

AN INTIMACY AND SELF-DISCOVERY GUIDE

Understanding the Erotic Blueprints®

A Consent-Centered Companion for Intimacy, Communication, and Self-Discovery

The Erotic Blueprints® framework, created by Jaiya, offers language for the different ways people may experience attraction, connection, turn-on, and pleasure. It is a map for curiosity, not a measure of compatibility, performance, or worth.

This companion guide is designed to help adults notice their preferences, communicate with more care, and build emotional safety around intimacy. You do not need to try anything, prove anything, or share anything before you feel ready.

Consent, emotional safety, and the freedom to pause or change your mind come before every blueprint, every conversation, and every shared experience.

BEGIN WITH CURIOSITY

How to Use This Guide

Read alone or with a trusted partner. Keep the focus on learning, not labeling.

Go at your own pace

You can skip, pause, or return later. A preference can be interesting without becoming a plan or an expectation.

Use ordinary language

Replace any phrase that does not feel like you. The goal is authentic communication, not using the “right” vocabulary.

Notice the context

Stress, health, sleep, trauma history, relationship dynamics, privacy, and timing can all shape desire and readiness.

Keep your agency

No type, partner, therapist, quiz, or framework gets to define what you should want. You decide what feels aligned and safe.

Before You Explore

What I hope to understand about myself or my relationship is:

What helps me feel emotionally safe enough for this topic is:

A boundary I want to honor while using this guide is:

The Erotic Blueprints® is a framework created by Jaiya. This is an independent educational companion, not an official Erotic Blueprints® assessment, certification, or affiliated publication.

THE BIG PICTURE

A Map, Not a Box

Most people have more than one pathway to connection. Preferences may overlap and can change across seasons of life.

The framework names five broad erotic types: Energetic, Sensual, Sexual, Kinky, and Shapeshifter. A person may identify with one strongly, recognize pieces of several, or feel different depending on their mood, relationship, environment, and sense of safety. There is no “best” type and no right blend.

Energetic Often drawn to anticipation, space, teasing, eye contact, subtle connection, and the feeling of desire building before more direct contact.	Sensual Often drawn to the full sensory environment: comfort, relaxation, beauty, touch, sound, scent, taste, and feeling present in the body.
Sexual Often drawn to directness, clarity, playfulness, and a more straightforward route into physical intimacy and expression.	Kinky Often drawn to novelty, the taboo, power exchange, fantasy, or a clear agreed-upon container. Consent, negotiation, and aftercare are essential.
Shapeshifter Often enjoys a wide range of pathways, can appreciate multiple types, and may value variety, responsiveness, and an integrated experience.	

Your blueprint language is meant to expand compassion and communication. It should never be used to pressure yourself or someone else into a particular experience.

My First Impressions

The descriptions that feel most familiar, interesting, or affirming are:

A description that does not fit me or feels unclear is:

One thing I want to remain curious about is:

TWO WAYS OF WARMING UP

Energetic and Sensual Pathways

These pathways often invite slowing down, noticing, and creating a connected atmosphere.

Energetic: what may help Anticipation, playful distance, eye contact, emotional presence, a sense of choice, and not being rushed. For some, too much intensity too quickly can interrupt connection.	Energetic: a helpful question “What helps anticipation feel exciting rather than pressuring?” Explore pacing, privacy, language, and how each person knows they are ready.
Sensual: what may help Comfort, transition time, a calm environment, pleasant sensory details, feeling cared for, and enough space to shift out of daily tasks.	Sensual: a helpful question “What helps your body settle into the moment?” Explore light, temperature, music, clothing, timing, touch preferences, and freedom from distraction.

INDIVIDUAL OR PARTNER ACTIVITY

Practice: Build the Setting Together

The point is not to create a perfect scene. It is to learn what supports emotional and sensory safety.

- 1 Name one green light**

Share one condition that makes you feel more open or connected. Keep it specific and realistic.
- 2 Name one yellow light**

Share one condition that may be okay with a check-in, more time, or a slower pace.
- 3 Name one red light**

Share one condition that reliably closes you down or does not feel good. A red light does not need a debate.
- 4 Choose one adjustment**

Pick one small setting or pacing change to try, with a clear agreement that either person may stop or change course.

