**Hannah the Scribe**

**Transcript**

[This is (mostly) transcribed by AI. Please note, this is not perfect.]

Auntie Vice:

[1:03] Welcome to Fat Chicks on Top. You are here with your host, Auntie Vice, and it's good to be here in the middle of International Kink Month. So I brought on kinksters this month to talk, and I'm really excited. I have Hannah the Scribe here today. They're an author. They write nonfiction, fiction. They write about service and MS relationships and fantasy works and just a generally all-around amazing kinkster. Welcome to the show.

Hannah:

[1:31] So I'm happy to be here.

Auntie Vice:

[1:35] So what got you started in writing about your kink?

Hannah:

[1:41] So I've been writing basically since I could hold a crayon. So words were just always kind of how I process things. So I think just early on in my kink journey, I heard about, you know, the slave journal, the submissive journal. And I was like, that is for me. Like, that is my thing. so I kind of started doing that even when I was unowned and new just like I want this record to maybe show someone but also have that conversation with myself like I kept coming back to the same topics kind of over and over again so I was like okay instead of reinventing the wheel every time how about I write some of these thoughts down and then you know occasionally I would share those with people with you know my three fet life friends at the time and people really liked them So I just kind of kept going.

Auntie Vice:

[2:30] That's awesome. So you talk about coming back to the same ideas over and over. In the early part of your kink journey, what were those ideas that had that resonance?

Hannah:

[2:40] I mean, all things, submission and service and just kind of like why, you know, I felt like I was seeing a lot of things that were kind of really deep in the weeds, like, you know, how to service tasks, how to this, you know, how to anything. And I was kind of coming back to why philosophy, psychology, like, why do I want this? Why might someone want this? And why might a future partner want this from me? So I was kind of having this more philosophical and psychological focus, and less so kind of what was going on in my life at the time, and more trying to like link all of those thoughts I was having over and over together. So rather than like, you know, what are my thoughts about service today? I'm like, I keep coming back to the idea of anticipatory service. And why might someone want that? Why might someone not want that? And how is that going to influence what I'm looking for? Who I'll match with? You know, so just kind of all things, service, protocol, submission, anything that I thought would you know kind of make sense as I moved forward to just really get into the kind of why instead of like getting into these loops just in the weeds every day

Auntie Vice:

[4:02] What ultimately turned out to be your why? What is it about service that you love?

Hannah:

[4:09] For me, it's really just about being useful. I think sometimes people ask me, like, what's your favorite service task? What's your favorite chore? What's your favorite thing to do for someone? And for me, I'm just like, it totally depends on the person and the day and what's most useful. You know so there are certain things i enjoy doing but in a way i wouldn't call them my favorite service task because it's not really about me there was this quote about shakespeare that really resonated with me where it's like you know if he writes her a sonnet he loves her and if he writes her 300 sonnets he loves sonnets and i didn't want to run into that in my service where i was focusing on the tasks i enjoyed rather than what someone else actually found concretely useful you know i didn't want to be like just shoving endless cooking at someone who was like i'm not hungry you know kind of like the tea consent model thing they didn't want to be shoving tea at people who were like i don't drink tea you know so it was like what's useful today is that waking up early to take the cats to the groomer is that making a fancy dinner is it you know the tea and the cigars and the boot blocking or is it like cleaning the cat box you know what

Auntie Vice:

[5:22] Is it about stealing useful was there something like when you were growing up that you had that need or that you got affirmation from.

Hannah:

[5:30] I think it was just always kind of a what am i bringing to the table i felt like you know i grew up in a house where contributing was valued very highly so like volunteer work you know the idea that when you have something you share it when you have your time you know you can kind of share in a way that's not a you know zero-sum game so like when i serve someone in a in a dynamic we both benefit you know so it's like i can get that feeling being useful they can get that feeling of being served and that thing gets done for both of us you know especially when you're in a live-in dynamic a lot of it is for both of you realistically and so that kind of idea that by serving someone else you could kind of end up with 150 percent you know instead of the idea of like serving someone else means serving me less and this that kind of philosophy of sharing and giving and that means more for everyone in the end

Auntie Vice:

[6:41] There's an idea that's come up on the show with other folks that I've interviewed around the idea of queer indispensability. And that when you grow up queer, you feel a need to prove yourself as I'm doing all of these things so that if they find out who I really am, then they won't be able to get rid of me. Was that any part of your journey or was this something very different?

