

Your Sexual Style The True Temperament Tester

Highlight sentences below which describe your sexual style, and compare with your partner. Which style do you both mostly highlight. As a guideline for sexual satisfaction; firstly, develop positive, realistic sexual expectations together and drop the Hollywood, media-driven hype about what good sex ought to be. Secondly, explore the many sensual and sexual options which include but go beyond intercourse. Thirdly, communicate sexual desires before getting into the bedroom. Then you can be in the flow because you know your lovers needs when you get to the bedroom...or where ever you may end up.

Soulmate Adapter (Close & Intimate)

I have to feel emotionally close to my partner before being sexual

I always think of my partner as my best friend

I don't mind that sex doesn't happen frequently; The quality of sex is much more important than the quantity of sex

Sex loses value if we both done come

The biggest turn on is knowing my partner is enjoying the sex

If I don't feel emotionally bonded at the moment, then sex is meaningless

We often consider having sex, but often decide we'd rather talk and hang out

Sex is not about erotic cravings; it's real purpose is an expression of emotional closeness

Meaningful sex is when we both feel emotionally connected and erotic at the same time; otherwise it's not worthwhile

Complementary Validator (Mine & Ours)

Sex isn't satisfying unless we take turns arousing each other

I don't enjoy sex unless both of us have the same sexual needs, and can voice them in a positive manner

It's ok to have sex as a tension reducer

I need both verbal and non-verbal communication to feel sexually receptive and responsive

Either one of us can initiate sex.

If my partner isn't interested, he or she will say no and we will find another way to connect

We have distinct 'his', 'hers' and 'our' way to initiate a sexual encounter

I can offer a sexual option if I don't want to have intercourse

We enjoy playing different roles when we act out erotic scenarios

Sometimes I like to 'talk dirty', and other times my partner likes to watch erotic videos

Traditional Stabilizer (Conflict-Minimizing)

I value clear gender roles, especially the man's role to initiate sex

Sex toys, or other external stimuli, have no place in our relationship

Men and Women have very different sexual needs and feelings

I avoid letting go erotically because I'm afraid it will push my partner away

Initiating affection is her domain, his is initiating intercourse

Once we begin to cuddle I know that sex is either desired or expected

I find pornography objectionable; it is not part of our sexual life

I like sexual intercourse best, especially the man-on-top position

Foreplay is primarily for her, intercourse for him

Expressive Energizer (Fun & Erotic)

I like strong emotions (both positive and negative); it makes me feel more sexually alive

I like to do erotic role-play, such as master-slave or virgin-prostitute

Sexuality is all about feeling emotionally attached; if that doesn't happen it's not good sex