My Setting and Pacing Notes

A green light for me is:

A yellow light for me is:

A red light or clear boundary for me is:

One small adjustment I would feel comfortable trying is:

CLARITY AND CONTAINER

Sexual and Kinky Pathways

Directness and novelty can both be meaningful pathways when they are mutual, negotiated, and grounded in respect.

Sexual: what may help Clear interest, playful directness, simple language, confidence, affectionate connection, and knowing what is being invited without guessing.	Sexual: a helpful question “What kind of directness feels connecting to you?” Explore words, timing, invitations, reassurance, and how to ask without assuming.
Kinky: what may help A mutually chosen container, clear agreements, novelty, fantasy, power dynamics, or the feeling of exploring something outside the everyday.	Kinky: a helpful question “What would make exploration feel emotionally safe, fully chosen, and easy to pause?” Start with communication before any shared activity.

Kinky is a broad term. It does not automatically mean intensity or a specific activity. For many people, the draw is a sense of novelty, psychological play, fantasy, rules, or a role that has been clearly and freely agreed upon. No interest is an obligation, and no agreement is permanent.

BEFORE, DURING, AND AFTER

A Simple Consent Conversation

Consent is active, specific, mutual, informed, and ongoing. Silence, freezing, uncertainty, or prior agreement are not the same as current willingness.

Before	During and after
“What sounds interesting to you, if anything?”	“How are you feeling right now? Would you like to continue, change, slow down, or stop?”
“What is a clear no for you?”	“I am checking in because your comfort matters more than completing a plan.”
“What words or signals will we use if either of us needs a pause?”	“What felt connected? What would you want more, less, or differently next time?”

A respectful response to “no,” “not now,” “slow down,” or a changed mind builds trust. There is no intimacy goal more important than safety and choice.

VARIETY WITHOUT PRESSURE

The Shapeshifter and the Full Spectrum

Some people enjoy many pathways or find that their preferences shift with context, mood, relationship, and life season.

The Shapeshifter description can resonate with people who enjoy a broad range of experiences, or who like to combine anticipation, sensory comfort, directness, novelty, and emotional connection. Variety does not mean constant availability or an endless appetite. It still includes limits, changing preferences, and the right to choose only what feels good now.

More than one can be true

You may enjoy anticipation on one day and directness on another. You may value sensory comfort and also enjoy novelty. Both can be true.

Context matters

Desire can shift with health, stress, sleep, medication, parenting, conflict, grief, trauma triggers, privacy, and feeling emotionally safe.

Avoid the performance trap

A broad range of interests does not mean you must perform, entertain, or keep things new for someone else.

Make room for “not today”

A preference is information, not a contract. You can be interested in an idea and still decide that this is not the right time, person, or context.

My Pleasure and Comfort Spectrum

Pathways that feel more familiar or supportive to me are:

Contexts that tend to increase my openness are:

Contexts that tend to reduce my openness are:

One thing I want a partner to understand about my changing preferences is:

A healthy intimate connection makes room for complexity. You are allowed to be curious, specific, changeable, and fully in charge of your own participation.

BUILD A SAFER FOUNDATION

Emotional Safety Is Part of Intimacy

The body often responds more freely when it feels respected, listened to, and free from pressure.

Emotional safety does not promise that every conversation will feel easy. It means both people can speak honestly, set limits, ask questions, and have feelings without being punished, mocked, rushed, guilted, or abandoned. It also means either person can decide to pause an intimate conversation or experience at any time.

Signs of safety

You can say no without retaliation, ask for a pause, tell the truth about your comfort, trust that your boundaries will be respected, and repair after a misunderstanding.

Signs to slow down

You feel frozen, disconnected, obligated, afraid to disappoint, unable to speak freely, worried about a partner's reaction, or pressured to move faster than you want.

If trauma is part of the story

Keep the focus on present-day choice. A trauma-informed therapist or certified sex therapist can help partners build safety without asking anyone to override their nervous system.

When to seek support

Consider support when fear, pain, shame, conflict, dissociation, coercion, or a repeated pursuer-withdrawer cycle makes it difficult to talk about intimacy safely.

