...can you afford not to know?

by

JOHN G. KAPPAS, Ph.D.

Foreword by

Florence Henderson
Relationship Strategies
THE ESP ATTRACTION

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Introduction by Florence Henderson
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This book is dedicated to the memory of Dr. Ron Hodges whose friendship, loyalty and support is greatly missed.

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Learning about Dr. Kappas’ theory of Emotional and Physical Sexuality was the beginning of a whole new life for me. It was indeed a rebirth, a road to self-discovery and a stripping away of years of denial, fear, frustration and confusion.

Let me explain. Over the years I had achieved a great deal of success and recognition in my chosen profession, yet I felt unsuccessful. I had been married for several years and had four children, yet I felt lonely and insecure. I was confused and full of fear. I had found that while it was “OK” to be outgoing, outspoken, energetic and yes, sometimes overpowering in my professional life, these same qualities seemed to be too much for me and those close to me to handle in my private life. Often I found relief from my problems by simply denying them. Because I could not understand my problems, I denied their existence altogether either by working harder or by having just one more glass of wine. This approach resulted in a great deal of pain for both me and my family. I later found out that, unfortunately, this is a common solution that many people use.

In the past, when these feelings had become too powerful for me to ignore, I had sought help in psychoanalysis. This proved temporarily helpful, but was very costly and the same feeling of hopelessness would always return after awhile.
Then one day, I remembered a conversation I’d had with a friend of mine about Dr. John Kappas, his theory of Emotional and Physical Sexuality and his great success with patients as a therapist and counselor. After contacting Dr. Kappas and discussing his concepts, I began what has become the most exciting journey of my life – a journey of self-discovery, self-knowledge and self-acceptance.

This journey involved the process of stripping away the denial, fear, confusion and other negative feelings that, like old wallpaper, had been hanging around on my mental wall for much too long. Sometimes the process was painful. Some patches took longer than others to remove, but as more the paper came off and the wall became cleaner, my confidence grew. A desire to start again, to redecorate my life, to feel, to become important to myself took hold. I felt that I had been given a brand new life and a brand new beginning.

Dr. Kappas suggested I read his book, Your Emotional and Physical Sexual Personality, an earlier version of this book. The terms “Emotional” and “Physical” are used frequently in his offices and I was already familiar with them, but also a little wary. Just one more new thing to learn, I thought. However, I began reading and couldn’t put the book down until I had finished it. There I was, described to a tee in print – a “physical sexual.”

How could Dr. Kappas know so much about me, I wondered. All the strong points and, yes, all of weak
points too?! I had never seen myself so thoroughly described before, and never in print. I must admit, I was a little angry. (Could it be that my denial had prevented me from seeing my weak points and my fear wouldn’t allow me to accept my strong ones?) Logically, I realized the book had been written years before and wasn’t just about me, but about many other women and men just like me. And then, as I read more about the “Emotional Sexuals,” I recognized by ex-husband and many other men and women I had known just like him!

I began to understand the behavior of many couples I had known over the years. There was one couple who had married very young, an Emotional male and a Physical female (as I now saw them). Though their relationship was constantly in trauma, they had learned to “live with it.” The Physical felt constantly unfulfilled sexually by the Emotional’s so-called lack of interest. The more disinterested he appeared, the more frantic she became in her attempts to engage him in any kind of sexual activity. The harder she tried, the more he was turned off. She became a “flaming Physical,” wearing low-cut, tight-fitting clothes, always throwing sexual innuendos around, while he became a “traumatized Emotional,” acting more quiet and dignified, as if he were carrying the great secrets about life, love and yes, SEX.

The truth was, like many Emotional men, intercourse was of lesser importance in expressing physical intimacy, while like most Physical women, she was only satisfied by intercourse. She stated having affairs and continued to
have them until her husband died. She could never leave him because she was locked into their unhealthy relationship by guilt and a Physical’s blind determination to turn his rejection of her into acceptance. She has remained single ever since, although he has been dead for several years.

Another couple I know, an Emotional wife and Physical husband, experienced great love, great communication and great sex – in the beginning. After several years of marriage they had children. She wanted to resume a business career. (As you will learn, this is very important to Emotional women.) Like many Physical males, he became very possessive and jealous, watching her every move and becoming more and more demanding of her sexually. He eventually turned her off completely. She lost all respect for the whining, jealous, demanding man he became and left him without looking back. Like most Emotionals she felt no guilt and a great sense of relief. In this book, you will learn why Emotionals are able to break off relationships with such seeming ease, while Physicals fall apart – even when they are the ones who leave.

I could go on with many more examples. If only this book had been written earlier and these two couples could have understood themselves and each other better, there might have been more happy endings. I realized with some sadness that if I had known about the concept of Emotional and Physical sexuality when I was much younger, I could have avoided many problems in my own life, perhaps even saved my first marriage.
It has always been my philosophy that if I find something that works, that improves the quality of my life, then I want to and, indeed, I feel obligated to share it with others. Therefore it gives me great pleasure to introduce to you Dr. Kappas’ latest book. It is my hope that it will lead you to greater understanding of and better communication with yourself, your partner and all the other people in your life – and that you will find the same happiness through it that I have found!

*Florence Henderson*

January 15, 1991
Foreword
by John G. Kappas, Ph.D.

The state of relationships in the United States today is disastrous. The divorce rate is climbing ever higher, and the counseling professions seem to be mediating divorce more than counseling marriage. To turn the tide and reverse our current trend, we must begin to cultivate new attitudes and behaviors that will create greater enjoyment and longevity in our intimate relationships.

The concept and methodology offered in Relationship Strategies: The E&P Factor have been taught since 1968. This information was first published in 1975, in a book called Your Sexual Personality. Originally, I wrote and self-published the book to help students in the professional hypnotherapy program of my college, the Hypnosis Motivation Institute, in Tarzana, California. They needed a reference book for understanding the behavioral concept that would become the foundation of their ability to help people understand themselves and their families, friends, and co-workers.

In my private practice as a marriage counselor and hypnotherapist, I needed something that could explain the background information my clients needed while I spent our valuable time solving the problems of the moment. I realized that by the time someone came for help, the relationship was in crisis. I found I didn’t have the time to give the information on how the problem got started or why what I told them to do would work. I was
too busy trying to keep the relationship alive. Something the couple could read between our sessions would solve the problem. Thus, the first book which was originally intended for therapists and students, became required reading for clients as well.

Because my theory worked so well, the book became a kind of underground classic. Until now, it has never really been marketed to the general public. Yet literally thousands of individuals and couples have successfully applied these concepts to dramatically improve their personal and business relationships. Once introduced to it, many excitedly bought books for others. To date, we have distributed over 25,000 copies of the original book – strictly through word-of-mouth. Many readers claim they cannot conceive how they ever got along without it. The comments we have received range from “How can you know so much about me?” to “It makes so much sense – how is it that no one ever told me about this before?”

This concept worked then, as it does now, on several levels. First, it provides a simple, lucid explanation of how relationships are formed and how later, under internal and external stress, they come apart. No longer is one of the most important choices of our lives – choosing our most significant other – left up to fate, chance, or circumstance. In this book you will discover within a few pages why you behave as you do, and why you select the partners you select. I guarantee that you will find yourself, and your partner (past or present) somewhere in the pages of **Relationship Strategies: The E & P Factor**.
You will also discover practical advice, which really works, for improving or salvaging an existing relationship or forming a new one. You will go forward in your current or new partnership armed with a road map showing you where the pitfalls are and how to avoid stumbling into them. You will learn to look at potential partners with a new insight, and to predict who will be a “good match” for you, and also whom to avoid. You may have read books, attended seminars, and spent many hours puzzling over your relationship problems, only to conclude that all your relationships are problematic, fraught with frustrations and emotionally dangerous. You may have given up on improving your situation although, the fact that you are reading this book demonstrates that you haven’t abandoned all hope.

I am going to explain a very simple principle of human behavior to you and then expand and elaborate upon it to cover a lot of different variations and situations.

Many currently popular books claim that men resist intimacy, and that women seek it too zealously. These theories focus on our most frustrating conflict in relationships – that one wants too much, while the other seems incapable of giving enough – but they are missing an important point. That point is that there are both men and women who resist the kind of intimacy society holds as ideal and that there are both men and women who find themselves with partners who want less intimacy than they do. The differences in our relationship behaviors go beyond the obvious differences of gender. There are
important differences inherent in personality as well.

It is my premise that this difference has always existed in our relationships, but up to now has been masked by our evolutionary needs and movements. Perhaps it is the ideal that is lopsided. Perhaps it is an ideal that cannot be met as well as an ideal whose creation was the result of misinformation.

It is my hope that we are now ready to see what was always there and to use our new-found perspective to give us the opportunity to take some of the struggle out of human relationships.

The evolution of society and our changing needs has consistently guided our motivation for intimate relationships. At first, couples married and began families to have the strength, labor and courage necessary to exist in a hard and imposing world. Then as society evolved and the environment was no longer overpowering, a man and a woman stayed together because morally and religiously it was the right thing to do – whether their relationship was loving and healthy or not. Then it became easier legally, morally, and financially to divorce. We began to see couples refuse to live the unhappy, stay-together-for-the-sake-of-the-kids marriage of their parents.

Next came the women’s movement. When we finally accepted the woman’s right to an equal position in relationships, women began to make smart choices, avoid loving too much, and avoid men who hate
women. Women took their place as significant contributors to the financial, emotional and logical health of our relationships.

Then we faced our fears of commitment. At first we thought that men were intimidated by women’s new found power in the work force and in the home and that only men feared commitment. Then we realized that perhaps women, too, were afraid of commitment. As women learned how to spot and attract the man who would commit, we either conquered or accepted our own fears of commitment. Some chose to stay unmarried and childless, some had children without the sanction of marriage, some sought marriage but not children, and some still sought the entire package.

Society is ever changing and we do not know entirely where we will go next. Perhaps the threat of AIDS and other sexually transmitted diseases will begin a movement toward marriage and family. Perhaps tomorrow will bring yet another factor that will affect our attitudes about marriage and commitment, but one thing remains the same. Human being will always need and seek emotional support and closeness from one another.

We have arrived at a time when we finally may choose whether or not to commit, and each of us can define our relationships in terms of our own lifestyle, emotional maturity and emotional need. So what comes next? What is our future?
When people act out of true choice instead of society’s rules, we can see their true behaviors and motivations. What we are seeing now is two distinct and opposite (not to mention complementary) personalities in most relationships.

When unmasked from society’s assumption of women as the weaker sex, more motivated for relationship and more capable of intimacy, we find that there are those of either sex who appear standoffish to closeness and commitment, those who seem to endlessly frustrate those who desire – no, require – intimacy. The difference in our degree of motivation for relationships varies not just from woman to man, but from woman to woman and man to man.

In each relationship, there is one who is more comfortable verbalizing, touching and living by feelings, and one who is more comfortable thinking, retaining his or her own counsel, and living by logic and reason. One is heart-ruled, one head-ruled. Both are equally capable of thinking and feeling, and both possess an ability to act out logically or emotionally. Yet each is more comfortable with one behavior than the other.

Most of us have noticed this dichotomy that occurs in relationships. In every relationship one partner exhibits the “right” behavior and is more motivated to do whatever is necessary to keep the relationship alive, while the other less motivated partner is usually classified as the rogue, the playboy, the charlatan, the scarlet woman – the “wrong” behavior. Traditionally,
the latter behavior was accepted in men as man’s prerogative. Men had more freedom to act it out and society almost applauded him. Women however, who acted out this behavior were labeled as old maids or promiscuous. Yet it persists in both sexes.

Men and women who were less motivated for relationships that others, but nevertheless did marry, maybe did so for convenience, or money, or because they succumbed to pressure from family and friends. It was thought that they had seen the error of their ways and changed simply because they seemed to conform. Yet, marriage counselors continually characterized their behavior as wrong. They were labeled cold, antisocial and afraid of intimacy because they appeared distant and aloof, required less sex, verbalized feelings of love and affection less, and got out of relationships easier than their partners did.

Since this difference in motivation is undeniable (I will show how it comes from early childhood conditioning and as such is as permanent as our gender), we must and can understand it as well as embrace it, or our relationships will always be fraught with disappointment, pain and divorce.

Psychology tells us that any behavior taken to the extreme is destructive. If so, the cause of relationship problems must exist with the partner who appears possessive and suffocating (those who love too much) as well as with the partner who appears cold and distant (those who love too little). In fact, the more possessive
one partner gets, the most distant the other becomes and vice versa. Can we say which one is worse or which one started the problem? I think not.

Another premise inherent in our dilemma with relationships is that opposites attract. On the most obvious level, male attracts female, the difference in gender being perhaps the most basic opposition occurring in nature. But beyond the male/female divide, there is another kind of opposite which also exerts a profound pull. That force is chemistry.

The “E & P Factor” represents the mysterious, unknown, “otherness” of the object of our desire. If you are most comfortable with an intimate dinner with no more than one other couple present, you will naturally be attracted to someone who glows at parties and functions at his or her peak in large groups. If you live in the fast lane, wearing fashionable clothing and tooling about in a sports car, you will be attracted to the conservative dresser with the station wagon. If you like to watch and participate in team sports, your soul mate is doubtless a marathon runner or participant in some other relatively solitary sport.

This observation has been echoed in the findings of literally dozens of teams of researchers across the globe, among them Michael Strube, a psychologist at Washington University in St. Louis, who conducted a psychological profile of college couples. In the majority of the cases he studied, the partners where opposites in most of their basic approaches to life.
In real life, this oppositeness may not be as obvious as it is in popular literature. In Gothic novels, one of the romantic partners is invariably of the nobility while the other is lowly. One partner is dark, the other is fair. One may be from an “exotic” culture – the Orient, Persia, Tahiti – while the other is a predictable American type. One is the child of fabulous wealth, while the other grew up in grinding poverty. These examples show how the idea that “opposites attract” has become a major cliché. Much is made of these obvious sorts of opposition because it is easier to write about the external differences between lovers than it is to explore the real differences in their characters and behaviors.

Of course in most real relationships, there must exist many (at least outward) similarities before the partners connect. These similarities provide a comfortable background against which the man and woman can meet and communicate. Often, commonality of experience is the glue that holds the relationship together long enough for the real differences between the partners to appear. In fact, most couples who stay together – and a great many who don’t (for reasons we will soon explore) – share the same religion, race, interests and hobbies, level of education, and socio-economic background. Statistically and sociologically, they are not opposites at all.

Yet they all speak of the “chemistry,” “magnetism,” or “electricity” which drew them into one another’s orbit. As we all know, in chemical, magnetic, and electrical equations, it is the pull of oppositely charged elements,
particles, and poles that creates the reaction. It is the same with people. The charge is vital and invisible.

When a couple first gets together, it’s natural for each partner to hope, and even to believe, that the newfound lover shares the same goals and view of life. The elements of wishful thinking that color this first stage of the relationship – the honeymoon stage – make it nearly impossible for the couple to even consider the fact that each may view the “philosophical underpinnings” of their romance in a different light. The longer the couple persists in the unexplored belief that they have identical objectives in mind, the greater the potential for disillusionment and hurt feelings as the relationship progresses into the plateau or resting stage. In this stage, the obvious differences in behavior are often painfully misinterpreted. Having begun the relationship under the mistaken premise that our partner was just like us, we feel that the sudden change in his or her behavior is aimed at us personally, and is done intentionally to punish, thwart, or hurt us. If the differences in our behaviors are not understood and accommodated at this stage, the relationship moves into the trauma stage, leading to the end of the once promising and exciting union.

So, paradoxically, the very fact that we are attracted to our opposite puts us at a risk of failing to understand and thereby fully to love and respect our partners. The major causes of relationship breakup and divorce are judging others by our own behavior, attempting to change others to be just like us, and taking communication for granted. After the honeymoon stage,
we misinterpret as negative the very differences that first intrigued us. This is when we say, “If he loved me, he wouldn’t do this.” “Why does he want to hurt me?” and “Why can’t he be more like me?”

What if, in the later stages of the relationship, instead of allowing ourselves to become obsessed by our partner’s bad points, we were able to recapture our original perspective on the positive side of these same behaviors? The faults we see in our partners are the negative aspects of some very positive behaviors that we lack. They are the downsides of the positive behaviors we each possess, and combined, they provide a stronger whole than either partner can have individually.

This book will show you the positive side of what you perceive as your partner’s faults, which you have lost sight of in the typical conflicts that wrack relationships between opposites. Then, next time you find yourself becoming obsessed by what you perceive as your partner’s drawbacks, you can focus on the positive aspect of your partner’s behavior, and recapture the perspective – and perhaps some of the excitement – that drew you together at the beginning.

Once you understand how you and your partner act to unwittingly bring out the most negative aspects of each other’s Sexual Personality, you will be able to free yourself from the cycle and work toward establish a firm and enduring relationship. Without understanding Sexual Personality and its effects on the relationship, you and your partner may believe that the chemistry and connection you
feel for each other will be enough to sustain the relationship forever. With the security that commitment brings, you relax into thinking that you no longer need to impress your partner, put your best foot forward and diplomatically work out your differences, unwittingly threatening each other by taking too much for granted. As the threat becomes greater and greater, misunderstandings push each of you into defensive and offensive behaviors that begin to tear the relationship apart.

As you recognize that the differences in your behaviors are not personal attacks and learn not to take them personally, you will be able to open the door to learning how to sustain the benefits that your differences afford each of you. Then you will be able to apply proven concepts to maintain the balance necessary to fulfill the needs of two differing styles of personality.

In order to write about and teach this concept of human behavior, I have given these opposite personalities names. Originally we called this concept Emotional and Physical Sexuality, labeling the more relationship motivated and possessive of the two the “Physical Sexual” and the more distant and less relationship motivated of the two the “Emotional Sexual.” While these terms fit for the therapist because they explained the defense mechanism with which each personality felt most comfortable, we found that the layperson became confused and discouraged by them. While they understood the concept and the behaviors we were describing, the names we had applied didn’t seem to fit. Thus this theory has evolved over time into
new terminology. It is still a theory of Emotional and Physical Sexuality. In addition to the terms Emotional and Physical, we also use “Emo” and “Phys” or “E” and “P” as synonymous terms.

As the names imply, those of Emotional Sexuality are more head-ruled in their behavior, while those of Physical Sexuality are more heart-ruled. Applying this basic process to relationships, the Physicals are more emotionally ruled, and place more emphasis on the success of their relationships over the success of their careers. Relationships are their priority over all else. The “Emo”s, on the other hand, place the most emphasis on the logical and analytical needs of life. They are most comfortable giving priority to career or work, not emotions. “Emo”s express, for the most part, through logical, non-emotional words and gestures, while the “Phys” expresses emotionally. When confronted with danger or threat, the “Emo”s” first response is to back away and think things through, while the “Phys’s” first reaction is to express and act out what they feel.

While there is some evidence that we are genetically predisposed to handling ourselves one way or the other, we will show how this dominant behavior is learned and reinforced over time from childhood modeling. We will also show that the innate differences in Sexual Personality are physiological and biological in nature, as well as psychological or emotional. The head-ruled, left-brain dominant “Emo” functions sexually in a different manner and for different reasons than the
heart-ruled, right-brain dominant “Phys”. For the “Emo”, sexual stimulation starts in the mind and then transfers into the emotions, and more slowly into the body. Unlike the Emotional, the “Phys” also feel sexual desire first in the mind, but transfers the idea more quickly into the body and then into the emotions. For this reason, “Emo’s approach the acting out of sexual needs with more of a logical purpose – convenience, release of tension and stress, distraction, and other left brain functions – While the “Phys’s” sexual needs are attached to their needs for love, affection, pampering, or reassurance (right-brain functions).