Watching porn helps me get into a lustful mood

Sex is a great way to make up after an argument

I enjoy feeling randy and lustful

One of the best things about sex is spontaneity and unpredictability

Sex is best after a bottle of wine; then I can really let go

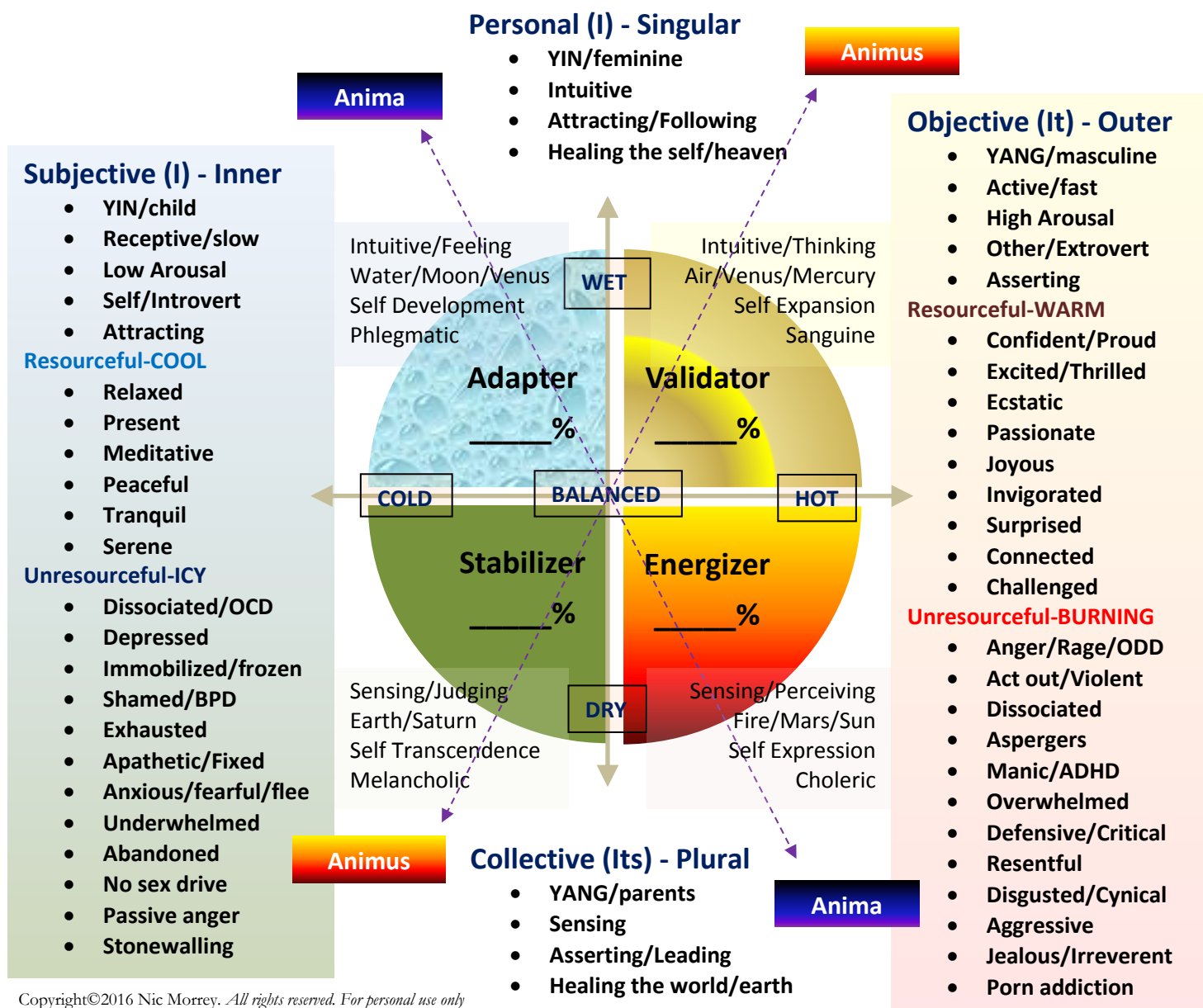
We use make-up sex after a fight; this is a turn-on and heals a rift between us

The Temperature of your Temperament: An Overview

Here's an overview diagram. Unrest is caused by an unequal distribution of energy. For example, with your % scores, notice if your center of gravity is...