Hannah:

[7:06] I'm sure it was in there. I mean, growing up queer and neurodivergent, kind of having that, you know, I need to, I feel that need to bring a lot of positives to the table, you know, and be, you know, kind of a positive example. But I also wanted to show, you know, my fellow people who were queer and neurodivergent, like, you can make a difference, you know, by serving your community. And just by existing, I think, you know, that can be a service to the community in some ways. Like, a lot of people meet us and are like, we've never met, you know, a lesbian high protocol MS couple, or, you know, they're just like, I didn't know that was an option until I saw you just existing. You know so i think when you do have those identities as well existing becomes and existing publicly becomes a huge thing too so you are neurodivergent there's

Auntie Vice:

[8:01] An increasing conversation in the kink world about that.

Hannah:

[8:04] When did you

Auntie Vice:

[8:05] Realize your brain works differently than what was generally expected.

Hannah:

[8:10] Of folks i think when i was a small kid it was always kind of hannah's different hannah's special you know and didn't really have the words for why until i was kind of in like late middle school and then pieces started slowly clicking into place you know i developed psychosis and schizophrenia figured out i was autistic a bunch of other fun things have happened over the years and you know so like being a writer being someone who loves to read and research, I was very down the rabbit hole of like, what does that mean? Trying to process it for myself. And then as I found those things, again, kind of sharing them with others, once I realized, oh, other people find this useful. Being neurodivergent changes the way you

Auntie Vice:

[9:01] Are in relationships uh is your partner neurotypical.

Hannah:

[9:07] No okay

Auntie Vice:

[9:08] So you both neurodivergent are you the same type of.

Hannah:

[9:11] Neurodivergence no okay

Auntie Vice:

[9:14] So for couples who are different types of neurodivergent how do you even begin to communicate around that because i am a neurotypical with a neurodivergent.

Hannah:

[9:23] Which

Auntie Vice:

[9:24] Is one type of communication but when you're both neuroatypical what does that look like.

Hannah:

[9:30] I think you know ultimately everyone has their individual communication style whether they're neurotypical or not people all have their own things and for us it was just a ton of meta communication about how we communicate best so like for me i with my autism i have very bad auditory processing issues so if you say something to me out loud it's in one ear out the other like it's gone and if i read something 10 years later i'm like i remember this line from this book it's on page 14 and you know so you know for me it was communicating hey if you really want me to do something then giving it to me in writing will be much better you know and sometimes like my partner would be telling me to do something and i'd be like taking notes and she's like this isn't complicated like are you trying to insist it is? Are you mocking me? What's going on? And I'd be like, no, like, I am trying to understand because if you say this to me out loud, and I don't write it down in three minutes, no one's going to get what they want. You know, so we kind of had to do a lot of this is how I communicate best. This is how best to interact with me. This is how I will interact with you when I'm feeling, you know, XYZ, and then trying to kind of understand each other and make compromises, but also just really understand where the other person was coming from.

Auntie Vice:

[10:52] Does being in a high protocol.

Hannah:

[10:54] Relationship help ease that

Auntie Vice:

[10:56] Communication because of the number of protocols?

Hannah:

[10:59] Yes. You know, I think that there are challenges with a protocol for anyone, really. But, you know, especially for people with certain forms of neurodivergence. But it's also for me, you know, very good because with autism, I kind of have the scripting. So I like once I find an interaction that works, I will do it over and over and over, you know. And likewise, a lot of our service stuff is kind of very repetitive. Once I find something that works, I want to do it over and over and over. So for us, it really, I think, plays to our strengths versus other people are like, how do you remember all that? And I'm more like, how do you write a new script every day?

Auntie Vice:

[11:39] How did you guys meet?

Hannah:

[11:43] How did we meet?

Auntie Vice:

[11:44] Yeah, you've been in a long-term relationship. and uh yeah finding the dominant or master of your or mistress of your dreams can be very hard for people so how did you guys meet.

Hannah:

[11:57] Uh we met at a lunch and i had been in the local community here for about a year at the time and she had been involved in the kink community in la for a very long time but she had just moved out here to Las Vegas and we met shortly after that So, you know, I mean, it's classic. We tell newcomers, go to a munch. And then people are like, but really, how did you meet your partner? And I'm like, add a munch. Like, I mean it, you know. And we met at a TNG munch specifically for young adult kinksters. And I run a TNG group now myself. So that's always been kind of very sentimental and special for us.

Auntie Vice:

[12:38] Amazing. What do you ultimately decide to get into an MS dynamic?