But do not misunderstand. Each of the types has a full range of interests and complete functional abilities. As we shall see, individuals of both “E” and “P” Sexuality behave as they do because they have particular strengths and weaknesses, and because it is their nature to do so. As well, while you possess the traits of one type more than the other (your “primary” or “dominant” behavior), you possess some traits of the opposite type to a lesser degree (your “secondary” or “sub-dominant” behavior). When you read about “E” and “P” Behavior, you will recognize your own traits, and those of your relatives and friends. You will find that you, and everyone you know, are a mixture of “E” and “P” attributes. That at any given time, your Sexual Personality contains a certain percentage of “E” and a complimentary percentage of “P”. That percentage may change when you change partners, or when you and your partner move from one stage to another within your existing relationship.
In this simple theory lies the solution to many of our problems in starting and maintaining healthy relationships. Understanding of our similarities and our differences leads to acceptance of each other. Through this understanding, we will no longer base our self-esteem and feelings of acceptance of a mistaken interpretation of what our partner’s actions mean. Since we all possess some of each type of behavior, though we dominate on one side or the other, we already possess the ability to apply our Secondary behavior to understanding and accepting our partner’s Primary behavior, because our Secondary behavior, though the smaller part of our total behavior, is the same as our partner’s Primary behavior. We need only become aware of these mixtures and positive change in our relationships will naturally occur.

When we understand which traits of our behavior are similar to our partner’s and which of them are different, we can apply the similarities to facilitate change and apply the differences to keep the mystery alive. Just as we need positive stress to motivate us to action, our relationships need the opposition to keep us attracted and challenged. Too much opposition promotes misunderstanding and lack of acceptance. Too much similarity causes us to drift away, uninterested, unchallenged. This book will help you create and maintain the balance necessary to enjoy the happiest relationships of your life.
Chapter 1

Falling in Love – or, Working Without a Net

Jeanne, a public relations account executive for a large Chicago agency, begins her story: “When I first met Frank, I couldn’t stand him. I thought he was a flamboyant, arrogant snob.” Remembering her initial reaction, Jeanne wrinkles her nose and crosses her legs primly at the ankles. “A couple of my girl friends took me to this club they said I would love – why they thought that, I can’t imagine. It was one of those piano bar places where all the waiters and waitresses are college music students and entertainers who haven’t gotten their first break. They do solos while serving the drinks and people in the crowd can sing along or do a number themselves. When my friends described it, it sounded to me like a place where people go to make fools of themselves. But I’m basically a good sport, so I agreed to go along.”

“I spotted Frank the moment I arrived. He was that awful, self-assured macho type. His shirt was open down to here, and he had on so much jewelry that you couldn’t help noticing him. His clothing was expensively tailored, and even though it was impressive, it was just too flashy, too tight, too exaggerated somehow. He was going around patting all the men on the back and flirting with all the women. Carrying on like he was God’s gift. A show-off.”
“One of my friends knew him slightly. She said he sold sports cars, and that he always drove the fastest ones on the lot. I said to myself, well, what can you expect? A guy still playing with toys – impractical, wasteful toys that get about three miles to the gallon, most likely.”

“On the pretext of greeting my friend, Frank came over to our table and really put the moves on me. I cut him dead. My friends were annoyed with me for being rude, and asked Frank to join us, probably to get back at me. In conversation, he was just as arrogant and flamboyant as I thought he would be from watching him. But there was something about him… I don’t know.” A small, shy smile is pulling the corners of Jeanne’s mouth upward by this time.

“Maybe I just spotted something deep inside Frank that he was trying to hide from the world. There was a sort of vulnerability about him. It was strange. Outwardly, I pretended to ignore him as much as I could, but inwardly, I was watching him and listening to what he was saying. I went home alone and vowed not to go to that stupid place again, or to let my friends talk me into going where I didn’t want to go, or to go out with people I didn’t want to go out with.”

“But the next day, Frank telephoned me at work. He remembered the name of my PR agency, and wanted to know if I would have dinner with him. I said no at first, but the restaurant he suggested was an expensive one I’d been dying to try. So I figured if he was buying, I
could endure his oversized ego for one evening.”

“It was strange. He was still just too flashy for my tastes, but he was the most attentive date I’ve ever had. When he came to pick me up, he brought flowers – not the overkill, ‘hop-into-bed-with-me-honey’ long-stemmed roses, but a bouquet of hot-house irises. He helped me on and off with my coat, held the car door, the restaurant door and the chair for me, and made me feel like the most important person in the world.”

“I assumed that once we were seated in the restaurant, he’d be off table-hopping, pinching the waitresses, and flirting with every woman who walked by, like in the piano bar. But his attention was on me the entire evening. Usually, when someone focuses on me that way, I get nervous. But this time I felt flattered. I don’t know why, since basically, at this point, I still didn’t have a lot of respect for someone who sold fancy, overpriced sports cars and wore gigolo-type clothes.”

“I’m still not sure when it happened. I guess we had three or four dates over the next month – though he wanted to take me out more often, my work schedule was just too intense for me to be bothered with dates. Anyway, the fourth time we went out, I invited him in for a nightcap, and one thing led to another. A few weeks later we moved in together, and he’s been pressuring me to get married ever since.”

Now in contrast, listen to Laura, the owner of a specialty store, talking about her first reactions to an
advertising photographer named Aaron. “I hired Aaron to do the store’s promotions because he had a good reputation as a fashion photographer. I thought he was a total robot when I met him. He always acted like he was smarter than everyone else – above joking or laughing or joining in. He just couldn’t seem to unwind and act natural on the job – he was constantly off in a corner somewhere fooling with his cameras.” Laura smiles – a dazzling smile – as she recalls her initial, negative perceptions of the man she now lives with. As she talks, she absentmindedly fingers the large, gold pendant hanging at the neckline of her stylish red dress, or rubs her elegantly polished long fingernails against the palm of her opposite hand.

“The models all said he was nice to work with – that he was considerate, and never made remarks or passes at them. But, so what? Lots of men act professional on the job. I guess I had known Aaron for about six months when we were first alone together. I had designed an advertising campaign with a country theme, so one Sunday, we drove to a park area where there were a lot of trees and rural looking settings. With the models and clothes and equipment and all, we had to go in several vehicles, so I rode with Aaron in his beat-up old van. Even though his truck looked ratty on the outside, it was immaculate inside, and he had very cleverly fixed up an area where he could carry all the clothing the models had to wear without getting it wrinkled or dirty. He had planned everything – including a picnic lunch – so that we could take
advantage of the changing light. I was pleased by his thoroughness and professionalism.”

“He seemed different to me that day. More human, I guess. I realized that he was extremely shy and, rather than feeling he was superior to me, he was actually a little intimidated! Maybe that’s too strong a word. I guess what I mean is that he respected me. I look very together, you know, with the successful business, the house, the Mercedes, but I have my moments of self-doubt, and downright terror. Because my life has been such an emotional roller coaster, I’ve always secretly envied people like Aaron who don’t seem to care what anyone thinks of them – they just do their jobs and make their plans, and everything seems to work out for them. They never seem to feel the pain the rest of us have to go through.”

“Anyway, he said he was impressed that I had gone into business for myself and built the store into a big success. He said he liked women who weren’t afraid to be strong, to stand up and go after what they wanted in life. We talked some more about his work, and I realized we had more in common than I had thought. Maybe he didn’t have the aggressiveness he might have had, but in his quiet way, Aaron had done quite well for himself.”

“Things changed rather slowly after that. We became friends and had lunch together a couple of times. He was still painfully shy, but his shyness was very appealing and, frankly, kind of challenging. Anyway, I finally took things into my own hands and invited him
to my apartment for dinner. I guess you could say I seduced him. We’ve been together ever since.”

Does any of this sound like “love at first sight,” that staple of popular literature, songs and movies? For every couple who has experienced love at first sight, many more have known “love at first loathing.” Unarguably, it was their very oppositeness that attracted them.

This oppositeness that attracts you is not simply that one was rich and the other poor, one tall and the other short, one Jewish and the other Catholic – it was none of those devices that popular novels and movies use to depict the attraction of opposites. Instead, each partner, like every other human being, had something we call a Sexual Personality, which beckoned to its mirror image. To the trained observer Sexual Personality is as easy to spot as hair color and height. It’s there, it exists, and once you have seen it in another and in yourself, you will never look at relationships in quite the same way again.

Sexual Personality, the most powerful variable in determining who will be attracted to whom, is not a factor accessible to conscious awareness. It is a behavior acted out and projected from the subconscious mind. It is a style of personality that we express automatically without conscious thought, through communication, body language, personal preferences, likes and dislikes. Individuals may know that they follow certain patterns in relationships (for instance, that all their partners are tall or short, all Ethnic, all with a certain first name or certain initials, all wife-beaters or
all alcoholics) yet be unaware of what is determining the pattern. The selection is a subconscious one, and absolutely unique to each individual.

In any nursery school group, there will be children who reflect self-confidence and assertiveness in everything they do. They easily enter conversations, games and other activities, dominating, leading or otherwise influencing the group. Other children play quietly with their toys, and although they will join a group and participate when approached by more aggressive children, they seem uncomfortable initiating a game or approaching another child.

At puberty, these differences are even more pronounced. Every school has a group of boys who are boisterous, involved in team sports, sexually aggressive (at least verbally) with girls. The boys “hang out” together, observing girls, working on cars, playing and watching team sports. If they are good students, they take pains to hide the fact, feeling that their identity as a member of the group is of greater importance than the personal achievement of receiving high grades.

There are also boys who seem to exist outside the group. They have friends, but these friends are fewer and closer. Perhaps they will choose as a confidante one of the more boisterous boys and socialize with him privately, away from the group. These quieter boys may be athletes, too. However, they will generally choose an individual sport like tennis or swimming in order to challenge themselves, rather than participate in a team effort.
The same dichotomy is observable among girls. There are girls who move in an active group – the cheerleaders, the team captains, the girls who plan the parties and social activities. They seem always to have many friends, and when they are old enough, a lot of dates. The quieter girls spend time reading books, writing, playing music, collecting things, raising pets and other solitary pursuits. Like the “loner” boys, they prefer individual sports if they are athletically inclined. If they belong to school clubs, they are more often the followers than the leaders.

During high school, dating patterns are slightly different than they will be later on. The cheerleader, for now, gravitates toward the football captain, and the bookish boy feels comfortable with the shyer, quieter girl. Yet these relationships are seldom lasting, and a few years after high school, when former classmates get together, they are shocked to find that the most popular girl in the senior class married the withdrawn guy – the guy who got noticed most when someone tripped over him in study hall. This couple, who had nothing in common during school, is not only married, but the girl is obviously passionately in love with the guy. “Who would have thought he had it in him?” his old friends marvel. There is a secret suspicion that the guy is a ”closet Tarzan,” blessed with a hidden aggressiveness and rampant sexuality no one ever suspected. How else could he attract and hold this sought-after prize of a girl?

And just as the group at the class reunion is puzzling
this relationship out, here comes the “jock,” the flashy
guy with the sports car and all the football trophies,
moved to – would you believe it? – “the mouse.” His
old friends bemoan the “waste.” He could have had
anyone – any girl he wanted. This was the guy who used
to drop girls off after their second date if he couldn’t
“score” with them, because sex was “where it’s at
man!” The jock obviously adores the mouse, seeming
willing to prostrate himself at her feet, if necessary, to
keep her happy. Maybe, say the old friends, she had a
“secret life” in the past which no one was aware at the
time, but which prepared her sexually and socially to
capture the attention and affections of the jock.

No naturalist lying in a bed of thistles with a pair of
field glasses pressed to his eyes ever witnessed a more
predictable or formal mating dance. These human
mating rituals are as preordained and predictable as
those of any bird or mammal. The difference is that
human being, with their reliance upon the fallacy of
conscious choice, label the antics of their animal
cousins instinctual and automatic, but view their own
behavior as spontaneous and unique. Even with the
dawning awareness that their sexual attractions repeat a
constant and often unwelcome pattern, they deny that
something is “pushing their buttons” and “pulling their
strings.” This is because men and women cherish the
notion of their absolute right and ability to choose.

But isn’t it true that by definition, “choice”
guarantees the freedom to weigh one alternative against
another, to compare – applying reason in the process – and to select what we want? Surely it does. Yet most people will say, with a touching perplexity, that they really don’t know why they loved the people they have loved. They can state no reasons for making any of the most important decisions of their lives: whom they would love, whom they would marry, and with whom they would have children.

Even those of an analytic disposition, who can recognize patterns of unfortunate choices in their relationship history and can carefully enumerate all of the reasons their partners were “wrong” for them, are usually at a lost to explain why they felt compelled to enter these relationships, to stay with them, and appallingly, to replicate them over and over, with other partners.

Most of them say “There was always this irresistible attraction. There was ‘chemistry.’ I felt as though there was a missing piece of myself that he/she supplied.” “Always” most of them say, “there was this sort of awful disillusionment. We got so we couldn’t talk. Everything we did after that seemed to make things worse.”

Sexual attraction and its more idealized cousin, love, are really states of tension in which the idea of “self” is balanced, sometimes breathtakingly so, against the idea of an “other” who will be permitted into the most private and vulnerable parts of our being. It is little wonder that the tension, the risk and the resultant heady feelings of danger, triumph and despair are highlighted and increased in direction
proportion to the “otherness” of the partner.

If you doubt that throughout most of your life you have been attracted to sexual partners whose personalities are the opposite of your own, ask yourself if, after the honeymoon was over, the person with whom you are currently in a relationship with (or your most recent relationship, if you are not in one now) has any of these characteristics:

- Is that person more demonstrative than you?
- Is that person someone who likes to be wined, dined and romanced?
- Is that person eager to participate in outside activities and to bring friends into the relationship?
- Is that person a flashy dresser? Outgoing?
- Is that person the first to reach out to touch you and hold your hand? Or,
- Is that person less demonstrative than you?
- Is that person less able verbally to express affection and emotions than you, seeming to assume that everything is OK in the relationship unless he or she tells you otherwise?
- Is that person someone who puts work first, with everything else scheduled around the demands of career?
- Is that person more conservative in dress than you?
- Is that person less dependent upon physical affection and touch than you?
Sexual Personality

Sexual Personality finds its ultimate expression in the way people unconsciously determine their choices of sexual partners. Broadly stated, the rule is that we all attempt to duplicate the nirvana-like state of total, blissful union we enjoyed with our primary caretakers so very long ago. We all follow a pattern set when we were growing up. We develop behavior according to what we feel will influence positively the person who acts as our primary caretaker during infancy and childhood, then we marry someone just like that person.

Now, I call it Sexual Personality because it results from our childhood perceptions of the differences between our parents. That difference translates into all areas of our own lives. The things we are comfortable with, the way we communicate, the way we perceive and conceive ideas, the way we receive input, the way our subconscious minds become triggered, the kind of partners we will pick, how we treat our children and how we face trauma and the problems of life. Sexual Personality goes far beyond selection in relationships. It affects the whole spectrum of our lives.

All the little behavioral traits that we have – bad habits and good habits – are changeable, but traits of Sexual Personality are not. Sexual Personality is formulated and sealed off by the age of 14 and from that point on, it is normally lifelong. It is unchangeable in that it cannot be affected by mere decision or by
conscious psychotherapy. There is even evidence that we pick it up genetically. We modeled from our parents in the formative years of our existence and this modeling becomes permanent.

Sexual Personality develops from our upbringing. It is formed at a very early age by a complex interaction of observation, sensory stimulation, interaction with others and a number of other different factors, including the environment.

From an early age almost every child is aware of having two parents, one of whom generally dominates the child’s life, responding more frequently than the other parent to the child’s needs for food, clothing, warmth or some other necessity. The parent standing in this particular relation to the child is the primary caretaker and, until recently in our culture, it was usually the mother. Traditionally, the father has full-time employment outside the home, while the mother remains unemployed and cares for the infant for at least a few years after its birth.

Infancy is a state of total dependency in which the baby must rely upon frustrated crying to alert the “big people” coming and going that something is not as it should be. Fortunately for almost every baby, there is the familiar face of the primary caretaker who reappears when you cry, supplying the needed nourishment, dry diaper or reassurance. As you grow, this familiar face also appears when you do something “wrong.” This face can frown as well as smile and the caretaker, in
addition to offering a bottle, breast, or toy, can offer a
slap, a scolding or worst of all, a transient withdrawal of
all warmth and tenderness. As a result, you experience
both great pleasure and intense emotional pain at the
hands of the primary caretaker, and soon learn a simple
formula: the more joy you bring the primary caretaker
(mother), the better your life will be. This is the earliest
interpersonal dynamic.

There is also, however, the complicating presence of
the secondary caretaker (usually father) who is not ever-
present like mother. This person comes and goes. When
he is gone, mother has lots of time and energy to devote
to you, but when he is present your mother turns her
attention in his direction. If you try to interrupt when
she is giving attention to him, she may take half-hearted
notice of you, ignore you or even scold you. She will
not be as patient with you as she is when father is away.

Of course, your father pays attention to you too. He
is kind, loving and caring. But you also know that he is
competing with you for the favors of the most important
person in your world. Remember, you are helpless to
fill your own most basic needs for survival. Therefore,
you are keenly aware that if mother were to turn her
attention entirely away from you toward father, you
would die of hunger and neglect. This in some ways is
dangerous and deadly combat.

How will you compete? With your infantile and
faulty reasoning, you come up with an answer which
is simplistic to the point of being invalid. Based upon
your very limited experience, it is the only possible answer you can devise. It goes like this: Like you, mother wants more of those things in her world which bring her pleasure. When the whole family is present, mother chooses father over you. But her choice could just as easily be you. Therefore, father’s behavior must be in some way more pleasing to mother than your own. The solution of course is that you will try to act as much like father as possible. If you successfully copy his behavior, mother will want to be with you, just as she wants to be with him. You will be “saved,” which in this case means allowed to go on living. The child has thus learned a very basic kind of behavior (and remember that behavior equals sexuality) from the father. This type of identification even seems to take place in homes where the couple attempts to divide and share the child-rearing responsibilities.

Of course, small children are unable to recognize or examine critically the assumptions they are making and they quickly become used to this style of reacting to others. If the child has a father who is physically affectionate and expressive, the child will soon believe that the way to be approved and loved is to express physical affection openly. If a father feels at home in a group and wants a lot of friends around, the child learns that it’s a good and comfortable thing to be friendly with a number of people. Conversely, if the child sees his father as self-contained and self-absorbed, refraining from kissing or hugging mother and waiting for mother to approach him, then the child “learns” that aloofness
characterizes the behavior of a person who commands love and attention.

Once you have formed a way of acting toward your parents, you naturally assume that this is the way to behave toward all the others you meet in life. Therefore when you want friendship and approval from someone outside your family circle, you go about getting it by acting toward the object of your attention (your new friend) the way your father did toward your mother (or the way your secondary caretaker did toward your primary caretaker).

Sexual personality is the result of years of familial interaction. Although formed over a long period of time, it does not really become “fixed” until a child is between the ages of nine and fourteen. Unless the child suffers some “trauma” – perhaps rejection or abandonment by a parent (or other significant person) through death, divorce or some other disruption – Sexual Personality will follow the model outlined above.