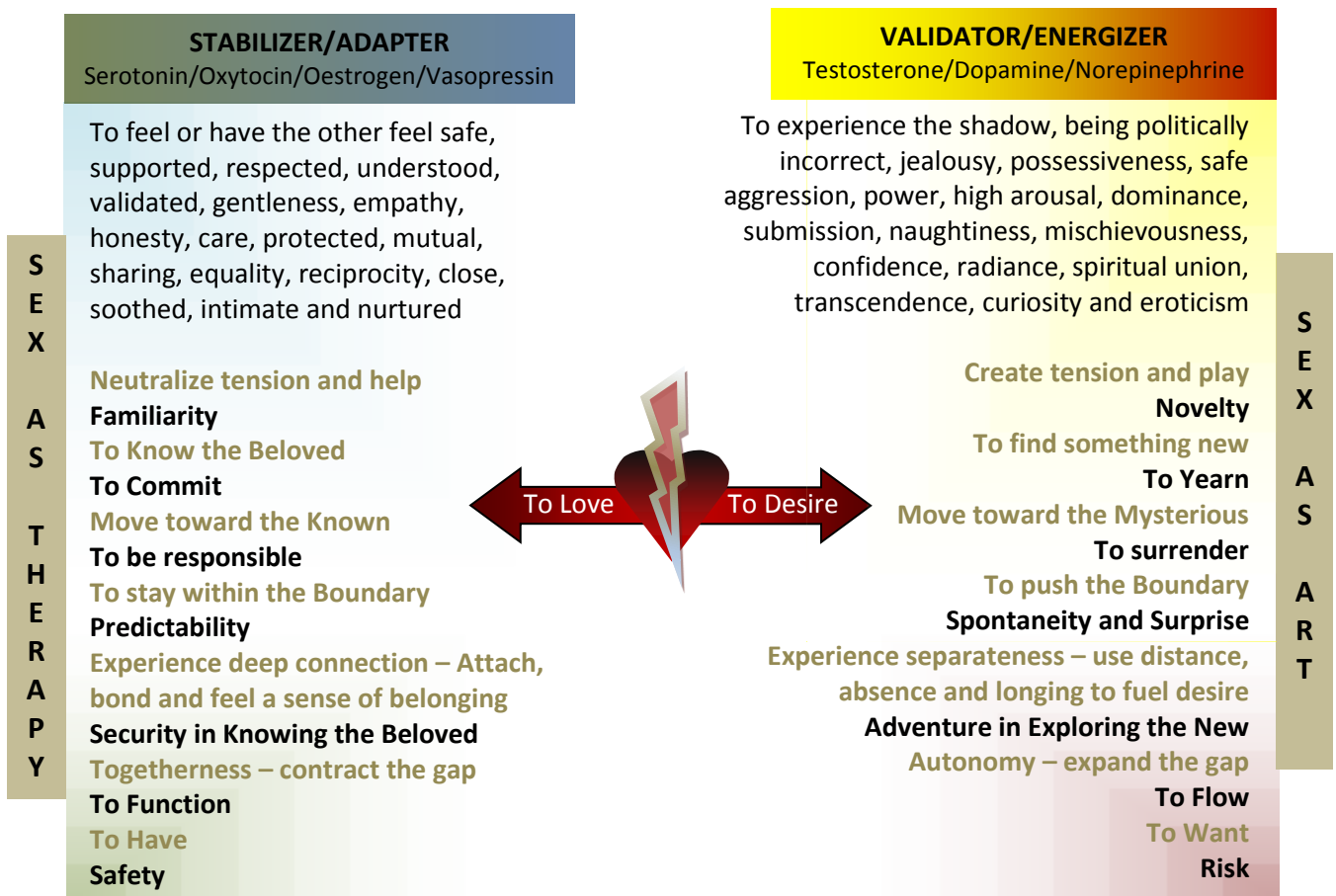
1. **Dry:** (Bottom) Stabilizer/Energizer = a need to go within and develop intuition... or
2. **Wet:** (Top) Adapter/Validator = a need to be less romantic and more sensing/realistic... or
3. **Hot:** (Right) Energizer/Validator = too actively extroverted, (burning) independent and in need of cooling down...or
4. **Cold:** (Left) Stabilizer/Adapter= too passively introverted, (icy) co-dependent and in need of warming up

✳ There are many relationship worlds within yourself as modelled below. Do you lean toward subjectivity or objectivity? Toward the life on the inside or the life on the outside? When two worlds come together, we form a 'we' or 'thou' and that's when the fun begins. Each half is ruled by the other half. We attract our opposite in search of wholeness and that magic miracle feeling of union. But there is work to be done post romance bliss if this wholeness is to be further explored. The Anima is the split-off and disowned feminine aspect in men and the Animus is the split-off and disowned masculine aspect in women. Instead of relying on your partner to complete the whole, use this map to highlight which areas you would like to develop primarily for yourself and secondarily for your relationship.



