

Radical *Pleasure* Revolution

with Dr. Emma

Revolutionary Relationships

Season 1

Episode 08

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Transcript

Radical *Pleasure* Revolution

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[Intro]

Hello juicy listeners.

Welcome to the radical pleasure revolution Podcast. I am your fabulously delicious host, Dr. Emma, also known as Emma gone rogue on their social medias. I'm a clinical sexologist and sexual empowerment coach with a PhD in human sexuality and over 10 years of professional experience educating, advocating and creating deeply healing and radically empowering spaces for people's sexual liberation. It's truly my life's purpose and passion. This podcast is for you if you want to learn how to embrace your authentic sexuality, expand your pleasure potential, and unleash your power in the bedroom and beyond.

I'll be sharing revolutionary perspectives and conversations on topics including sex, sexuality, pleasure, bodies, relationships, self love, healing, empowerment, and more. All from a uniquely thought provoking intersectional sex illogical framework that I use professionally with clients and students, as well as in my personal life and relationships.

The thoughts and perspectives I share in this podcast are coming from my lived experiences as a white queer yet straight passing plus sized, sis privileged woman and non-binary fam, and a person who is a survivor with chronic mental and physical health challenges.

I navigate the world with a lot of privilege and varying degrees of marginalization. Being a part of the revolution in a radical way, is not something I take lightly, and I'm always seeking to do better and grow. So if I ever fucked up or say something harmful, I am genuinely open to your feedback, and learning how I and all of us can keep doing better.

I'm so excited to share, connect and truly expand with you all on this podcast. Be sure to check out the show notes for more information on how you can connect directly with me and my work. If you're interested in going even deeper. Each season is going to have its own flavor and style. So stick around and enjoy the ever evolving journey with me.

Let's do it.

Radical *Pleasure* Revolution

with Dr. Emma

[Episode Content]

Welcome back. Yummy. We are here for episode eight of the first season of the Radical Pleasure Revolution Podcast. Again, I'm so grateful that you're here. I love it, whether you're here for the first time or tuning in again, I've said this before. But I love that you're hitting play and that you're joining me for these juicy, radical sexy conversations.

They are a lot of fun for me to have and I'm glad to be sharing them with you. And so this episode, we're really talking about revolutionary relationships and what that is what that means from my perspective. Of course, as always, with all of these episodes, it's just my perspective.

But if you've been here throughout this podcast, this season, we're really diving into what is sexuality liberation, how is it connected to radical pleasure, and what my ideas of sort of like the different aspects or components of, of sexuality liberation, and I want to make it clear that you know, relationships are not a necessary part of sexuality liberation at all.

I think it can be done without relationships, it has been done. And for many people, they choose to have sex with somebody else besides just themselves. And if there's an element of their sexual liberation, that involves navigating the dynamic with someone else, if not multiple other people. And so that's where this episode's coming in.

Leading up to this episode whether you've listened to a few of the other episodes or all of them or this is your first one. Just a little recap of what this season has been about thus far is there's episode on me, who I am, your host Dr. Emma Gone Rogue. Who I am why I'm here talking about this stuff, my background etc. My identities, which I think are super important.

Then we had an episode talking about the psychological perspective. And what that is, and really, that one is an important one for sure. One, I think people should check in with that to get sort of the, the lens, the perspective, the theory, the ideology for which I am speaking about all of these topics. It's the perspective I was highly trained on to become a clinical sexologist, and in my PhD program, we also talked about sexuality and pleasure activism, of course, how that relates to sexuality liberation. We talked about healing and prevention, we talked about embodiment, and what it means to like, embody the revolution, we've talked about self love.

And in the last episode, we talked about body liberation. And the next episode is our last episode of this season, where we're gonna, you know, really wrap it up and just do a recap. And so today's episode is sort of like the last pillar or the last, you know, real kind of chunk of a topic or so to speak, if that makes sense. But we're gonna be focusing on primarily romantic or sexual relationships.