For example, when the child does suffer the loss of a father at say 8 years of age and the mother does not remarry, the child will often model the mother’s sexuality. The fatherless child living at home with mother and grandfather might adopt the grandfather’s sexuality, since he is the dominant male on the scene. If the child has been abused by the father – physically or sexually – the child may adopt the mother’s Sexual Personality, choosing the opposite way of relating. The latter case is no different from that of a child
traumatized by a father’s alcoholism and never wanting to touch alcohol. Or one who sees his father dying of lung cancer from smoking two packs a day and deciding never to touch cigarettes. Whenever there is traumatic input of that kind, the child has a tendency to identify with the behavior of whoever is least like the father.

When there is no secondary caretaker for the child to observe, then he or she may well copy the primary caretaker’s sexuality instead. For this to occur, however, there must be a real absence of significant male figures in the child’s world during the formative years. Otherwise, mother’s boyfriend, current husband or close, platonic male friend may serve as a father-surrogate for a child during the development of Sexual Personality. Even a child without a father or stepfather will still adopt the Sexual Personality of an older brother, grandfather, uncle or some other male relative respected by Mother if any are accessible.

We are all sexual beings. The manner in which we choose to relate to and express sexuality affects every aspect of our existence. This isn’t just in reference to the opposite sex or in relation to what we think of as “sexuality” – love, affection, marriage, reproduction. It is all areas of your life including the manner in which you personally order and organize the data you collect from your experience of the world and of other people.

If mother was our primary caretaker as is true in the majority of families, we will grow up to act like our fathers and marry someone whose sexual personality is
similar to our mother’s. If our father was our primary caretaker, we will grow up to act like our mothers and marry someone whose sexual personality is similar to our father’s.

For many years I have used the two terms, Physical Sexuality and Emotional Sexuality, to describe the broad differences in behavior observable in common styles in which people react to one another. Those with Physical Sexuality are heart-ruled – run by their emotions. They react to life by what they feel rather than by what they think. The emotions come first, then the logic. The higher their percentage of Physical Sexuality, the longer it takes for the logic to temper the emotions – to the point, in the extreme, of appearing not to use logic at all.

Those with Emotional Sexuality are head-ruled. They react logically, preferring to remain in control of their emotions. In the extreme, Emotional Sexuals appear not to have any emotions. The truth is that while they have the emotions, they rarely express them, preferring to deal outwardly with logic.

Physicals express what they feel while Emotionals express what they think. When rejected, the two types react to the fear of loss differently. Physicals will feel their pain physically and emotionally. They will express this pain by crying, and by getting angry – even vindictive. They become obsessed with the thought of losing the other person, whether the relationship was healthy or not. They are compelled to
get it back. On the other hand, Emotionals think through the loss of the relationship. They often conclude that it’s easier to go on to another mate than to go after someone they can’t have.

Having grown comfortable with touch and affection from others in their childhood, the Physical seeks to continue this enjoyable state in their social life as an adult. Physicals are comfortable receiving and desirous of getting the attention of others in a group situation. They are at home mixing and mingling in large groups of people, meeting strangers and being the “belles and beaus of the ball.”

Emotionals on the other hand, are not at home in large groups of people. They experienced a more introverted approach to life in their childhood than did the Physicals. They grew comfortable with sitting back and waiting for someone to approach them. To be extroverted in a group of strangers and draw attention to themselves in this way is simply unknown. Therefore, it is uncomfortable behavior. Consequently, they prefer the company of one other person or a small dinner party with one or two other couples as opposed to large groups. They are more comfortable interacting one-on-one.

The differences between Physicals and Emotionals are readily seen well in the way people dress. Physicals, who are comfortable drawing attention to themselves, will dress in the latest fashion. They will over or under-dress for the occasion, wearing the most revealing or tightest fashions. Emotionals will be the
conservative dressers, preferring to cover up the body and dress inconspicuously.

One of the areas of intimate relationships in which the oppositeness in Sexual Personality is most profound is the area of sex. Emotionals need less sex and express less physical affection than Physicals. They require less demonstration of affection from their Physical partners as well. Emotionals approach sex from a mental (left-brained) premise in that sex has a purpose – to release tension, to play and to enjoy a pleasant interlude away from day-to-day work and hobbies. They tend to relegate sex to a lower priority – something to be enjoyed after all the work is done.

Meanwhile, the more demonstrative (right-brained) Physicals feel that sex is an expression of love and in fact, believe that sex and love are synonymous. Physicals place great importance on the sex act and derive feelings of reassurance and re-bonding from it. Working from the premise that their relationship is their priority, Physicals feel the desire for sex frequently and seek to prolong the duration of sex – sometimes at the expense of other responsibilities of life. Sexual desire and reactions to that desire are the behaviors that reveal the true Sexual Personality more than any other behavior.

The short descriptions of Physical and Emotional given here are only “teasers.” They are provided to give you a thumbnail sketch and to arouse your curiosity. Most people possess characteristics of both types of sexual personality. Some of their behavior will be
Physical and some will be Emotional, although there is generally one behavior which is stronger than the other. Very few people turn out to be precisely balanced between the two.

The type of sexual behavior that is strongest or most dominant represents your “Primary” behavior, while the behavior that is weakest and represents the minor percentage is called the “Secondary” behavior. Although it is unusual for anyone to be 100% Physical or 100% Emotional, those individuals who are very high Emotionals or very high Physicals tend to experience the greatest degree of conflict and failure in their relationships. This is because they have very low (or no) Secondary behavior with which to understand and adapt to their likely partners.

If you have 80% Physical Sexuality, the remaining 20% is Emotional Sexuality. A 60% Emotional Sexual, while dominant on the Emotional side, possesses 40% Physical Sexuality as their Secondary behavior. Add to this the fact that your likely partner in an intimate relationship is the opposite Sexuality. An 80% Physical Sexual will be attracted to an 80% Emotional Sexual. If you are a flashy dresser, it is most likely that your natural opposite prefers conservative clothes. If you like to socialize with groups of people, your natural opposite will prefer small dinner parties. How will such a couple get along? While their Primary behaviors are opposites, each possesses a 20% Secondary behavior that is the same as their partner’s
Primary behavior. Each must use this Secondary behavior to facilitate adjustment to each other.

When Sexuality is more balanced, as is the case with 60/40, 40% of each partner’s behavior is the same as the other partner’s. Therefore, we can say that the higher the percentage of Secondary behavior, the more alike we are. Naturally, each partner in the relationship will naturally have a greater degree of understanding of the other’s Primary behavior. It is this Secondary behavior that allows us to understand our partner, while our Primary behavior provides the spark or chemistry that gets us together.

It has been said by scientist and romantic alike that “love is blind.” In the beginning of any relationship we tend to believe that the object of our affection is just like us in many ways – and yet there is that chemistry. It is at this point that we – both Physicals and Emotionals – put on a façade. Because of the excitement and promise that the chemistry brings to our meeting, we put our best foot forward and act out a behavior that we feel is more genuine, more enticing and more pleasing to the other. A behavior that brings out in our intended what we want to see. And because love is blind, we refuse to see that our new partner is doing the same. What we choose to see in the other is only our sameness – our partner’s Secondary behavior.

The Physical is looking for someone to talk to, someone who will listen, someone who is confident, strong and independent, yet affectionate and playful –
someone who occasionally needs their help. The Emotional is looking for someone who is spontaneous and comfortable with themselves. Someone who has their own thing going (so the Emotional can have space to do what they need to do). Both see the potential of their prospective partner being all they want them to be. They choose to see the potential vulnerability in each other and they both instinctively talk about what they want in a relationship – honesty, emotional support, closeness, affection – not realizing that these words mean something different to each of them.

In this phase, several deceptions are happening. First, we are seeing only a small part of our partner’s whole personality. Second, we are judging another based on ourselves, assuming that they want the same things we do. Third, we tend to behave in a way that will bring out only what we wish to see in our prospective partner. The Physical learns how to draw out the Emotional’s playful, affectionate side and delights in the power they feel to be needed and to be the object of such affection. The Emotional learns how to bring out the Physical’s need to be needed and feels comfortable that at last, here is someone who will understand them and enjoy them for who they are. Little do we realize at the time that the differences (or complementary) traits far outweigh the similarities we choose to see.

We believe this sameness is all that exists at the beginning of a relationship. We continue to draw out in
our partner what we wish to see until we feel there is a commitment. Once the commitment occurs – either verbally stated or implied by actions – we begin to drop the façade. We revert to normal behavior because we feel secure. We feel the extra effort is not needed. It is at this stage that problems begin. After the honeymoon is over, we feel we have been slapped in the face, because our beloved has suddenly changed. We feel lied to and betrayed. Yet, it was there all along and we refused to see. Worse yet, we fail to see how we have changed – how we have started taking our partner for granted – and have therefore added to the misunderstanding. Because we do not understand the dynamics of what is happening, we blindly proceed. We assume that because our partner has changed and that she/he doesn’t care for us as much anymore or is trying to punish us for something we don’t know we did.

To reverse this destructive perspective, we must learn to accept and accommodate our differences by applying our Secondary behaviors in order to understand our partner’s behavior in this plateau stage of the relationship. If you are a Physical, for example, you therefore feel that the relationship comes first, and you instinctively feel rejected when your Emotional partner cancels a date at the last minute because of business. If by using your Secondary Emotional behavior you could understand that there are times that you, too, would cancel a date because of an important opportunity, you’re less likely to feel rejected. You can then accept that the cancellation was not a personal
rejection and your disappointment is minimized.

If we fail to accommodate our differences in behavior and needs during the plateau stage, we will move into the trauma stage. In this stage, the Physical Sexuals will begin acting more Physical. They will begin pursuing their partners, demanding that this person spend more time in the relationship, be more affectionate and otherwise prove to them that they still care. The need for reassurance can be incessant at this stage for the Physical. This behavior from their partner causes Emotional Sexuals to feel suffocated and pressured. As a result, they become more distant, showing an increase in their Emotional Sexuality. Physicals are demanding that Emotionals act out emotions that are foreign to their behavior, and Emotionals are demanding that Physicals turn off the need for the verbal reassurance that is so dominant in their behavior. It comes a stand-off, a no-win situation and unless the couple learns another way, break-up or divorce becomes imminent.

As you read on, I will describe the Physical and Emotional Sexuality in greater details and teach you to see exactly how your Primary and Secondary behaviors are at work in all areas of your life. I will also show these behaviors in the different stages of a typical relationship and why relationships grow or end at each of these stages. And, I will teach you how to apply your Secondary behavior to accommodate your differences and keep your relationship working.
Based on what you’ve read so far, you might already have a good idea of your Primary and Secondary Sexual Personality. Please understand that the prototypes of Physical and Emotional Sexuality we have described and will describe in greater detail in the remainder of this book are extreme examples of their types. When you read about Physical and Emotional Behavior, you will recognize traits that apply to you and to others. Some of the traits will apply to you or to others some of the time, but not all of the traits will apply all of the time.

You will also notice that those traits that “fit” are associated with certain stages and kinds of relationships and that they are brought out more or less depending upon circumstances and the sexuality of the person with whom you are interacting.

Physicals, by minimizing the insecurity that causes them to “hang” on to their partners, can reverse the process. By becoming more secure, the Physical acts out a less dependent behavior which allows the Emotional to feel comfortable coming forward again. By the same token, Emotionals can verbally reassure their Physical partners, thus acting out a more balanced behavior which allows their partners to relax and feel more secure. This process of the Physical becoming more secure and the Emotional feeling less suffocated is a process of accommodating the differences in behavior by emphasizing their sameness and their understanding of each other’s different needs. In this way, persons whose behavior is normally very extreme
can be helped to function in a lower, more balanced range, if their partners keep their own behavior moderate and balanced.

So while Sexuality cannot be changed, it is flexible. It is triggered in different ways at different times. Herein lies its usefulness to us. By altering the relationship – either by changing the parties involved or modifying behavior – you can directly change its degree of success or failure. It has been said that a present relationship triggers, maintains or eliminates negative behavior patterns from the past. In other words, since our behavior can elicit positive or negative response from our partner, then by minimizing our own negative behaviors, we can eliminate some of the negative response from others. Thus you will actually be changing the percentage of Physical or Emotional in your own Sexual Personality.

To do this you must first remember that you are both Physical and Emotional. While you dominate on one side or the other, the more traits you possess that are similar to your partner’s behavior, the greater your understanding of him or her. Remember that you already possess the tools necessary (your Secondary behavior) to keep your relationship successful or to turn it around. You simply haven’t recognized them – until now. In the next chapter, you will learn to see in what ways your Secondary behavior is acted out and how to apply it to improve your relationship. The use of Sexual Personality to understand and change relationships is
solely based on a widely proven and accepted principle of behavioral theory – that you can never change anyone’s actions or feelings, only your own. However, by changing your own behavior in certain positive and adaptive ways, you will create the proper atmosphere in which another party can make the changes you desire him or her to make. This will cause them to respond more in the manner you would wish him or her behave. Since every action provokes a reaction, it is by understanding what that reaction is likely to be that you can set up situations in which you will get what you need and want from relationships. This is not “manipulating” in the negative sense. You will not be getting what you want at your partner’s expense. Instead, you will learn to assume a position of confidence, keeping your own behavior at its best, to motivate your partner to want to please you as well. After all, why should we do things that we know will hurt the person we supposedly love?

In the Appendix, you will find a pair of questionnaires which will allow you to identify both your own Sexual Personality and that of others. After you complete the questionnaires, you will be able to determine the percentage of your Primary and Secondary Sexuality. With these scores in mind, you will be able to understand yourself and your partner as well as how and why you function together as you do. As you read on, you will learn much more, such as how to sot your natural opposite in a crowd, how to attract, talk to and get along with that person when the
relationship deepens; how to reverse the negative direction your relationship may be heading now; and how to avoid repeating the negative patterns you’ve experienced in past relationships.

To discover the percentages of your Physical and Emotional behavior, turn to the Appendix and take the test. To see how you functioned in the past, it is best to take it several times with different partners in mind. Your patterns will be obvious.

Then turn to Chapter Two to learn, in depth, just what it means to be a Physical or Emotional Sexual.
This chapter describes individuals whose Sexuality is at the high end of the scale – those whose Primary Sexuality is extreme, who manifest very strongly and visibly the traits of their Primary type of Sexuality. In other words, these imaginary prototypes for Physical and emotional Sexuality are at least 90% Physical (and therefore possess only 10% or less Emotional Sexuality), or at least 90% Emotional (and 10% or less Physical). Whatever your percentage of Primary Sexuality, however, I guarantee you will recognize yourself in the descriptions that follows.

**Physical Sexuality**

When Physicals were between nine and fourteen years old, they watched father communicate with mother by touch – hugging, kissing, the physical expression of affection. Therefore, Physicals cannot imagine living in a world in which they too cannot reach out to those they care about.

As a result Physicals have very deep feelings about relationships and this is the most important thing in their world. The Physical will go to any lengths to maintain the love and respect of family and, to a secondary extent, friends. It is in this vein that Physicals tend to be idealistic about love and relationships. As with any
behavior, this can be carried too far. When this happens, it produces in Physicals the tenacity to work on relationships even through the worst traumas and disagreements, although they will often complain, “Why do I have to do all the work?”

Physicals thrive on contact in the interpersonal sphere and are great believers in “nothing ventured, nothing gained.” Because it feels natural for them to come forward, Physicals reason that “someone has to make the first move” and they reach out to others both physically and emotionally.

Physicals are much less worried about their bodies being injured than they are about their emotions being crushed. Consequently, Physicals use their bodies to draw attention away from their emotions, which are vulnerable. The most obvious manifestation of this is a certain flashiness in attire and a pleasure in exhibiting the body.

The Physical male is likely to wear his shirt slightly unbuttoned to show off his chest and the gold chains he wears around his neck. He often chooses only designer label clothing. He wants his body to be looked at and admired because he is proud of it. To him, positive attention paid to his body reassures him that he has been accepted.

Like the Physical male, the Physical female accentuates her physical appearance by wearing stylish and/or revealing fashions, dramatic jewelry and well-applied make-up. Her fingernails will likely be long,
beautifully manicured and lacquered in a fashionable, eye-catching shade.

A Physical’s preoccupation with the body extends not only to their clothes but to the setting in which they are observed. When they buy a car, their first thought is how they will look driving it, particularly to members of the opposite sex. Considerations such as fuel economy, trade-in value and cost of upkeep will pale in comparison to its “elegance,” “sportiness” or color.

At parties, the Physical is assertive and the classic extrovert, moving comfortably from group to group or person to person. In conversation, the Physical makes eye contact with the listener, constantly attempting to bring the other into the Physical’s orbit.

Physicals will constantly scan their companions’ faces, while in conversation, looking for signs of acceptance. They always alert to possible signs of impending rejection. They will lock eyes while talking or listening even in the most lurid of conversations.

In general, Physicals tend to communicate by implication. They will give you all the information leading up to and around the point they wish to make. They rely on you, the listener, to infer what they really mean. This trait is a result of their subconscious fear of rejection – a fear that permeates all of their conversations no matter the degree of rejection possible. In giving you background information and stating their point inferentially, they soften their approach and have time to gauge your
reaction. But this is an unconscious, automatic behavior. When asked why they do it, Physicals will likely respond, “What’s an inference?” They feel they are coming straight to the point – as best they know how. They know what they are saying and they often fail to understand why someone did not get the message that they intended.

On the other hand, Physicals understand literally when listening. They hear only what is said, and they do not assume the meaning behind the message. Among other factors, this is a product of the discipline they received from their mother. Their mother was perceived by them as consistent – what she said, she meant and she followed through in her actions. Therefore, Physicals learned from early childhood conditioning that what people meant they said, and there was no need to look behind the words for the message intended.

Physicals find it easy to make small talk and to ingratiate themselves with different groups. They are never at a loss for words and can swiftly fill in all the small silences, keeping things rolling happily along. The Physical is the “social director” in any group.

The Physical female usually walks with her feel pointing outward from her body. This is physiological manifestation of her outward orientation that sends a signal, not consciously perceived but nonetheless powerful, to onlookers that she is receptive, outgoing and attuned to her environment rather than looking inward toward herself.
Physicals’ pleasure in communicating and being looked at will lead them into careers that involve interaction with other people (i.e. jobs involving public speaking and motivating others, acting, modeling, or other creative work). Sales and marketing (retail or commission) hold strong appeal. A Physical usually does well at these jobs because he or she is relatively comfortable making cold calls on complete strangers or aggressively soliciting customers.

The people contact involved in certain professions may bring the Physical to a career in teaching, social work, nursing or therapy. Physicals make good restaurateurs, bar and nightclub owners, waiters, waitresses, chefs, receptionists, hosts, flight attendants and highly visible middle managers. Acting, clothing design, hairdressing, portrait painting and photography are all typically “Physical” occupations. If they are of an intellectual persuasion, they may gravitate towards a career in criminal or “adversarial” law, where they can “communicate” in the courtroom with the judge, the jury and the witnesses.

Because he gets to work with his body as part of a crew or gang of others, the Physical male will excel in the construction trade or sports. He is a good mechanic because he enjoys working with his hands, a good truck driver because he likes the physicality of propelling the truck over the road.

Although many Physicals work well with others, their natural inclination to “run the show” may
eventually cause them problems with co-workers, to the extent that they may want to work alone. If so, they are likely to be found starting some enterprise in which they can make all the rules rather than work as part of a team. They are also likely to do well in business for themselves because they are good at decision making, planning, supervising, aggressively pursuing business and functioning independently in general. Of course, Emotionals can enjoy working alone too, but their desire for solitude is rooted in the discomfort they feel in groups. When founding and managing companies of their own, Physicals function well as entrepreneurs.