Hannah:

[12:45] Oh, we kind of fell into it meeting at a month. You know, we just hit it off right away, started talking about what we wanted. And we just kind of we decided we wanted a contract and just kind of started drafting it in conversation. And eight weeks later, we were moved in together. We were 24-7. We did the U-Haul lesbian thing really hardcore and, you know, just kind of went for it. And early on we were using ds labels you know we both kind of had this like oh like ms and slavery is for like hardcore people who know what they're doing you know and then a few months later you know we would just been kind of talking with our friends and they kind of already regarded us as high protocol and cnc and ms and all of the things where we were like no no those are words for like cool old guard leather people not for us you know and finally we kind of gave in and just shifted our terminology based on what we realized we'd been doing naturally the whole time so

Auntie Vice:

[13:51] For people who may regard ms as you know those hardcore old guard books.

Auntie Vice:

[13:57] Somebody who's younger and especially for somebody who's in with two queer women right this is not the most common dynamic so what does an ms relationship look like for you.

Hannah:

[14:10] Guys for us you know it is 24 7 live in to the vanilla world we're married and i'm the homemaker so for us we're very service and very protocol focused so we just kind of have our daily routines you know and rituals and protocols mostly based around kind of just homemaking schedules and then with the touch of the ms protocol so we have you know i sleep on the floor i only wear my uniform i speak when i'm spoken to you know and we kind of weave protocol in around the things that we were already doing i tell people a lot of our protocol was just kind of codifying what we found ourselves already doing for one reason or another and our service tasks are just kind of based on what really needed doing um you know we also do a lot of lifestyle sadomasochism as well so i tell people rather than concrete okay we're going to do a scene now you know let's talk warm up scene cool down aftercare it's a lot more like walk into the room get hit in the face move on with my day you know and so just kind of taking everything that spoke to us and trying to make it kind of practical and just weave it together.

Auntie Vice:

[15:27] Negotiating something like that. And you've written about how, you know, in this dynamic, you gave consent once and it's total and it's non-revocable. How did you get comfortable with the idea that once you agree to that, you've agreed to that?

Hannah:

[15:45] I mean, obviously, it's a matter of trust and time. Someone actually just asked me the other day, like, how long did it take you to start trusting your mistress like that? And, you know, for me, I am a paranoid schizophrenic, as mentioned, I'm not an incredibly trusting person. But with her, it just kind of clicked right away. And our first contract kind of had elements of CNC. Policy um we always kind of had the i can't just walk out the door there was like a two-week waiting period and it was we have to try everything else first and our safe word policy was basically safe words have to be used to enforce a limit so it's not like red because it hurts too much right now it was like red because like this activity is always off the table you know because of a medical condition or something like that and over time we realized i had never used them we had never thought about dissolving and you know i think first we took out kind of everything except for leaving it was like you can do anything but walk out the door and then eventually i was like i'm not going anywhere i'm not walking out the door and i think honestly i've been telling her that a lot and it was for on her end to kind of believe me and that i meant it and then she was like okay yeah like when we were revisiting our contract it was kind of like that's kind of what we're doing that's kind of what we keep saying out loud so let's do it you

Auntie Vice:

[17:14] Bring up cnc consensual non-consent for our listeners who aren't familiar with the lingo and there's a growing discussion around what this actually means and looks like, and there is a lot of debate. So for your dynamic, when you say consensual non-consent, what is that actually?

Hannah:

[17:33] Firstly, I believe in general, like everyone kind of gets to define it for themselves. So when I say CNC in terms of our dynamic, I mean, no safe words, no limits, no rights, no no, no refusal, and no terminating our contracts, getting a divorce, leaving, et cetera.

Auntie Vice:

[17:53] So with no safe word and no limits, what happens when you get into a situation where it's just complete overwhelm and you are at a point where you physically or emotionally really need to stop? How do you communicate?

Hannah:

[18:09] Ultimately, just plain language, like I said, we've done a lot of kind of meta communicating about how we communicate. And so kind of establishing, this is what it might look like when I really can't keep going, you know, and especially being neurodivergent, there are times I go nonverbal, bits like that. So it's kind of like talking in advance. Here's what it might look like when I can't keep going. Here's what to do if we get to that point, how to back up, or if we do kind of cross that line, like what to do with me next. And we also do a lot of just kind of codified and protocol oriented communications. Like we have a written form that I can fill out if there's an issue I really want to talk about.

Hannah:

[18:54] That is, you know, since I can't say no, and I can't invoke like limits or safe words. It's kind of my way of saying I mean business. like i can't tell you not to do this thing but i really need you to understand why this thing might be an issue you know like it's a trigger or my body physically does not do this or you know whatever it is so i feel like sometimes with consensual non-consent what you get into is since you can't have like that shortcut like red no you your only option left is to kind of like get super upset and worked up and things that might not work in a high protocol dynamic so that's why we have kind of systems in place like the form to be like okay here's what's going on here's why here's how we can fix it now here's how we can prevent it if you so choose you know now you have all of the information in you know a structured format instead of just like me freaking out you know

Auntie Vice:

[19:56] You have a very popular post on FetLife about the problems of consensual non-consent and the stigma around it. So do you want to talk about that a little bit for people who haven't had the joy of reading it?