My Emotional-Safety Check-In

I feel safer discussing intimacy when:

A sign that I need to slow down or pause is:

A phrase a partner can use that helps me feel respected is:

A phrase I can use to ask for a pause or change is:

A pause is not rejection. It can be a way of protecting the trust that makes deeper connection possible.

TALKING WITH A PARTNER

Translate Preference into Conversation

You do not need perfect language. You need enough honesty, gentleness, and room for both people to be real.

Instead of	Try
"You never want what I want."	"I want to understand what helps you feel open, and I want to share what helps me too."
"If you loved me, you would."	"This matters to me, and your consent matters more. Can we talk about what feels possible and what does not?"
"Just tell me what you want."	"Would it feel okay to explore one small preference together, with no pressure to decide today?"
"You are too much" or "not enough."	"Our pathways may be different. How can we honor both people without turning either of us into a problem?"

COUPLES ACTIVITY

The 15-Minute Intimacy Check-In

Have this conversation outside of an intimate moment. Keep it short and stop before either person becomes flooded.

1 Share one appreciation

Name one way you feel connected, cared for, or seen in the relationship. This does not need to be about physical intimacy.

2 Share one preference

Use "I" language. Name a condition, pace, feeling, or type of connection that tends to work well for you.

3 Share one limit

Name something that does not work or needs a change. The listener reflects it back without convincing, negotiating, or defending.

4 Choose one small next step

Agree on an action that is optional and reversible. Set a check-in point, and make it clear that either person can change their mind.

Our Conversation Notes

One thing I appreciate about our connection is:

One preference I want you to understand is:

One limit or need for safety I want to name is:

One small and optional next step we agree to consider is:

YOUR OWN LANGUAGE FIRST

Solo Exploration without Pressure

Self-knowledge can begin with attention, not action. You are allowed to learn at your own pace and keep discoveries private.

Before sharing a blueprint preference with a partner, it can help to understand it privately. Consider what makes you feel connected, comfortable, curious, playful, guarded, or shut down. You do not need to have a fixed answer. Notice patterns rather than judging them.

Notice what draws you in Is it anticipation, comfort, directness, novelty, emotional closeness, romance, privacy, feeling desired, being able to relax, or something else?	Notice what takes you out Is it distraction, rushing, uncertainty, conflict, body image concerns, sensory discomfort, pressure, fear of disappointing, or lack of privacy?
Name your values Consider how respect, honesty, playfulness, monogamy or nonmonogamy agreements, privacy, spirituality, and health influence what feels aligned for you.	Practice choice Try saying: "I am allowed to be curious. I am allowed to go slowly. I am allowed to choose what feels right for me today."

My Intimacy Values and Preferences

I feel most connected to myself when:

One condition that supports my comfort is:

One condition that makes it hard to stay present is:

A value I want my intimate relationships to reflect is:

A gentle next question I want to ask myself is:

The goal of self-discovery is not to become more available. It is to become more honest, more self-connected, and more able to choose.

A Shared Exploration Plan

A meaningful intimate life is not built through mind-reading or pressure. It is built through curiosity, consent, emotional safety, and a willingness to keep learning each other over time.

Our Blueprint-Informed Plan

A connection style or condition we want to better understand is:

What helps each of us feel emotionally safe is:

The boundary, pause word, or check-in we will honor is:

One low-pressure connection activity we can plan is:

When we will check in about what felt good, unclear, or worth adjusting is:

SUPPORT AND ATTRIBUTION

Keep Learning with Care

Intimacy questions deserve support that is affirming, trauma-informed, and grounded in consent.

About the framework

The five Erotic Blueprint Types® are a framework created by Jaiya. Learn more about the official framework and assessment at missjaiya.com.

Professional support

A licensed couples therapist or certified sex therapist can help partners navigate differences in desire, communication, trust, boundaries, and emotional safety.

You are allowed to want intimacy that feels consensual, emotionally safe, curious, respectful, and connected to who you are.

A Note From Dr. Natalie Ellis

The most helpful intimacy conversation is not the one that reaches a perfect answer. It is the one where both people leave feeling more seen, more respected, and more able to be honest next time.

Ready to build safer, more connected communication around intimacy?

Schedule a free consultation with Dr. Natalie Ellis, LCSW-QS

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Book online: sagesoltherapy.clientsecure.me/request/service