Sexual Intelligence & Hot Monogamy

For the first time in history we are wanting sex in monogamy that also meets our desire. Desire meaning an expression of your individuality, your preferences and free choice. Yet to do this we need to reconcile two potentially opposing fundamental human needs for a passionate marriage; *The Having* versus *The Wanting*. Notice whether you lean to the left (*Sex as Therapy*) or to the right (*Sex as Art*). The two sides don't mix well if left unidentified. Neediness turns off desire whilst wanting turns it on. Caretaking is an anti-aphrodisiac. Anything parental decreases the erotic charge as does vigilance, worry, insecurity, anxiety, feeling old, not connected to the body, not performing at work, low self-worth/esteem, being in the head of the other, when your partner is not considered, when you haven't had enough time to yourself and when selflessness is at the cost of playfulness.



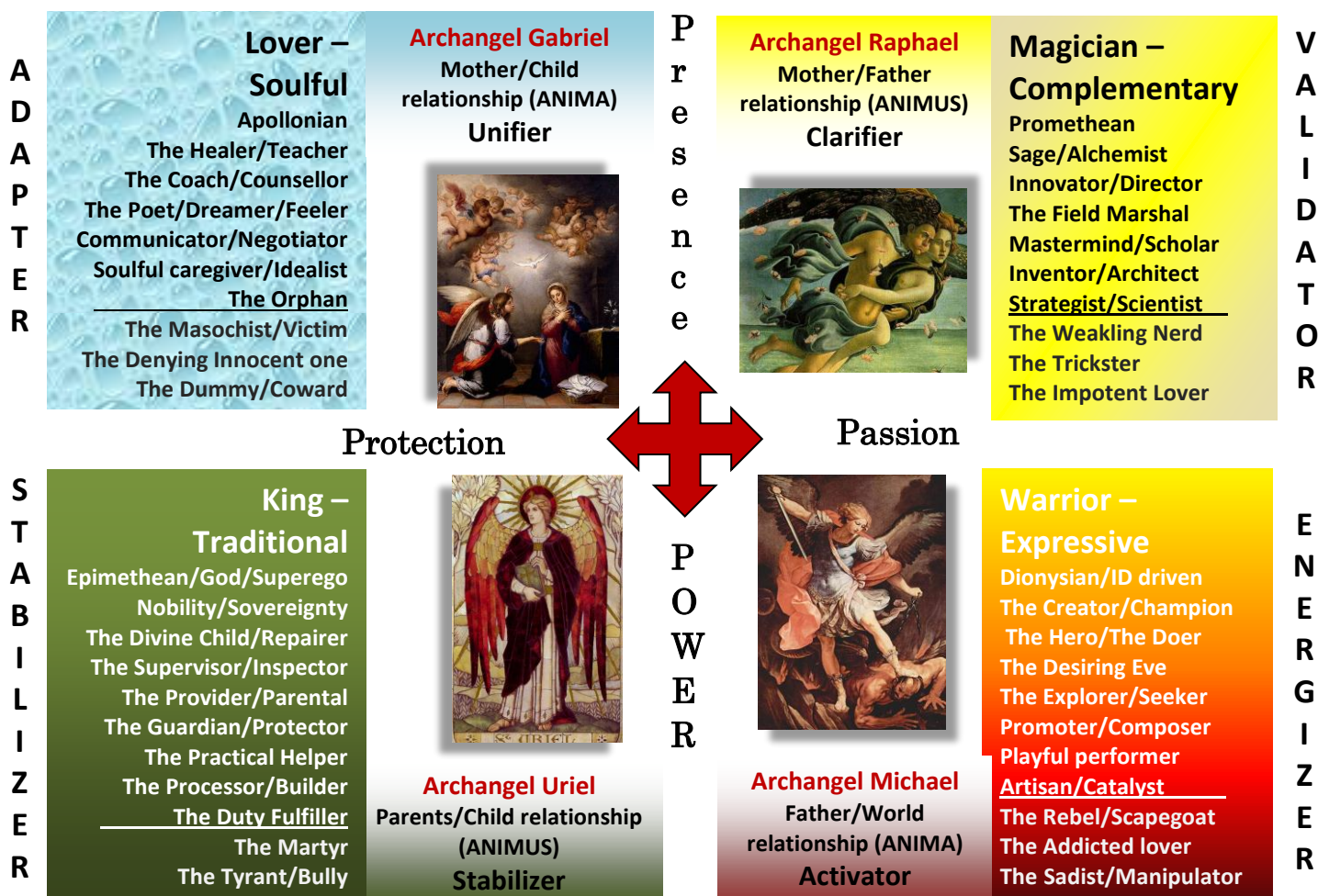
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Besides pro-creation, sexual intelligence requires identifying which side of the street you and your sexual partner are on. Over time, being too hot or too cool have their own unique problems in the bed. For the too cool (left side), who have the marriage but want the passion, try setting up a private erotic zone, stop being 'the good citizen' who takes care of things and is always responsible. For the too hot (right side) who want the passion but don't have the marriage, acknowledge the bonding rush of Oestrogen and Oxytocin and snuggle in the healing sex zone, trusting the security and safety of love by acknowledging your need for it.

