

## SFSDSDG Meeting: Interdependence in a power dynamic

Power dynamics create dependence. Ideally, interdependence not codependence. This relationship style is by design.

Outsiders may pressure people to reject this or shame others. But there is no shame in getting more attached and improving your life at the same time.

### Questions to get your thoughts flowing in the discussion:

What is the difference between healthy and unhealthy dependence?

Should getting more dependence make the dominant more careful?

How are needs met with interdependence?

How are daily routines setup with interdependence?

How do we orient ourselves with interdependence?

How does it feel? Does it fill a part of you that is missing?

Do you on the dom side depend on service?

Do you on the sub side depend on leadership or stability?

Have you ever confused emotional dysfunction with depth?

Could ethical dependence be a new way to view this?

Where is your joy in serving or leading?

# Notes On The Main Topic

## The Short Answer

Healthy interdependence supports each other's personal growth.

## The Nature of BDSM Interdependence

- **Emotional and Psychological Exchange:** The submissive relies on the Dominant for guidance, boundaries, and emotional holding, while the Dominant relies on the submissive's trust, devotion, and responsiveness to maintain their role.
- **Trust and Vulnerability:** BDSM necessitates high levels of vulnerability. Partners must deeply understand each other, making clear communication essential.
- **Mutual Needs Satisfaction:** Both partners' needs are actively met through these specialized roles, which can range from scene-specific play to full-time lifestyle or 24/7 power exchange.

## Vanilla Perspectives

Our vanilla world has a habit of looking down on people that are not chasing independence. But not needing anyone is a fallacy. And the move toward separation could come from trauma.

Some people may feel that depending on others is weak and being independent is what makes you strong. Others conclude that fierce independence is actually a fear of vulnerability.

## Notes on Codependency

Codependency is a dysfunctional relationship dynamic where one person excessively sacrifices their own needs to care for or control another. It typically features an imbalanced dynamic between a "giver" (who enables) and a "taker" (who relies on them), causing both individuals to lose their sense of independence and self-worth.

Codependence is dangerous because it can make dysfunction feel necessary. It develops from conflict, uncertainty, fear of disconnection, a need for constant reassurance, the

repeated cycle of rupture and repair...and all of that can start feeling meaningful simply because it's emotionally intense.

The relationship is consuming, and partners feel they cannot function independently outside of it. The dynamic stifles personal growth, fosters resentment, and frequently leads to emotional distress.

## Notes on Interdependency

Interdependence makes the folks inside that dynamic more stable, not less. It should reinforce structure, improve follow-through, create clearer roles, and make each person better at functioning inside the life they've built together. The reliance on each other might be deeply integrated...but it isn't meant to keep anyone confused or afraid. It's there to support the dynamic in a way that creates consistency, trust, sustainability.

That means the goal is to create forms of dependence that actually improve the quality of life and overall functioning of the people involved...not just to make your partner more attached or more compliant.

The control and authority structures in power dynamics usually create a dependency from the s-type. They rely on their Dominant, Master, or Owner for things like: leadership, correction, routine, and/or emotional grounding.

## BDSM Attachment Styles

### Secure

Dominants that bring consistent emotional stability, clear communication and good aftercare.

### Anxious

Submissives craving structure, affirmations and predictable dynamics can have their anxiety alleviated with protocols, contracts and power dynamics.

### Avoidant

Dominants that are very independent and keep emotional distance. They may prefer the compartmentalized nature of scenes over 24/7 relationships.

## Disorganized

Those that prefer scenes allow for limited vulnerability but not enough to overwhelm.