Physicals will characteristically name the business after themselves – John Smith and Associates or Ellen’s Boutique. When the business succeeds and expands to the point where the founder must consult with and take instructions from others – particularly finance and accounting “types” – the Physical may sell the company and start a new one.

For example, a Physical male who is a mechanic begins a business working on cars. He enjoys his work and is good at it. In fact, he is so good at it that soon he has more business than he can personally handle, and hires help. Eventually, he is no longer doing what he loves but is supervising people who are doing the actual mechanical work. He becomes unhappy and dissatisfied just managing a business, and sells out so he can do something else he loves.

Physicals are natural risk takers. This trait springs
naturally from their propensity to reach out and pursue – sometimes endlessly – whatever they want. The Physical does this out of a need for instant gratification, finding it difficult to follow a long term plan and wait patiently for the rewards to follow. As long as the risk involves going forward and reaching out for what they want, they will take risks that others may feel are foolish. Yet, because of this behavior, they may become much more successful than the Emotionals who plan and methodically follow that plan to achieve success. Both are capable of success. They simply achieve it in different ways.

Physical men like team and spectator sports. In business as well as in recreation, they are better team players than Emotionals because the sharing, give-and-take and subordination to the group “spirit” involved in sports and business teams makes them feel “connected.”

Sports-minded Physical men may play on a baseball or football team with their buddies and co-workers. Evenings and weekends are filled with spectator sporting events, where they can drink beer and be “pals” with their sports-loving buddies.

Physical women engage in sports primarily to meet men, and to exercise in order to be more attractive to men. They do not compete with men, but rather they compete with other women in contests in which men are the “prizes.”

Both Physical men and women shower their partners with gifts during and after the courtship phase. These gifts,
however, are likely to be what the Physical wants the Emotional to have, rather than what the Emotional actually desires. There is the underlying feeling, though, that the gifts are not really given to please the partner. The Emotional may feel that it is to establish indebtedness or obligation, and/or to obtain validation in the form of profuse thanks indicating that the giver is cherished and appreciated. The Physical denies any such intent when they are confronted with this behavior. Their desire to create a sense of obligation or validation is often an unconscious one, not consciously understood.

For the Physical, sexual union represents the ultimate state of acceptance. To be as close as possible to another human being is to be safe, at least for the moment, from the psychological annihilation a Physical feels when rejected. Because they fear rejection, they seek reassurance that their partner’s feelings haven’t changed. The person with whom a Physical is involved must demonstrate and verbalize that he or she finds the Physical desirable and sexy. Having spent their childhood showered with affection and verbal expressions of love and acceptance, Physicals become anxious if their partners are silent, simply because they do not know for sure where they stand. This lack of sexual or verbal reassurance then translates into rejection perceiving that their partner doesn’t love them any longer.

Physicals regard the sex act as a revealing form of communication, and both its frequency and duration are important to them. The Physical cannot imagine a relationship without touching, hugging and caressing.
Therefore, a close affiliation with a member of the opposite sex almost always means a sexual relationship to the Physical.

Sex is a marvelously pleasurable activity for Physicals, one which they think about often. They also enjoy talking about sex, because such talk sparks actual physical sensations in the body. The thought quickly produces physical feeling, which in turn produces an emotion. Since the physical feelings are so enjoyable, the emotions that arise are reassurance, acceptance, approval and love.

The trait of being so outwardly motivated in behavior is seen physiologically as well as psychologically in the Physical Sexual. Generally the Physical male or female has a slightly higher body temperature than normal because the blood is pushed from the organs into the extremities. If we take into account that this movement of blood from the organs into the extremities is part of the natural fight/flight reaction to danger, we see one reason why Physicals are quicker to act out their response to any situation than their Emotional counterparts. We often see in Physicals, in addition to a faster heartbeat, faster circulation, a more rapid pulse and deeper breathing.

Because of their higher body temperature and because they believe that the act of sex communicates love, Physicals are ready for sex on a moment’s notice with their chosen partners. They need little foreplay since their ego sensations are so close to the surface. They are capable of and enjoy repeated and prolonged lovemaking, and prefer releasing through intercourse as
opposed to oral sex, because of the greater “connection” and interaction that comes from the penetration of intercourse versus the relatively shallow surface touching of oral sex.

**Emotional Sexuality**

Emotionals are naturally analytical and somewhat detached characteristics they learned from their fathers (or secondary caretakers) who rarely showed emotions and who related to the world almost completely on a mental level. Also they copy the behavior of a father who was successful at waiting for mother to come to him rather than act out any expression of emotion. So because they learned to suppress acting out their emotions, at least they have sorted them logically, Emotionals are apt to feel more deeply than they show.

Since they relate to the world mentally not physically, Emotionals often uncomfortable with their bodies. Their physical reactions, particularly reactions that appear spontaneously or unexpectedly are not easily translated into words and symbols, and thus awkward. As a result Emotionals are rarely spontaneous. There is always a “time lag” while their minds sort and analyze data, before they allow their bodies to register what has happened to them. Thus it follows that Emotionals plan and progress steadily toward the realization of their goals rather than taking huge, risky leaps. Without the time to analyze, the Emotional feels out of control and anxious, unable to make a decision or to act.
Emotionals have less need to touch and less desire to be touched than Physicals. The sort of physical expression that seems merely affectionate to a Physical may be viewed by the Emotional as tantamount to assault or invasion!

Control and understanding of their emotions are important to Emotionals, who distrust what they cannot analyze. Therefore Emotionals lead with their mental processes in order to emphasize what they do best, i.e. thinking and feeling and relegate that with which they are less comfortable, i.e. touching and being touched – to an auxiliary role.

Being most comfortable with things that can be analyzed Emotionals prefer career to relationship because relationships and people in general are so unpredictable. The polar opposite of the Physical, the Emotional fits relationships and people into the spaces left when she/he has done all the things necessary to foster his or her career.

Emotionals naturally speak honestly and straightforwardly. Because they do not feel the Physicals’ intense need to belong or the corresponding need to be tactful, and because they are not immediately sensitive to real or implied rejection, they see no need to waste valuable time talking around the point when there is a bottom line to get across. This sometimes translates as bluntness or rudeness and Emotionals are puzzled at being taken that way when their intent was not rudeness, but honesty and efficiency.
While Emotionals speak literally preferring to get straight to the point for the sake of efficiency, they hear more than just what is said. Since they constantly analyze and categorize information, they constantly look for the meaning and motivation behind information and they act on the totality of the meaning of what was said, as they understand it.

In social settings, Emotionals will avoid the limelight preferring one-on-one conversation to mixing and making small talk. In group situations, they will most likely seek out one person they know and spend the entire evening in the same chair talking about business or their hobbies. If that person should leave Emotional may sit for a while watching people and then begin repeatedly looking at their watches, hoping it is time to leave and hoping they have put in enough time to be polite and then sneak out the back door relieved that the party is over for them. If pressed to socialize, either by their mates or by the expectations of others, they are uncomfortable even bad at it in the extreme. The Emotional generally feels small talk is a waste of time and has never learned to do it well.

Emotionals like precise, rather solitary work. They make excellent accountants, bookkeepers, medical researchers, engineers, technicians of all kinds, tool and die makers, cabinetmakers and computer programmers and analysts. They excel as managers and business owners who remain in the background preferring to have others in the more visible, public positions. They are good in sales jobs that involve following up on existing accounts or dealing with customers who come
to them (for instance in retail sales) they are uncomfortable making “cold calls” on potential customers, which the Physical finds much less threatening. Their great attention to detail and serenity in pressured situations make them excellent secretaries and administrative assistants.

Emotionals who go into corporate life successfully play the politics and earn the promotions to get to the top. They plan each move and have a purpose in mind at each level and work consistently and patiently to achieve their goals. Later in life, feeling they cannot get any higher in their present field and having been recognized as tops in their field, Emotionals may start their own businesses related to their field, consult within the industry or buy out another faltering business that they can save. They may also turn a hobby they have loved for years into a moneymaking venture.

With work and career their priority, Emotionals of both sexes believe sex should not be allowed to get in the way of other more important concerns. Emotional males value sex because it is a pleasurable way to release tension. Sex is good for the body and the mind because it provides a feeling of pleasurable relaxation. The Emotional male will often schedule time for his sexual interludes but will easily cancel if an important meeting or deadline imposes on his time.

Even with sex Emotional females concentrate upon their mental rather than physical sensation. Social pressures toward virginity and female sexual abstinence
have contributed in the past to the sexual inhibition felt by the Emotional female, who feels instinctively a culturally-reinforced fear of losing control or indulging in “loose” behavior.

In today’s freer climate however, where there are fewer social constraints, her analytical approach to life leads the Emotional female to have sex without feeling that she has to look toward the future or marriage and love and she takes them as they come – two, four, ten – and leaves them when she’s tired of them. She thinks she can handle them all. The Emotional female can be very promiscuous and doesn’t put much stock in permanency when she’s young. Later in life she starts worrying about being alone for the future, as a young woman however, the Emotional female is very happy being independent and childless.

Before they can derive any pleasure from sexual activity and before any physical sensation will occur in their bodies, Emotional females must feel intellectually and emotionally stimulated. They require time to get in the mood for sex and to respond physically. Because of her natural slower heart beat and pulse rate her blood moves slowly from organs to extremities. Thus she requires longer foreplay than her Physical counterpart. To experience touch for which she is mentally unprepared is intrusive, unpleasant and even painful.

Given the above criteria it might at first seem paradoxical that the majority of models and show girls are extremely beautiful Emotionals. This is so because
Emotional women are able to display their bodies with more detachment than Physical women can manage and to “desexualize” the context in which they are looked at or examined, if such attention is a necessary component of their jobs.

Yet because she often acts from insecurity, the Emotional female will have sex more readily and with a larger variety of partners than the Physical female. She may not say “no” to a man’s advances for fear of having to draw attention to herself by explaining why. Because she requires just the right stimulation physically and emotionally and her partner (usually the Physical male) doesn’t understand her needs and approaches her too fast or too roughly, she often doesn’t feel the pleasure sex normally brings. Because they do not understand their own needs, Emotional females blame themselves for their dysfunction. They feel there is something wrong with them. At first they will try consciously to make themselves respond more physically. This effort invariably fails and shuts them down even more. Thus the Emotional female may become resigned to experiencing little sexual sensation. Thus she herself may adopt a “why not?” attitude toward going to bed with an array of different men, constantly searching for the sexual satisfaction that eludes her.

The Emotional’s clothing is almost always selected for its business or utility value and is likely to be conservatively styled, of high quality and easily cared for, all to minimize unwanted attention and to permit
her to forget about having to shop or replace things frequently. Emotionals select automobiles using the same criteria. Emotionals typically choose “practical” cars. Wealthy, successful Emotionals may drive very expensive, luxurious cars, but when questioned they will extol its engineering and durability rather than revelling in the statement it makes to others about their wealth and success.

Emotionals like sports, although team sports are less appealing to them than individual sports. They prefer to challenge themselves with running, swimming, target-shooting or to challenge another player one-on-one, as in tennis, handball or ping-pong.

Emotional, not Physical women are the natural female athletes. They enjoy the challenge and control over their bodies and exercise great discipline in training. The competition is primarily with themselves. The exhilaration comes from improving their own personal best and any public recognition is often painfully embarrassing.

In non-professional sports, when playing with men, Emotional women have no “feminine wiles” that dictate that they must “throw the match.” Worrying about the male ego is Physical female territory, although it is the ego of the Physical male (with whom the Emotional female is most likely involved) that needs tending more often than the ego of the Emotional male (who usually has a Physical partner).
Sexual Personality and Self-Image

Both Emotional and Physicals are concerned about their appearance although for different reasons. Because acceptance is her foremost concern, the Physical female wants, above all to look acceptable at all times and in all situations. Most of the old jokes and clichés about the vanity of women are modeled upon the extreme Physical. This is the woman who will not walk to the corner to mail a letter unless she is in full make-up or the woman who owns eighty-four pairs of shoes.

Whether attractive or not, most Physical women possess what is usually called “charm.” Charm is the outward representation of their orientation towards people. Their sociability, friendliness and ability to ingratiate themselves with others are paramount. Physical women dress in a style which does not, as the old saying goes, “hide their lights under a bushel.” They are not afraid of plunging necklines, short skirts, tight fashions, dramatic color combinations, impressive jewelry, fashionable make-up and high heels. Even when they are overweight Physical women will dress to draw attention to their bodies.

Emotional women are also concerned about their appearance but usually dress merely appropriately, not conspicuously. They like slacks and trousers because such garments are both comfortable and “modest” (i.e. concealing). Their shirts and blouses are apt to have long sleeves and to be worn buttoned-up. Yet at a formal or other event, the Emotional will wear a strapless gown.
or some other “typically Physical” attire in order to dress “like everyone else” (and thus avoid calling attention to herself).

Because she is naturally more concerned with being practical than being pretty, the analytical Emotional female does not see the need to spend much time grooming herself or pampering her body. She has short fingernails which if polished, are painted a very pale color. Her hair too is usually easily cared-for, short or one of the “wash-and-wear” styles. She wears little or no make-up and the make-up she does wear is subdued, producing “a natural look.” She shuns the attention she might create by choosing not to play up her physical appearance.

None of this means that the Emotional female is careless of her appearance. On the contrary, the majority of Emotional females are quite clean and tidy. However an unkempt woman, upon closer examination is many times more likely to be an Emotional than a Physical.

The Emotional female dresses for comfort. If she wears jewelry she will wear the same ring, earrings and bracelet every day rather than changing her baubles to match her moods or outfits. She is likely to wear low-heeled shoes, in which she can move easily, shoes she can forget she’s wearing during the course of her day.

Emotional males want to look fit, because being fit allows them to function more efficiently in their careers and because it’s logical to protect their health as well.
Emotional men who work in executive positions cultivate trim, healthy bodies because the right “image” is required for career advancement.

Emotional men, like Emotional women, prefer conservative clothing. However, a subtle difference exists here in that unless they have learned a model, like “Dressing for Success,” have a great deal of money or are guided by a mother, wife or girlfriend, extreme Emotional men usually dress as if they are not particularly concerned about how they look to others. The Emotional male without guidance on how to coordinate his wardrobe is likely to go to work in a polyester suit (which can be easily washed in the washing machine), wearing plaid, stripes and patterns mixed unattractively and athletic socks (or no socks) with loafers (no laces to tie). Sometimes Emotional male professionals will wear expensive, well-coordinated, but unimaginative clothes – dark suits, conservative ties, wing tip shoes, white shirts and other classic articles.

It is not that the Emotional men don’t want to dress imaginatively; they just don’t know how to put it together or don’t have an eye for it until they are shown. Once shown they like the more contemporary, if still slightly conservative look because it fits in better with others. To dress either too unfashionably or too daringly draws uncomfortable attention.

The Emotional male buys a functional watch which is likely to be inexpensive so that if he forgets it in his
locker at the racquetball court, it’s no great loss. If he can throw it away instead of taking valuable business time to have it repaired – again, no great loss. Except for a watch, the Emotional male typically avoids jewelry and often will not even wear a wedding ring. His Physical partner may believe that he is thereby avoiding the outward symbol of commitment or commitment itself but his actual motive is just he dislikes anything that calls attention to his body.

Physical males, on the other hand, dress to be admired and like to draw attention to themselves. Much of the humor about the “macho man” is based on the typical dress and mannerisms of Physical males. They choose stylishly cut clothing, fashionable or even slightly ahead of its time. The extreme Physical male may even carry this to the point of tastelessness – wearing flamboyant, sometimes even garish clothes. The Physical male’s closet is full of clothing purchases that seemed like good ideas at the time, but that were so “trendy” that they quickly became unwearable.

Even when constrained by business to dress conservatively, the Physical male will wear some stylish touch – a watch chain, a tie on which his initials form the pattern, a diamond ring, a gold, expensive wrist watch by a status maker or a money clip (so he and everyone else can see his cash when he pays a bill). He enjoys custom-made shoes, silk shirts and all the other luxuries that elevate his costume above that of those around him.
Your Primary and Secondary Behaviors

The following chart lists the traits of Physical and Emotional Sexuality, most of which you will recognize from what you have just read. As you look through it note which of these traits describe your behavior in your present or most recent past relationship. Pick only one relationship. Place a “+” next to those behaviors that you exhibit frequently in that relationship, and place a “-“ next to those that appear only some of the time. Leave a blank next to those that do not apply to you at all.

Go down both lists regardless of whether you believe your primary behavior is Physical or Emotional. Remember that you are most likely not 100% Physical or 100% Emotional. You have traits of each, but to differing degrees. You will most likely notice that you identify with more of the traits on one list than on the other, what should correspond to your Primary Sexuality as tested in Chapter 1.

As you check the list that relates to your primary behavior you will learn exactly which traits “fit” for you and how you act out this behavior. No two Physical Sexuals are the same, just as no two Emotional Sexuals are the same. Even two people of the exact same degree and type of Sexuality will have differing traits, because of upbringing, culture, genetics and other factors.

The most important part of this exercise is to review the list that relates to your Secondary behavior, not your Primary behavior, in the relationship you are studying.
While this list will be shorter for you, it contains information that will be useful when you move to Chapter 3 and learn how to apply your secondary behavior to facilitate greater satisfaction in your relationship.

**Emotional Sexuality**

- Introverts expression of emotions
- Prefers socializing 1-on-1
- Realistic, logical and expresses self logically
- Thinks things through before reacting
- Priority: Business
- Capable of expressing affection, only in private, when the mood is right
- Assumes all is OK unless told otherwise – doesn’t need or give pats on the back
- Enjoys working alone
- Enjoys individual sports
- Comfortable with intellect
- Dresses to minimize attention to the body
- Decisive after weighing all consequences
- Head-ruled
- Speaks literally; hears inferentially
- Direct and to the point
- Tends toward obsessive compulsive behavior
- Sexually undemanding
- Enjoys working with mind
- Affectionate only in private
- Naturally takes the initiative in business more than in relationship
- Prefers to hire help to fix car, things around the
• Feels emotional pain mentally
• Feels relief at the end of a relationship if the end is preceded by trauma
• Chooses practical gifts for partner
• Needs own space and interests and gives partner the freedom to do the same
• Enjoys sports with an element of danger
• Prefers practical, economic cars
• Good in a crisis and does not fall apart under stress

**Physical Sexuality**

• Extroverts expression of emotions
• Enjoys socializing in groups
• Expresses emotionally
• Reacts spontaneously
• Priority: Intimate Relationship
• Expresses affection freely
• Asks for reassurance and compliments when needed
• Enjoys working with people
• Enjoys team sports
• Comfortable with body
• Dresses to maximize attention to the body
• Decisive and spontaneous
• Heart-ruled
• Speaks inferentially; hears literally
• Verbose
• Flexible in attention to details
• Sexually responsive at all times
• Enjoys working with hands
• Affection in public and in private
• Naturally takes the initiative in social, sexual and relationship concerns
• Prefers to fix car, things around house, etc.
• Feels emotional pain physically
• Feels emotional and physical pain at the end of a relationship
• Chooses gifts thinks partner should have
• Likes to include partner in all activities
• Enjoys sports that provide opportunities to socialize
• Prefers sporty, fun cars
• Creative and romantic
• Lets out the emotion of the moment – lets you know where you stand

Now, go over the lists with your partner’s behavior (with the same relationship in mind). Undoubtedly, you will see the “oppositeness” of your behaviors and motivations. You will probably also see, however, that both behave the same way in certain areas.