Be aware of your waves of heat, be wilful, present, focused, intentional, committed and spontaneous, remembering that foreplay can start at the end of the previous orgasm. Finding the dance between the too close and the too distant sets up a space, a zone within which to explore your roles as a sexual couple. Sexual intelligence is about knowing the roles 'plural' you play, exploring your unique dance together in both love and desire. It's easy to trust in intimate sex, but the challenge is to trust intimate erotic sex for the purpose of greater emotional and sexual satisfaction.

Are you in touch with your archetype?

Identify your unique journey. Archetypal stories are deep and eternal. They link our own longing, pain & passion with those who have come before. Myth can give our lives significance as they teach us how to connect with the great cycles of the natural and spiritual worlds. With your two highest raw scores in mind, do you resonate with the roles listed next to the pictures of the archangels? Mythology has cornered 4 distinct ways of being in the world. This helps you to identify and create your story in your essence, strength & weakness.



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Notice whether you lean toward **Passion**, **Protection**, **Presence** or **Power**. Who have you been scripted to be? How does this script limit your life? & what might be the gift or lesson in your script? Does your partner have qualities which are opposite to you? Notice the shadow archetypes under the line at the bottom of each list. The archetypes attract each other; Warriors (desire) need to be tamed and cooled by the Lover and the stable King needs a Magician (an ideas man) and vice versa, yet romantically, research shows Kings and Queens stick together to express their stabilizing qualities of **Protection** and **Power**, Warriors stick together to explore their **Passion** and **Power**, whilst Lovers (emotional) and Magicians (rational) come together to unravel the paradox of the 2 fundamental human needs – Protection (The Having) & Passion (The Wanting) via **Presence** in search of **Power**. God and Eve have been battling this one out since the beginning of time. Does your shamed inner Eve need another conversation with God?

Become conscious of your own archetypal story and begin to live your new found myth.

