

Goddess Victoria Sway

DISCOVER YOUR BDSM BLUEPRINT

A 2-hour workshop for clarity, chemistry, and communication

AGENDA

1. Introduction and Workshop Overview
2. Core Concepts and Definitions
3. Power Dynamics and Roles
4. Tension and Tone Explained
5. Live Demonstrations
6. Reflection and Scene Analysis
7. Handling Mismatch and Communication
8. Crafting Your Communication
9. Resources and Support
10. Closing and Next Steps

WHAT YOU'LL LEAVE WITH

Your One-Page Blueprint

Power + Tension + Tone + Top 1–2 Zings

Say What You Want, Simply

A clear way to express your desires without overexplaining

Reusable Starter Outline

A framework you can use again and again

Why This Matters

Most people know activities, but not how to make them meaningful with others





HOW TO PARTICIPATE

- Choose Your Level of Involvement

Quietly observe or actively participate

- Volunteer for a Demonstration

Option to model in a brief, non-explicit demo

Keep in Mind

Snapshot of Your Desire. Your preferences can shift by day, person, or season

Get Ready!

1

Have Your Results Ready

Open your quiz results now

2

Key Details to Note

Write down: Driver, Power, top Tension,
top Tone, top 1–2 Zings

3

No Results? No Problem

Stay anyway—you can take the quiz
after class

Definitions

DEFINITIONS



Kink: any erotic interest outside the standard script

BDSM: bondage/discipline, dominance/submission, sadism/masochism (big umbrella)

Roleplay: premise/characters as part of the turn-on

Fetish: one specific thing is the turn-on

D/s or Power exchange: consensual hierarchy/control as part of the charge

WHY THINGS MISS THE HEAT



Shared Activities, Different Outcomes

- Two people can like the same activity and still be a bad match.



Common Mismatch Areas

- Power: who's steering
- Pace: tension
- Meaning: tone
- Ending: zing

DRIVER: WHAT'S FUELING THIS?

What actually makes this feel hot?

Power Exchange:

The dynamic is the fuel.

Scenario/Story:

The premise is the fuel.

Fetish:

One stimulus is the fuel.

Mixed/Not Sure:

Blended or still mapping.



This Class is about Power Dynamics

Lets Talk about:

POWER



Submissive (Led): Receiving Guidance

Energized when someone else guides, directs, or holds structure.

Dominant (leading): Providing Structure

Energized when you guide, direct, or set the structure..

Switchy? Choose Your Focus

If you're switchy, pick the role you want to explore first today.

Tension and Tone

TENSION:

HOW PRESSURE BUILDS

Understanding Tension Patterns

- Tension is pacing — how pressure builds over time

Types of Pressure Build

- **Anticipation** (slow build)
- **Denial** (withholding)
- **Push–Pull** (back-and-forth / earning)
- **Unpredictability** (surprise)
- **Time Pressure** (urgency / countdown)
- **High Intensity** (strong and direct)

Reflective Question

- Can you name another “pressure pattern” you’ve felt?



tone:

WHAT IT MEANS

Tone shapes the experience

- Same action can feel different based on its meaning

Types of tone

- **Play:** game energy
- **Sensual:** embodied intimacy
- **Devotion/Ritual:** intentional, reverent
- **Strict/Discipline:** clean structure, correction
- **Forbidden:** edgy, over-the-top charge
- **Humiliation:** intense “shame-edge” by agreement



TENSION + TONE TOGETHER



Tension Sets the Pace

How pressure builds shapes the experience.

Tone Defines the Meaning

The same action can feel different based on tone.

Activity Alone Isn't Enough

Identical activities can feel totally different.

Common Source of Confusion

"I like it... but it didn't hit" often means pace or meaning was off.

TENSION + TONE TOGETHER

Activity: Breathing

Tensions

Build (Anticipation)

Push–Pull (Friction)

Direct (High Intensity)

Tones

Playful (Play)

Ritual (Devotion/Ritual)

Edge (Forbidden)

Live Demonstration

LIVE DEMO: ACTIVITY

Three Tension Styles

Same activity delivered as build, push–pull, or direct.

Exploring Tone Variations

Each version shifts: play, ritual, or edge.

Audience Reflection

Quick question: Which version pulled you most?

ZING: WHAT MAKES IT LAND



Zing: The Defining Payoff

Zing is the payoff — the moment your body says “yes, that was it”.