Next, ask yourself if you act out the Secondary traits you possess in the situations where they most are necessary, in your relationship. If your Primary Sexuality is Physical, do you apply your Emotional trait of controlling your emotions at work, but not at home? Do you pick your time to negotiate or solve a problem with your boss or co-workers, but not with your mate?
Do you lash out at your partner because she/he doesn’t express the reassurance you desire, but at work simply ask how you’re doing when you need to know?

If your Primary Sexuality is Emotional, do you assume your mate should know how much you care simply because you are there, but take the time, periodically to reassure your employees? Do you make the time to solve problems at work, but avoid talking things out in your relationship? Do you put up with interruptions at work, but not at home?

The point here is that we must learn to accept our differences and to apply enough Secondary behavior to the relationship to smooth over the inevitable bumps that will occur. So often we exhibit more understanding of what others expect of us in our work life than we do at home. After the honeymoon is over we treat the most intimate person in our life with less consideration than we give to virtual strangers! Granted, we feel we should be able to let our hair down and be ourselves at home, with our mates. But taking it easy in this fashion does not have to be done at the expense of our partner’s happiness – not to mention, inevitably, our own. We need to add back into our relationships some care and consideration, especially when the honeymoon is over. There is no more powerful form of rejection than taking someone for granted.

It may be that you are already using your Secondary traits in your relationship to facilitate harmony. Possibly you’ve accepted that your Emotional partner makes so
many decisions in a business day that he or she doesn’t want to make the decisions about where to eat or where to go on vacation, so you take over, lovingly in this area. As an Emotional, possibly you’ve learned that it is easier to give reassurance and talk things out when necessary than to argue or feel guilty when your mate’s emotions erupt.

The next time you become aware of something your partner does that upsets you, ask yourself if there are times when you do the same thing. Then ask yourself what someone could do to help you avoid getting upset and do that for your partner. For example, if your Physical partner annoys you by wanting to talk about the relationship when you have a deadline to meet at work, think how you would feel if your boss avoided talking to you when you needed help on a project, but he had deadlines of his own to meet. Then ask yourself what you think your boss should do in that situation. Maybe he should make an appointment with you to discuss what you need at a later time, making an appointment dispels your fears that he will never address your needs. Then make an appointment with your mate, showing him or her that you want to talk, that now is not the time and that there will be a time in the near future.

Understanding your partner’s needs and applying Secondary traits to smooth things over doesn’t always seem this easy. At times the problem seems out of our control. This was the case with a couple I recently met. Sean, a commercial artist, is a Physical male and Tina, a
real estate agent, an Emotional female. Their complaint was that Tina’s sex drive was too low and Sean felt Tina was unfairly controlling when and how often they had sex. Upon questioning, I learned that, indeed, her sex drive was too low. They were having sex maybe once every two to three months. Now Tina didn’t intend for this to happen nor did she particularly like how it affected her marriage which was only six months old.

I worked first with Tina alone to surface and eliminate any negative childhood conditioning she may have received regarding her ability to enjoy sex and intimacy. With hypnosis we worked directly to stimulate her sex drive and enjoyment of sexual stimulation. We went over with Tina exactly how Sean approached her and what she felt sexually and found that there was no dysfunction on her part and that Sean was taking the appropriate time for foreplay. None of our efforts to solve the couple’s dilemma seemed to help, however, until we focused on the balance of Tina’s Sexuality.

Tina tested between 70% and 80% Emotional Sexual. We know that this means that, at any one time, she has 20-30% Physical Sexual traits to draw from. In her work in real estate, Tina was drawn out of her normal introverted behavior in order to sell and negotiate. She was with people all day long, sometimes seven days a week. Her schedule was unpredictable, and she never knew when the phone would ring, requiring her to see a client, put in a bid, or take care of any one of the myriad of details that were her responsibility. Virtually all of the traits of 20-30% Physical Sexuality
that Tina did possess were used up in her career so her sex drive became almost nonexistent.

Tina didn’t seem to be able to control the demands of her career. She had to be so extroverted and outgoing in her work that she had no energy or inclination to do the same when she got home.

We first saw some change as Tina learned to handle the pressures of the job with less stress. As she struggled less with the job, she learned to retain some of her energy to be more outgoing at home. Her sex drive soon returned and she was occasionally initiating sex herself.

You can find your own solutions to the specific problems you and your mate experience. First, spend some time identifying the problems in terms of Primary and Secondary Sexuality. Next, find where you can apply your newfound knowledge of Secondary traits to understand and accommodate both your needs and the needs of your mate. You now have a road map with which to find the true “win-win” solution – the solution in which you both feel your needs have been acknowledged and met. Then turn to Chapter 3 for more examples.
Chapter 3

What You See
Is NOT Quite What You Get

When Linda entered the room all eyes turned to look at her. She wore a low-cut dress with a sparkling diamond necklace strategically positioned to draw attention to her cleavage. As she glided from group to group she seemed to take charge of each conversation, joking and laughing with ease, adding excitement to the party.

Like every other man present Tom noticed her at once. The electricity she emitted penetrated even the distant corner of the room where he had been sitting quietly for the past hour, conversing with one couple. Linda was attractive, exciting, obviously comfortable with herself and able to operate among strangers in a way Tom knew he never could.

Although there was nothing flamboyant about Tom, he was a conservative dresser. Seated far away from the “action” at the party – Linda soon noticed him and began working her way toward the empty chair at his side. Although she still laughed and joked, her slow movement from group to group now had purpose and direction. She kept glancing at Tom and when their eyes met there was a certain spark that neither understood but both acknowledged.

Linda would later recall Tom’s detachment from the gaiety and noise around him. He looked as if he knew
something deep and significant about the partying crowd, as he watched them with relaxed bemusement. He seemed strong, so comfortable and secure within himself that he had no need to vie for people’s attention and acceptance.

Tom and Linda saw in one another the completion of themselves. What Linda lacked, Tom seemed ready and able to supply and vice versa.

Their attraction was intense, the ensuing affair even more so. She was a successful real estate saleswoman with the looks to attract any man she wanted. She wore beautiful, expensive clothes and there was a touch of the seductive about even her most tailored business outfits. She drove a yellow Corvette and lived in a luxurious condominium.

He was not particularly handsome, but he had other attributes. Although he drove around town in an aging Volvo and lived in a sparsely-furnished studio apartment, he was a successful Certified Public Accountant with a portfolio of valuable investments – stocks, real estate partnerships, bonds.

Linda and Tom were the odd couple yet when they were together, their romance and attraction were almost palpable. Their passionate affair led to a marriage that was passionate as well – for a while – and then, with the passage of time, they began to grow apart. The bloom was off the rose and Linda and Tom began to notice things about one another they had not noticed before.
In the early days of their marriage, they made love morning and night, nothing was more important. Where once the physical expression of their love for one another had been a compelling need for both of them, Tom now seemed “distracted” – he wanted more time for his business interests and less time with Linda. It seemed to him as if he had been neglecting his work. He began staying late in the office and bringing work home with him.

Meanwhile, Linda’s erratic hours as a real estate sales associate didn’t mesh well with the predictable routines of Tom’s accounting practice. When she wanted an evening on the town, followed by a night of passionate lovemaking, he usually had an early morning meeting with a client scheduled for the next day. Their lovemaking now had to be fitted in when it was convenient for him, but Linda longed for a return to the spontaneity that had made their marriage so exciting in the past.

Angrily she told Tom that his clients and his business meant more to him than their marriage. And although he didn’t dare tell her so, he realized she was right.

Linda began to ask herself whether Tom was indeed the man with whom she’d fallen in love. “Doesn’t he love me any more?” she wondered. Tom’s internal monologue consisted of questions like “Why can’t Linda put things in their proper perspective? Doesn’t she understand that a man has to have his priorities straight? Doesn’t she know that I have responsibilities other than simply pleasing her?”
In time they sadly concluded that “We’re not the couple we used to be.” Both of them wondered where the person each had loved had gone. Now when they went out socially, Tom was aware that Linda’s ability to fit into any group and play the “life of the party” role was one facet of a real shallowness he hadn’t noticed before. She was practiced at banalities – the slightly off-color joke, the insincere compliment and carried the day in every social context. He found she was uncomfortable in any situation that required deep thought or feeling, preferring to skim the surface of the issue. When an occasion did require her to talk about something meaningful, she was often out of her depth.

Linda began to wonder if she had been wrong about Tom’s intelligence. Linda now “knew” that when Tom kept to himself at a party, it was not because he was the thoughtful observer thinking deep or profound thoughts, but rather because he had nothing interesting to contribute to a conversation. People hung on his words because there were so few of them, not because the words were charged with wisdom. In social situations he was frankly awkward and ill-at-ease and when they entertained at home, Linda was acutely aware that he was sneaking frequent looks at his watch and that he couldn’t wait for the guests to leave.

In their early days together, when Tom wanted their guests to go home, it was so he could make love to her. Now it was because he wanted to get to sleep so he could get in an early morning run before beginning his twelve-hour business day. Linda tried to interest
him in sex, in her, in having a baby, anything to get their life together, back on its old “up” note. But nothing seemed to work.

Every relationship, be it business or personal, begins with an impossible fantasy of what an unknown partner is “really like.” Because our partners have traits we lack, we are not very good at visualizing these traits or what it will be like to live with someone who has them, in a realistic way. We may ascribe to our partners all the positive attributes we feel are missing in ourselves. If we are Emotionals, we may secretly wish to be more outgoing, and if we are Physicals, we wish we were more content and quiet. We then hope to achieve these goals through our partners who have the qualities we lack. Whatever our reasons, we value something we think we cannot have and we do everything we can to get it.

**From Honeymoon to Trauma in Three Easy Steps**

Every relationship begins with a honeymoon stage. Suddenly, there is this wonderful, fascinating other person with whom you want to spend all your time. When you are apart, you are thinking of one another and when you meet, your world is transformed into a magical place simply because the two of you are in it together. Everything about your partner pleases and amazes you; that this paragon of beauty, intelligence, wit and competence has chosen to love you, of all the people on the planet, seems a miracle. You feel as if
you and your partner are the first people ever to experience love, that it is totally new and totally dazzling. As a Physical or Emotional paired with your opposite, whose attributes complement yours, you feel complete and whole.

During the “honeymoon stage” there is spectacular sexual chemistry between opposites. The Emotional partner, intrigued and mentally stimulated by his or her Physical lover, behaves in a manner which appears more Physical than Emotional. The Emotional is suddenly interested in frequent intercourse and other sexual activities. He or she is delighted to concentrate over and over again on pleasing the partner, because of the very novelty of watching the responses of a new and different individual, possessed by that fascinating “otherness.”

The Physical partner is characteristically delighted to receive attention, acceptance and sexual favors from his or her Emotional lover. The quiet reserve, the analytical, contained, “in control” manner of the Emotional, seems to crack and dissolve when in contact with the Physical partner’s white-hot sensuality. Watching the usually contained Emotional behave with such uncharacteristic abandon can make the Physical Sexual feel very powerful indeed. The Physical, motivated always by the underlying fear of rejection, particularly sexual rejection, is enraptured by the illusion that his or her own charms are so irresistible and enticing that the Emotional partner has been transformed into a flattering replica of the Physical.
In the newness of the relationship, believing that this is the one they have been waiting for, both parties let down their normal defenses and allow their vulnerable sides to show. The confident, spontaneous behavior of the Physical is rewarded by the Emotional’s playfulness and pursuit of the Physical. The Emotional’s uncharacteristic pursuit is rewarded by the Physical’s acceptance and charm.

At this stage of the relationship there is a powerful romantic connection between the lovers, passionate leave-takings and reunions, seductive glances across crowded or empty spaces, love poems and letters exchanged. The lovers report a profound sense of having found the “missing pieces” of themselves, of feeling complete and satisfied.

If you know the maxim, “everybody loves a lover,” you probably also know this one: “the honeymoon is over,” which means quite simply that things are back to normal. The gloss has worn off the apple, the bloom is off the rose, we have seen the prince or princess in the daylight and, alas, the beloved has a few warts. In other words, the Physical or Emotional partners begin to perceive and be annoyed by the very oppositeness that once attracted them. As the honeymoon fades into memory, the newness and chemistry that sparked them to let down their normal guard fade as well, their defenses emerge and their Primary behaviors become more apparent.

The old saying “familiarity breeds contempt”
describes what happens as our perceptions change after the honeymoon period when love, and our partners, are thrillingly new and challenging. The truth of the matter is that no relationship can remain at the red-hot stage of its beginning and the changes that occur are normal, although they can be disappointing and troubling.

This natural decline of the previous intensity is called the “plateau,” or “taking-it-for-granted” stage of the relationship. Once both parties feel secure, the tension between them relaxes. This modulation of feelings is natural, even desirable, and most people can accept that the lessening of feeling that occurs in the plateau stage as normal and can remain in the plateau stage for months, years or even for a lifetime.

One of the first places that this cooling-down becomes evident is in the couple’s bedroom, where the Emotional begins to revert to his or her normal take-it-or-leave-it attitude toward sex. Emotionals predictably become less enthralled with “love” and increasingly interested in career, hobby, friends, and other non-sexual interests. However, at the same time, the Physical Sexual is usually ready for a rest as well, a chance to attend to other, neglected aspects of life. When the Emotional returns to his or her other (nonsexual) interests, the Physical partner may be able to accept – and even mirror – the Emotional’s lower level of desire and sexual expression. As long as the Physical does not feel rejected by his or her Emotional lover, the partners may float along rather peacefully for months or even years.
In most cases this tranquility is only temporary. In time, sometimes a very short time, the sexual personality of one partner reasserts itself in a way that the other partner cannot tolerate. For example, the physical’s response to the shock of the end of the honeymoon stage is to make an even deeper commitment. Here is an illustration of one of the most important aspects of the Physical Sexual’s behavior: When rejected, the Physical unlike the Emotional, will not leave a relationship literally (by walking out) or figuratively (by cutting emotional ties to the partner). When the relationship cools, Physical Sexuals commit even further to the relationship, because they misinterpret the Emotional’s new aloofness as a withdrawal of affection, a rejection. Panicking, the Physical, for whom sexual rejection is the ultimate annihilation, desperately reaches out, hoping to rekindle the fires of the honeymoon stage, only to be rebuffed. Of course this new “rejection” compels the Physical to reach out again and the cycle continues.

At this point, the dynamics of the Physical female/Emotional male relationship are different from those of the Physical Male/Emotional female relationship. Although (if left unchecked) both continue on their downward spiral, they do so in slightly different ways.

Let’s examine specifically how we unwittingly widen the gap between our partners and ourselves and then go on to understand how easy it is to reverse the process.
The Physical Female/Emotional Male Relationship

The Physical female, sending the loss of ardor in her once ideal and passionate relationship, attempts to re-stimulate her Emotional lover in one of several ways.

At first she takes greater pains to ensure that her appearance is more sexually enticing – she might change her hairstyle, buy a new dress in his favorite color or buy sexy lingerie as a surprise, all in an attempt to get her mate to notice her more and give her more attention, more of his time and more sex. In so doing, she is at least in part blaming herself for his distant behavior, thinking (mistakenly) “If I were prettier, sexier, he might never have drifted away from me.”

At first the Emotional male may notice and indeed pay more attention, though not for the reasons she thinks. His attention returns to some degree (although not usually to the intensity of the honeymoon stage) because she is suddenly different, mysteriously unpredictable. If she continues this tactic and he continues to respond (as he will unless his own behavior is too extremely Emotional), they may stay at this stage for quite some time. Their behaviors become automatic and their relationship is locked securely in the Plateau stage.

All too often, however, the Emotional male is too preoccupied to notice the Physical’s wiles and he doesn’t react, or at least doesn’t react soon enough for her. It takes time for the Emotional male to notice
change and then more time for him to respond to it. Moreover, he rarely veers from one extreme (distance) to another (passion), but rather changes course slowly and subtly. For example, he probably would not go from having sex once every other week, and then only if she initiates it, to initiating sex himself two to three times a week. The first sign of improvement may be that he initiates sex one night after not doing so for months.

In her impatience for instant gratification, the Physical female will not wait long enough to gauge her partner’s reaction. Her fear of rejection is so consuming that she doesn’t feel any relief, even if she becomes aware of some subtle improvement in her partner’s response to her.

Feeling rebuffed in her first attempt, the Physical builds resentment and fear because her once-attentive partner now spends even more time in solitary pursuits, shortens the duration and frequency of lovemaking and now tells her rarely, if ever, that he loves her. His business is his priority. He doesn’t understand or intend the pain that he causes his Physical partner. Nevertheless, they begin moving closer to trauma.

Ever ready to try to rescue the relationship, the Physical female now takes another tactic. She begins to reason that if she is ever to get anything from him, she should always make herself available to him. She lets go of her outside interests and friends and becomes absorbed in his world exclusively. She may also become more careless of herself and her home because, as fear
mounts and she feels increasingly impotent to control
the relationship, she becomes depressed.

No matter how sound the premise seems, being more
available to him backfires on her. Because she is now so
predictable and always so available, he begins to lose
respect for her. She is no longer a mystery, no longer a
challenge, no longer interesting and exciting.

Thus, he dives even further into his own interests.
Now he schedules time with her just as he would
schedule a business appointment, rebuffs her attempts to
talk things out, forgets anniversaries and birthdays, and
never hesitates to cancel a social engagement with her if
something more interesting unexpectedly comes along.

Now with all options seemingly tested and failed, she
becomes angry. She refuses to do anything for him and
is spiteful and vengeful, which, of course, only drives
him away. If they do talk, she accuses him of abandoning
and abusing her and he retorts something about why
would he want to come home to an angry, hissing slob
who does nothing but complain and criticize.

All of this could have been avoided if they had each
maintained certain behaviors. The Emotional male needs
to take his head out of the sand, so to speak, and
acknowledge that there is a problem – at the beginning of
his Physical wife’s gyrations to get his attention. The
Physical female needs to maintain her own activities,
friends, identity, and to take care of herself and remember
that everyone, especially her husband, loves a challenge.
And they need to talk about their expectations but in such a way that neither feels attacked for not being what the other demands they “should” be.

**The Physical Male/Emotional Female Relationship**

The Emotional female involved with a Physical male will also have sexual pressure with which to contend – and more. He becomes bored and while at first he is still physically faithful to his partner, psychologically he strays by comparing her unfavorably to other women they know (generally other Physicals, whose behavior, like his own, he recognizes as “right”). Originally, the Physical male was drawn to her because she obviously needed his strength to offset her own weakness, which is how the Physical views the Emotional’s reserve, reticence and low-key demeanor. Later, however, he becomes dissatisfied, frustrated and typically wants to change her. “Take courses to improve your mind,” he tells her. “Be more assertive on the job,” “Take more time with your appearance,” or “Improve yourself.”

The Physical male will not bother to conceal the sexual disappointment he feels in his partner either: She’s frigid. She’s mousey. She’s dull.

Such pressure brought to bear on an Emotional female will almost always cool her sexual receptiveness. Indeed, no one would welcome the advances of someone who criticizes and constantly finds fault.

In addition to becoming less sexually responsive, the
Emotional female may indeed become convinced there is something very wrong with her and she may begin to worry about her “inferiority” and her inability to please her mate. If her reaction is severe enough, she sinks into complete depression and may even abandon all attempts to care for herself or her home. His constant criticism has destroyed what little self-confidence she had to begin with and as she acts out her doubts about herself, he begins to lose respect for her. She is no longer the woman with which he fell in love.

