the edges of what makes the bottom jealous

Keys for Success

- Ensure mutuality
 - Who wants it more? Be honest!
 - How do you make your adventures in jealousy play feel worthwhile and balanced for the person who wants it less?

Out-of-the-Room

Doing what makes the bottom jealous, with them not there

- Ideas

- It's the bottom's job to procure lovers for their top.
- The bottom prepares the house for a romantic date, then makes themselves scarce.
- The top gives their bottom mundane chores or humiliating assignments to perform while they're engaged with a sexy lover.
- The top brings back a condom full of cum or a pair of soaked panties to stuff into the bottom's mouth.

What's one idea for kinder, gendler out of the room play?

What's one idea for twist-the-knife out of the room play?

Out-of-the-Room

Doing what makes the bottom jealous, with them not there

Keys for Success

- Taking care of lovers
 - Couples tend to have more real power.
 - Treat lovers like people, not props.
 - How much is your jealousy play fantasy scripting the relationship they get to have with the top?
 - What do they want outside of sex?
 - Imagine the bottom stops wanting to play with jealousy. What's going to happen?
 - How much should you tell a lover, and when?

In-the-Room

Doing what makes the bottom jealous, with them right there

- Most complex to implement!
 - Must have some connection and trust between every two people in the room.
- Ideas
 - The bottom is locked in the closet, listening, for the whole date.
 - The bottom serves as a fluffer to get the top and their lover ready to play.
 - The lover mocks and belittles the bottom while enjoying the top's attention.

In-the-Room

Doing what makes the bottom jealous, with them right there

Keys for Success

- Expect Missteps
 - Murphy's Law says something will go wrong. You need to be able to recover.
 - Careful negotiation can make missteps less likely. Some things to negotiate:
 - How often will this happen?
 - How much of a relationship will the top develop with lovers?
 - Are certain activities reserved for you?
 - How will the bottom participate, if at all?
 - How will you check in during play?

Conclusion

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- II. Fantasy & Simulation
- III. Flirting With Jealousy
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What's one thing you learned
today
that you'll still be using in a year?

