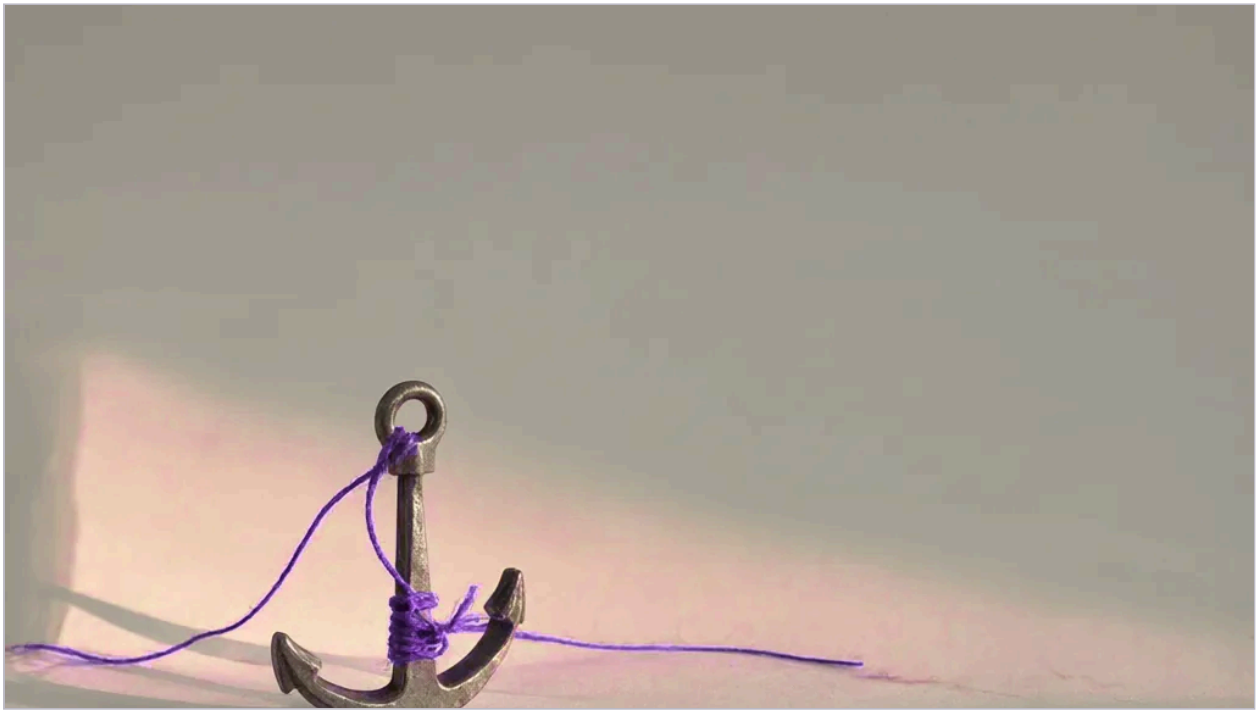
SAFETY · CHAPTER 2

Breaks that hold

A break holds when it doesn't live only in your head. It's in your bank, in a server and with a person who knows the truth. This page shows which brakes work, which fail, and what a safe tool looks like.

ENTRY F2 CATEGORY SAFETY CHECKED 3 NOVEMBER 2026 READING 7 MIN
STEPS 6



EVIDENCE ◆ Verified ◆ Reported ◆ Vivian's field notes ◆ Unverified

This chapter is not advice for your situation.

IN 30 SECONDS

01 A break holds when it takes away the means, covers the substitutes and involves a person who knows the truth.

02 A limit enforced only by a web page can be bypassed. A server and a bank hold it better.

03 A safe tool has a limit you set, a wait, a stop that works at once, and a check you give inside the program.

04 A lock that takes away the stop is a pressure feature.

05 The person who's paid by your sends can't be your safety net.

YOU WILL LEARN

- ✓ Three things to know before the first send.
- ✓ Brakes you can set tonight, and how each one fails.
- ✓ Why deleting an account or a chat rarely holds.
- ✓ What safe design looks like in a tool, and the warning signs of a bad one.
- ✓ How to make a clean break, and how doms and builders can pause well.

> *A break that depends on a dom's good faith is weak, and that includes mine. Set yours up while you're calm.*
>
> — VIVIAN

STEP 01 OF 06

Before your first send

Three things are worth knowing before you send anything. ◆

Know three things

0 OF 3 DONE

- [ ] 01 What the money is: a gift for a moment of play. It doesn't buy a service or a promise.
- [ ] 02 Where your limit is: your own number, set when you're calm, before the evening starts.
- [ ] 03 How you stop: a way out that works at once, on every screen.