Radical *Treasure* Revolution

with Dr. Emma

Not all romantic relationships have sexual components. Not all sexual relationships have romantic components. But we're going to be focusing on those types of relationships, not as much the platonic ones, although I think the things we're going to be talking about today can be applied to all kinds of relationships, really, they can be applied to platonic relationships, and, you know, relationships with our family, our kids or our friends. And I say that with a big fat asterisk as well. Because, you know, I don't actually know entirely what I'm about to tell you all. So some of these things might not apply. But you all are intelligent listeners, I know that's why you're here. And you're hanging with me. So I'm sure you can apply some of these things, to other relationships as well.

So let's dive in. First, I want to start out by kind of giving a definition of relationship. Again, the professor in me Dr. Emma here. And this is just like, you know, how definitions have multiple definitions. This is Merriam Webster's definition, that I pulled off Google, again, definitions, especially from dictionaries, kind of problematic sometimes, who is actually writing these, from what perspective who has the power to put these definitions in here, just naming them but here we are, this is what I pulled.

"A relationship is the way in which two or more people, groups, countries, etc, talk to, behave towards and deal with each other. And other stuff sub definition is a romantic or sexual friendship between two people"

Again, interesting how they say, between two people instead of people. And then the last one is, "the way in which two or more people or things are connected." That is a relationship.

And I like that this adds things as well, we can have relationships with things for sure, even relationships with I think, like ideas and concepts. But again, for this episode, I really want to focus on sexual and romantic relationships. And I want to go over some types of sexual relationships specifically. And these types are not an exhaustive list by any means. These are not like written in a book somewhere, anything, these are literally just mine, Emma's ideas, and sort of, I don't know, collection, how I've organized types of ideas that I've really seen come up a lot of times, and I've worked with people.

And again, these are specifically sexual relationships, not all of these relationships, that I'm going to these relationship types that I'm going to go over have a romantic component. Some of them do, but they all have a sexual component. And so the first sexual relationship type is what I call the one and done basically, a one night stand. It's a relationship where you're sexual with somebody one time, one time only, for whatever reason, there's a lot of reasons why it's only one time but one and done.

Those can be fun. Those can be exciting. Those can be terrible. Those can be all sorts of things. Another type is a sex only type of sexual relationship where you literally only interact with this person to have sex with them. That's what they're there for. There's no other type of relationship dynamic

Radical *Pleasure* Revolution

with Dr. Emma

or component going on. And those can also be fun, those can be kind of boring, some people can get a little bit pressured into those. And some people like are fully looking for just that, like they're only available for sex. And that's what they're looking for.

Or maybe it's that type of person that you're engaging with is like, I don't want to be their friend, or I don't want to, you know, develop a deeper romantic relationship with them. But the sex is good. And it's fun, and I get something out of that. So a sex only relationship.

Another type is like a friend with benefits. This is where you do have a different, another component to the relationship, you're actually friends. You care about each other, you can hang out without having sex, but you're also friends that do have sex sometimes, and this type of sexual relationship can get a little sticky for folks, depending on how things evolve, and how well people really communicate and are honest with themselves and each other.

But it can be an awesome sexual relationship as well to have that friendship component. But also get some, some sexy time as well. Then we have a non exclusive dating sexual relationship. So there is a component of both friendship and potential romanticism, that's why the word dating is in there. But you're not exclusively dating. So there's less of a commitment, there's less of the commitment to a long term development of a romantic relationship. You know, you're not exclusively dating or you're maybe dating other people, you're having sex with other people. But you do enjoy this person. They're, you know, a friend or somebody who like, maybe somebody even you're a little bit have some romantic feelings towards. But you're, you're just being in the moment, you're not thinking long term.

Then there's exclusive dating. So non exclusive dating. Now, exclusive dating is somebody who you do have a little bit more of a commitment with at least you commitment to just be having sex with and just romantically pursuing them. I think the dating element of it, though, means it's very present. There's not that longer term commitment still of like, we are really building something and going somewhere, but we're doing it we're exclusively dating each other right now.

And we're just staying in the now. And you know, there's sex, there's dates, there's romantic stuff, friendship, but there's no promise or suggestion that there's going to be something longer. And that's where the monogamous relationship comes in. And I think monogamous relationships and somebody's not just dating somebody, but they're now in a relationship with someone.

And I'm talking about monogamous relationships that include sex, I'm not talking about folks who feel asexual or just don't want to have sex be a part of their monogamous relationship. But the monogamous relationship is you are dating, you are in a relationship with each other, only having sex with each other.

