

# Eros Work

## The Four Sexual Brains



### Protective

"I Make It Safe Enough for Love."

- Considers the Risks
- Prioritizes Safety
- Considers all the Options
- Considers Long-Term Consequences
- Respects Boundaries
- Makes the Thought Out Choice
- Based in the Mind



### Idealistic

"How Amazing Can We Make This?"

- Wants the Best for Everyone
- Generous, Romantic, Spiritual, Nurturing, Healing
- Wants Sex to be Significant, Meaningful – with a Higher Purpose
- Holds a Grand Vision and Imagines the Best Outcome
- Makes the Bold Choice - Based in the Spirit



### Primal

"I Want It! I Want It NOW!"

- Wants Uninhibited Physicality and is Eager to Ravish or Be Ravished
- Knows Exactly What it Wants and Can Overcome Obstacles
- Is Loyal to Those Who Deserve It
- Makes Decisions from the Gut - Based in the Body



### Connecting

"I Want to be In the Pleasure . . . With You."

- Seeks Belonging, Validation, Pleasure
- Gets Lost in the Moment
- Connects through Vulnerability
- Accepts What Is
- Prioritizes Feelings
- Makes the Intuitive Choice
- Based in the Heart

# Eros Work

## The Four Sexual Brains: Shame & Superpower



"How Amazing Can We Make This?"

Shamed as having expectations that are too high, asking for too much, nagging

SUPERPOWER: Knowing that sex can always get better and pursuing ways to enhance and improve!



"I Want It! I Want It NOW!"

Shamed as only wanting sex, being too aggressive, or not wanting a "real" relationship.

SUPERPOWER: Making things happen and keeping things passionate!



"I Make It Safe Enough for Love."

Shamed as overly cautious, frigid, or being too picky.

SUPERPOWER: Making it safe enough to get really vulnerable and take big risks sexually!



"I Want to be In the Pleasure . . . With You."

Shamed as needy, clingy, or too emotional.

SUPERPOWER: Diving deep into sensual pleasure and emotional intensity!

# Eros Work

## The Four Sexual Brains: Explore & Practice



*Idealistic*

"How Amazing Can We Make This?"

Imagine the Ideal Sexual Relationship \* Read a Book on Tantra  
Try Role-Playing or Costumes \* Create the Perfect Date Night  
Take a Burlesque Class \* Set Intentions Before Lovemaking  
Spend the Night Focused on Your Partner's Pleasure



*Connecting*

"I Want to be In the Pleasure . . . With You."

Practice Eye-Gazing With Your Partner \* Bubble Bath!  
Eat Sensual Finger Foods \* Be Loud During Orgasm  
Watch a Sappy Romantic Movie \* Talk About How You Feel  
Play the Submissive Role \* Allow Yourself to Receive



*Primal*

"I Want It! I Want It NOW!"

Have a Quickie \* Master Practices for Sexual Endurance  
Seduce Your Partner \* Play a Little Rough \* Strip for Your Partner  
Play the Dominant Role \* Let Someone Know You'll Fight for Them  
Look at What Your Sexual and Relationship Values Are



*Protective*

"I Make It Safe Enough for Love."

Explore Your Fantasies \* Create Agreements With Your Partner  
Research the Circle of Consent \* Play the Voyeur  
Imagine Violating Taboos \* Take Time to be with Yourself  
Scan Potential Partners on Tinder \* Enjoy Erotic Imagery



# Eros Work

## The Four Sexual Brains: Pathways of Relating