Hannah:

[20:08] Sure. So I made a post recently that got a lot of attention, which is really great and sometimes really terrifying. But basically, someone had read my blog and sent the cops to my door trying to have mistress arrested for domestic violence.

Hannah:

[20:24] And i did not know this person they had never reached out to me they were they live on a continent i have never been to you know so i kind of have every reason to believe that if they were really concerned about me you know they would have reached out or done something different but that is not always what people do and you know so since i've been posting publicly about consensual non-consent and irrevocable consent you know a lot of people don't like that they don't think that that is how consent works and to me consent means you agreed and that's kind of it full stop you know then you can get into revocable consent or irrevocable consent um sometimes i see people say that i coined the term irrevocable consent and i did not um it is a legal term you can find it in legal dictionaries it is a real thing you know a lot of times if you give like a venue permission to use photographs of you that that permission or consent might be irrevocable just like legally and because of logistics so but a lot of people in kink have very like multi-paragraph definitions of consent that i don't fall into and when people think that you are not doing something consensual, even as the S-type,

Hannah:

[21:47] You know, they can just have these very, very strong reactions. And instead of trying to understand it, they kind of, I think in a way, they get just very uncomfortable and emotional. And they either want you to stop or they want you to keep it out of sight, out of mind. And so doing our dynamic the way we do and doing it very publicly, sometimes we run into issues.

Auntie Vice:

[22:13] So, with an irrevocable consent, that terrifies a lot of people. A lot of times we say submission is a gift, or submission can always revoke consent, and that makes people who are not in dynamics much more comfortable with the whole BS thing. With an agreement that this is irrevocable consent.

Hannah:

[22:34] For

Auntie Vice:

[22:35] Folks who would be interested in it how do you distinguish between actually consensual dynamics.

Hannah:

[22:42] And domestic

Auntie Vice:

[22:45] Abuse because some people co-opt our language.

Hannah:

[22:48] Right and for me you know it's that i did consent up front you know and like we picked a very specific consent framework we were both informed you know we both established a lot of trust we talked about it a lot and made sure we were all on the same page and then proceeded forward there was no you know imbalance going in you know so it was like it's not like one night we were both you know intoxicated and decided let's do this it was like we had a bunch of conversations exactly what does this mean can we trust each other from a place as equals you know before we kind of started heading down that path so for me a lot of people sometimes say, you know, that for our dynamic, we just shouldn't really use the word consent at all. They're like, you're not doing something consensual. And I'm like, but we picked a consent framework, and we went with it. So it might not be your definition of consent, but like consent definitely happened from my point of view. You know, so to me, it is that it is still a consent framework that started on equal informed putting, you know, and a lot of thought and trust went into it rather than a lot of kind of implications and accidents and just kind of stumbling down that path.

Auntie Vice:

[24:05] So for a lot of folks, the focus on C&C is within the heterosexual dynamic. And in the queer world, there are lots of feels about C&C, especially between women. I come from the world of queer women, and there was a lot of this that would not be tolerated, especially amongst the younger generation. So when you're out in the wider care world, how have you been received lately?

Hannah:

[24:36] You know i think that honestly when people meet us in person it's usually very positive because they see us and you know we're this happy couple that's all pda and snuggly and we're making jokes and we're having a good time and then we kind of start talking about you know cnc and high protocol and all of that and people are kind of like oh but like you know anyone who lays eyes on you can tell you're clearly like very happy together and fine but then i think people who enter from my blog or sometimes even my classes and just kind of see one perspective and it's a little bit more sometimes academic and you know kind of it doesn't have that you enter just seeing this happy couple and then you find out more you're it's like here's all the really heavy like cnc high protocol stuff and i try to be very clear you know that works for us really well and that we're really happy in every post so people don't do things like send the cops to my door but still it's very different than meeting this happy couple in person and then finding out more so

Auntie Vice:

[25:43] You started teaching and has there been a growing interest in this because there's obviously friends in.

Hannah:

[25:50] Kink so

Auntie Vice:

[25:51] In your experience people coming through the blog people coming to classes where are we going with service and high protocol and cnc right now and the kink.

