

PLATE 01 CHAPTER V4

VARIANTS · CHAPTER 4

Hypno and edits

Hypno edits are loops, spirals, captions and censored images made to be watched

again and again. It's a craft with a safety limit, and some edits are also made to keep you spending.

ENTRY V4 CATEGORY VARIANTS CHECKED 3 NOVEMBER 2026 READING 9 MIN
SECTIONS 6

EVIDENCE ◆ Verified ◆ Reported ◆ Vivian's field notes

This chapter is not advice for your situation.

IN 30 SECONDS

01 A hypno edit works through repetition, sound and a frame you agreed to. It doesn't take over anyone's mind, and agreeing to play doesn't guarantee you can switch the effect off.

02 A loop must never flash more than three times in any one second, and the point where it restarts counts.

03 Censoring an image is a presentation choice. It doesn't replace marking a post as sensitive where the platform requires it.

04 A sound or word used as a cue needs an off switch agreed before it's ever sent.

05 Some captions, teases and overlays are designed to feed spending, and you can learn to spot them.

YOU WILL LEARN

- ✓ What a hypno edit is made of, and what it can't do.

- ✓ How to test a loop against the three-flash limit.
- ✓ How censored teasers, captions and sound are put together.
- ✓ Where cues and triggers must never go.
- ✓ How to spot an edit that's steering your spending.

> *A loop repeats the same few seconds until you stop noticing you're watching. I like the craft, and I measure three things: how fast it flashes, how loud it is, and how you switch it off. A dom who skips those three doesn't care what the loop does to you.*
>
> — VIVIAN

PART 01

What a hypno edit is

Flashing content can trigger seizures and migraines in some people. ◆ If you have photosensitive epilepsy, a history of seizures, or migraines set off by flicker, don't watch loops or spirals. Stop at the first symptom and get medical help. See Where to get help.

A hypno edit is a picture, loop or clip made to be watched many times. It might be a spiral, a doubled image, words passing one at a time, or a caption about melting minds. ◆

Most of the effect comes from repetition, sound and a frame the viewer agreed to. A short phrase typed again between actions, a batch of short clips sent with

orders to rewatch them, and wallpapers that keep a character on screen all day all work the same way. ◆

In my experience repetition can build strong habits and pairings, and agreeing to play doesn't guarantee you can turn the effect off. That's why the off switch comes first. ◆

MYTH	FACT
~~A hypno edit can take over your mind.~~	It's a game of repetition, sound and suggestion that starts with your agreement to play, and that agreement doesn't guarantee you can stop the effect when you want. Words like brainwashed and addicted are part of the act. ◆
MYTH	FACT
~~A censored teaser means a post needs no adult marking.~~	Censoring is a presentation choice and doesn't replace marking. Mark the account or post as sensitive wherever the platform requires it. Automatic adult marking is uneven both ways, and edits with nothing explicit in them have been marked anyway. ◆
MYTH	FACT
~~Pictures can't hurt anyone.~~	Flashing content can cause migraines, dizziness, nausea and seizures in some people. ◆

PART 02

The three-flash rule

The accessibility standard WCAG 2.2 sets a clear limit: a page must not contain anything that flashes more than three times in any one-second period, unless the flash stays below the general and red flash thresholds. ◆ A flash is a pair of opposing changes in relative luminance. ◆ In plain words, the brightness jumps one way and then back.

The size of the flashing area counts too. The standard gives a rectangle of 341 by 256 pixels as an estimate of the part of the screen that matters. ◆

The limit in one line

3

flashes per second at most, in any one-second window of the page, as of 2026-11-03.

◆

A page with a loop on it should also respect the viewer’s reduced-motion setting, which a browser reports as a request to reduce non-essential motion. ◆

VIVIAN'S FIELD NOTES

My own rules go further. The point where a loop restarts counts, because the loop hits it again and again. A loop that breaks the limit gets slowed down or doesn't get exported, and a stop control has to cut everything within one frame.

◆

Check a loop before you post it

1. Export the loop at the frame rate you'll post it at.
2. Measure the brightness changes frame by frame with a tool. Don't trust your eyes.
3. Count the flashes, each one a pair of opposing brightness changes, in every one-second window, including the window that crosses the point where the loop restarts.
4. If any window has more than three flashes, slow the loop, soften the contrast or remove frames, then measure again.
5. Offer a still or calmer version next to the loop for viewers who want less motion.