Tick the lines as you go. Your ticks stay on this page only and clear when you leave it.

Start small, and let any refusal end the run. If you choose to play, treat it as a small, fixed monthly entertainment budget, and put aside a reserve you never touch, your floor, before any extras. You only send from the limit you set, and everything else stays in savings. Sending nothing is always an option. It's only a real option if saying no costs you nothing with the person you say it to. ◆

Say your limit out loud. A good dom accepts it and puts the send off instead of pushing. A dom who respects your limit is easier to trust. One who argues with it has told you what you need to know. ◆ More in Before your first send.

STEP 02 OF 06

Brakes you can set tonight

Friction helps. A brake works when it doesn’t depend on how you feel in the moment and it costs you a little time. ◆ Each one below can also fail, and the table says how.

Brakes, and how each one fails

◆	Why it helps	How it fails
A confirmation on your phone for each card payment	It slows every payment down, and a bank may call about an unusual run of late-night payments ◆	A tool built to work around the confirmation removes it
A card limit set in your bank's own app	A ceiling that's set before the evening starts ◆	A limit you can raise in the same minute is only a suggestion
A monthly limit with a fixed reset day, funded by saving first	You can say openly that you've hit it and wait for the reset ◆	A limit typed in the middle of a session is weak
No paying late at night or while drinking	It takes away the setting where sends bunch up ◆	You decide the rule is for other nights
One person who knows your number	A number someone else knows is harder to move quietly ◆	That person is paid by your sends

Treat your limit as a ceiling, never as a target. Stay well under it when you're excited, and don't keep moving it. ◆ A limit picked while you're excited is weak. One picked in advance, with a wait before it can go up, is strong. ◆

A tool that stays logged in as you and buys in the background takes away the natural pause between decisions. The only brake left is the limit you set beforehand. Before you install one, check what it stores, whether it shows a running total, and whether it has a stop. If a version is sold as a way past your bank's confirmation, it removes a brake that protects you. Refuse it. ◆

STEP 03 OF 06

Why self-blocks fail

Deleting the account you send from and the chats after every send tends to fail. There are always other accounts, and the urge moves to another paid form of dominance, which is worse. ◆ A break holds when it does three things.

Three parts of a break that holds

1

Remove the means.

Remove saved cards and saved logins, uninstall tools you don't want anymore, and switch off apps that start with your computer. ◆ On Windows, an app can be uninstalled from Settings, Apps, Installed apps. ◆ A toggle in Settings, Apps, Startup stops an app from starting by itself. ◆

2

Cover the substitutes.

List every account, platform and persona that could take the place of the one you left. ◆

3

Tell someone.

Pick a person who knows the real total and isn't paid by your sends. ◆

Someone determined can find the gap in a blocking extension, so a tool should never be your only protection. Simple page blockers already exist, and the

weak point is the phone. ◆ Use layers: the phone, the bank, the accounts, and a person.

MYTH	FACT
~~A blocking tool will hold me back for good.~~	A tool is one layer. Without the bank and a person, someone determined finds the gap. ◆
MYTH	FACT
~~My dom will taper me down herself.~~	You can always stop the money. Someone paid by your sends can't also be your safety net, so the support has to come from outside, with a hard stop. ◆

STEP 04 OF 06

Safe design, in four parts

A tool that moves money for you is only safe when it has these four parts. ◆

Four parts of safe design

1

A limit the user sets and the server enforces.

The server reads the limit, ideally from the payment provider itself, and applies the daily and monthly limits you chose. A limit enforced only by the page can be bypassed. ◆

2

A wait.

A minimum gap between payments and an acknowledgement timer give you time to say no. ◆

3

An emergency stop.

Visible, working at once, in every state and on every screen. ◆

4

A trusted check.