Hannah:

[26:02] You know, I think that just, especially in the last few years with the virtual education and the post COVID and during COVID world of just international events,

Hannah:

[26:12] It's been really easy for people to kind of find their people. So like for us, I feel like in our local community, there isn't a really strong high protocol service MS kind of circle. But online just when you cast your net that wide it's become so much easier you know to find 50 people who are interested in talking about service when you're reaching out to thousands of people rather than if you're reaching out to a local scene of 200 you know so i think that a lot of it is people who have been interested in this for a long time but haven't had that community are finally finding their people and then because those communities are getting together then people who didn't even know that was an option are like oh that's a thing and then they can kind of you know poke their heads and be like is this for me yes no maybe you know and i think it's just gotten a lot more of that visibility because you can cast that net wide and form those little circles that then people are like oh what's going on over there more so than i think interest in the things has changed so much it's just like people know it's an option and are able to talk about it So

Auntie Vice:

[27:21] You obviously came into this world pre-COVID, pre-all of this online education that is now much more widely available. Where were you learning about protocols and dynamics today?

Hannah:

[27:35] I got into my local kink scene basically as soon as I could when I turned 18. And I did a lot of reading. I poked around fed life groups. But I think a lot of it was more I knew what I wanted, but I didn't always have the words for it.

Hannah:

[27:53] So when I got into my dynamic at first, we didn't really have the words or use the words high protocol, MS, CNC, etc. Partially because we were like oh that's too hardcore for us and partially because you know we just maybe obviously had a poor understanding of what it meant so i think a lot of it was we wanted these things and we didn't have the words and the education for it so for me a lot of it kind of came from things that resonated with me outside the kink community so like you know right now one of the things i'm doing is i'm going to butler school so like the

Hannah:

[28:28] Whole um professional service industry really spoke to me and you know elements of like we see elements of military of the military and leather communities so all of these things kind of i was like oh i like a bit of that and a bit of that and a bit of that and didn't really see what they were adding up to and kink labels until i think i just got really deep into it and then it was like we feel like we're doing this very specific thing and for us it was just kind of as we got out in the community there would be these specific people or groups or couples or polyculess that we would just really click with and it's like oh well it now seems like all of our friends are into this thing and oh maybe that means something like i tell people one of my friends jokes you know the first warning sign you're trans is that all of your friends are suddenly trans and it's absolutely true with being queer or kinky or leather like if all of your friends are leather i have news for you Exactly.

Auntie Vice:

[29:29] Well, I love the fact that you bring up it was connecting with other key people and finding that language, because I think with at least what I've seen with all the online stuff, people think they can just read enough and do this in isolation. And as somebody who's neurodivergent and who has paranoid schizophrenia, interacting with a munch can be terrifying and overwhelming. So for folks who are new and maybe going, no, I don't want to do that. No, no, no. What would be your advice to come into the community?

Hannah:

[30:03] Just starting where you feel comfortable. You know, for me, I entered, I went to a lot of the TNG stuff.

Hannah:

[30:12] And, you know, just kind of found the people. I went to everything once kind of thing. I was like, you know, I can go anywhere once, right? And if it's that bad, I turn around and I walk back out. And the places where I did not turn around and walk back out, I was like, okay, you know. And then I would see those people at other events. And I'd be like, oh, if I see a lot of people I like at a different event, you know, then that means that event might be for me. And just kind of poking my head into every door and seeing which ones were welcoming you know some spaces are definitely better than others for neurodivergent kinksters you know especially if you're young and queer and all of those things so you know just kind of making myself get out there sometimes i would message event organizers ahead of time to kind of be like just feel things out a little bit like hi i'm new you know any advice could you say hi to me when i walk in and get me into a social circle you know and now as an event organizer it's like really just fun and weird to be the person doing that for other people where i'm like oh i see you're into this and that kink wise and this and that vanilla wise let me introduce you to my friend so-and-so you know who i think you'll get along with really well even if i'm like i know nothing about any of those things like you know and kind of play friend and welcome wagon matchmaker for people

Auntie Vice:

[31:37] So you bring up the queer and connecting folks that way, too. I'm here in Northern California, and there are very few spaces for queer, kinky women. What's it like in Las Vegas?

Hannah:

[31:48] We have some really great queer spaces. A good friend of mine runs a trans-focused kink group out here. And then we have a general LGBTQ kinksters group as well. And most spaces out here are pretty queer welcoming, I think, overall. And you know it's las vegas can be kind of weird in that it's more conservative overall than i think people think it is um a lot of the things people think are illegal in las vegas are not we do not have a public dungeon um we cannot have a public dungeon and you know so sometimes the community here can be very fractured because of that because we don't have something like a public dungeon or a central hub you know there are people i'll meet and i'll be like oh like how long have you been involved here and they're like oh i've been involved here for like six years and i'm like we never met and we're both going to multiple lunches a month you know but i think that also encourages people to find the corner that works for them you know so i think the queer people have definitely made their own corners here and then those become kind of very well respected corners and so when you go to another event and like oh i also go to the queer munch it's like oh cool like let me hook you up with other people i know who have gone to the queer munch you know i

Auntie Vice:

[33:13] Want to kind of focus on schizophrenia now because that you know i this podcast as well as most of my writing focuses heavily on mental health and i live with bipolar type one so when did schizophrenia start presenting for.

