

A large school of sharks swimming in the ocean, with the text "Sub Frenzy and Dom Frenzy" overlaid in white.

Sub Frenzy and Dom Frenzy

What This Class Will Teach You

- What is Sub Frenzy, and what is Dom Frenzy?
- Possible signs of Sub & Dom Frenzy.
- Possible consequences of Sub & Dom Frenzy.
- Ways to address the consequences in both cases.
- The stigma surrounding Dom Frenzy.

What Is Frenzy?

- Frenzy is when you get so far into what you're doing during a scene that you lose control of yourself and the situation.
- **Sub Frenzy** refers to when the Sub/Bottom is so deep into their headspace that they forget protocol inhibitions and safety.
- **Dom Frenzy** refers to when the Dom/Top gets so engaged in what they're doing that they lose themselves and their control in the fantasy.
- Both forms of Frenzy can lead to undesirable outcomes, and it may go unnoticed until it's too late.

What Can Cause a Frenzy?

- Lack of communication.
- Not reading your play partner's body.
- Not reading your own body.
- Getting too into it.

How Long Can A Frenzy Last?

- Frenzies can vary in how long they last.
- Sometimes a Frenzy lasts only as long as the scene itself.
- It's possible for both participants to reinforce their own and/or each other's Frenzies unknowingly.
 - The Sub wanting to be the perfect Sub while the Dom gets lost in the power granted to them can lead into an infinite loop that only escalates as it continues.
 - If left unchecked, this could lead to a near constant for most scenes that the participants have together.
- A Frenzy could potentially be confused with Dom or Sub Space, which could also perpetuate the situation.

Sub Frenzy

- Sub Frenzy is when someone is so into what they're doing as a Sub/Bottom that they forget protocol inhibitions and safety.
- They are solely fixated on being the perfect Sub.
 - Obedient, unquestioning, going above and beyond.
- Sub Frenzy causes someone to place a Dom on a high pedestal.
- A Sub's full attention is on the Dom, and everything they say and do is "perfect."
- Sub Frenzy can be dangerous for all parties.

Signs of Sub Frenzy

- A person in Sub Frenzy may give absolute faith to an untrusted Dom/Top.
 - It should take time and effort to build to that level of trust between play partners.
- In a usual dynamic/scene, a Sub/Bottom asks questions, judges them, and uses their intuition.
- During Sub Frenzy, someone throws all that out the window; their sole purpose is to chase the pure fantasy of kink.
- They fixate on the perfect subspace.

Consequences of Sub Frenzy

- A person in Sub Frenzy can end up being hurt and feel guilty for ignoring all the warning signs and red flags in their play partner.
- Setting yourself up to be taken advantage of.
- Harm others by acting irresponsibly.
- Push the boundaries of all involved.
- Cause trauma.
- End trust.
- Sub Drop.

Dom Frenzy

- When a Dom/Top gets so engaged in a scene, they can lose themselves and their control in the fantasy.
- It can also happen when they become pressured to go past their own boundaries, wants, and needs.
- It can lead to disaster.

Signs of Dom Frenzy

- Not checking in with their play partner.
- Crossing their own boundaries.
- Not seeing things clearly.
- Pure dopamine rush and flood of ideas.

Consequences of Dom Frenzy

- Realizing that you have hurt yourself.
- Thinking of yourself as a monster.
- Breakage of trust.
- Causing trauma.
- Extreme Dom Drop.

How To Handle Dom/Sub Frenzy

- **Clear communication** is the best way to help prevent the consequences of both forms of Frenzy.
- Have a communication system where the Sub says, “Yellow, you haven’t checked in with me for a while.”
- Write down your boundaries, put it in writing so you can refer back to it later.
- Follow up with continued communication well afterwards.
- Set up a communication-based way to let your partner know if they’re going into a Frenzy.
- When in public, have a loud method of communication.
 - A bell, keys, similar objects that make loud noises when dropped.
 - This also lets others recognize that something’s wrong, and can help out.

Support For Sub Frenzy vs. Dom Frenzy

- Stories of people suffering terrible consequences as a result of Sub Frenzy are unfortunately rather common.
- Sub Frenzy is highly discussed in forums such as FetLife, and many are quick to provide support to anyone who shares a story of suffering from Sub Frenzy.
- One can generally seek out advice for how to sense when one is going into Sub Frenzy, as well as how to deal with it once it's already happened.
- Communities will generally want to gather information about such incidents to determine if an abusive Dom/Top was involved.
 - These kinds of incidents can devolve into witch hunts if left to their own devices - especially when the discourse takes place online.

Support For Sub Frenzy vs. Dom Frenzy

- What's noticeably remarkable is how there are next to no resources for those seeking information for dealing with Dom Frenzy.
- There's a major social stigma revolving around the idea that the Dom/Top is in control of a given scene, and thus are expected to be perfect every time they scene with others.
- There's always a strong concern that a Dom/Top could be a bad apple, so everyone is always on the lookout for abusive Doms & Tops to forewarn others to avoid.

Support For Sub Frenzy vs. Dom Frenzy

- Doms and Tops are humans, and humans make mistakes.
- It's theorized that Doms and Tops don't openly discuss their encounters with Dom Frenzy because they fear being ostracized from the kink community.
 - Nobody wants to be mislabeled as a bad apple in a kink community.
- While a kink community would do well to always weed out the bad apples, there should also be some leniency for those who make honest mistakes.
- When Doms/Tops fear being ostracized, they naturally keep their mistakes to themselves or they fade into obscurity to avoid being called out.
- A lack of a space to talk openly and civilly about these hard subjects contributes to the general shortage of Doms and Tops.

Discussion Points

- How do we make space for someone to discuss their experiences with Dom Frenzy without scaring them off?
- Is there a way to make space for those who make mistakes and wish to learn and grow from it?
- Are the standards for Doms and Tops too high? Are they too low? Where should they be?
- How do we avoid approaching Frenzy-based situations with an assumption that someone had ill intentions?
- Is it better to always be on full alert looking for the bad apples? Does it help to keep a kink community safer, or does it make it harder to maintain a diverse kink community?

Special Thanks

Many thanks to **OGBirdy** for providing us with the class notes for this subject! <3

If you'd like to provide a write-up for a particular Kinky Class subject, please reach out to our Teachers in the **Teacher's Lounge** channel!