The Physical male’s constant efforts to change his Emotional spouse may spark her abiding anger and whether his suggestions for her are appropriate or not, she becomes rigid, refusing to change at all. Convinced that the Physical male no longer loves her, she may engage in extra-marital affairs with more approving partners. While he may not know of her affairs, her husband feels so rejected that he becomes, in her eyes, a weak, sniveling, jellyfish – so totally controllable that she can only feel contempt for him.

Another possibility, which initially thrills the Physical male and heightens his sense of power and control over his woman, soon proves a mixed blessing, if not an outright disaster. In this scenario, the Emotional female sets out to change herself into what her partner says she wants. She dresses in an overtly Physical style. She gets a job or, if she is already employed, a better job. She works to make herself more socially outgoing, often becoming the center of attention when they go out. Rather than needing the Physical male for her personal
survival, the Emotional female is now socially, perhaps even financially, independent.

Suddenly, the Physical male feels intimidated, undermined and fearful that some other man will steal her away. His woman doesn’t need him anymore. What can he do?

His “cry for help” is sometimes an otherwise unwanted extramarital affair, which he generally bungles so that his partner will learn what he has done. This provides an opportunity for the dramatic display of his hurt and grievance: “I would never have done it if you had been more loving/available/nurturing/interested, etc.” Since the Emotional female does not necessarily view an outside sexual adventure as incompatible with love, she may forgive the Physical male. She blames herself, toning down or renouncing the behavior that drove her partner into the arms of another woman – even though the behavior that forced him to such extreme measures was the very behavior that he demanded of her in the first place! As she slips into passivity, the once more downward cycle begins again.

Here again the problems of the Physical male and the Emotional female can be avoided, if the couple maintains certain behaviors. The Physical male must understand that no one can tolerate constant criticism. If he sees ways in which she can change that would be good for her, he should suggest them, but in a positive, loving way. He must refrain at all times from denigrating her. If she is not sexually responsive, he can take some of the
responsibility and learn to approach her slowly, gently and to do what she enjoys. Above all, he must retain his confidence and dignity.

The Emotional female should maintain her self-confidence, neither crumbling under his requests for change (inferring there must be something wrong with her if he asks her to change something), nor becoming rigid and refusing to change in ways that she determines are good for her. She can initiate changes with which she is comfortable and reassure him that she still wants him, even as she changes in positive ways.

If the problems in the Plateau stage are not solved, the relationship now passes to the Trauma stage where reactions are heightened and each partner is driven by the other to the extremes of his or her type of sexual personality. The Physical partner feels more and more insecure and rejected, while the Emotional becomes more and more passive and distant.

This Trauma stage, and the resulting breakup or divorce, doesn’t have to happen if we learn to maintain healthy behaviors. We can do this by beginning to accommodate our differing expectations at all stages, particularly the early stages of the relationship. To begin this process, we must first accept that our expectation of being treated as we were in childhood by our father or secondary caretaker is simply unrealistic. Physicals cannot expect constant acceptance, affection and verbal reassurance, any more than Emotionals can expect that their partners will be satisfied with the
knowledge that they are loved, although that love is never outwardly demonstrated.

Second, we must realize that what we loved in our partners at the beginning is the smaller, less dominant part of their personalities, their vulnerable side. In the newness and heightened expectations at the beginning of any relationship, both parties let down their guard and become vulnerable. If we want our partners to be vulnerable to us now, we must provide an environment in which they feel safe to do so.

Let’s look at what we saw in our opposite that attracted us to them in the first place. Then we will proceed to examine why what we chose to see is not the reality.

If you are a Physical sexual, here are some of the “missing pieces” that you originally saw in your Emotional partner:

• Contentment: They seem to be comfortable with themselves (something Physicals seldom feel).

• Deep inner wisdom: Why else would they draw apart from others and remain silent when they could be contending for center stage?

• Strength: They remain composed in the face of situations that panic the more excitable Physical.

• Self-control: They adhere to the most rigid schedules, and always complete projects on time (adjectives like “workaholic” and “compulsively
rigid” also come to mind).

- Logical: they seldom let emotions affect their decisions.

If you are an Emotional sexual, here are some of the “missing pieces” that you originally saw in your Physical partner:

- Spontaneity: They never get stuck in ruts and routine like Emotionals do.

- Excitement: They are full of new ideas; they live on the emotional edge at all times.

- Decisiveness: They always know what they want and when they want it.

- Animation: They are lively, always on the go and can never settle down.

- Happy: They even wake up in a good mood.

Thus, a Physical will choose an Emotional because, among other reasons, the Emotional seems quiet and deeply intelligent – all the things that Physicals, who perceive themselves as over-communicative and shallow, feel they are lacking. In reality, that person sitting over there in the corner keeping his or her own counsel may be extraordinarily dull, with nothing whatsoever to add to the conversation. No matter. To the Physical, this mysterious individual appears wise, knowing, and maddeningly self-contained. As we have already learned, it never occurs to the Physical, who covers his own
insecurities with an elaborate social façade, that insecurity may also take the form of reticence.

Emotionals on the other hand, see Physicals as confident and outgoing, comfortable and even in command of social situations, able to express themselves easily to anyone on any subject – all the things that Emotionals, who perceive themselves as tongue-tied, boring, and lacking in social graces, feel they are lacking. Of course, the flamboyant individual holding forth in the center of that crowd may be dressed so dramatically because he has a desperate need for attention. He may be talking volubly because he is so compulsively verbal that he simply cannot shut up. To the Emotional, the self-centered insecure individual appears fascinating and magnetic. It never occurs to the Emotional, who covers his own insecurities with passivity and withdrawal, that insecurity might also take the form of gregariousness.

Although Physical and Emotional Sexuals are drawn to each other in part because they see their own missing pieces in their partners, they are soon shocked to find their partners behaving in what seems a very selfish way. Differences in behavior and communication styles cause each personality type to misunderstand and doubt the intentions of the other. Little do they recognize, at this point, that they both want the success of the relationship, but that success means something different to each of them.

The misunderstandings leading to these conflicts occur because every person in any relationship – be it an
intimate relationship between lovers or spouses, a business relationship, or any other kind of relationship – believes that his or her own feelings are shared by the other person. None of us is quite able to accept that the other person, who is so familiar and yet so wonderfully alien, has a whole complex set of personal feelings that may also be very alien to us.

These are some of the most common feelings that Physicals and Emotionals mistakenly think that they share:

1. When the two lovers, early in the relationship, have at last succeeded in communicating fully their feelings of love for each other, the Physical feels that “the honeymoon will last forever.” That they will always be as close and intimate as they are now, and that the Emotional must be experiencing these feelings of love in exactly the same way. The Emotional, on the other hand, feels, “at last, the relationship is stable. Now I can turn some of my attention to my career and my other outside interests.”

2. Although it is difficult for them to realize it, their approaches to life, and in fact their very way of perceiving and relating to the world, are completely opposite and so are their priorities. While the chief priority for Physicals is living fully, feeling and nurturing their relationships with others (from whom they in turn seek the nourishment of approval), the chief priority for Emotionals is their thoughts, their work and outside affairs where emotions are minimal, things are done by appointment, and people are more predictable.
3. Physicals and Emotionals also share fundamentally different feelings about the role of sex in a relationship. The Physical feels that sex is the most direct way in which partners can communicate love and reestablish their bond, and can’t conceive of anyone else feeling differently. To the Emotional, partners communicate love by choosing to live together. Sex is simply sex and they can’t conceive of anyone feeling that sex and love are synonymous.

4. Physicals must be verbally told that they are loved, or that someone wants to be their friend, or enjoys working with them. On the other hand, Emotionals believe that if you and I are here, we must want to be together. Thus Physicals feel rejected when Emotionals do not express their feelings. When Physicals express their love or friendship, Emotionals wonder why they must say it or what they want in return.

5. Physicals and Emotionals mean different things when they do express their love for each other. To idealistic Physicals, love is forever. To overly practical Emotionals, when love is expressed it is only what they feel at the moment – tomorrow they may feel differently.

6. In the sex act itself, the Physical feels ego sensations quickly and frequently. Every touch builds the tension and excitement leading to orgasm. The Emotional’s points of stimulation are narrowed more to the genitals and sexual response begins in the mind, not in the body. Thus the Physical enjoys a rough and tumble kind of sex and strives to prolong the sex act. The Emotional, on the other hand, feels the need for
sex less often, responds to a gentler touch than the Physical, and seeks only orgasm, not prolonging the enjoyment of the act.

Why partners in a relationship should believe that the other partner is just like them is a paradox. When asked why they were attracted to a certain lover in the first place, many people are perceptive enough to cite the other person’s differentness from them. Yet, that the possession of these very diverse traits should produce equally diverse feelings and not feelings of closeness, does not seem to occur to them.

We may think that our partner behaves as he or she does to spite us or in response to something we have done or failed to do, or that their behavior is aimed at thwarting, punishing, humiliating or rejecting us. But most often what we mistake for responses to us, personally, is merely the expression of another’s normal, everyday sexual personality.

For example, Physicals often think Emotionals are withdrawing from or rejecting them when the Emotional becomes quiet. Emotionals always become quiet, however, when they feel they have nothing to say or when they are preoccupied with their own thoughts. Conversely, Emotionals often feel that Physicals, by demanding that Emotionals express what they feel again and again, are pushy and suffocating. The Emotional feels, “I said it once; why must I say it over and over again?”
If you are Physical, it may be hard for you to accept that the cliché “out of sight, out of mind” was written with the Emotional Sexual in mind. It may seem impossible that your partner could be all but oblivious to your existence except when he or she is actively reminded of you, or when the fact that you exist suddenly fills the vacuum left at the end of your partner’s workday.

However, your Emotional partner’s behavior does not indicate indifference toward you, but rather intense concentration on something else. Emotionals tend to concentrate strongly upon whatever is in the “foreground.” They like to analyze things one at a time as they arise and deal with them in a linear sequence. If the Emotional’s partner does not happen to be first in line at a particular moment, then the Emotional thinks of other, more immediate things.

If you are an Emotional, it may be hard for you to accept that your partner can become obsessed with having to hear verbal reassurance of your love. That someone could be so dependent on the affection of another to feel happy and content is unthinkable to you. Moreover, since you feel suffocated and ill at ease having to say the words, you may interpret your partner’s insistence on hearing them from you as unfair, selfish and even cruel.

Yet this behavior from the Physical is really perfectly logical when we realize that relationship, not career, is the Physical’s priority. If an Emotional were
out of work, fired or in a tenuous financial position, all of his or her energy would be directed at remedying that disaster. The Physical feels exactly the same way about relationships.

Moreover, Physicals learn literally. To accept that you love them simply because you come home every night is not enough. You could be coming home simply because it is convenient or because you have nowhere else to have dinner and go to bed. Physicals need verbal reassurance because they do not know where they stand. The remedy is simple and literal – Communication.

Sometimes the very qualities that one partner sees as negative actually meet that partner’s needs in some other area of the relationship. For instance, the Physical Sexual male resents his Emotional sexual partner’s strong desire for privacy, however this same desire makes her sensitive to his needs for privacy, such as “a night out with the guys,” a hunting trip, or a poker game.

Or, the Physical may resent the Emotional’s lower sex drive. Yet this same lack of need assures that the Emotional will strive to make sure that the couple’s sex life has quality, if not quantity. When Emotionals do want sex, they ensure that their Physical partners enjoy sex and get the most out of it. Or the Emotional, who resents the Physical’s need for verbal reassurance, may actually benefit from hearing immediately that something is wrong and needs fixing. Or the Emotional female who is irritated by her Physical partner’s dominant behavior can begin to see that that behavior
helps her make the life decisions with which she would otherwise struggle.

**Using Secondary Behavior to Harmonize Your Relationships**

All of us have experienced at one time or another the helpless sense that everything good about an important aspect of our lives was slipping away and that we were powerless to reverse the course. Bob, a Physical mechanic, sums it up:

“Suddenly, I felt like I was trying to bail water out of a boat with a strainer. Every word I said made things worse between Eileen and me. It was magic for us at first. We went everywhere and did everything together – long walks on the beach, sharing intimate secrets from our pasts. She did everything she could to please me: Cooked my favorite foods, wore my favorite colors, rented the movies I mentioned wanting to see. But one day, something changed. I can almost tell you to the hour when it started to go wrong. I could sense that we were not understanding each other, but I couldn’t do anything about it. It was like when I was a kid taking a shop class. I made a little wooden cabinet for my mother. The door didn’t fit quite right, so I planed a little off the top. After doing that it still wasn’t right, so I took a little off the bottom, and then more off the top, and more off the bottom. Pretty soon, the whole thing was ruined just from trying to make it fit. That’s what it felt like with Eileen.”
Therapists have heard thousands of similar stories. Two people, still close, warm and loving, gradually feel themselves changing. There is nothing big or dramatic happening in their lives. There is no one thing that can explain the sudden trouble in their relationship. Yet something is definitely wrong. Since they don’t know what the matter is, they can’t really think of a solution to the problem.

In almost all cases, the critical difference between relationships that succeed and those that fail is that in successful relationships, whether consciously or unconsciously, the participants’ Secondary Sexuality has been skillfully channeled.

If you are in a relationship with someone whose sexual personality is the opposite of your own (i.e. you are predominantly Physical and your partner is predominantly Emotional), then your Secondary Sexuality is the same as the Primary Sexuality of your partner. Although you may feel completely the opposite of your partner, there is at least a part of you which, if you learn to recognize it, will teach you how to hone in on and figure out your partner’s behavior. By accentuating your Secondary traits, allow yourself to express a sexuality like that of your partner’s, moderating your own behavior and smoothing off the extremes that cause so many upheavals in our relationships. The Secondary part of your personality is the part that helps you make compromises and feel in sympathy with your partner’s needs and desires.
You cannot change your sexual personality any more than you can change your date of birth or your genetic endowment. However, you can produce an effect similar to changing your sexual personality by using your Secondary traits to alter the direction of your relationship. Imagine, for example, a 70% Physical who feels rejected by his or her opposite emotional partner. This rejection may be real or imagined, but what matters is that the Physical Sexual is convinced that the rejection is taking place. Normally, the 70% Physical Sexual will submerge his or her Emotional behavior and will act out Physical traits of possessiveness, anger and jealousy.

In so doing, the Physical becomes unacceptable to the Emotional Sexual partner who exhibits the natural behavior of an Emotional in response to such emotions. The Emotional flees. Thus, the Psychical has achieved the opposite of his or her desired result.

Instead of acting out Physical traits in this situation, a Physical Sexual could try to emphasize Secondary behavior by giving the Emotional partner more freedom. The Physical may learn to spend extra time at work or become involved in other activities outside the relationship, thus lightening the pressure Emotionals sometimes feel if they don’t choose to be around their Physical mates all the time. When the Physical understands that the Emotionals’ need for breathing room and privacy is not a rejection of the Physical, he or she will give up the need (almost compulsive in some high Physicals) to operate from the Primary side by
becoming extremely possessive, sexually aggressive, demanding and jealous.

If the Emotional normally doesn’t have any time alone, the Physical sexual can understand and leave the house periodically for part of a day or an evening. The Physical who isn’t feeling rejected can also get some of the body contact he or she needs if the Emotional offers a back-rub or some hugging and cuddling. These offer something warm and interactive rather than strictly sexual.

Similarly, Emotionals can deliberately nourish their own desires for privacy and quiet time while they are apart from their mates. Rather than expecting their Physical partners to make room for them, they can manage their lives to give themselves much of what they need. For instance, long commutes to and from work afford Emotionals the leisure and solitude to think, dictate into a tape recorder or listen to music. After an hour of evening commute time spent “being Emotional,” the Emotional is much better able to absorb and gratify the Physical’s demands for attention or involvement in family life in the evening.

An Emotional Sexual who has learned to apply his or her own Physical behavior to a relationship with a Physical Sexual partner will help that partner feel markedly more secure. Remember, when a Physical Sexual asks for sex, he or she may not only be asking for sex but also for approval and acceptance. Responding to the wish to be acknowledged may enable
the Emotional partner to lower the Physical’s sex drive by lowering the level of the Physical’s anxiety. Always remember that by accentuating your own Secondary Sexuality you are increasing the security and comfort level of your mate, making your own behavior more flexible, and enhancing your relationship. Even though all the Physical’s sexual desires may not get met (especially in the case of the extreme Physical male with an extreme Emotional partner), the Emotional partner provides enough affection and attention to decrease the level of the Physical’s demand.

Let’s look at an example of Secondary Sexuality in action. Frank, an 80% Emotional accountant is married to Lucy, a 75% Physical marketing representative for the same company that employs Frank. The company has a softball team of which Lucy is the co-captain, but in which Frank’s interest is precisely zero. Convinced that group activities with others are wholesome and will enrich their relationship, Lucy signs both of them up to be team members. She also talks Frank into joining a bowling league with her.

If Frank is going to participate in such group activities and not disappoint Lucy, who is expecting him to join her, he has to find and access the outgoing Physical parts of his personality. He can’t huddle over his ledger in a corner of the bowling alley, going to the lane only when it’s time to roll the ball and then retreating to his work papers. Since he’s going to be on the softball team with a lot of his (mostly Physical) co-workers, it will not help his career to be unfriendly or
withdrawn. As a result, Frank acts very outgoing at the lanes and on the diamond, and tends to withdraw a bit at home. Lucy, who is used to him, usually accepts his behavior and curls up against him with a book of her own when he says he just wants to read.

At other times, however, Lucy is resentful when Frank wants to return to the office after softball practice or bowling, when she is hoping for the pleasure of his sexual company. All is all, though, they communicate rather well. In the long run, Lucy thinks it is better that Frank help boost both their careers by socializing with co-workers. She is willing to trade away some of her personal time with him for a business advantage, and so they have hit upon a compromise which works most of the time. At some point in the future, they may decide to change the arrangement to one where Frank spends the “social “ time with Lucy in a way that is comfortable for his 80% Emotional personality. Then he will probably drop out of the softball and bowling leagues, and devote to Lucy the social hours he has to share.

Phyllis is a 70% Emotional sales representative for an office equipment manufacturer. She spends her days calling on customers using her 30% Physical Secondary behavior making contacts, small-talk at lunch, and sales. Phyllis is dating George, who is also a salesman but 80% Physical. When they get together at the end of a long work day he expects sex. More often than not, Phyllis wants time to “recharge her batteries” by watching television, reading a novel, or simply being quiet. She tries to explain to George that sex is for weekends, “when
I can relax, when I have something left to give you, George.” On the other hand, he views weekend sex as impossibly boring, “so middle-class, Phyllis. Next thing you know, we’ll have 2.2 kids, a station wagon and a house in the suburbs. Having sex with you revs me up to face those customers the next day. I know you love me. Let’s have some fun together!”

Phyllis is already using virtually all of her Secondary Physical energy in her sales job. At 80%, George has “Physicalness” to spare. Unless they find some sort of workable compromise, they are on a collision course which will probably destroy their relationship in time.

Perhaps Phyllis can find some way to get some alone time on the job, or get away from work during lunch hours. Then, having recharged at a point other than relationship time, she can be more flexible and enjoy having sex once in a while during the week. This change from Phyllis can prompt George to relax his opposition to weekend sex, and enjoy the more relaxed atmosphere the weekend allows both of them.

The following is a list of the things each partner can do in a relationship – any relationship, be it personal or professional – to begin the process of compromise so that each partner’s needs will be met. Notice as you read through them that each is geared to minimize the extreme of your Primary behavior by accentuating a trait from your Secondary behavior.

We stated earlier that a 60/40 balance of Physical
and Emotional Sexuality (with either one as the Primary or Secondary) is the ideal for a healthy relationship. Each suggestion below accentuates your Secondary behavior, to bring you closer to that ideal balance. As you emphasize your Secondary traits, your Primary traits are minimized in specific ways that are positive for the relationship.