Hannah:

[33:29] You So for me, it was right about the time I turned 15. It was relatively early onset for me. In hindsight, I had some of the like prodomal symptoms about a year before that. But around the time I turned 15, I was in my freshman year of high school. And then it was like, boom, psychotic break time. You know, I was taking a biology test. And what it wasn't even stressed out about it, you know, whatever. And all of a sudden, seeing demons. And that was just kind of it.

Auntie Vice:

[34:03] So how long did it take you to get diagnosed?

Hannah:

[34:07] So I was officially diagnosed when I was 17. So almost 18. So it took me almost three years to get officially diagnosed. You know, a couple of the things were just we had to rule out everything else. And with schizophrenia, you need to have had symptoms for a certain period of time to make sure it's not something else. Because of some of those early symptoms, I was already on medication. So we had to make sure it wasn't some side effect from that or a combination of them you know and at first it was kind of episodic that we were like is it like we were kind of going with the label like psychotic panic attacks we were like what's going on and then it became kind of more you know pervasive and we were like okay like this isn't going anywhere it's not my meds it's not explained by anything else you know so it just took some time to kind of sort all that out schizophrenia

Auntie Vice:

[34:59] Is one of those things when people hear it there's a lot of people are very.

Hannah:

[35:03] Afraid of

Auntie Vice:

[35:04] That diagnosis whether it be getting it yourself or dating somebody with it um so for you like you may be seeing names but how does it how does how do other people experience it like are you.

Hannah:

[35:17] Just dissociated

Auntie Vice:

[35:19] Or you know what does it look like for you.

Hannah:

[35:24] It can totally depend. I mean, I do dissociate sometimes. So you'll just see like nothing going on up there, like blank stare. You know, if you pick my arm up, it just drops like don't blink, don't talk, nothing's going on, you know, and you can also see me actively psychotic and you'll never know. I'm hosting a munch, I'm teaching a class, you know, and also I'm seeing something I know is not there. And I'm like, well, I'm kind of doing a thing right now. So I can't be attending to the demons or my imaginary dog or the voices because i'm doing a thing and you know so a lot of people who meet me are surprised to find out i have schizophrenia because they're like but you were hosting a lunch but you were teaching a class and i'm like yeah and you know there's also these other things going on up there you know and early on i had a lot more um i think fear you know being like just even if I knew something wasn't there it's like that can be even more terrifying so I think when I was still you know like in high school there was a lot more of the

Hannah:

[36:27] Freaking out kicking and screaming you know that whole thing I thankfully had some very patient school admins until I dropped out you know who were willing to work with me but now it's a lot more you know you might see me teaching a class or hosting lunch or I might just be kind of staring off or a little distracted you know i tell people sometimes i'm kind of like when you're a cat in the middle of the night just like freezes and stares really intently at something like sometimes that's me you know and it's a little more terrifying for people when it's a human because they're like oh my god is someone breaking into the house and i'm like well i mean i think so but you shouldn't listen to me you know i

Auntie Vice:

[37:08] Love that because i had the same experience with hallucinations because i had a lot of them these were i've got diagnosed and you can't you could go about your day and i'm like i knew these.

Hannah:

[37:17] Frogs weren't

Auntie Vice:

[37:18] Really there but i still worried about stepping on them and stuff and i can still hear them talking to me.

Hannah:

[37:23] I just

Auntie Vice:

[37:25] Knew not to talk back with other people who are around.

Hannah:

[37:28] Yeah yeah

Auntie Vice:

[37:30] It's and i think that's that's the hard thing for folks who don't live with that type of mental illness to understand is.

Hannah:

[37:37] You can

Auntie Vice:

[37:38] Actually function and be fully psychotic.

Hannah:

[37:43] Yep. Yep.

Auntie Vice:

[37:45] So when it comes to dating, like at what point do you, you know, have you disclosed that you have neurodivergence and schizophrenia and all that? Because that is another big step for a lot of us who live with mental illness.