Tone vs. Zing

Tone is the vibe; Zing is the ending, the achievement.

Personal Zing Patterns

Most people have a clear top 1 and a strong 2.

DOMINANT ZINGS AND TAGS

- Compliance
- Reaction
- Receiving Service
- Using for Pleasure
- Sadism
- Exhibition / Display
- Create Fear
- Breakthrough
- Bondage / Restraint
- Sensory Deprivation

SUBMISSIVE ZINGS AND TAGS

- Praised
- Seen
- Claimed
- Challenged
- Cherished
- Used
- Obedience
- Giving Service
- Bondage / Restraint
- Exhibition / Display
- Fear / Threat
- Masochism
- Sensory
- Sensory Deprivation

Live Demonstration

TENSION + TONE + ZING

Activity: Breathing

Tensions

Build (Anticipation)

Direct (High Intensity)

Push Pull

Tones

Playful

Edge (Forbidden)

Humiliation

Zing- D

Reaction

Create Fear

Breakthrough

Zing -S

Seen

Fear Threat

Challenged

Reflections

REMEMBER THIS

Notice Without Judgment

What you notice is information, not instruction

Fantasy ≠ Identity

Fantasy isn't a character test

No Obligation to Act

You don't have to act on anything today or ever



THE LEVER: WHY SCENES DON'T WORK

Unrepeatable Chemistry

- Sometimes a scene has huge chemistry... and you can't determine how to recreate it

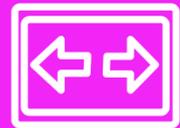
The Four Levers- Usually one lever isn't being hit:

- the right pace (tension)
- the right meaning (tone)
- the right ending (zing)
- or just maybe... the right power seat



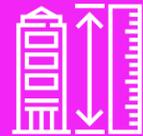
Mismatch

MISMATCH AND WHAT TO DO



Mismatch Happens Even With Good Intentions

Not every scene will align perfectly, even with care.



Pause and Adjust, Don't Suffer Through

Use mismatch as a cue to pause and recalibrate.



Feedback Helps Make It Land

Most people appreciate feedback to improve the experience.



Name Preferences Up Front and Mid-Scene

Share your pace, meaning, and ending needs before the scene. Make a plan if you're exploring.



Pausing Is Always Allowed

Use your agreed pause system to reset as needed.

Crafting your
Communication

YOUR COMMUNICATION SENTENCE

Craft Your Communication Blueprint

- Pick one line for each: Power, Tension, Tone, Zing

Template for Clarity

- “I like ___ energy.”
- “I want it to build through ___.”
- “I want it to feel ___.”
- “The payoff for me is ___ + ___.”

Optional Boundary Statement

- “Not tonight: ___.”



Resources

FIND YOUR COMMUNITY

EXPLORE LOCAL GROUPS AND EVENT CALENDARS FOR CONNECTION.

FetLife- Events + Groups (search: munch, newcomers, discussion, rope 101)

Eventbrite -search: kink , rope, BDSM classes & workshops

Google: “munch + [city]” / “kink community + [city]”

Traveling: “munch + [travel city]” and check it’s recent/active

In NYC

- Plura
- PlayBuddy

LEARN FIRST

- Intro classes and discussion groups (better first step than parties)
- Educational studios (in-person + online)
- Follow educators/venues on Instagram, Join email lists
- Go to the same place more than once—community builds through repeat attendance
- Conventions

CONNECT WITH PEOPLE: FETLIFE & FEELD

- Filter and vet
- Any app/site can be useful, but you still need due diligence
- Meet in public first
- Keep your boundaries
- Go slow
- Just because someone calls themselves dominant doesn't mean they get their way

SUPPORT MY WORK

Connect and Engage

- Follow: [@goddessviktoriasway](#) or [@viktoriasway.nyc](#)
- Save and share posts that resonate with you.

Support the Community

- Comment—every word helps boost visibility.
- Share the quiz link with someone who would enjoy it.

Stay Connected

- Join my email list on [NYCDominatrix.net](#) for exclusive updates.

Dosing

CLOSING THOUGHTS

Orientation, Not Answers

This is a starting point, not a final solution.

Let It Settle

Give yourself time to process and reflect.

Clarity ≠ Readiness

Understanding does not require immediate action.

Try One Sentence

Use your ask in a low-stakes conversation.

