



CHAPTER TWELVE:

## WHEN THE SUGAR SOURS

All good things come to an end, and Sugar relationships are no exception. We've heard of some that last a good long time – ten or twelve years – while others fizzle out in a few months. The ending of a relationship is as much a part of it as the beginning and middle; considering that it's the intention of Sugar relationships to do things differently from the conventional, then attention must be paid to the way they end. It is not inevitable that break-ups be

process rather than a sudden, traumatic split. Theoretically.

For instance, say Sugar Baby is a student who wants Daddy to cover her tuition for six months: they might decide to designate that as the time period of their arrangement. If this seems too short a time, they can leave themselves a loophole by agreeing simply to re-visit negotiations after six months, then decide if they want to continue or not. The ability to negotiate honest, clear-cut agreements is key to creating and maintaining the ultimate Sugar arrangement; if Sugar Daddies and Babies master these skills, they can be applied to any issue, even the break-up. It's true, as the naysayers point out, that planning for a breakup is more practical than romantic – but we warned you going in: This is not about romance. Would you prefer "*the conversation with the flying plates*"<sup>2\*</sup> as a break-up strategy?

To some extent *how* a couple breaks up depends on *why*: some whys are more tolerable than others. For instance, if Sugar Daddy must relocate for business, Baby probably won't be as hurt or angry as if he falls in love with someone else. The reasons for endings to Sugar arrangements are as varied as the people in them, and include the same ones as all relationships do, plus a few that are unique to the Sugar lifestyle.

Conventional reasons include: one person meets and prefers someone new; someone's moving out of Dodge; boredom; craving the adventure only a new lover can bring; a betrayal of trust or an unforgivable act (unforgivable by *the other person*, that is; nothing is inherently unforgivable); a pile-up of little and big irritations; failure to communicate or miscommunication; a problem that's lain

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<sup>2</sup> \* from *I Wish I Were In Love Again*, Richard Rodgers composer

“mutual benefits.”

My SD relationship ended when I felt I wasn't getting any benefits. Instead of complicating things by talking to my Sugar Daddy about why he kept forgetting my allowance, and other issues, I just ended it.

- Negotiations were never completely satisfying to one or both people, and long-buried resentment comes to the surface.

Then there are some truly heinous situations endemic to the nature of the Sugar arrangement.

- One person threatens the other. Says the SeekingArrangement Blogmaster:

When a Sugar Daddy told his Sugar Baby of a few weeks that he'd decided to end their relationship, the vengeful girl told him to reconsider or risk having their intimate conversations sent to every fax machine in the company where he was a CEO. Similarly, we have heard of numerous tales from Sugar Babies who can't get a stalking suitor off their backs.

- Without warning, Baby blackmails Sugar Daddy: if he doesn't give her X, Y or Z, she says, she'll rat him out to family or work.

Why would a Sugar Baby do something like this? Maybe she was dissatisfied with the amount of money she agreed to, or maybe during the course of the relationship she decides she's worth more; either way, Daddy turns down her request for a raise and she wants revenge. Or maybe she's a con artist who's been planning to blackmail him all along – a scam Daddy never saw coming. Then again, she might just be bitchy, quirky, off her meds or off her rocker.

- Sugar Daddy turns into a stalker.

When this happens it's usually after a breakup, or when Baby refuses to give Sugar Daddy something he requests. Or maybe he

emotions. There are a lot of reasons for this: to state the obvious, lesbians are women, and women generally place a high value on emotions. Women also tend to be intense about friendship: there's a do-or-die quality to girlhood friendships that can sometimes border on obsession. Because it's so important to them, many lesbians try to remain friends with their ex-lovers.

Lesbian Nation has grown over the past few decades, with lovers turning into friends and vice versa. Overlapping chains of friends, lovers, ex-lovers, and wanna-be lovers often form close-knit circles of social and emotional support. With all their experience, lesbians have a thing or two to teach us about breaking up. How do they do it? And just how successful are they?

The first thing required to achieve a good ending is to simply be present: if this matters, then attention must be paid. That means talking and listening to what the other person has to say, and hearing the pain, anger, and disappointment that things didn't work out as hoped. This is not easy: with each person experiencing some or all of these feelings, they can easily be overwhelmed. Upon learning of resentments we didn't know about, we tend to feel guilty and get defensive. It sounds crazy, or at the very least like a bad joke, but a lot of lesbians enter therapy solely to deal with the breakup. And if you do choose to remain friends, the story doesn't end – it goes right on generating more emotions! Now you know why lesbians are always tired.

I'm not recommending that every couple see a therapist to handle a breakup, especially not of a relationship that was supposed to be NSA. I'm just pointing out the effort is sometimes required for a positive ending.