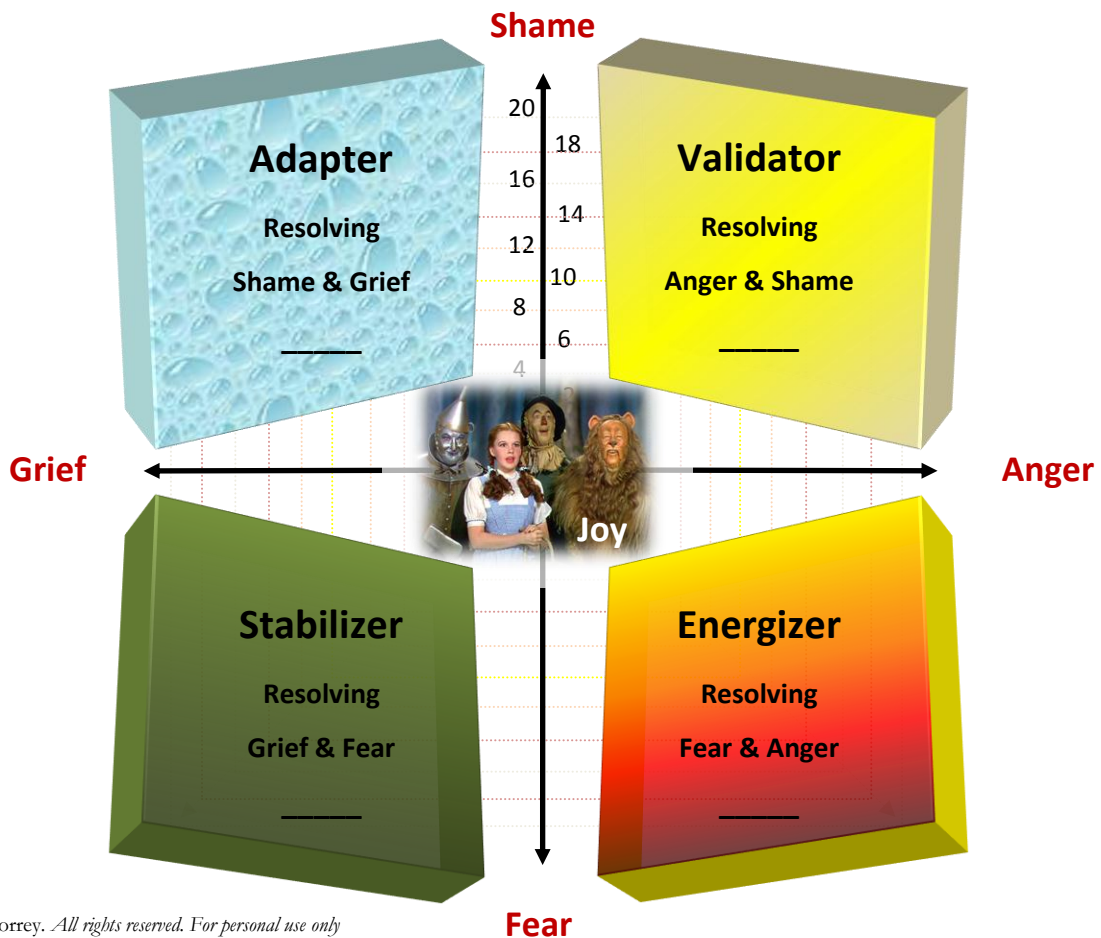
You're Energy in Motion

Use your *SAVE* score to discover which of the *big 4* emotions you lean toward (*Shame, Grief, Fear & Anger*). The temperaments amplify certain emotions to suppress other emotions. The aim is to know yourself in the fullest sense by connecting and empathizing with all 4 emotions evenly. The *big 4* must be experienced, harnessed and transmuted from lead into gold; Joy depends on this process. The wizard of Oz characters transmute these emotions to find joy by uniting together; Dorothy (*Stabilizer*), Tin Man (*Adapter*), Scarecrow (*Validator*) & Lion (*Energizer*).

Primary emotion	Unresolved shame-persecution	Unresolved fear-anxiety	Unresolved grief-loss-abandonment	Unresolved anger-impatience
SAVE	Validator (insensitive) & Adapter (over-sensitive)	Stabilizer (depressive) & Energizer (manic)	Adapter (over-sensitive) & Stabilizer (depressive)	Energizer (manic) & Validator (insensitive)
Question	Can I accept you? Can you accept me? Can we accept each-other?	Can you trust me? Can I trust you? Can we trust each-other?	Can you love me? Can I love you? Can we love each-other?	Can you give me freedom? Can I give you freedom? Can we give each-other freedom?
Transmute via	Understanding, humility & loving-kindness.	Exploring courage, confidence and taking risks.	Feeling more connected and close.	Expressing passion, invigoration, distance & autonomy with care.
Secondary emotion	Unresolved shame & fear = guilt		Unresolved grief & anger = betrayal	

Exercise: Take it in turns

1. Identify which emotion/s needs resolution.
2. Identify which question needs an answer.
3. Discuss a strategy to transmute an emotion and whether this involves your partners help.