As it becomes automatic to minimize the traits in yourself that cause your partner to react negatively, you begin to create an environment similar to the honeymoon stage, when you were both happier – an environment that allows your partner to feel safe showing his or her vulnerable side again.

Of course, the optimum solution to your difficulties would be for both of you to work together on each item that affects your relationship. Yet, even one person alone using these suggestions can begin to create positive change. When one person changes in any family system, all the others in the system are affected. You cannot change without creating a reaction in your mate or children. The suggestions below are geared to get the reaction you desire from your partner.

Moreover, when we feel hurt, mistreated or bruised, as we do when our expectations are not met, we tend to retreat to a safe distance to lick our wounds and wait for the other guy to do something to show it’s safe to come forward again. Considering this, it’s natural that if you change in a positive direction, your partner is likely to relax and eventually change in a positive direction as well.
So, whether you work as a team or as one person taking the first step alone, the following suggestions will show you a positive solution to the typical conflicts that Physicals and Emotionals experience in the plateau stage.

**Sex**

**Physical**

Back off sexually. Let a week go by without pressuring for sex. Give signs of non-sexual affection, such as hugs, hand-holding, cuddling. Refrain from demanding sex more than two times a week. Don’t become boring sexually – vary the routine. Vary the length of time you take with sex – learn to have “quickies” once in a while.

**Emotional**

Initiate sex sometimes when you know your partner wants it, even if you are not in the mood. If you don’t feel like having intercourse, think of other ways to bring your mate sexual pleasure. Have sex at least once a week. Initiate sex periodically – don’t become lazy, expecting your partner to initiate all the time. If you have to turn your mate down when she/he wants to make love, leave an alternative – “maybe tomorrow.”

**Communication**

**Physical**

See the ways in which your partner expresses his or
her affection other than verbally. Spend less time talking about the relationship and more time enjoying it. Rather than always talking about the problem, offer some solutions. When discussing wants and needs, try to use logic and reasoning rather than emotional demands, threats, etc. “Plant the seed” of your request, and then back off, thereby allowing your mate time to think and respond. Be aware of your mate’s unspoken feelings and how easily wounded she/he is. When hurt, your mate will not speak up as you do. Silence does not necessarily mean everything’s O.K. Give your mate a chance to express thoughts and feelings without interrupting or dominating the conversation. Above all, maintain your self-confidence – don’t cry, beg, or plead. If you do these things, the Emotional will lose respect for you which once lost, is very difficult to regain. Practice self-control. Do not, under any circumstances, allow your frustrations to express themselves as put-downs, violence, abusive language or other physical or emotional outbursts. These are real turn-off’s for the Emotional.

**Emotional**

If your mate points out all the things he or she gives up for you, let your mate see the things you give up, which are less obvious, but still important. Make time to discuss the relationship when necessary. Try to be less sensitive to tone of voice and react to content rather than emotion. Listen to your mate’s requests and acknowledge that they are valid to some degree. Do not minimize your mate’s feelings or discount them. Even an emotional threat is symptomatic of something real. Try to talk
things out when they bother you rather than suppressing feelings. It’s easier to talk things out when they are still small problems, rather than to negotiate the big ones later on. Ask your mate to “just listen” without responding until you’re through. Let your partner know that you respect him or her.

**Premise**

**Physical**

Accept your mate’s behavior as normal for them and avoid attempts to change them or see them as someone other than who they are. Don’t act jealous and possessive of your mate. Resist the urge to smother your mate, or the desire to know all their thoughts and actions. Recognize the importance of your mate’s job or career. Give them support and accept it as a priority.

**Emotional**

Rather than resist all the changes your partner suggests, change if it is good for you. Talk to your mate about your job or career. Look for ways they can contribute and enlist his or her help. Let your mate understand and feel a part of the thing that consumes your time and energy.

**Time**

**Physical**

Be happy with quality time – don’t ruin the time you
do spend together by complaining it’s not enough. Assume the role of the relationship’s “social director,” making plans about where to go and when, and follow through on them. Respect your partner’s need for space – develop some interests of your own or spend time with friends as you did before you began the relationship.

**Emotional**

Make a point to spend quality time with your partner – to listen, to plan. Once in a while, make some plans to do something or go somewhere with your mate and surprise him or her with a fun afternoon or weekend that you initiate. Keep track of important dates (birthdays, anniversaries, Valentine’s Day, etc.), and give your mate a gift or set aside special time together. Minimize the impact of your absorption in other aspects of your life by small, thoughtful gestures (i.e. write a note, buy a card, make a telephone call, reach out and touch, give a little gift for no reason or no particular occasion).

**Reassurance**

**Physical**

Avoid asking for constant reassurances, which as “Do you love me?” “Are you sure?” “How much do you love me?” Don’t decide to “change” your mate or challenge his or her priorities just to prove you can. Let your mate know you appreciate him or her for their mind as well as their body.
Emotional

Try to be more spontaneous and express affection when the Physical is not expecting it. Reassure your mate than even though you do not frequently say that you love him or her, it’s still true. Recognize your partner’s requests for change are symptoms of your lack of attention and make some time to spend with your mate. Contrary to your fears, your mate will not keep asking for more if he or she gets a little. If you don’t want to increase the level of sexual activity in your relationship, recognize that part of your mate’s desire for sex is really a desire for reassurance. Confirm that you appreciate your mate and that he or she is important to you.

As you continue on to Chapter 4, you will learn in greater depth the behaviors of Physicals and Emotionals in the Trauma stage of a relationship. No doubt, with the knowledge you now have, you will readily see how these problems could have been solved long before this stage. Read on and not only will you see what happens when differences in behavior are not accommodated in the Plateau stage, but you will learn how to reverse a seemingly futile situation.
Chapter 4

Oil and Water Don’t Mix

A fertile place in which to observe the behavior and thought processes of Physicals and Emotionals in action – not to mention in various stages of trouble in their relationships – is at a “typical” American cocktail party, the sort of gathering in which people are free to mingle or hang-back, make small talk or remain silent, pursue, be pursued, remain aloof or connect. Pretend for a moment that you are “a fly on the wall” and watch some typical couples and singles operate the way a sociologist or psychologist might.

Arthur and Amy Adams arrive, greet the hostess, enter the living room and separate. Amy surreptitiously fluffs up her hair and catches a sidelong look at her reflection in the mirror over the fireplace. Her eyes sweep the room for interesting conversations in progress. By the buffet table, two men and a pretty young woman are sharing what must be a very funny story because they are laughing heartily. Amy has never met any of them, but she will in a minute. Without a pause or misstep, she makes her way into this intimate little group. She introduces herself and immediately tells a funny story of her own.

Meanwhile, Arthur has busied himself getting a drink. Sipping thoughtfully on his wine cooler, he stands in front of the bookcase for a while perusing the titles. He notices a vacant place on the love seat by the
fire. As Arthur makes his way towards it, he sees a colleague from work. They have a short conversation about a company meeting taking place the following week. Arthur sits down on the love seat. A young woman sitting across from him, wearing a high-necked navy blue dress, gives him a shy smile but doesn’t speak. He nods, smiles and they spend the next few minutes looking past one another’s shoulders, carefully avoiding eye contact and further interaction as they watch the party swirling along.

Brian Burke has been looking for his wife, Barbara, who drifted away awhile back when he was regaling a small crowd with his best Groucho Marx imitation. Someone in another room has put on the music and now a few couples are dancing. Brian wants to dance with Barbara, if only he can find her in the crush. The crowd parts and, ah, there she is – sitting by the fireplace, across from “what’s-his-name,” Arthur Adams, the tax lawyer. Nice guy. Real quiet and doesn’t know anything about sports, but nice. Brian salutes Arthur. “Hi-ya, Art, how’s the IRS these days?” “Fine, thanks,” says the reserved Arthur, as Brian sweeps his own wife off the love seat and into the crowd.

Amy Adams has the same idea – she’d like to dance with Mr. Adams. But on her way toward the fireplace, her hand is grabbed by one of the “funny story” guys, who drags her in to the conga-line forming by the kitchen door. As the line snakes its way out onto the patio, she’s helpless to resist the momentum. She’ll have to dance with her husband later. He’ll want to
dance to something slow anyway, where he can just shuffle along and kind of hold her.

Catherine Carter has arrived at the party alone, for once. She wears a sleeveless, emerald-green taffeta dress that rustles when she moves and her thick, golden hair is pinned up off her neck because she always gets so warm in a room full of people like this one. All the men’s eyes are upon her as she begins a slow, deliberate circuit of the room. Two of them wink at her, then rush off in an absurd contest to see who can be first to fetch her a drink.

On a love seat by the fireplace sits this interesting-looking guy. When Catherine Carter smiles at him, he nods and gives her a very level, but at the same time, pleasant, approving look. He has on an elegant, dark jacket. His horn-rimmed glasses remind her of a professor she had in college who was, in his quiet way, about the sexiest man she ever met. Looking casual, but with a definite sense of purpose, she advances on Art Adams. “Is this seat taken?” “No,” he says. She sits. They talk. “You’re a tax attorney?” she asks. I always have a hard time filling out my short form.” “Because you’re too busy having fun, I’ll bet. What do you do?” “I’m a travel agent…” she tells him about a cruise to Alaska she is planning. It’s funny, Arthur thinks to himself. This is how I met Amy. I was at a big party with that other girl – what was her name – Gail, the flight attendant? – and while Gail was off somewhere, my wife-to-be struck up a conversation with me… and the rest, as they say, is history. He’s really listening to
me, Catherine reflects silently. When I talk to him, he looks into my eyes, not down the front of my dress. Too bad he’s married.

What a gorgeous girl, so poised, so much at ease. Arthur suddenly feels himself awakening, as if after a long sleep. Boy, he thinks, she could sell me a cruise any time. “Well, Miss Carter” he says, “my firm is thinking of changing travel services. We’ve become dissatisfied with our current arrangements. Let me give you my card. Call me if you’re interested in pitching for the account.”

What a gentleman, Catherine thinks to herself, calling me “Miss Carter.” How cute he is!

What is going on – really going on – here? Catherine came to the party alone because she had broken up with a lover who was more interested in looking at the latest building he had designed than at her. Brian Burke was one of the men who rushed off to get Catherine a drink because he never gets to flirt with his wife or “come on” to her anymore – every time he tries she accuses him of being a “sex maniac.” Now Barbara Burke will watch her husband trying to make time with Catherine and later that night she’ll decide that she’s not going to let him humiliate her in public any longer. If Brian thinks that she’s so cold he has to run after an obvious piece like that little blonde travel agent with the low-cut dress, he ought to see his wife at lunch with Dennis Davis, the new supervisor at work. Mr. David thinks Barbara Burke is fine just the way she is. Mr. Davis has been pressuring her to go out with him after work, on one of
those nights without number, when Brian is bowling, at
the ball game or playing poker with his pals… maybe
she will go next time Dennis asks her.

And what about Arthur Adams? Ever since he and
Amy got married the romance has slowly but relentlessly
been leaking out of their relationship. He doesn’t feel
romantic toward her very often these days and when he
does she’s resentful. When they make love, instead of
telling him how wonderful it was, the way she used to,
she now says, “You see, it could be special like this all
the time, just like when we first got married, if only
you’d try.” How can she say that? Of course it can’t be
like that all the time – the point of sex is that it’s such a
nice break in his routine.

Once again we see that although their very
oppositeness is what attracts Physicals and Emotionals
to each other so intensely at the beginning of a
relationship, this oppositeness of character and interests
is also exactly what drives them apart – the same way
oil and water tend to separate and refuse to mix – once
the initial surge of mergence is over and the emotional
turmoil it produces has begun to die down. Suddenly
each partner becomes aware of the others’ oppositeness,
and inevitably attributes it to willful stubbornness or
deliberate persecution. Virtually all marriages that fail
do so because Emotionals and Physicals fail to
understand the way Sexual Personality operates.

Each partner’s initial frustration and later resentment
of the others’ opposite characteristics only causes the
other partner to defend and strengthen them all the more, polarizing and exacerbating the situation even further. This inevitably leads to an escalating cycle in which the Physical and Emotional partners unwittingly alienate each other further and further, until, in the absence of strong religious or cultural prohibitions, one member of the couple, usually the Emotional decides he or she can’t take it any longer and causes the Physical to end the relationship.

Here are some chilling statistics: The average unmarried couple lives together for six months, the average childless marriage lasts only three years and the average marriage with children lasts only five to seven years. If a relationship is not allowed to progress to the next natural stage it falls apart. Divorces are so common it is now noteworthy when a couple stays married. Among that minority of couples who remain together, there is often a sense that the basis of the relationship is not love, communication or passion, but rather habit, financial expediency or a kind of pervasive numbness in which the partners can’t muster the energy to separate.

The wisdom of our time dictates that anyone in a bad marriage or relationship had better get out of it as soon as possible and find another more satisfying liaison. In a sense, we expect to have the best of all possible worlds. Parents who stayed married when we were children in order to give us the stability of an intact family and later the freedom to abandon, restructure or recombine the families in which we are the parents.
Our relationships are less satisfactory than those of our parents and grandparents who grew up in a culture that considered marriage a lifelong commitment. Until very recently, relationships were expected to involve a few months of great happiness and intense sexual pleasure, followed by years and years of submission, drudgery and suffering. It was an unspoken but acknowledged fact of married life that after a “honeymoon” period, marriage became predictable and unexciting. Life, after all, was not supposed to be exciting. God had designed it to be difficult, as a test of character and faith from which only the most dutiful might ascend to heaven after they died.

Rare was the spouse who left a partner. Death, not divorce, was the “home-wrecker.” Which leads us to another realization: People in earlier times lived shorter lives. Epidemics, childbirth, bacterial infections and a myriad of other causes felled young and middle-aged people in numbers difficult for us to comprehend today. Couples simply had a shorter life together before one or both succumbed to some fatal illness, so the question of “filling the time” while spending fifty or sixty years with the same partner did not often arise.

In those days, legally defensible reasons for seeking a divorce were restricted to abandonment, hopeless criminality or insanity (which included drug or alcohol addiction), perversion (homosexuality, pedophilia, bestiality, etc.) or adultery on the part of the “defendant.” In order to consider or obtain a divorce, one had to be in extremis, not merely dissatisfied with one’s overall “quality of life.” No fault divorce, or
divorce based on incompatibility, (had either idea even been formulated at the time) would have been judged not only immoral, but ridiculous. The “sanctity of the family” was reinforced in large part by the ostracism of divorced persons, with the social condemnation falling as well upon the “innocent” parties to the divorces such as the children or parents of the dissolved union.

Today, while many people deplore what they call “the new morality,” lamenting that marriage and the family are endangered institutions, few of them can propose any realistic process for improving the situation. Those who advocate a simplistic return to the “old values” are notably vague on just how such a return is to be accomplished – how is the little farm to be made profitable, the family to survive on one paycheck, the children to be clothed, fed, and educated? And what is the couple to do with themselves for the fifteen, twenty or thirty years they survive after retiring from the “useful labor,” of raising a family, which was the center of their lives?

I’m not seriously proposing that we return to our grandparents’ world, with its short life expectancy, high infant mortality, sixty-hour work week and general condition of domestic and vocational drudgery. What I am suggesting is that lasting marriages are possible today, based not on social pressures and penalties, but on a mutual understanding of Sexual Personality. The legitimacy of each other’s way of being is accepted even when, or especially when, it seems to go against the grain.
If you are a typical reader you may have already recognized in our descriptions of Physical and Emotional Sexuality the kind of relationship problems that led to the breakup of your past relationships. But you may still be unaware of the underlying pattern, the downward spiral that caused the breakup. Once you understand how you and your partner act unwittingly to bring out the most negative aspects of each other’s sexual personality, during the Trauma stage of your relationship, you will be able to free yourself from the cycle, and work toward establishing a firm and enduring relationship.

What Happens in the Trauma Stage – and Why

In the Trauma stage we see the classic pattern of the Physical Sexual attempting to increase the amount of attention he or she receives from the Emotional partner as a way of affirming self-worth and as proof that the relationship is still O.K. This pressure, in turn drives the Emotional even farther away. This vicious cycle, if not broken, spirals downward toward desertion or divorce. The only effective means of breaking the cycle is for each partner to acquire an understanding, in terms of Sexual Personality, of what’s really going on between them.

Often, when there is a rupture in the relationship, the Physical storms and demands attention, while the Emotional, feeling very much put upon and unfairly accused departs with a new, more exciting, initially more “reasonable” partner. Of course this new partner is almost always another Physical Sexual and after the
brief honeymoon and plateau stages there occurs a numbing repetition of the same dance of advance-and-retreat, followed by another departure and another new beginning…and on and on, in some cases, serially, for the rest of the person’s life.

Sometimes, the relationship dies a gentler death. The partner subside into a kind of sublimated life in which they remain together, are outwardly kind and observant of each other, but really have ceased to be a couple. They may have private interests and pursuits, which may or may not include other sexual partners. They remain together from habit, for comfort and convenience.

When there is no overt break in the relationship (perhaps by this time the partners are married – perhaps they have children or have entwined their financial and personal affairs to the extent that an unraveling is too complicated) the partners may simply settle back into their own plateau stage orbits, revolving upon different paths, driven by different forces, although ostensibly still “together.”

Most couples, driven apart by their differences as Physicals and Emotionals, proceed from honeymoon to plateau to trauma and then to divorce or breakup. The process can take anywhere from a few months to sixty years. Other couples exhibit a longstanding pattern of moving in and out of the various relationship stages. They follow the same progression from honeymoon stage to plateau, into trauma and then, threatened with the dissolution of the relationship, back into the
honeymoon stage and again into plateau and next to trauma and so on, sometimes for many years or decades. Still other couples swing in a volatile arc between honeymoon and trauma – in some cases, within a startlingly condensed time frame. Their passions are so intense and their Sexual Personalities so pronounced, that there is no resting or plateau stage in their union.

The Physical, operating from the usual one-down, needy position, fails to anticipate Emotional behavior. Because the Physical considers the marriage or relationship to be “forever,” the knowledge that, for the Emotional, the commitment is cancellable, comes as a terrible shock. The Emotional, on the other hand, usually feels he or she has been quite scrupulous about not promising to remain eternally committed. The fact that the Physical has heard something that was never said, may strike the Emotional as unfortunate, perplexing, and not really the Emotional’s fault.

The Physical is usually proud of his or her skill in “loving” or pleasing a partner. After all, if relationships are your number one priority, wouldn’t you invest a great deal in acquiring and sharpening your abilities in lovemaking? So it is doubly humiliating and traumatic for the Physical when he or she discovers that the Emotional Partner is disengaging from the relationship.

The Physical suffers, far more than the Emotional partner, when the relationship fails. Physicals possess an endearing sentimentality; they are the savers of “things,” like old love letters, ticket stubs, and other
mementos from the past. Some Physicals keep every report card and award from school days, every birthday and Christmas card; some may refuse to trade in the old car, no matter how decrepit it becomes, preferring instead to leave it in the yard for eventual “restoration.”

When Physicals hear the words “divorce” or “break-up” they immediately focus on the good times – the walks together, the lovemaking, the long talks. Never mind that the relationship has deteriorated and now operates at a level of resentment and tension that makes it intolerable for both parties. The strongest impulse of the Physical Sexual male is to put it back together again. To this end, he begins sending flowers, candy and lavish presents.