- Drinking or doing drugs around each other
- Dragging other people into the breakup, asking them to take sides
- Trashing each other's possessions
- Violence, cops, murder and mayhem

Now that you know what not to do, here are some ideas to put into practice that will, hopefully, make for a sweeter – even if it's a bittersweet – ending.

- Schedule time to talk things over during long walks or meals. Tell each other whatever needs telling: your reasons for ending, feelings that may have been kept under wraps, what if any kind of connection you want to maintain.
- Don't rush it. Allow as much time as it takes for the process to complete itself. Plan specific dates and times to talk. Some lesbian couples take weeks or even months to go through the process.
- If the process deteriorates, don't force it. If talking reverts to accusations, yelling, tears, etc., take a break. Don't see each other for a few weeks. Letting go of a relationship happens in stages, and the old saying *Time Heals* is accurate: the natural passage of time helps to move things along; intensity gets dialed back a little bit more each time you talk.
- Move On. Other events and activities will eventually supplant a preoccupation with the relationship. Both people will hopefully move on with their lives, until one day they'll realize there's nothing left to talk about. Break out the champagne!

21<sup>st</sup> century than at any other time in history. While that is true of every era, it's more extreme in ours, due to rapid-fire technological development along with ever increasing scientific discoveries about the human brain, genetics, and behavior. We are standing on the cusp of something new, something that might be extraordinary or devastating, depending on how we deal with the experience. For all we know, alternative kinds of relationships will ultimately lead to new conventions: today's alternatives are tomorrow's norms.

Back in the first chapter I talked about old-fashioned arranged marriages.

These were, and continue to be seen by some cultures, as the natural order of the universe (the same way that Western society sees monogamous marriage). The purpose of arranged marriage was and is to strengthen a family's holdings, whether they are farms, lands, corporations or bloodlines. Negotiations are not just for the benefit of the individuals, but for the families involved.

Today's emphasis on the individual, so pronounced in Western culture, is gaining global legitimacy at a time when new possibilities, thanks to technology and the Internet, are expanding. Sugar websites and the Sugar community make it possible for people to manage their own arrangements without the assistance and control of family members, fostering greater self-sufficiency – not the self-sufficiency of isolation and hyper individualism, but the kind that occurs in social networks like Facebook and My Space, and on interactive blogs and bulletin boards. In these online communities, individuals successfully accomplish their own goals, whether it's making friends or finding a job – but

always within the context of, and an acknowledged need for, a connection to the group.

Sugar arrangements are the ideal model for this milieu, rewarding the people involved and extending their individual reach or "holdings," whatever these might be. In this environment of open experimentation, Sugar arrangements, or some variation thereof, may turn out to be the standard for the 21<sup>st</sup> century.

### Relationships for the 21<sup>st</sup> Century

Now that you've managed a sweet ending complete with champagne, it's time to get back on the horse – you know, when you fall off a horse you're supposed to get right back on, broken bones and all. Likewise, after you've tasted Sugar gone sour, the thing to do is sit down at your desk, fire up the computer, and click your way over to [SeekingArrangement.com](http://SeekingArrangement.com).

Common wisdom has it that people need time off between love affairs to regroup and recharge. Generally that's good advice – but since it usually takes time, even as much as a year, to find the right Sugar Baby or Daddy, it makes sense to begin the hunt right away. By the time something materializes you'll be more than ready for it. Besides, one goal of Sugar arrangements is to minimize emotional wounds so that licking them doesn't become a full-time avocation.

It'll be easier to find and choose a Sugar sweetheart the second or third or fourth time around – by now you're a pro. Even if your experience was for some reason limited – the relationship was brief, you spent very little time together, intimacy never went that deep – by reading this book you've learned more about Sugar dating. At least I hope you did. I hope this has been helpful as a guide, and that it's shown how to make Sugar arrangements as, or more, satisfying as conventional ones. I hope this book encourages more people to take a dip in the Sugar bowl.

Why? Because Sugar arrangements may prove to be the ultimate relationship configuration for the 21<sup>st</sup> century.

At the time of this writing, we are less than a decade into a new millennium. The world is entirely different here in the



## The Ultimate Horrible Break-Up

Everything horrible that can possibly happen during a breakup happens in *The Breakup*, with Vince Vaughn and Jennifer Aniston. They remain living under the same roof for months, torturing one another in ways large and small. He invites the guys over for loud beer-soaked poker parties. She parades her dates around the condo. Most of the time they don't communicate, at least not directly or positively, except to fight. They say cruel, hurtful things to one another. They distort and destroy every shred of good they had and any love they shared before things changed. A year later, when they meet by chance on the street, the regret and pain they feel towards one another is palpable. It's clear these people are going to live with that regret for the rest of their lives.

