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Hi cutie, I hope that you're having a lovely week. As many of you asked for more long form video, I will commit to that and start incorporating more long form video here. And so I'll include captions, as well as upon request, you can ask for the written transcript, it's just long. So I don't want to like clog up people's inbox if they aren't wanting to read it. I saw some people are subscribing to my YouTube channel, you will not get updates there because these are all private unlisted videos. So yes, I am hosting them on YouTube, but you can only view them if you are looking at the Patreon link.

With that, let's jump into it. So I had probably the best, worst one night stand on Monday, this past week. And I thought it might be an interesting case study to sort of show how my theory turns to practice from start to finish. So hopefully that will be of service to you.

So what do I mean by best worst one nightstand? It wasn't a match. We tried conversationally, it was fine. romantically was fine. Sexually, it was fine, underwhelming, and like just not there just wasn't that chemistry there. Right, no shade to that person because it was very sweet. And also the way that we communicated the way that we manage each other's expectations. The way I advocated for myself from start to finish, I feel was like the best that I've ever had. And I'm like, really happy and feeling really full specifically because of that, despite the underwhelming literal interaction with the person.

So first, I actually get quite a number of people asking me like, how do you even structure a dating profile if you are polyamorous, so you're kind of open to it being whatever it will be. But people will get anxiety saying like, Oh, well, we'll see what happens, right? Because the people who do want structure who do want consistency, might read that as I am. So go with the flow that you can't count on me, you know, but people who are not looking for consistency, might say, Oh, see what happens. They don't want anything regular or committed. So how do we literally manage expectations with minimal ambiguity? How I do it is, you know, lead up front, I'm relationship anarchist, polyamorous for 10 years, you know, if people don't even know what those words mean, hopefully they filter themselves out. But as well as the, you know, open to developing anything currently interested in developing romance, having consistency one to two times a week, seeing a person, the only kind of like sex, only dynamic I would want is to get deeper into some kinks, you know. And so in that way, there's plenty of room for this can be whatever it's going to be, I'm not coming at you with a checklist with an agenda. You don't have to fit a box, right? I'm adaptable. And I'm not just anything goes treat me however you want. You know, there can be this middle ground of management of expectations for people who are wondering the apps that I use our field and OkCupid. Sometimes if I'm like looking for more sex only, I'll also hop on Tinder, sometimes if I'm interested in fewer men reaching out to me, I'll hop on Bumble, you know. So it's, there's a, there's a spectrum of experiences that we can have, I think each app has its benefits, and all apps are flawed, but it is a way to encounter people that you might not encounter in the wild. So this was on field, which tends to be more like open to non traditional relational styles. And so I like that because even though the pool of people is much smaller, there's a higher likelihood that they are down, right that they know what the

basics of polyamory are. And above and beyond that, maybe they've been practicing for a long time, you know, I have some pretty specific standards, specific meaning high around emotional intelligence and communication skills. And so I tend to find that more in people who've been practicing polyamory longer, but they are not synonymous situations, there have been people who've been on like, you've been polyamorous for how long? Because you can't talk for shit.

So I matched with this guy who seemed like, you know, our kinks were in line with each other. I was like, so what is it that you're looking for? And he's like, Well, I could be open to romance, I could be open to kink and play only. I like having a regular kind of relationship. I don't want to constantly be getting to know new people's ways of being, you know, and, and we can go a lot deeper with consistency. And so that dialogue made me feel relaxed, right? Because there's instantly like a response to what are you looking for was clear, it was communicative. It had nuance, and it was in line with what I was looking for. And I said absolutely same page and the only thing I asked people is no ghosting And I shared about this on Instagram as well is like, I want to advocate upfront for what I definitely dislike, right? of just like, if it's not a love connection, even after day one, just tell me. So it's not a guarantee that the person will honor that. But it helps me feel less exhausted meeting new people less stressed out meeting new people, if I have said that, and they agree. And I've done everything I can do to prevent that from happening.