Hannah:

[37:59] For me i've always been super open about it disclosed super early you know like i've pretty much always had it on my fetlife profile i've always had it you know if i even just did a scene with someone pick up play at a party i'm like i'm going to tell you because it might come up and you know if i do dissociate then you need to know like even if we're not getting married even if you're just blocking me for the night, you need to know. And people would sometimes tell me I was maybe a little too open, you know, they're like, but what if that scares someone off of plenty with you? And I'm like, well, that's how informed consent works. If they play with me because they don't know something that I do, that's not informed consent. And further, like, that's not safe. Because what if I do have a problem related to my mental health, and they don't know what to do? You know so I would always lay it out very clearly like here's my diagnosis here's what that looks like here's what that means for you and if we reach the point where I'm no longer communicating here's what I want you to do like I was like my emergency rescue meds are my bag give me this one and this dose this is my emergency contact cell phone number I would usually give them my mom's number be like call her you can tell her I'm at a sex dungeon like it's fine you know and here's the password to my phone you can get me a lift like you know here's my home address to get me home to someone who will take care of this like here's the whole

Hannah:

[39:27] Thing of where we go from you're vlogging me at a party and we're having a good time to i need to be home in my bed with my mom you know and People would sometimes be like, that's so radical and open. And I'm like, it's literally just informed consent.

Hannah:

[39:46] So for me, I was always doing it very early. And I was also like, you know, if it scares someone off of playing with me, A, consent, and B, then like, we're not going to get on well. Like, honestly, if someone hears I'm schizophrenic and is that's terrified and that scared off, we are not going to vibe in a relationship, you know, because that's not something I'm just going to be able to bury, you know, like, it's something that will have a major impact on our relationship so we need to be able to talk about it you know so i was always very kind of radically open with that

Auntie Vice:

[40:16] And i think that's really important to underscore for our listeners when i teach about it it's like yes if this is going to be a potential of presenting, during a scene even in pickup play you've got to just like if you were an asthmatic they need to know where the rescue inhaler is they need to know what to do it's the same with mental health and it's scarier because people have lots more feels about mental health stuff but that is part of consent and it's part of safety right the last thing you want to be, done is left in a psychotic state in a dungeon with somebody who doesn't know what to do, so one of the other things that comes up with mental health is the medications can have a lot of impacts physically and on sex drive what has been your experience with that.

Hannah:

[41:07] I've been on like most psych meds known to mankind. So if you need a review of any of them, just give me a call. You know, so I've had meds that were just absolutely unbearable. I've had others where I didn't really notice any side effects. For me, I've been on pretty much one psych med for the last several years now. And overall, it's been pretty great. It's very, very serious if it gets messed up for me in any way. But overall it's had really manageable side effects and for me it's always been kind of finding a balance you know if a med works really well for my psychosis but it's just making me totally miserable otherwise you know some of them whatever it is the dry mouth the restless leg syndrome appetite sex drive you know it's just weighing pros and cons and i finally found something in the right med right dosage right doctor to work with you know where the side there are side effects but they're not you know totally undoable i have a little bit of the restless leg syndrome i have a little bit of the tremors you know but it's not like totally just you know tanking my drive to do anything or appetite or stuff like that

Auntie Vice:

[42:28] So you bring up having the right doctor to help find the right man which is incredibly hard, i've spent a 30 plus years of my life negotiating that and i find especially as a queer woman when medication would impact my sex drive or my emotional ability to connect with a partner they're just like it's.

Auntie Vice:

[42:54] You found effective ways to communicate that this is not a tolerable side effect and I don't care what you think is a tolerable side effect?

Hannah:

[43:04] For me, I mean, in the end, I am not afraid to fire doctors. I have seen dozens of therapists and psychiatrists, and I have dropped them for reasons. You know, let's say early on, I saw this one therapist when I was still in high school. And first session, I just didn't get a good vibe. I was like, I think this woman might have more problems than I do. I don't like this. and my parents were kind of like, we've already helped therapists a bunch. She takes our insurance. Could you just give her a chance? And I was like, okay. And I gave her a chance for about eight months. And then one day in session, she got really frustrated and she tried to punch me in the face in front of my mother. And that was my last session with her. And I was like, you know what? I knew this eight months ago. I got a vibe and I knew that this was going to happen.

Hannah:

[43:57] And so now I just totally trust my gut with doctors. If I get a bad vibe, I'm like, let's leave before this gets violent, you know? And even if it's just them not taking my concerns seriously, if I'm getting that vibe, I'm like, you know what? There's someone else who takes my insurance. There's someone else who will give me this med. You know, and I'm not afraid to even just like hop back to my primary doctor between psychiatrists to be like, that one wasn't working, you know? So to be really honest with you, I have just a very low tolerance for doctors who don't take me seriously. As a queer woman as a young person with invisible disabilities you know as someone who's neurodivergent i'm like if you're not going to take me seriously it's really not sometimes just ultimately on me to make this make sense to you like if you're not willing to work with me in any way i'm out and if i say multiple times like this is a real problem that i am not going to tolerate and they're just not getting it i'm like there are other fish in the sea

Auntie Vice:

[44:58] And that is so important. And going back to your primary doc, because it took me a while to learn that I could go back and say, I don't have a decent psychiatrist right now. I need you to write me a script for three months while I find somebody else. And most primary cares will do that. Like it's not psych meds can be prescribed by primary cares. You do not need a psychiatrist to write the script. It's better to have them help you dial it in.