Making edits that work

Censoring. The usual pair is a censored teaser for the public feed and an uncensored full version for the people who paid, both with the same loop length. The 2DFD editor made by Vivian only exports that pair when something is actually censored. ◆

Censor styles and what to watch

◆	What it looks like	What to watch
Blur or mosaic	A soft or blocky cover	Compute it on exact averages so it doesn't look uneven
Noise or static	Grain over the area	The grain has to survive the platform's compression
Bars, plates and shapes	Clean covers, or an eye bar with a word	Keep them above the subject in the layers
Tint, neon or patterns	A decorative cover	The area still has to look covered
A cover that follows the subject	It moves with the character	Check every frame of the loop
A free-drawn area	Covers all but one chosen detail	Draw it by hand and look again

Layer order decides whether a censor holds. Every cover stays above the subject, and the hypno effect is drawn after those layers, so a doubled image only copies what's already hidden. A preview scaled and recompressed the way the feed does it shows you whether the teaser will look right there. ◆

If a program finds the area to cover by itself, a person should confirm it before the export. A censor still doesn't replace marking the post, and an automatic check can mark an edit anyway. ◆ How marking works is in Posting and workflows.

Captions. A caption says one thing. A draft that contradicts itself looks lazy, and text on an image works better than the image alone. ◆

Same idea, two captions

Quiet is boring, and I love how quiet you are.

COHERENT

Quiet is what I asked for. Stay quiet.

Sound. Most feedback on a clip is about the sound. In my experience soft mouth noises work better than a song, a slow build-up or a silent opening loses the listener, and a very long file is better cut down to its strongest part. When the effects are far too loud, turn the volume down before you rebuild the edit. Binaural audio is a matter of taste, and I wouldn't promise it does anything specific. ◆

Feedback from subs is often vague, and a few direct questions turn it into something a dom can use. ◆

Turn vague feedback into questions

Example conversation. Invented for this exercise.

THEM

It was too much.

YOU

Too loud, too fast or too big?

THEM

Too fast, and the music was harsh.

YOU

Then a slower loop and a softer sound. I'll send a new version. Tell me what you hear.

PART 04

Cues and triggers

A cue is a short sound or word paired again and again with a reaction, until the sound alone brings the reaction back. The idea comes from clicker training, where a click marks the moment of a wanted behaviour. People who try a cue for the first time often find it stronger than they expected. ◆

That's why the off switch gets agreed before the first cue is ever sent.

Agree the off switch first

1. Say in plain words how the cue ends, and agree that either of you can end it at any time.

2. Agree on an ordinary phrase, used outside the scene, that means the cue is off.

3. Agree what the dom does when she hears it: stop sending the cue and say so.

4. Agree what the sub can do alone: delete the file, mute the sender, take a break.

5. Check in after a week. Does the cue still feel like play?

Arousal or trance-style content must never reach someone who’s driving or operating anything, because it can cause an accident. ◆

RED FLAGS

Where a cue never goes

- The person is driving, riding or operating a machine.
- The person is at work or anywhere a strong reaction would be unsafe or unwelcome.
- The person has said no, or never agreed to cues at all.

Counter. Don’t send it. If you get a cue in one of these moments, stop the sound and tell the sender the cue is off.

TRY IT

A cue works too well

A sub tells you that since you started sending a click, he hears it in his head during the day and loses track of his work.

A Stop sending the cue, tell him it's off, and ask how he is

The right answer. Right. This is the moment the off switch exists for. Talk once the cue is off. If it doesn't fade after the cue has stopped, a doctor or a counsellor is the next step.

B Send a stronger version to settle him

Not this one. That gives him more of what's causing the problem.

C Tell him it will pass and carry on

Not this one. It may pass, but carrying on takes away the choice that keeps it a game.

PART 05

Making clips, rights and traces

Tips from people who make these edits, in the order people usually run into trouble:

- Make clips in segments of about fifteen seconds and join them. The first segment is usually fine and the continuation often drifts, so plan to generate the second part again with a different prompt.
- In generated clips the payoff is often only a few seconds, while the set-up fills the rest. Trim the set-up and keep the peak.