We agreed to meet a couple of days later, I like to jump in right away. Let's see if there's a vibe. I'm not trying to have this long preamble because you can't smell pheromones over text, right? Like, there's so much that you can't have answered yet. If you're just communicating with words on the screen. So yeah, we jumped right into having a date. And it was fine. Like he's an attractive guy to me. I didn't immediately feel any like, Damn, you know, but that's also going back to not having a checklist. I'm not going to rule out a person from being in my orbit. If it's not an instant fireworks moment, right? And start just how what are you up to? What are you into all of the beginner 101 questions, which can be lame, right? Like, I don't want to know how many siblings you have in our first conversation, like it just feels like grasping for it feels like a question when you don't have a question, you know, it's filled the filling of air. If we ever do feel a little underwhelmed by conversation, or by the like, what it is that they're bringing up, we can always redirect to something deeper. And we can always drop little clues of the type of topic that feels substantive that feels like juicy to us, right?

And so with some of those beginner questions of like, So what brings you to Berlin, you know, in addition to the logistics of it, the desire to be in Berlin, because I love the city, the desire to explore my heritage and learn the language. I also drop in like, and it started to feel pretty unsafe in America, I had the opportunity. So stresses me out the rise of fascism there, right, like I'm dropping in. When I have conversations with people, they often go towards politics, especially when I'm first getting to know somebody I want to know like, what level of discourse Are they comfortable having? Where do they stand on certain issues, because a lot of those will be indicators of like how compatible we are. Drop that in. And then it launched into a really interesting conversation. He was from the country of Georgia and was talking about, you know, all of the, the civil war that happened following the USSR and like, I know jack shit about the

country of Georgia, I was educated in America, right? It was just regardless of chemistry, it was so interesting and satisfying to have a really compelling and like deep conversation, learning about something I didn't know about that I care about him learning about what I know, feeling very intellectually engaged, but not particularly emotionally or physically engaged, which again, is not a deal breaker, right?

I think no matter how long we've been doing this it can help to just check ourselves. Am I still dating with monogamous checklists? Am I still dealing with monogamous standards of binary all or nothing? Like, while I'm interviewing this person, if they aren't exactly this way? If they if my other partners do that better? Like, am I already throwing away this person because of their utility to me? To a degree if they can't meet our needs, or if we have different desires? That's one thing but if a personality trait of theirs isn't my favorite, it's also not necessarily a deal breaker if there's not romantic chemistry for me, it's not currently a deal breaker because I can have plenty of kinky fun sex with people that you know, are just we're just friendly, we're not romantic and so to absolutely have a desired goal in mind of like, are we wanting to build the same thing, but in terms of like superficial you know, are they messy, right, like, there are different degrees of deal breaker and I think when we are dating as as monogamous people in a past life, we can have way more binary all or nothing deal breakers.

We ended the night he was like, Do you want to come back to my place? I said, Sure. I texted the partners that I need to text prior to sex with a new person say hey, heads up is happening and then got to his place. And that's where some incompatibilities like some fundamental deal breaker and compatibility started to show themselves. One we like entered his place and then he kissed me right away and like that wasn't the vibe. And it was strange to me to immediately do that when entering a space that could be my own baggage of like I've gone to people's homes before and there was the assumption of sex because I came to their home.

One time when I was like 19 or 20, I went on to went to a concert with some friends felt very attracted to one friend and we started kissing. And then I realized, oh shit, I'm out in the middle of nowhere. I don't know how to get back home. It's two hours away. And he was like, you want to come back to my place? You can crash on the sofa? And I said, Sure. Then when I got back to his place, he was like, well, we're like, you don't wanna have sex? Why did you come back here? You know, there's all of this fucked up, you know, misunderstandings around what? entering your home or your room means the entrance is not consent, I guess is the point. And that is a bit of a flag for me.

