



# **Erotic Wiring Worksheet**

*Understanding Your Brakes & Gas Pedals*

# SECTION 1: The Brakes

## *Your Erotic Inhibitors*

These are the things that slow down or shut off arousal.

### Instructions:

Score each statement from 0-4

(0 = not like me at all · 4 = exactly like me)

1. I have a hard time becoming aroused unless things feel “just right” emotionally or physically.

0  1  2  3  4

2. When I’m finally aroused, even a small interruption can shut it down.

0  1  2  3  4

3. It’s difficult for me to feel fully aroused if I don’t deeply trust my partner.

0  1  2  3  4

4. Worrying about taking too long to get turned on or orgasm interferes with my arousal.

0  1  2  3  4

5. Feeling self-conscious or shy during intimacy sometimes blocks my arousal.

0  1  2  3  4

Total Brakes Score (0-20): \_\_\_\_\_

## **SECTION 2: The Gas Pedals**

### ***Your Erotic Activators***

These are the things that spark desire and get arousal going.

#### **Instructions:**

Score each statement from **0-4**

(0 = not like me at all · 4 = exactly like me)

6. A partner's scent or physical presence can be a strong turn-on for me.

0  1  2  3  4

7. Seeing my partner confident, skilled, or fully in their element arouses me.

0  1  2  3  4

8. New settings, environments, or scenarios feel exciting or erotic.

0  1  2  3  4

9. Fantasizing or imagining erotic scenarios turns me on easily.

0  1  2  3  4

10. Hormonal shifts or body rhythms affect my arousal.

0  1  2  3  4

11. Feeling wanted or desired by a partner deeply arouses me.

0  1  2  3  4

**Total Activator Score (0-24): \_\_\_\_\_**

# SECTION 3: Understanding Your Erotic Wiring

## ***Brakes (SIS – Sexual Inhibition System)***

SIS represents how sensitive your body is to things that turn arousal *off*.

Circle your range:

- **LOW Brakes (0-6)**
  - Less sensitive to inhibitors
  - Desire comes online easily
  - Growth edge: slowing down and feeling deeply
- **MEDIUM Brakes (7-13)**
  - Context-dependent arousal
  - Stress or conflict can interfere
  - Desire thrives in safety and low pressure
- **HIGH Brakes (14-20)**
  - Highly sensitive nervous system
  - Needs safety, trust, time, connection
  - High brakes are intelligent—not a problem

## **Activators (SES – Sexual Excitation System)**

SES represents what naturally turns your body *on*.

Circle your range:

- **LOW Activators (0-7)**
  - Needs more time or stimulation
  - Benefits from ritual and guidance

- **MEDIUM Activators (8–15)**
  - Arousal depends on the vibe
  - Environment matters
- **HIGH Activators (16–24)**
  - Highly responsive to erotic cues
  - Growth edge: pacing and attunement

## **SECTION 4: Compare Notes (For Couples)**

Discuss or journal together:

- Who has higher brakes?
- Who has higher activators?
- What environments help each of you feel safe?
- What kinds of cues excite each of you?
- One small change I can make to support my partner:

# **SECTION 5: Body-Based Support Practices**

## **If You Have High Brakes**

- Predictability & clarity
- Emotional repair
- Long warm-ups
- Pressure-free touch
- Ritual & presence

## **If You Have Low Brakes**

- Grounding
- Slower pacing
- Containment
- Staying with sensation

## **If You Have High Activators**

- Novelty & fantasy
- Planned erotic play
- Sensation variety

## **If You Have Low Activators**

- Sensory expansion
- Toys or vibrators
- Consistent erotic rituals
- Slow warm-up touch

# SECTION 6: Your Erotic Wiring Is Not Your Identity

Your wiring is:

- Not a flaw
- Not a diagnosis
- Not permanent
- Not personal to your partner

## Reflection:

What feels most validating or surprising about your results?

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## ***When Partners Have Different Wiring***

Key reminders:

- Talk about **context**, not desire
- Make intimacy intentional
- Build a shared erotic language
- Release goal pressure
- Use non-sexual touch to bridge gaps

## Closing Reflection:

What does your body need more of right now?

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