- A character stays consistent with a long, detailed prompt, reference images of the outfit and a few key frames made beforehand. Skip this and you waste attempts.
- Joined clips show their seams, and ambient sound can make a clip feel wrong, so re-edit until the pacing and sound fit.
- Free quotas run out, and a series that depends on unlimited free generation can stop when they do.
- Services differ in what they allow. Read each service's terms and use it only for what it permits.

RED FLAGS

Rights and traces

- A clip that swaps your character into another creator's animation uses that creator's work.
- A cloned voice of an official game character can breach rights, above all for anything that's sold.
- A file carries traces of how it was made, like a date, the name of a program and notes inside the file.

Counter. Make the footage yourself or get written permission, use only a voice you have the right to use, and use no real person's face or voice without consent. Check every file before it leaves your machine so no personal data or file path goes with it, and never remove a label a platform requires on AI-generated content.

Swapping your character into someone else's clip is cheap, and it's still their art. ◆ See Stolen art and persona theft and Art for your persona.

PART 06

When an edit pushes you to spend

Edits are made to hold your attention, and some hold it to keep you spending.

- This part is for you if you need to spot that and walk away.

Addiction words are common in play: my drug, brainwashed, addicted. ◆ A support-group leader quoted in the press says addiction itself has become a fetish. ◆ One author compared some cases of findom spending to problem gambling. ◆ When the same words show up next to rising spending or lost sleep, take that as a sign to set a limit or take a break. ◆

What an edit can do to your spending

WHAT THEY SAY OR DO

01 *Another picture arrives, with the promise that the next one is better*

THE COUNTER

The next one will be promised to be better too, so it never ends. Decide how many you want before you start. ◆

WHAT THEY SAY OR DO

02 *A caption mocks your return or tells you to borrow in order to see more*

THE COUNTER

It's designed to keep you spending again and again. Closing the post costs nothing. ◆

WHAT THEY SAY OR DO

03 *A hypno overlay sits next to a pay button*

THE COUNTER

The peak of a loop is the worst moment to decide anything. Close the screen and wait a day. ◆

WHAT THEY SAY OR DO

04 *A cue arrives just before a request to send*

THE COUNTER

A sound paired with obedience goes straight to your reaction and skips your judgement. Switch the cue off and leave the payment decision for later. ◆

WHAT THEY SAY OR DO

05 *A blurred preview teases what you haven't earned yet*

THE COUNTER

The blur is the tease. It doesn't prove the full version is worth anything. ◆

A payment prompt at the peak of arousal is a bad moment to choose. One first-person account in the press asks whether consent is real when a client is too aroused to think straight and takes on credit-card debt.

If a loop has you chasing the next one, go to The spiral. If a cue won't switch off, or you're distressed, see Where to get help. The same patterns in other settings are in Pressure tactics, both ways.

Free, confidential helplines exist in most countries.

Find a helpline →

TRY IT

Check yourself

QUESTION 1 OF 3

What is the most a page may flash in any one second under WCAG 2.2?

- ◯ Ten times
- ◯ Three times
- ◯ As often as the sound allows

Answer. Three times. The limit is three flashes in any one-second period, unless the flash is below the general and red flash thresholds.

QUESTION 2 OF 3

Where do you count the flashes of a loop?

- ◯ Only in the middle of the clip
- ◯ In every one-second window, including the one that crosses the restart
- ◯ By eye, once

Answer. In every one-second window, including the one that crosses the restart. The restart counts because the loop hits it again and again.

QUESTION 3 OF 3

A sub who is driving receives a cue. What happened?

- ◯ A normal session
- ◯ Something that must never happen
- ◯ A reward

Answer. Something that must never happen. Arousal or trance-style content must never reach someone who is driving or operating anything.

REMEMBER IT

- ♥ A hypno edit is repetition, sound and a frame you agreed to.
- ♥ Three flashes in any one second is the limit, and the restart counts.
- ♥ Measure a loop. Never judge it by eye.
- ♥ A censor is a presentation choice and doesn't replace marking.
- ♥ Agree how a cue ends before the first one is sent, and never send one to someone at the wheel.
- ♥ A payment prompt next to a loop is a signal to close the screen.