You confirm inside the program itself, never on the web side. ◆

A safe tool also comes switched off, does one named thing on one named site, counts only confirmed payments, shows a running total, and can be removed in one click. It stops at the first refusal, ends an unwatched session after a short timeout, and keeps nothing after a loss. Safe design often means earning less. That’s the price. ◆

A tool you can't quit is a warning sign. If a top level locks the master switch so the only way out is uninstalling, that's a pressure feature, the opposite of a break. A time-limited banner pushing you to keep a tool installed all the time works the same way. Even in games built so the house wins, the controls stay usable: visible buttons, the reduced-motion setting respected, and no more than three flashes per second. ◆ The web accessibility standard sets that flash limit. ◆ A page can also tell whether you've asked your device to reduce motion. ◆

Access is never part of the game. A remote session usually asks you to approve full control and to block your own keyboard and mouse, so you can't interrupt it. A real dom never needs control of your computer. ◆ A remote-access vendor advises users not to give device access to people they don't know or trust. ◆ If you've already agreed to a remote-session, end it now: disconnect, remove the remote tool and change your passwords, as in If you already sent. ◆

STEP 05 OF 06

A clean break

Cutting off the people involved can be the right call. Blocking the doms you know and asking them not to message you means nobody's asking you to send anymore, and it really helps against relapse, even when it hurts the people you leave. If you have to stay on a platform for other reasons, read the timeline from a separate account that follows nothing from the scene, so the triggers don't reach you. ◆

A clean break, in order

0 OF 6 DONE

- [ ] 01 Stop. Pause every send and every tool tonight.
- [ ] 02 Tell one person the real total.
- [ ] 03 Remove the means: saved cards, saved logins, tools.
- [ ] 04 Cut contact: block, and ask them not to message you.
- [ ] 05 Count the weeks since your last send. The count shows your progress.
- [ ] 06 Keep your help outside the scene. See Where to get help.

You can always stop the money, and you don't need a plan first. The things that help it hold come on top of stopping and never replace it: a person who knows, a weekly count and a plan for the hard hours. Count each week as a win, and tell the person who knows when you're afraid of relapsing. ◆

If the loss has left you hopeless or afraid, that's a crisis, and a budget won't fix it. ◆ Contact emergency services or a helpline today, or go to someone physically near you. See Where to get help and If you already sent.

TRY IT

Check yourself

QUESTION 1 OF 3

Where does a limit have to be enforced to be hard to bypass?

- ◯ On the page alone
- ◯ On the server, read from the payment provider
- ◯ In your head, as a promise

Answer. On the server, read from the payment provider. A limit enforced only by the page can be bypassed. The server and the provider hold it better.

QUESTION 2 OF 3

Who's the best supporter when you cut down?

- ◯ The dom you pay
- ◯ Nobody, because willpower is enough
- ◯ A person who doesn't collect your money

Answer. A person who doesn't collect your money. A supporter works best when she isn't also the one collecting the money.

QUESTION 3 OF 3

A tool offers a top level that locks the master switch. What is it?

- ◯ A strong break
- ◯ A pressure feature that takes away your stop
- ◯ A reward for loyalty

Answer. A pressure feature that takes away your stop. A way out you can't use is no way out.

STEP 06 OF 06

For doms and makers: pause well

Breaks are part of the work. Don't compare yourself with the top earners or with the rival who's faster, because that turns the work into a race you can't win. When one obstacle has dragged on for weeks, step away, take a walk and play something. A problem you can't leave clouds your judgement. Pausing the scene is a legitimate way to end a stretch, and it doesn't need drama. ◆

VIVIAN'S FIELD NOTES

My position: when a sub tells a dom he's reached his limit, or that money is short, the money part of the evening ends there. She doesn't look for a way around it, and she doesn't offer to help him quit by collecting a smaller sum herself. A dom who's paid can't be that person.

◆

REMEMBER IT

- A break holds when it takes away the means, covers the substitutes and involves a person who knows the truth.
- A limit lives on the server and in the bank, never only on a page.
- A safe tool has a limit, a wait, a stop that works at once and a check you give inside the program.
- A lock that takes away the stop is a pressure feature.
- Access to your accounts or your computer is never part of the game.
- The person who's paid by your sends can't be your safety net.

Free, confidential helplines exist in most countries.

Find a helpline →

SOURCES AND EVIDENCE

Check it

Every claim with its evidence level and its sources.

EVIDENCE LEVELS

◆ Verified	Checked against the original source.
◆ Reported	Stated by a serious secondary source read in full.
◆ Community	Widely said in the scene; no document proves it.
◆ Vivian's field notes	First-hand experience, not a study.
◆ Unverified	Plausible, not proven yet.