This is not a breakup anyone in their right mind would want – and yet it's what happens, more or less, to many, if not most, couples. Avoiding the patterns played out in *The Breakup* takes self-discipline and impulse control.

## Things to Avoid During a Breakup

During the ending phase of a relationship, certain behavior should be avoided like the plague. Both people should agree not to engage in the following behaviors:

- Character Assassination
- The Blame Game
- Ignoring each other
- Pretending not to care
- Confessing past secrets and sins
- Flaunting new lovers, new friends or a new lifestyle

was never that happy with the terms of their agreement. Or, again, maybe he planned it all along and/or he's your garden variety psycho. Whatever the reason, he begins to follow her around, spying on her, trying to catch her cheating, bothering her everywhere she goes. He calls her at all hours of the day or night, even at work, and grills her like it's the Spanish Inquisition. He shows up unannounced, even drunk, enraged if she doesn't drop everything for him. He becomes violent.

- Sugar Baby becomes the stalker.

Instead of hounding Sugar Daddy, though, she targets his wife. She might call the woman, send her letters, visit the house pretending to be someone else, or direct all kinds of irrational acts towards his family. Bunny homicide is sometimes involved.

Certainly these terrible behaviors can and have occurred in all sorts of relationship configurations – but Sugar arrangements, because they aren't long-term commitments, they involve money, and they sometimes require secrecy, are more susceptible than most.

Finally, alternative lifestyles seem to attract a high proportion of people who are emotionally unstable. Remember, however, that there are laws against crimes like blackmail, violence, and stalking. Should you become a victim of these or any other crimes, you should report them to law enforcement authorities.

### Ending on a Sweet Note: Fifty Ways to Leave

If gay men are the pros of Daddy fantasy, gay women have the breakup market cornered. Lesbians have refined the breakup process to a high art, with long periods of time devoted to processing

dormant all along comes to the surface; some quality or behavior by one person that the other one never liked worsens over time, until tolerance for it snaps like a worn-out rubber band.

### Breakup Reasons Unique to Sugar Relationships

- The wife finds out.
- Sugar Daddy demands that Baby be monogamous, even if he isn't and it wasn't in their agreement, and she refuses.

Sugar Daddies always want to be The Only One, so I let them believe they are. I feel kind of bad for lying, but when I met two SDs I liked, I figured, why not? And I'm becoming close friends with both of them. I guess I understand, but if I wanted monogamy, possessiveness, and jealousy, I'd be in a traditional relationship.

- Sugar Baby gets involved in a conventional relationship.

I decided to end an arrangement because of jealousy. Just because I had a Sugar Daddy didn't mean I was putting my love life on hold. I'm very marriage-minded, and I was looking for someone all the time I was in a Sugar relationship. When I started dating my boyfriend things got odd between me and my SD – he was too jealous, and I couldn't deal with it. After all, I wasn't jealous of his wife.

- Sugar Daddy feels neglected for other reasons.

I'm thinking of breaking things off with my Sugar Baby. She's unreliable and her schedule never works out with mine. She never sees me on the weekend because she'd rather go out and party with her friends. She never has dinner or spends more than two hours with me. I know I don't own her, and she deserves to have a life of her own, but SB's need to prioritize. We SD's pay their rent, their credit card bills, car payments, and in some cases tuition. We do not belong on the bottom of the list.

- Sugar Baby wants more money, or feels she's not getting enough

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There's probably no way out of the natural sadness that comes with any loss except by going through it, but piling on more misery is unnecessary. If a couple can manage, during the difficult break-up phase, not to destroy all the good feelings they've had for each other, they might even be able to remain friends – though it's best not to have that expectation. Friendship between ex-lovers is, most of the time, extraordinarily difficult, and forcing it will only increase the pressure on everyone. The focus and goal of the break-up phase should be to *minimize negative feelings* in order to salvage, if not a friendship, at least one's positive memories, undistorted by a toxic and/or violent end. (Those further evolved might also use this time for self-examination and knowledge, but for most people, a graceful exit is enough to strive for.)

Some Sugar Babies and Daddies feel more comfortable setting up the ending right at the beginning of the relationship. One Sugar Daddy had such a hard time with the break-up of his first Sugar Baby relationship that on his next go-round he decided to address the end at the outset.

I set up a little six-month trust that would kick in the minute I ended my second relationship, and I told my second Baby about it going in. It's worked beautifully. Now we can be friends. I highly recommend it.

Opinion in the Sugar community varies widely on this subject. Some people don't like the idea of pre-determining an ending, and think it should be allowed to evolve organically. Those who do like the idea, though, say that, theoretically, if a time frame for the relationship has already been negotiated, it will be a kinder, gentler

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