

A "Little" Guidance

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Do you have childhood trauma?

Yes

No

Y

Do you hold sexual shame?

N

Is this a Kink?

Y

N

Y

Does your little have trauma-conditions?

(D.I.D., PCOD, Autopaedophilia or paedophilic disorders, AVPD, or Autism spectrum disorders)

N

Are you feeling conflicted about your kink?

Y

N

Y

Do you have trouble being adult with self-care?

N

Would acting on your kink go beyond legality or consent?

Y

N

Counselling Process

Safety-making Support

- Understand, reduce internal stigma/shame
- Trigger plans and communication safewords, boundaries
- Trauma-recovery, regulation
- Child-part work & self-governance, autonomy
- Adulting conditions
- Locating & treating dysfunction

Care giver little Little space

Little-Space

- Recovery
- Soothing/relaxing play
- Create, express, identify needs
- Age regression
- "Innocent" love dynamic
- Protected childhood visit
- Daily child-like drop

Consensual Kink

18+/21+

- Manga/hentai
- Adult Contracting
- DDLG, MDLG, DDLB, MDLB, ABDL fetish
- Find groups/community space with other like-minded people