Radical *Treasure* Revolution

with Dr. Emma

And there's a commitment that this relationship is building and growing somewhere, doesn't mean it always works out. But that's like the difference between the dating and the relationship.

Then there's open relationships where like, you are in a, you know, committed relationship with this person, you want to be with them for a foreseeable future. And you're willing to have other types of, of sexual and or romantic relationships are allowed when you're in an open relationship.

And this is slightly different than, this is, like more the umbrella term for non monogamous relationships. But open doesn't always imply that there's other romantic partnerships. It could be like, you know, we're in an open relationship. And when my partner travels, they get to have sex with people, or they get to, you know, do webcams or you know, like, do stuff like that there's so many different types of open relationships.

In fact, there's a whole open relationships map, that if you Google open relationships map, you will find it. In fact, I will put a PDF in the show notes as well. So you can check it out. Because there's seriously so many types, there's like 100 mile rule, there's like, you know, celebrity rule where you're allowed to have sex with your, you know, celebrity crush, but that's it. And they can be romantic or sexual.

Now polyamorous relationships is another type. That specifically means that there's multiple loving and romantic relationships going on. That's not necessarily implied in just an open relationship, some open relationships, romantic, really, really extra romantic relationships are not allowed, but sex is. Polyamory, it's very understood that there are multiple, erotic and loving relationships going on.

And then, of course, the last type of sexual relationship that I kind of came up with was, you know, professional transactions where people have sexual relationships with sex workers for money, for a lot of different reasons, healing, or entertainment, or loneliness, lots of different things.

So those are the types of sexual relationships, I think there's some things that make sexual relationships successful. And again, I'm specifically talking about sexual relationships right now, these can definitely be applied to romantic relationships that have a sexual component as well. But these, you know, I'm not expanding so much just yet into, into relationships that are romantic in nature, just yet. But, you know, to have a successful sexual relationship, you really, first and foremost need to be self aware, and honest, you have to really know what you want, what you're actually okay with.

You know, what you're desiring both overall, kind of, like long term, not that you have to be, you always have to know long term what's going on. But certainly in the moment, and, and knowing, you know, some general idea of a bigger picture of awareness, and what you want is helpful, but certainly in the moment, you have to be a person who is tuned into your body, your nervous system, and you can be

Radical *Pleasure* Revolution

with Dr. Emma

aware of what you need, what you want, what your true desires are, and you're able to be honest about it, to yourself, and to your partners, you also need to be somebody who knows your boundaries.

That was something I struggled with, again, I touched on last episode and the body liberation, I basically didn't have boundaries, because I was so insecure about my body that I just felt like, you know, who was I as a, as a bigger person as a plus sized person to be, you know, saying no to things when somebody is willing to give me attention, and, you know, sexual validation, I didn't honor boundaries for myself, and so it's so important for successful sexual relationships to really know your boundaries, and know how to communicate them effectively.

And be honest with yourself about them. And so it's also important to communicate effectively, and to be able to say what you want, what you don't want, what's okay with you, what's not okay with you. And to be able to communicate if any of those things change in the moment to be able to ask, may I? Or will you directly that's actually a great exercise I use with my clients is practicing, asking, may I touch you here? May I, you know, lick this or will you caress my breasts? Or will you get some lube? Or will you put a condom on super important to know those boundaries and like, have that sexual agency and be able to communicate it.

I think that's a huge part of our sexual agency, our ability to get what we want sexually, is being able to communicate it because so often we have these ideas of like, I want these things and my sexual interactions but because of fear and not a lot of practice, and nobody teaching and showing us how to do this, we don't actually speak up during sex.

And we end up not having the best problems. I think another component of a successful sexual relationship is touching for your own pleasure, for making sure that you're having a good time. And you know, you're not in this performative mode, you're not like trying to give your partner an experience but you're there for the journey and not you know, you're not being destination or outcome oriented or goal oriented, usually, like some orgasm or climax is what people are going for.

But to have a really successful sexual relationship, is you show up for pleasure first, and you're about experiencing pleasure and seeing where that leads. And it's about mutual authentic pleasure. So, you know, definitely your own pleasure is important, but how do you experience mutual authentic pleasure? How are you turned into to your pleasure, and your partner's pleasure at the same time? And how can you let those two things dance, and a really yummy, delicious way, I think is really important. I think it's also important to, you know, choose sexual relationships that are in alignment with what you want.