Identify your blocked energy & over-investments

It's very common for a couple not to be in sync with each other. One way to think about this is to identify which of the three phases you are both in, as well as whether one or both of you have an over-investment in one or two of the three phases. The three phases of all relationships are, and in sequential order –

<p>A. Connection - Thesis (Brahma-Creation-Rajasic) <i>Energizers</i> invest in passion, connection, beginnings, variety, movement and adventurous futures.</p>	<p>B. Rupture - Antithesis (Shiva-Dissolution-Tamasic) <i>Adapters/Validators</i> invest in conflict and pointing out each other's differences that get in the way of passion and safety. Whether it's the Adapter coming from the over-emotional or the Validator coming from the over-rational, they both love a good fight.</p>	<p>C. Repair - Synthesis (Vishnu-Preservation-Sattvic) <i>Stabilizers</i> invest in safety, maintenance and repair.</p>
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1. Identify your pattern – Your SAVE shape indicates your investments. Identify which phase is your dominant and which you most avoid. It is important to be open to 'divine love' or the energy in all three phases. If we're not open, we get stuck. Here are a few examples of how couples get stuck.

A- Investment in Passion/Connection

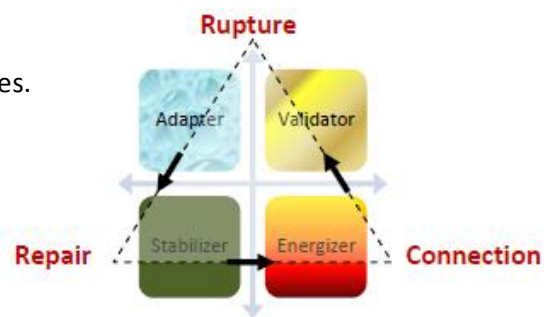
"I am so connected to you, you seem different to the other 7 women/men I've been with this year. Let's go away together on an adventure tomorrow"

B- Investment in Conflict/Rupture

"I won't back down because if I do I won't feel safe, and I don't feel like sex anyway. Let's keep shaming each other, stay in our righteousness and differences and just agree to be miserable together"

C- Investment in Safety/Repair

"I don't like confrontation and judgement. I try to repair something even before I fully understand what the problem is. Maybe sex would fix it"



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2. Understand your pattern - With your partner enquire into the good reasons for your over-investments (then alternate). Perhaps an investment into rupture might be your reaction to an early longing to be understood. Perhaps an investment into passion might be your reaction to early disappointments of unmet desires and loss of freedom. Perhaps an investment into safety might be your reaction to past trauma and loss of connection.

3. Change your pattern - Can your present relationship help you to undo old patterns? It is usual for relationships to reinforce old patterns. A cure is to identify and understand the pattern. Some transitions feel more natural than others (listed below). For example passion has deeper emotional connection when it arrives out of safety. Ruptures are only accessible if we have accessed our passion; repressed passions fester. Repairs are more substantial when the passion is acted upon, acknowledged, understood, tempered then cooled within the tensions of rupture.

Using the list below, highlight just one difficult transition in your relationship. With your partner, take it in turns to discuss this difficulty when moving from one phase toward another and what you might do differently to promote change. Consider the difficulty especially when your phase needs may be different to your partner needs.