I was like, let's slow down, man, like, we just got here. Like, do you want to have a drink? Or do you want to have tea or something and we chilled out a little bit. Again, when I when we kissed I didn't feel fireworks. And that was a little disappointing, right? I at least want there to be sexual chemistry, I want there to be some kind of something going if I'm not feeling romantically inclined towards a person, then I'd want to explore kinks but I'd want it to be hot, right? And the kiss didn't feel hot to me. But it also could be because of the consent issue.

Then I was like, okay, so what is it that you do like you don't like I was starting the negotiation prior to kink, especially because we were liking some, we were both wanting to explore some kinks, that we're more likely to create a problem if there's a misunderstanding, right? Like for safety reasons, physical safety, and psychological and emotional safety. I have very rigorous like check ins, almost clinical check ins prior to play. And so I started doing that. And he said, Oh, no, I mean, let's just see what feels good. I said, I don't do that. And so I had to push him to do that kind of check in.

And I was still open to having sex with him now that my needs were negotiated. And it was fine. There were a couple of points where I said, you know, I want to stop this, or I don't want to do that anymore. And it was fine. But I was very much driving the bus on any negotiation. And he was very much having assumptions every step of the way. And while communication prior to our date had been impressive to me, communication, especially sexually, it was very much underwhelming to me, and maybe even dangerous to me.

And so yeah, afterwards, I was like, hey, you know, I don't really want to stay here, you know, because he was like, Oh, if you want to stay, you know, we can do this in the morning. And I was like, is it would it hurt your feelings? If I don't stay? Like I'm feeling like, I'd like to sleep in my bed tonight. It's totally fine. I think there was also for him, not a electric connection. Right? And so that was disappointing to me. I was feeling like, well, I don't think I want any of that again, right? It's not that he had any ill will. But I think even well, meaning clumsy kink stirs can cause a lot of harm. And so that scares me when somebody is not a rigorous kingster Especially if they're a top

I went home. And I, you know, saw my nesting partner. And I was like, I'm feeling like, I want to be alone, right? Like I took a shower, which is our protocol. If we ever have sex with anyone and we come home, presumably we'll be intimate with each other. We want a shower in between. So I came home and took a shower. And he asked if I wanted to process it. And I was like, I don't think there's anything within our agreements that I feel like talking about because we never go graphic with sexuality, right? And so I just wanted to be alone for a bit and that was cool to know, what kind of care and what kind of space what kind of activities I need to do to provide my own aftercare because again, this person that I just hooked up with that I had a semi kinky experience with. I couldn't expect aftercare from them because I couldn't expect before care. You know, I couldn't expect responsible kink in my opinion. This is not a video about kink, but it is a video about sexual compatibility as well as communication. And there's a lot of intersection of that with kink.

I journaled a fair amount. A lot of times I will start a voice recorder on my phone if I feel like I need to verbally work through some things help my brain connect some dots or feel some catharsis and so I was getting it out that way. And then you know, when I was feeling calmer, happier, a bit more, back to normal. Yeah, it just told me nothing, but I was like, I'm just underwhelmed by that, like nobody did anything explicitly really wrong. You know, I'm just to because on paper, it seemed like we would be a good match. And nothing was like such a huge

red flag that I would run away from them necessarily. You know, I didn't ever feel like I couldn't make a situation work for me. But I don't want to have to need to figure that shit out

I was feeling better came out and talked to my nesting partner, and he would have been totally fine to not have any updates. Like we don't owe that to each other. I just needed to tell him like before and after that I had a new sexual partner. He's the kind of barriers and precautions that we used. That's the only thing that really applies to him. But you know, he has bandwidth that night for emotional support. If I wanted it, you know, he was not really doing much.