Hannah:

[45:24] But right, I mean, it's definitely especially if you can find a primary care doctor who is good and takes you seriously and knows a tiny bit of what they're doing. But often what happens is, you know, I was on something that worked for me with that psychiatrist, and then they kind of started messing with it. And it just wasn't working. And so then like, okay, I'm losing the psychiatrist to go back to my primary doctor to kind of get back to baseline. And like, just give me the med that was working. you know before this person started messing with it and then i will go find someone else who won't be messing around with it but i do like to have someone who is you know has the psych med prescription pad and kind of really knows what's up with it if i can because your primary doctor also might not you know specialize in psych meds but they can definitely just kind of keep you at baseline and kind of hit pause while you find someone who's right for that and

Auntie Vice:

[46:23] I think that's really important for people who are going through that to know because a lot of people are afraid if I leave my psychiatrist I'm on a limb and when the script runs out it runs out and it doesn't have to be that way your PCP is a safety net in between finding decent psychiatrists the other thing is you're openly kinky and in an MS relationship how would you find a psychiatrist who can work with that.

Hannah:

[46:48] Slowly but um you know for me i kind of started more so just building my medical team up kind of in general you know i've had a lot of just like physical health stuff over the years and if i found a doctor of any kind who really worked well with me i'd be like okay so who are your friends you know like who did you go to med school with like what's up you know if I found you know an ENT who didn't blink when I said hey my TMJ is acting up because I get slapped in the face a lot then I'm like so do you have any doctor friends who can prescribe psych meds or you know and so for me it was more so than finding the one you know with the psychiatrist it was kind of like build the team and then you know kind of go from there that's fantastic advice uh

Auntie Vice:

[47:48] So you have i want to turn before we run out of time you have a new book out you want to talk about your new book.

Hannah:

[47:54] Sure so my newest book it's my 11th book it is the third book in the i'll give you trilogy so it is the ending of the main series and what the trilogy is basically about is chosen family and bdsm community drama and high-level MS and poly and all of that.

Hannah:

[48:15] And my vision for it was just kind of exploring, you know, deep-level MS dynamics, especially ones that are queer and poly and everyone's neurodivergent and, like, you know, all of that. And also have it be very grounded in kind of the real Kickstarter social experience. I think a lot of erotica is kind of very focused on what happens in the bedroom. And then maybe once per book, they go to, like, this lavish sex party, you know?

Hannah:

[48:41] And I'm like, by all means, have your lavish sex party, but also, you know, make sure they have to leave early to give their cat their meds or have their car break down on the way there, you know, and just how do we integrate, you know, this kind of like high level MS that like I live and most people regard as a fantasy with the real world and just like modern society and really also getting into depictions of like the king community at large. You know it's just weird to me that all of these kinksters and all of these folks don't seem to have any friends you know it's like you can see the wildest you know king can play in sex acts and you know what you never see is someone going to a munch that's just like at a bar and they're just talking with their friends and having a good time you know so i wanted it to be portray kind of my deep ms stuff and also just be like very grounded and like how do we do this ethically and safely and also the fact that everyone's going to disagree on what that means and just kind of get into that real world diverse complex messy kink relationship and community stuff

Auntie Vice:

[49:50] That's fantastic. And it's one of the reasons I love your writing. Like it's reflective of actual kink.

Hannah:

[49:58] Yeah.

Auntie Vice:

[50:00] I hate it when kinky people don't, it's just their dynamic. And admittedly, I've written a lot of erotica where it's just two people going off and doing their thing, but because that sells and pays the bills, but we do have lives outside of that. And the cat meds is perfect. I am a poster child for childless cat women. And I appreciate anybody who brings that in.

Hannah:

[50:23] We just got to represent ourselves as childless cat women. So.

Auntie Vice:

[50:28] We do. We do. What are you currently grateful for?

Hannah:

[50:32] What am I currently grateful for? In life, for my people, for the fall weather, for cookies, for my community and all of the people who have just supported my writing for so long. I was definitely reflecting on that with the latest book. Like some people have just been there since day one, you know, people who are total strangers going in and they were just so awesome and so supportive.

Auntie Vice:

[51:00] That's awesome. So folks want to buy your books, read your writing, follow your blog, plug all your sites and socials. So best thing is to go to Hannah.