



Eros Work

The Erotic Equation By Jack Morin

Transform sexual struggles into sizzling hot moments



Idealistic

Overcoming Ambivalence



Protective

Violating Prohibitions

Attraction + Obstacles = Excitement



Connecting

Longing & Anticipation



Primal

Power & Dissolution

Eros Work

The Four Sexual Brains + 4 CornerStones of Eroticism



Protective

Violating Prohibitions

Unconscious Pattern: Locking down sexuality due to fear.

Compulsively acting out.

Conscious Pattern:

Playing with breaking taboos with a consenting partner.



Idealistic

Overcoming Ambivalence

Unconscious Pattern: Jumping from partner to partner looking for non-existent perfection.

Staying in an unsatisfying relationship and getting needs met through fantasy.

Conscious Pattern: Playing with seducing/being seduced.



Primal

Power & Dissolution

Unconscious Pattern: Getting into and staying in abusive relationships.

Always needing to dominate/control others. Or... Denying your own agency, relying on others to make decision for you.

Conscious Pattern: Playing with conscious power exchanges.



Connecting

Longing & Anticipation

Unconscious Pattern: Seeking out celibacy or unrequited relationships to create endless longing.

Creating endless chaos to create a pattern of separation and reconnection.

Conscious Pattern: Creating intentional periods of delay or healthy separation to keep the spark alive.