And so I said, Yeah, you know, I think I just want to be held like can because I know that that partner can provide aftercare to me. And I didn't even need to give the whole context, I don't need to give like gory details and like a graphic story of what happened. I don't need to tell the business of the person I went on a date with, I don't need to tell their business to this partner, even if I'm never going to see them again, it feels strange. If another partner of mine is privy to all of the details. This is also why none of my partners are on Patreon with me. So yeah, so I got aftercare, from myself and from other another partner

Flash forward to the next day, I had asked him to not ghost me, right. I really felt like ghosting him. And I think we should talk about the impulse to ghost, especially if we hate when that happens to us. I didn't feel such a strong urge to like, fight with myself, I was like, ah, it would be so much easier just to disappear. And not ever deal with that again. And also, I never fucking do that to people, because I can't ask for that, and then do it and like myself, you know. So there's this commonality or this normalization, that, Oh, we just met this person one time. We don't owe them that, you know, and we can let ourselves off the hook.

But he had mentioned he wanted to like when we were together in person. He had mentioned he wanted to do another thing, like this weekend. So like, it was a good enough connection for him that he wanted to hang out again. And so I messaged I was like, hey, you know, I had a nice time, I enjoyed our conversation. I just don't think it's like, a really good match. And I think I want to spend my time searching for somebody that might be a bit more compatible, offering kindness, validating what I enjoyed, and then very clearly and unambiguously saying like it's just not for me, you know? And he responded back he was like, not a problem at all. Thanks so much for the text. I wish you all little rose emoji little kiss emoji you know. And so that was it that was the entirety of the emotional labor required for me to be the one rejecting him.

And I think it helps that I have such a particular screening process that I don't let in or I lead in very few emotionally immature people I don't really get to sex with people that I feel couldn't handle that kind of rejection right? But that's also taken years to cultivate. So even if that rejection was poorly received, I would know that I acted with integrity and according to my own like moral code of how I think people should be treated you know and so that that was that and I would and it was just like a cherry on top that he was so kind and sweet and on the same page and not heartbroken and not you know, angry or rejecting me and calling me names like it was very respectful

And so that's why I say this was the best worst one nightstand because I've had really great one nightstands where I was like that was so fucking fun. And they're only in town for a weekend I'm never going to see them again you know or I've had really terrible one night stands that I just I had to leave mid way and didn't ever want to talk to them again and had to call my friends for backup to help me feel better right so a lot of you know bad quote unquote one nightstands or I guess to be more specific, like really mismatched one, nightstands.

A lot of those have ended as poorly as they went. And this just felt like everybody maintained mutual respect. There was always a willingness to talk, even if they're, you know, I've experienced in him a lack of experience of how to talk about those things. He's also 10 years younger than me, so I don't remember what I knew at 25 but not as much. Yeah, I felt really good. I feel really good. I look back on that night fondly. And the date was whatever and the sex was not good. Really, you know, it was like, but I look back on that fondly. And if I ever run into him at Oberlin club, there will be a friendliness there. Who knows? Maybe we'll be friends, you know, like, we clearly enjoyed conversation with each other, I would totally be down to like being in a room full of people having a conversation with him again.

Anyway, the reason that I share this particular story one is very fresh too. In addition to asking for more long form videos, a lot of you have been asking to focus primarily on practice over theory or how theory translates to practice. So I'll always be speaking from my own experience, you know, sometimes I might come up with hypotheticals in a written text like, person A does this person B does that. But whenever I'm just sharing a story, with all the nuances, the complexity needed, like the thought process that goes into things, the emotions that come out of things like I will only be qualified to share what I have literally gone through. And so there will be limits to what that can demonstrate.

But I do hope that the barebone basics of what tools are used can be of service if you are looking for more tools to develop your own practices your own before carry on after care from dates, your own communication of how you want to be treated of how you would like to reject someone, you know, that will be unique to each individual involved. So don't treat this like a script that you should follow or anything but rather one of many, many, many polyamorous examples of how a night can go. So I love you a lot. Hopefully that story may be helpful to some folks, and let me know what else you want me to talk about. See you soon.