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 Flashing content can trigger seizures and migraines in some people.

◆

Understanding Success Criterion 2.3.1: Three Flashes or Below Threshold | WAI | W3C (https://www.w3.org/WAI/WCAG22/Understanding/three-flashes-or-below-threshold.html)

Archive (https://web.archive.org/web/20261001165853/https://www.w3.org/WAI/WCAG22/Understanding/three-flashes-or-below-threshold.html)

Accessed 3 November 2026

02 It might be a spiral, a doubled image, words passing one at a time, or a caption about melting minds.

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05 Words like brainwashed and addicted are part of the act.

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06 Automatic adult marking is uneven both ways, and edits with nothing explicit in them have been marked anyway.

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12 A page with a loop on it should also respect the viewer's reduced-motion setting, which a browser reports as a request to reduce non-essential motion.

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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)

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13 My own rules go further. The point where a loop restarts counts, because the loop hits it again and again. A loop that breaks the limit gets slowed down or doesn't get exported, and a stop control has to cut everything within one frame.

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22 In my experience soft mouth noises work better than a song, a slow build-up or a silent opening loses the listener, and a very long file is better cut down to its strongest part.

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23 When the effects are far too loud, turn the volume down before you rebuild the edit.

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25 Feedback from subs is often vague, and a few direct questions turn it into something a dom can use.

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26 A cue is a short sound or word paired again and again with a reaction, until the sound alone brings the reaction back.

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27 The idea comes from clicker training, where a click marks the moment of a wanted behaviour.

◆

28 People who try a cue for the first time often find it stronger than they expected.

◆

29 Arousal or trance-style content must never reach someone who's driving or operating anything, because it can cause an accident.

◆

30 The person is driving, riding or operating a machine.

◆

31 The person is at work or anywhere a strong reaction would be unsafe or unwelcome.

◆

32 The person has said no, or never agreed to cues at all.

◆

33 The first segment is usually fine and the continuation often drifts, so plan to generate the second part again with a different prompt.

◆

34 Trim the set-up and keep the peak.

◆

35 Skip this and you waste attempts.

◆

36 Joined clips show their seams, and ambient sound can make a clip feel wrong, so re-edit until the pacing and sound fit.

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37 Free quotas run out, and a series that depends on unlimited free generation can stop when they do.

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38 Read each service's terms and use it only for what it permits.

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42 Swapping your character into someone else's clip is cheap, and it's still their art.

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43 Edits are made to hold your attention, and some hold it to keep you spending.

◆

44 Addiction words are common in play: my drug, brainwashed, addicted.

◆

45 A support-group leader quoted in the press says addiction itself has become a fetish.

◆

[a former participant] has seen men left broke and hungry from 'paying women to talk to them' (https://www.sbs.com.au/news/the-feed/article/the-online-kink-thats-leaving-some-men-homeless-bankrupt-and-normalising-suffering/vocm5xt30)

Archive (https://web.archive.org/web/20251123124217/https://www.sbs.com.au/news/the-feed/article/the-online-kink-thats-leaving-some-men-homeless-bankrupt-and-normalising-suffering/vocm5xt30)

Accessed 3 November 2026

46 One author compared some cases of findom spending to problem gambling.

◆

The Psychology of Financial Dominatrixes (blog post) (https://www.psychologytoday.com/us/blog/in-excess/201612/the-psychology-financial-dominatrixes)

Accessed 3 November 2026

47 When the same words show up next to rising spending or lost sleep, take that as a sign to set a limit or take a break.

◆

48 Decide how many you want before you start.

◆

49 Closing the post costs nothing.

◆

50 Close the screen and wait a day.

◆

51 Switch the cue off and leave the payment decision for later.

◆

52 It doesn't prove the full version is worth anything.

◆

53 One first-person account in the press asks whether consent is real when a client is too aroused to think straight and takes on credit-card debt.

◆

Diary of a Financial Dominatrix, part one (https://www.theskinny.co.uk/sexuality/deviance/diary-of-a-financial-dominatrix-part-one)

Archive (https://web.archive.org/web/20200805021033/https://www.theskinny.co.uk/sexuality/deviance/diary-of-a-financial-dominatrix-part-one)

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