01 Three things are worth knowing before you send anything. ◆

02 Start small, and let any refusal end the run. ◆

03 You only send from the limit you set, and everything else stays in savings. ◆

04 It's only a real option if saying no costs you nothing with the person you say it to. ◆

05 A good dom accepts it and puts the send off instead of pushing. ◆

06 One who argues with it has told you what you need to know.

◆

07 A brake works when it doesn't depend on how you feel in the moment and it costs you a little time.

◆

08 It slows every payment down, and a bank may call about an unusual run of late-night payments

◆

09 A ceiling that's set before the evening starts

◆

10 You can say openly that you've hit it and wait for the reset

◆

11 It takes away the setting where sends bunch up

◆

12 A number someone else knows is harder to move quietly

◆

13 Stay well under it when you're excited, and don't keep moving it.

◆

14 One picked in advance, with a wait before it can go up, is strong.

◆

15 A tool that stays logged in as you and buys in the background takes away the natural pause between decisions.

◆

16 Refuse it.

◆

17 There are always other accounts, and the urge moves to another paid form of dominance, which is worse.

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18 Remove saved cards and saved logins, uninstall tools you don't want anymore, and switch off apps that start with your computer.

◆

19 On Windows, an app can be uninstalled from Settings, Apps, Installed apps.

◆

Uninstall or remove apps and programs in Windows | Microsoft Support (https://support.microsoft.com/en-us/windows/uninstall-or-remove-apps-and-programs-in-windows-4b55f974-2cc6-2d2b-d092-5905080eaf98)

Archive (https://web.archive.org/web/20261024175047/https://support.microsoft.com/en-us/windows/uninstall-or-remove-apps-and-programs-in-windows-4b55f974-2cc6-2d2b-d092-5905080eaf98)

Accessed 3 November 2026

20 A toggle in Settings, Apps, Startup stops an app from starting by itself.

◆

Configure Startup applications in Windows | Microsoft Support (https://support.microsoft.com/en-us/windows/configure-startup-applications-in-windows-115a420a-0bff-4a6f-90e0-1934c844e473)

Archive (https://web.archive.org/web/20260624053016/https://support.microsoft.com/en-us/windows/configure-startup-applications-in-windows-115a420a-0bff-4a6f-90e0-1934c844e473)

Accessed 3 November 2026

21 List every account, platform and persona that could take the place of the one you left.

◆

22 Pick a person who knows the real total and isn't paid by your sends.

◆

23 Someone determined can find the gap in a blocking extension, so a tool should never be your only protection.

◆

24 Simple page blockers already exist, and the weak point is the phone.

◆

25 Without the bank and a person, someone determined finds the gap.

◆

26 Someone paid by your sends can’t also be your safety net, so the support has to come from outside, with a hard stop.

◆

27 A tool that moves money for you is only safe when it has these four parts.

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28 A limit enforced only by the page can be bypassed.

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29 A minimum gap between payments and an acknowledgement timer give you time to say no.

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30 Visible, working at once, in every state and on every screen.

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31 You confirm inside the program itself, never on the web side.

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32 A safe tool also comes switched off, does one named thing on one named site, counts only confirmed payments, shows a running total, and can be removed in one click.

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33 It stops at the first refusal, ends an unwatched session after a short timeout, and keeps nothing after a loss.

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34 That's the price.

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35 If a top level locks the master switch so the only way out is uninstalling, that's a pressure feature, the opposite of a break.

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36 A time-limited banner pushing you to keep a tool installed all the time works the same way.

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37 Even in games built so the house wins, the controls stay usable: visible buttons, the reduced-motion setting respected, and no more than three flashes per second.

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38 The web accessibility standard sets that flash limit.

◆

Web Content Accessibility Guidelines (WCAG) 2.2 (https://www.w3.org/TR/WCAG22/)

Archive (https://web.archive.org/web/20261029121709/https://www.w3.org/TR/WCAG22/)

Accessed 3 November 2026

39 A page can also tell whether you've asked your device to reduce motion.

◆

prefers-reduced-motion CSS media feature - CSS | MDN (https://developer.mozilla.org/en-US/docs/Web/CSS/Reference/At-rules/@media/prefers-reduced-motion)

Archive (https://web.archive.org/web/20261031201800/https://developer.mozilla.org/en-US/docs/Web/CSS/Reference/At-rules/%40media/prefers-reduced-motion)

Accessed 3 November 2026

40 A remote session usually asks you to approve full control and to block your own keyboard and mouse, so you can't interrupt it.

◆

41 A real dom never needs control of your computer.

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42 A remote-access vendor advises users not to give device access to people they don't know or trust.

◆

TeamViewer and scamming (https://www.teamviewer.com/en/global/support/knowledge-base/teamviewer-remote/security/teamviewer-and-scamming/)

Archive (https://web.archive.org/web/20260519191922/https://www.teamviewer.com/en/global/support/knowledge-base/teamviewer-remote/security/teamviewer-and-scamming/)

Accessed 3 November 2026

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