



The Five Erotic Blueprint™ Types

Elizabeth Carrington, MCC
Certified Erotic Blueprint™ Coach
Elizabeth@EroticBlueprintCoaching.com

We all have different 'Love Languages' in the bedroom. Learning the Erotic Blueprints™ and applying them with the support of a coach is huge step in creating more ease, play, intimacy, and fulfillment in your love life.

C'mon, what are you waiting for? You deserve a great love life!

Elizabeth Carrington, MCC | elizabeth@eroticblueprintcoaching.com | 978.468.4568

1. ENERGETIC

Turn-ons: Space. Longing. Presence. Eye-gazing. Light or hovering touch. They feel more with less touch, more space. Sacred sexuality: Tantra, Kundalini, Yoga, Meditation.

Superpowers: Orgasms without touch. Altered states. Intuition. Deep presence and intimacy.

Shadow: Sense of superiority: I am more spiritual than others; other Blueprints are less evolved, crude. Can easily shut down if they feel you are not fully present. Can ‘short-circuit’ with too much touch or stimulation.

2. SENSUAL

Turn-ons: Pleasure in all of the senses – music, beautiful surroundings, flowers, luxury, textures, essential oils, water, delicious food, dancing, romance, massage, lingering contouring touch.

Superpowers: Full-body orgasms. Orgasms from food, a beautiful sunset, an exquisite symphony.

Shadow: Need to fully relax into their bodies before they can feel pleasure or have sex. Can get stuck in their heads, especially if there is anything “wrong” in the environment (too hot, too cold, mess on the floor, music too loud, etc.). Can also get stuck in their head with worries: I’m taking too long, are they even enjoying this? Am I fat?.

3. SEXUAL

Turn-ons: Naked bodies, penetration, porn, genitals, oral sex, certainty of orgasm.

Superpowers: Super fun and easy to please! Usually very little shame – sex is fun, everyone should have it all the time!

Shadow: Can have a narrow definition of sex (i.e. only intercourse and penetration “count” – anything else isn’t really sex). Can be impatient or resistant to learning or doing anything outside of that narrow definition – why waste time dancing or eye gazing when we could be having sex right now? Can get goal-oriented, focus exclusively on orgasm, and miss the “journey” of erotic connection.

4. KINKY

Turn-ons: Naughtiness, taboo, the forbidden, playfulness, exploring!

Psychological: loves power games, mind sex, role play, fantasy, control/surrender, polarity play

Sensation: Loves the feeling of constriction (ropes, cuffs, being held down), impact play, heat or cold play, etc.

Superpowers: Very creative. Endless ways to play! Can experience tremendous healing and transformation through positive Kinky experiences and Kinky community.

Shadow: Deep, deep shame. May not be able to acknowledge or communicate their desires, even to themselves. May be closeted or hiding and afraid to share their Kinky wishes with their partner.

5. SHAPESHIFTER

Turn-ons: Variety, adventure, all of the other Blueprints! Lots of sensation at once, or shifting among the different Blueprints. Discovery. Novelty. Excitement.

Superpowers: The Stradivarius of the Blueprints. Erotically sophisticated. Can experience pleasure and orgasm in many different ways. Can please partners of any Blueprint, because they know and feel them all.

Shadow: Feeling like they are too much, they ask for too much. They often shapeshift into their partner's Blueprint to please them, and may feel starved because they never ask for what they want. Sometimes their complexity and changing needs can be confusing to them and to their partners.

You can learn to feed, speak, heal, and expand the Blueprints!

Contact Elizabeth via email at elizabeth@eroticblueprintcoaching.com or by phone at 978.468.4568 to set up a Passionate Possibilities call.

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with Elizabeth Carrington, MCC