Radical *Pleasure* Revolution

with Dr. Emma

If you're a person who's just wanting sex right now. Only have sex with people who are know that and are, you know, in alignment with that they're not trying to get you to date them or fall in love with them or whatever. Date and have sex in alignment with where you're at in your life.

I also feel like it's important to like customize your sexual relationships, and romantic relationships. So like, really be willing to let your relationship be like a snowflake like a fingerprint, that nobody else's relationship has to look like yours. Doesn't have to have the same rules like customize the rules based on your needs, what makes both of you feel good and respected, and get what you want met, and be willing, you know, don't just don't just go in with like these cookie cutter ideas of relationships, sexual and romantic.

I also think it's super important not to shame each other, not to shame or stigmatize or fetishize each other in sexual relationships. And to like, remember that the other person is human, and their humanity stays central to, to the relationship, even if it's just about sex.

Again, unless you're doing some kinky stuff, or something where you want to be humiliated, or all those things that is worked out in a different in a different way. And there's a very specific, safe container where that gets set up. But for the most part, if shame is not part of your kinky, you know, understandings or agreements, then not shaming each other and really allowing each other's humanity to be centered.

And for the record since I brought up kinky sex, kink and BDSM absolutely as human centered and people's humanity are of the utmost importance. Everything that is done in those situations and relationships and exchanges are very thoughtfully planned and worked out between people who trust and respect each other. So little caveat, or they're excited to throw in a kinky joke.

But yeah, I think even expanding this and, you know, a lot of these things, if not all of these things apply to romantic relationships, certainly, romantic relationships that include sex. It's important when you're wanting a longer term, romantic, or even sexual relationship is for sure a romantic one is to really remember the other person is a human.

And there's, there are complex pieces going on. This person or the people you're in relationships with, have an inner child. They have fears, they have their own ego, their own wounds, their own shadows. They have their own biases and hang ups, they have their own desires and fantasies and dreams, and wants and remember that complexity and like having that grace and appreciation that things are never so simple.

Radical *Treasure* Revolution

with Dr. Emma

They're never so singular. A lot is going on like we are humans, we are like complicated, messy, multi dimensional beings interacting with other complicated, messy multi dimensional beings. And that's a lot instead of just like, remind ourselves of that sometimes and to really honor and try to embody that understanding and how we relate to each other is so important, I think to another thing that's so important is like, how we show appreciation for our partners, like I think so often I see couples, especially couples who've been in a relationship for a while, these things tend to fade. And it's so important to continually compliment your partner, to give them affirmations to verbally express what you love about them.

What, like the awe and wonder you have about them, like speak it out loud and often don't get, don't get lazy and slacking with this. And I see it all the time. I see it all the time. And often we weren't modeled that by our parents.

Another thing a lot of us weren't modeled that I think get slacks is physical touch, both sexual and non sexual. And honestly, especially, especially both, but really the sexual at whatever frequency works for the two of you or the group of you. Depending on your relationship orientation, but non sexual touch holding hands, you know, putting an arm on your partner's leg or giving them a hug. caressing their face, rubbing their hair, their head, just like touching, touching, so that your thighs, you know, your legs touch and snuggling and cuddling, like physical touch, both sexual and non sexual are so important for the longevity of healthy and delicious and revolutionary relationships.

I think there's also an element about like really consciously keeping the spark alive. And this is easier said than done. There's absolutely seasons, there's sexual seasons, there's romantic seasons, things can come up in relationships that can be hurtful and frustrating and all sorts of things. And so seasons are a thing and being conscious of the season that you're in, being conscious of, and creative on how you can effectively communicate your needs and your desires. And to like keep that spark an important part of your relationship, even when you're exhausted. Even when you've been together for 25 plus years, even when maybe you're a little bit upset or frustrated with your partner.

I think this stuff can be both preventative of frustrations and disconnection as well as healing when we are disconnected and hurt by our partners. It's really a daily practice that should be prioritized, I think. And it evolves and it changes. And I'm sitting here coming to you with the experience of being in a relationship with my current partner for six years. So that's not that long in the scheme of things. And it's, you know, it's not also just a brand new relationship for sure.

