

Transcript *this one will require more writing by me to explain the circumstances

Could you do a video on the wheel of consent?

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So part three to the Wheel of Consent. The wheel of Consent was designed by Betty Martin and I found a great resource to be, um, [art of consent.co.uk](http://artofconsent.co.uk) if you wanna find out more information about it. So Tom and I are in this. He's asked me to choose a role, and in that moment I realized that my, the entirety of my sex.

Experience had been whether had been only in the allowing position. I had never asked to receive any action for my own pleasure. I didn't know that I could. I didn't know that I could. I mean, hey, it was always sort of more, not negotiation, it was more like tit for tat, right? Oral one for the other, right?

I didn't know what I was doing. I didn't know that I could say, you know what? This would be, give me pleasure and this is all I want. It's all I wanna participate in. So I have been sexually assaulted a number of times, and so my, all entirety of my sexual experience was either allowing men to have access to my body or having.

Men have access to my body without me allowing them to. And um, when he asked me to choose a role, I realized that I had never been anything but an allow. And in that moment I had also realized that while my husband is a giver. And believed that I was the receiver of the things that he was giving me. I was in a head space where I was only allowing him access to my body for his own pleasure.

So that is where a huge miscommunication was realized in my participation in our. Intimacy and I realized that he had been giving all of this time and I had been allowing, so we were both on the same side of the wheel of consent, and it was one of the reasons that we were always so mismatched was because I never asked for what I wanted.

So I was never a taker and I was never a receiver and. I am that moment endeavored to be a better receiver and a taker. So I have been practicing the other roles ever since because I'm always a giver. I was always giving pleasure. I wasn't asking to receive pleasure, and I think that made it a huge, huge game changer.

I hope that was helpful. Um, we can talk more about it. Mention in the comments if you are a giver taker, allow, or receiver, have you played all four roles? I'd be interested to know.

My First Step Into Polyamory—and Learning the Wheel of Consent

So Tom and I were in a scene and he asked me something so simple, yet it cracked my whole world open: *"Pick a role."*

It was part three of our journey into the Wheel of Consent (designed by Betty Martin—check out artofconsent.co.uk if you're curious). And baby, when I tell you that question hit me like a truck... I mean it.

I sat there frozen. Choose a role? Like what I wanted?

Here's the thing—I realized that my entire sexual experience had only ever lived in the “allow” category. I had never—*not once*—asked for an action that was purely for my own pleasure. Not just “let's make this fair” tit-for-tat, like oral one-for-one, but real, unapologetic *receiving*.

I didn't even know I *could*. Let that sink in.

Most of my sexual history was either allowing men access to my body... or, in darker times, men taking access *without* my consent. So when Tom asked me to choose, I panicked. Because “allow” was all I knew. I had never considered what I actually *wanted*.

And then came the gut-punch: while my husband thought he was giving all these years, I wasn't receiving. I was *allowing*. That's not the same. We were both stuck on the same side of the Wheel, thinking we were connecting, when really—we were missing each other entirely.

No wonder we felt mismatched.

He was offering, but I wasn't really receiving. I wasn't *taking* anything either. I was just... there. Available. Accessible. But never *in it* for me.

So that day? That “pick a role” moment? That was my pivot point. I decided to practice being a receiver. A taker. I wanted to explore those roles, those energies. Because I already knew giving. I *excelled* at giving. But babe, I needed to learn how to *want*.

And honestly? Game-changer.

So now I'm asking you: Have *you* played all four roles—giver, taker, allower, receiver?

Think about it. Drop it in the comments. I'm seriously curious.

Let's normalize pleasure that *starts* with asking for what we want.