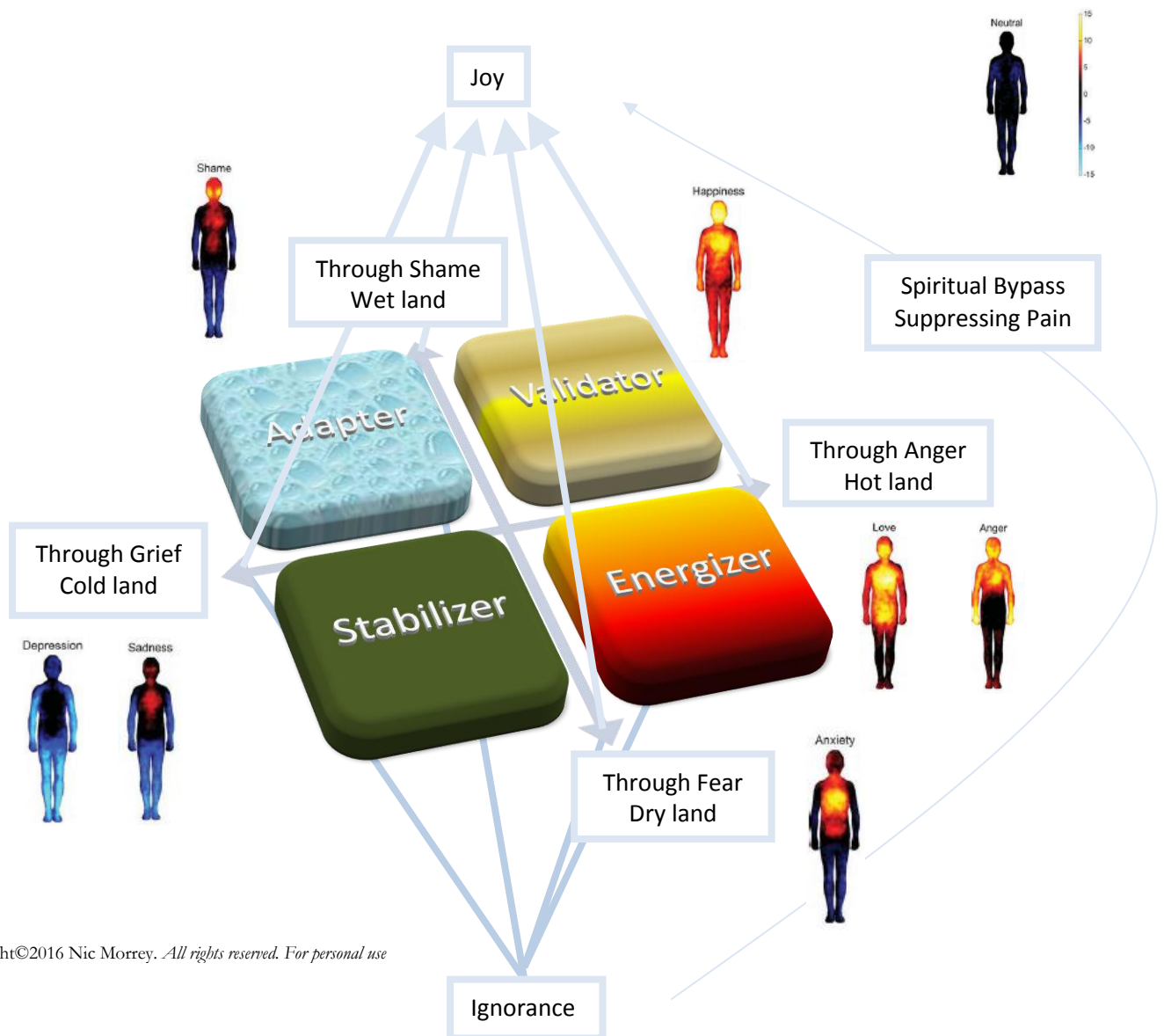
Natural flow	Unnatural flow (builds tension)
1. Connection to Rupture	4. Connection to Repair (skips Rupture)
2. Rupture to Repair	5. Rupture to Connection (skips Repair)
3. Repair to Connection	6. Repair to Rupture (skips Connection)

Happiness and Joy via Anger

This diagram explores the journey from ignorance to joy via the big 4 emotions. You are more likely to access certain emotions more readily due to the temperature (colour topography research) of your temperament identified via your SAVE score. We're all after happiness and warmth in the body, and sustained warmth in the body requires harnessing anger. Without harnessing this energy, we lose invigoration and passion. Harnessing anger simply means anger with deep care = genuine power, (as opposed to rage or wrath without care = false power). Notice the temperature similarities (yellow/red) between love, anger and happiness. Suppressing anger and passion promotes depression. On the other hand repressing and avoiding grief, sadness and depression can be a cause for inappropriate anger - aggression. Balanced anger must hold the hand of sadness/grief to undo the knot of betrayal. Working with anger/shaming (needing distance - independence) and grief/fear (needing closeness - co-dependence) promotes the interdependence necessary for balanced healthy relating and feeling true joy/happiness.

Exercise: Take it in turns to discuss a recent argument.

1. Identify whether you had a need for more distance or closeness and which emotions you used in your attempt.
2. Could you have expressed your anger with more care or with a greater expression of fear and/or sadness?



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