There's just a lot of ways to understand this and to just really let your relationship be, be a fingerprint, be a snowflake, and it really being customized to serve the two of you as unique humans and really humanizing each other. As such, it's such a powerful way to relate to each other and really doing it with consciousness and appreciation and a whole lot of love.

Radical *Treasure* Revolution

with Dr. Emma

So, yeah, those are my thoughts on relationships, different structures, different ways to navigate them. So practices, I really like to give couples a fears, desires, love practice. It's a really connecting deep bonding practice. I learned it from my sex love and relationship coaching program from Layla Martin.

The first round one partner is the question asker the other partner, just respond stream of conscious like answers the question. And the question partner isn't supposed to react or respond, you just hold space, you just hold space and say thank you. And then you switch. So the first question that gets asked is, what are you really afraid of, and the other partner responds, says, you know, I'm afraid of losing you, I'm afraid I won't have an orgasm, I'm afraid that I made you upset, I'm afraid that something's gonna go wrong. Or you know, it could be anything, what are you afraid of? And the other part of the question partner, again, just hold space, and says, Thank you, and then repeats the question a few times, to really, you know, squeeze everything out, what are you really afraid of? Come again, and you just go, go, go until you stop.

And then when you feel complete, you switch. And the other person asked the questions and hold space and the other person answers. And the second round is desires. And the question is, what do you truly desire? We all I desire to feel connected to you and desire to have a date I desire to, you know, get some rest, I desire to be seen and appreciated by you. I desire lots of orgasms, you know, anything you want. And again, just holding space, asking the question until it's complete and then switching.

Then the last round is, what do you really love about me? And the person answering then showers that person, you know, the question asker, with all the things that they love about them, I love that you're so thoughtful and funny. I love your body, and how you feel I love that you cooked me this meal. I love how hard you work. All the things I love that you humor me with these exercises, whatever you love about them, really shower them with that.

And again, just holding space asking the question a few times until it's complete and then switching.

And then that's it. That's the fears, desires loves practice. And it's really powerful for couples to do, I think it brings them close together. And it's a beautiful process to just stay connected with each other. Another thing I love is something my partner and I used to do before, you know, before I got pregnant, and I'm sure we'll pick up again, but they're called connection blunts. And, you know, when my husband would come home from work every day, he has this little routine where he comes home and showers and rolls a blunt for us. And we go sit outside and we share this blunt and we just connect, how is your day? What do you do today, and we tell each other about our day and how we're feeling and what came up. And we sometimes check in about what's going on the next day. And it's just a really beautiful practice for us to stay current.

Radical *Pleasure* Revolution

with Dr. Emma

And, you know, I don't think it has to be a blunt, that's just what we call it connection blunts. But it can be anything, it could be a glass of wine, it could be a smoothie, it could be nothing. It could just be let's go sit outside for connection time, for 15 to 20 minutes, whatever you can do.

And I think that's really important for people as well. So those are my thoughts on sexual relationships, romantic relationships and different practices. And basically, you know, just bringing relationships up to a different standard for ourselves and our partners and understanding that there's all different types and there's no hierarchy of relationships.

Yeah, and just allowing them, allowing them to flourish, however, that suits the people in them. So, those are revolutionary relationships. I'd love to hear your all's reactions and thoughts how you, if you try out any of these practices, how they go for you. Be in touch, everything to connect should be in the show notes.

So, thank you all for tuning in for this episode. I look forward to wrapping up this season with you all next episode.

All right. See you then.

[ENDING]

Thank you, thank you magical beings for tuning in and being a part of the radical pleasure revolution with me. It's truly a collective movement we're part of, be sure to rate, subscribe, leave a review and share.

It really helps our movement grow and I so appreciate it. And finally, just a reminder to check out the show notes for any links referenced to this episode, as well as info on how you can connect with me and my work if you're interested in going deeper or wanting my personalized and professional support around sex, love and relationships.

I work one on one with individuals, couples and moresomes as well as offer transformational group coaching programs and educational DIY courses. So don't be shy. I'm so committed to your healing, empowerment and liberation, and I'm only a couple of clicks away.

Radical *Pleasure* Revolution

with Dr. Emma

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Cheers!
Dr. Emma