

# LukaPEP

## PAIN ENDURANCE PRACTICE

This Pain Endurance Practice draws from my life-long study and practice of pain management and endurance, and is designed for both new and experienced players. The full six-lesson coaching series will build the mental, emotional, and physical skills needed to approach pain confidently, and with deeper self-knowledge.

### Mental

*How to reframe understanding of your safety*

- Creating headspace, mood or a situation for yourself, even if it's not a shared part of the scene. How to "psych up" on your own, every time.
- Creating mantras, reminders of reality, and calming statements ("it's just my skin" for stingy, "my legs are big and can handle this" for thuddy, "it only gets this bad, I can take it" for pinchy)
- Next level mantras, saying something that you know very well, a song stuck in your head, etc.
- Creating a "happy place" - memory, fantasy, experience, and going there

### Emotional

*How to create a scene to thrive in*

- "This person cares for me. I am safe."
- Learning how to tap out at any time, without negative feelings.
- Voicing what is good and bad pain for you
- Negotiating the scenes you want, with the correct play tools

### Physical

*How to use your body to endure*

- Learning diaphragmatic breathing (belly breathing) to oxygenate, at the correct pace for your body, for pain relief by increasing endorphins
- Conscious relaxation of the muscles being hit. How to keep them relaxed throughout the volley of hits by practicing how to place your center of gravity to shift all weight and tension off the target area. Stay loose!
- Learning and ranking the kind of pain that you experience:

1

Comfortable

2

Tolerable

3

Endurable

4

Difficult

5

Horrible

### Working together

I don't take on everyone. Start by messaging me on FetLife to introduce yourself and share what you're hoping to work on.

**Sample lesson.** If it feels like a possible fit, we can start with one \$50 sample lesson at a public dungeon party I'm already attending. If your scheduling needs me to come to a party I wasn't planning to attend, you'll need to buy my ticket. The \$50 will be credited toward your next lesson, if you choose to continue.

**Level 1.** I coach six 1-hour lessons for my Level 1 training, held at open dungeon events. You can take the full series, or book one lesson at a time at your own pace. Renting Black Thorn for a private lesson is a possibility for the coaching student who needs quiet and privacy. The rental cost is separate from my lesson fee, and you arrange and pay it directly with Jezebel666 on FetLife. No personal homes or rented rooms.

**\$100/hour.** For all Level 1 lessons at a dungeon, you buy my ticket.

After six lessons, you will have increased knowledge of your pain likes and dislikes, the confidence to negotiate and advocate for the pain you want, and the trust in your own mind and body to endure the pain you are seeking with less fear.