The less receptive the Emotional is to attempts at reconciliation (especially if there is already a replacement in the wings), the more committed the Physical becomes to regaining the partner’s affections. Despite their intense sexual drive, Physicals are unable to shift their attention to another partner, although they may be a new, aggressively willing one at hand. The Physical is the one who “carries the torch” and is often unable to re-establish intimacy with any other partner for weeks, months or – in the extreme – even years after the break-up or divorce.

Emotionals may experience the Physical’s attempts to rekindle their affection as weak, overly emotional, or even groveling. At worst, the Emotional perceives the Physical as a crybaby, who feels persecuted and wallows in self-pity. In the Emotional’s eyes, the Physical is the
archetypal hero of the country western songs, telling the disc jockey “Play me a song I can cry to.”

If the Emotional Sexual female was initially drawn to her Physical partner because he seemed to be a tower of strength and a paragon of self-assurance, he now appears the opposite of his former self. Her reaction may be disgust and increased determination to end the relationship he is so desperate to restore. She may resolve to sever her association with this “weakling” and form a new relationship with a man who is “really” the way her Physical mate appeared during the honeymoon stage. If she ends the relationship, the odds are excellent that she will find a new partner with whom sex is, at least initially, not a hassle and constant tug-of-war, a new partner who is socially outgoing and generally “together” – in short, another Physical Sexual man, with whom she can enjoy another honeymoon stage. The Emotional Sexual woman in middle age may find herself with the memory of a series of such relationships, all of which started well and ended badly.

If the Emotional Sexual male was initially drawn to the Physical female because she seemed so confident, spontaneous and unpredictable, he now finds her to be shallow, sloppy and oh, so predictable – overly available, almost begging for any small tidbit of attention she can get. He too may resolve to replace her with another, more confident, more exciting partner, only to find the pattern repeating itself again.

By the time the complacent, literal-hearing, plateau-
stage Physical catches on that something is seriously amiss, the Emotional may not only have formed an outside liaison, but may (particularly the Emotional male) have secreted assets of the partnership or marriage in bank accounts or deposit boxes where the Physical partner can’t get at them and/or have taken a secret apartment, apart from the home shared with the Physical partner. We have encountered cases in which the comfortable Physical partner came home from work one evening to find that the Emotional had decamped, having moved all furniture, clothing and effects out of the home during the day. The bewildered Physical finds a note taped to the refrigerator.

In other instances, the Emotional presents the unsuspecting Physical with divorce papers to sign – to the shell-shocked Physical, these papers came “from out of the blue,” although the Emotional may have been preparing the scenario for weeks or months.

The Emotional partner usually approaches the end of the relationship with relief, always acutely aware of the imperfections in the existing relationship. He or she looks forward with hope to a period of freedom (read: safe distance), followed by a new liaison in which the discomfort or pain of the old relationship will be absent. This is typical Emotional thinking: My partner is not as much fun as he/she used to be, there’s all this clinging, all these demands for me to be different, all this pain and discord. She/he really would be happier with someone else. I can’t give him/her what she/he really wants.
As a rule of thumb, it is usually the Emotional partner who decides to end a relationship. Although a Physical may appear to be the partner “pulling the plug,” close examination will usually reveal that in such a case, the Physical was maneuvered into doing so by the Emotional. An Emotional who understands Physical behavior can set up the Physical’s response fairly easily, so that the Physical feel intolerably rejected. Having the Physical partner actually “pull the plug” on the relationship, no matter how much provocation the Emotional may have provided, allows the Emotional partner to avoid the guilt that comes from “abandoning” a partner.

To accomplish this result, however, the Emotional always takes the blame. The Emotional male might say, “No, it’s not you. You’re a good mother, a good wife. It’s me; there’s something wrong with me.” The Emotional female might fight with her Physical partner by refusing to make dinner, not wanting sex, refusing to clean the house and in general, everything possible to irritate the Physical. Finally the Physical gets angry and says, “Look, you’re going to stop this or I’m getting rid of you.” The Emotional says, “I’m not going to stop this,” and the Physical responds, “I’m getting rid of you.” The Emotional says, “Good!” That’s exactly what the Emotional wanted to hear. The Emotional male might start not coming home at night or staying longer at the office. He neglects his mate sexually and when she gets angry and gives him an ultimatum to “change .... or it’s over,” he jumps to, “it’s over.”
Once the trauma stage has been reached, it is quite likely that the Emotional partner is engaged in an affair. Often, the affair actually precipitates the trauma state, in which the Physical Sexual returns to his or her earlier stage of sexual urgency. The urgency is based this time on anxiety and centers not on sexual variety or virtuosity, but on frequency, as proof that the relationship is viable. Sex equals reassurance for the Physical in trauma, much more than sex equals pleasure or sex equals love. As we already know, the couple is headed for big trouble unless the Physical understands the Emotional’s behavior and backs off a little, instead of pushing.

It seldom occurs to the Emotional that his or her behavior caused the unhappiness of the Physical partner and that it was the resulting expression of this unhappiness that “ruined” the relationship, by turning the Physical into a wimpy, insecure, demanding bore.

An affair by one of the partners does not inevitably signal the break-up of a marriage or relationship, although in practice it is difficult for the “wronged party” to forgive and forget. The affair often results from causes other than those that the partners recognize and so correcting the problems and strengthening the relationship is a doubly difficult task. The partners may work out compromises based upon what they perceive their difficulties to be, yet miss the real basis of their troubles.

The Emotional Sexual male is usually a successful
and extremely goal-directed man. He is interested in his own career, to the extent that he does not particularly want to know about the interests and careers of his associates. The successful Emotional male, master of the art of time management, may eventually decide that it takes too much time, too much small talk to continually motivate his wife or girlfriend to provide the sexual stimulation and release he seeks without requiring a lot of attention in return. The Emotional male soon rationalizes the taking and keeping, of a mistress or two. The mistress he selects is likely to be someone he meets in the course of his job or whose own work is related to his. Often she is his secretary or administrative assistant. Usually she is an Emotional Sexual woman whose sex drive is not very high and who can easily find contentment with a part-time lover. The Emotional mistress has things on her mind other than pursuing and engulfing the Emotional male.

The Emotional male is able to carry on a long-term affair without a sense of guilt because he believes he is getting from his mistress something he cannot get at home – intelligence, plus a real interest in his concerns – which he feels he is entitled to receive. As long as he does “his duty” at home, by providing his wife or steady girlfriend with economic support, the outward trappings of marriage or a relationship and some sex, he feels justified in satisfying what he views as “his needs” elsewhere.

When an Emotional Sexual male engages in an affair, it is not his intent to hurt or punish his wife or partner. He doesn’t want a divorce, nor has he stopped
loving his wife (if, indeed, he ever felt that strongly about her). The mistress is simply a luxury he can afford in his affluent, highly pressured world. She provides the same relaxation other men may obtain from attending a football game, having a few martinis at the club or engaging in some other stress-relieving pursuit. He likes his mistress (he may even love her), yet he sees no reason to end his marriage in order to make an “honest woman” of her. She has her place, the wife has her place, and all is right with the world.

It is rare for a Physical Sexual woman to undertake an affair, because when her Emotional partner begins to disengage, she devotes all of her energy toward bringing him back. There is simply no mental or emotional energy left for the complicated task of initiating, concealing and carrying out an extra-marital entanglement. She cannot handle her partner’s implied rejection. She cannot forget about it, put it aside or get her satisfaction elsewhere. As a Physical, fear of rejection lies at the very core of her personality and she cannot allow any rejection to go unchallenged.

When the Physical female does have an affair, it is not for the reasons her Emotional partner might do so – to vary his sexual diet, to have sex at a more convenient time and place, to combat boredom, or to reinforce the separation of sex and love. The Physical woman’s affair is never undertaken casually or for pleasure and usually has all the spontaneity of a revenge killing during a blood feud. If you have ever witnessed a movie sequence or a scene in real life, where a woman (usually
drunk) bitterly admits in front of others that she has had an affair, you have seen a rejected Physical woman.

A Physical female will involve herself in a genuine extramarital affair only when she has lost respect for or grown intensely bored by her partner. Although usually motivated by commitment to and sexual desire for her partner, when she is at last convinced that her partner is deserving of neither of these things, she may seek a replacement. Her search may begin while she is still married to or involved with the man for whom she has lost respect. For her, by this time, the marriage or relationship is one which exists “in name only” and she is not cheating on her partner, because the relationship has already ended, except for the formalities.

The Physical Sexual male will take a mistress, often bragging about doing so to his closest friends. However, his motivation in straying will usually be quite different from that of the Emotional Sexual male. He will “sleep around” for revenge or out of boredom, and may flaunt his affair and delight in proving his manhood by “servicing” both women once or even twice each day. But his heart may not be in it and he may explain, when his guard is down, that he would far prefer to be married and faithful to one woman. However, his wife (the Emotional Sexual female) may make a move of her own. She may leave him or have an affair herself.

The Emotional woman may have an affair because she is looking to replace her mate or find sexual satisfaction elsewhere. In the Plateau stage, her Physical
Sexual mate may begin demanding that she change many areas of her personality. He may suggest that she read more, educate herself, change her hairstyle and clothes, use more make makeup, be more outgoing and verbal, be more decisive, enjoy sex more and otherwise be like him. Because these requests for change are so numerous and because she cannot possibly be just like him anyway (not to mention that if she were just like him, he wouldn’t have fallen in love with her to begin with) the Emotional woman begins wondering if there is anything that is acceptable about her.

If she has enough self-confidence, she will begin to turn off more and more, until she no longer enjoys the relationship. As she rejects him and his ideas more and more, he begins to get angry and desperate, causing her to respect him even less. Finally the Emotional woman turns to the only visible alternative. She finds excitement, appreciation, and sexual satisfaction in an affair.

Each personality type gives certain warning signals of an impending affair, although Emotionals give subtler signals than Physicals. The Emotional’s pre-affair behavior is hard to distinguish from normal plateau stage behavior. The Emotional male grows too comfortable in the relationship and seeks sex less and less often. Everything is routine and predictable. The Emotional female begins finding excuses to be out of the house more often and for longer periods of time. If she does not have a career with which to support herself, she is planning what to do and where to go when she leaves the relationship.
On the other hand, Physicals signal their impending affairs by regular, angry outbursts. They may also suddenly change their appearance. New clothes, aerobics, a renewed interest in grooming – the Physical is reverting to honeymoon-stage appearance or behavior, without any prompting from the Emotional. Physicals – male or female – will rebel in order to get attention and to force the discussion that their Emotional partners always try to avoid. The Physical partner may begin “putting down” the Emotional, with sudden criticism and harsh, out-of-character remarks that are contrary to the usual tone of their relationship.

If a relationship is to survive the trauma of an affair and not end in divorce, each partner must understand how to handle the other. The Emotional must understand the Physical’s motivation for cheating – they have grown both critical and complacent – and must try to capitalize upon the Physical’s basic insecurity, to draw the Physical back into an intense courtship stage. The Emotional should not make the mistake of giving in to the Physical’s demands for more frequent sex or undertake any other action they think will keep the Physical from cheating. Instead, the Emotional should avoid the Physical, but in subtle ways that won’t trigger intense feelings of rejection in the Physical. The Emotional must arrange for a seemingly natural cooling off of the relationship. For instance, the Emotional could start working extra overtime, taking a night class or two at a local college or volunteering for a charitable or political organization. After the initial discussion following the
Emotional’s discovery of the Physical’s affair, the Emotional should never bring it up again. The Emotional should not spend time with others to make the partner jealous (because this is rejective – not independent – behavior). Consistent, casual aloofness will usually bring the Physical back to a condition resembling that which existed at the start of their relationship.

When the Physical discovers that the Emotional has been cheating, the Physical’s normal reaction is anger. They Physical is deeply frightened and hurt. While wanting nothing to do with the Emotional, he or she may paradoxically also want to cling desperately. The Emotional’s actions have undermined the Physical’s sense of security, and their trust. If the Physical explodes, however – a justifiable reaction under the circumstances – that rage may provide the opportunity the Emotional has been seeking to make a clean break from the relationship. Even if the Emotional had not been planning to leave, the Physical’s outburst may nonetheless propel the Emotional into an affair, simply because Emotionalists hate a scene and will always choose the course of least resistance.

Physicals must understand the psychology of the Emotional and must realize that no matter how wrong the affair, it was not initially undertaken out of love for another. In the beginning, the other lover was a curiosity, a sex object. The Emotional never wanted to hurt the Physical partner and indeed, may have intended that the Physical never discover the affair at all.
Even if the Emotional’s feelings for the lover deepen, the Physical may be able to bring back the Emotional by behaving logically and calmly. The Physical might remind the Emotional about their comfortable shared routines, lifestyle, finances, business and social contacts and of the expense (especially if they have children) of supporting two households. Emotionals may say – although this is very difficult for them – that both partners were wrong and that a breakdown in communications caused their problems. “Let’s put all this in the past – bury it and get on with our real lives. We have so much invested in one another. I respect you so very much. We had so much going for us before – why not see if we can find it again?” At all costs, Physicals should avoid desperate, emotional pleas: “I need you; the children need you. We can’t make it without you. I’ll kill myself if you go. You made a commitment to me, you creep and you broke it and I’m not going to let you get away with it!” Emotionals panic when they hear this sort of thing and are very likely to flee into the arms of that nice, sane lover on the other side of town – the one that is always so welcoming, so low-key and understanding.

**When Someone Wants Out**

When Physicals end a relationship, they always leave the door open. The breakup invariably involves an ultimatum: “I’m leaving you unless you straighten out.” “I’m leaving you, unless you call me tonight!” Physicals never intend to leave, because it’s painful to leave, almost as painful as being left. Their intent is
simply to goad the Emotional into acting in a way that
the Physical interprets as more loving.

Unfortunately, even if the Emotional cares deeply
about the Physical and sincerely wishes to do what is
necessary to preserve the liaison, it’s likely that the
Emotional will continue the same behavior, the same lack
of visible commitment which so hurts the Physical partner.

When Emotionals decide to end a relationship, on the
other hand, there is no “either/or,” no reprieve, no open
door. They’ll say, “I’m leaving, and we’ll still be friends.”
This is not an option, the departure is definite. Emotionals
weigh all of their decisions for a long time, and this one
is no exception. When they are logically convinced that
something is good for them, they always carry through.
Secondly, since they are uncomfortable with intense
feelings, they don’t want to revive the conflict by trying
to resolve the problems in the relationship.

Emotionals say “we’ll still be friends” to relieve
their feelings of guilt. Physicals may be able to stave
off the Emotional’s departure for a time or at least
transfer some of the pain of rejection to the Emotional,
by responding “How can you expect us to be friends
after we have meant so much more to each other? I can’t
stay your friend and it’s unrealistic to think that I can.
We must stop seeing each other, but give me some time.
I know I will eventually stop loving you, but I don’t
think I can let you go until I have time to get used to the
idea – a few weeks to find someone else. Then I can let
you go.” The inference that the Emotional can be
replaced within a few weeks is, of course, a powerful rejection and so is the Physical’s lack of interest in remaining friends.

Despite all this, Emotionals do sometimes succeed in remaining friends with ex-spouses and ex-lovers. At the funeral of an Emotional male, it is not uncommon to see a procession of old flames or ex-wives who retain good feelings about the departed. This residue of good fellowship has a lot to do with how the Emotional has ended these relationships. The Emotional male who understands, but wants to get away from his Physical female partner, can do so tactfully and without seeming to reject her. “You are too beautiful and sensuous to waste yourself on me. There is really something wrong with me, a basic lack of feeling. I’ve never been able to commit myself or become really intimate with anyone. My darling, you deserve something much better, so I am setting you free, with my blessing and my eternal affection and gratitude, to seek what you really need. You can always count on me – my friendship, my support – in everything you do. I can’t imagine my life without you in it somewhere, not as a lover any longer, but always as a friend.” If this speech is delivered to a Physical female who has not felt overtly rejected previously in the relationship, there is a good chance she may leave feeling sorry for the “poor Emotional” who cannot commit, love or be truly intimate. She accepts that, with him, she cannot hope to find what she defines as the only true happiness and that is exclusive involvement and commitment.
Emotional females have a harder time ending relationships than Emotional males. An Emotional female who wants out of her involvement with a Physical male finds that her partner will simply not take no for an answer. If she says, “I don’t love you,” or “I have no sexual desire or feelings for you,” he responds, “Don’t worry, I’ll teach you.” If she says, “There must be something wrong with me – I just don’t seem to be capable of really loving anyone,” he reassures her, “It’s o.k., we’ll find a doctor to fix you up.” If she says, “I have someone else,” the Physical male says, “I won’t let you go. Tell me what he’s got that I haven’t got and I’ll change,” or, to the horror of the Emotional female, “Who is he? I’ll kill him.”

**Re-Triggering the Honeymoon Stage**

Relationships don’t have to deteriorate into the trauma stage. There is a simple strategy the partners can use, even when one partner suspects that the other is engaged in an affair or contemplating divorce, to return the relationship to the intensity and excitement of the honeymoon stage. Like it or not, whether it’s fair or unfair, the passive partner controls the relationship. The person with the greater need, because of that need, is more easily manipulated. The “passive” partner is the partner who has less need to be in the relationship, who invests less or expects less return on what he or she invests in the relationship. The passive person has a lower sex drive, relies less on the relationship to obtain personal validation, possesses interests and priorities outside the relationship and is (or at least thinks they
are) more attractive, desirable and able to find another relationship if necessary. Because the passive partner has less to lose if the relationship dissolves, that partner has emotional leverage over the partner whose need to maintain the relationship is more compelling.

In most relationships, the Emotional partner has less need – particularly less need for sex – than the Physical partner. The Emotional is thus less vulnerable and more apt to manipulate the other partner than to be manipulated. A bored, restless Physical of either sex can always be “shaped up” and brought back to the honeymoon stage by the threat of sexual rejection. Thus the Physical sexual, with the greater sexual need, is almost always at a disadvantage in a relationship. Yet, even the Physical partner can become passive enough, Emotional enough, to assume some control in the relationship. Thus regardless of whether you are the Physical or the Emotional, next time you find your relationship with your partner beginning to falter, try appealing to your mate with your Secondary behavior.

To appeal to the Emotional, refrain from expressing anger and hurt. Instead, pull your mate back into the relationship with logic and reason. Remind your mate that, “There is more to the relationship than just our own feelings. There are the children to consider and the amount of time we already have spent together, not to mention the financial burdens we would face if we separated.” Highlight good parts of the relationship. Show your strength not your fear. Remind your mate of the other men or women who found you attractive,
though you did nothing about it because you wanted your present relationship to work. Get the communication going, make arrangements for change on your part as well as your partner’s, thus refusing merely to condemn your mate’s behavior without changing your own.

To appeal to the Physical, start writing letters, sending notes, giving compliments and surprising the Physical with your attention and affection. Approach your partner more often for sex. Begin to talk about your feelings. If you’re uncomfortable expressing feelings, talk about what you think about your feelings. “For a long period of time, I know we loved each other. I feel it can come back if we start doing things together more.” Again, get the two of you talking.

The phrase, “Chemistry draws, process works,” is very appropriate here. Process is doing things together. Two people living together or married, grow apart if they don’t participate in some activities jointly in order to build purpose to their union. Find those activities and start interesting your partner in them. Play cards, go bowling, and attend theater or charity events. At first, if you have vastly different tastes and cannot agree on one activity you both like, you may have to join your partner doing something he or she like more than you do. Maybe your partner likes only action/adventure movies, while you like drama and comedy. Got to the movies your mate prefers at first. Gradually, you can begin moving toward more balance, going to the events you like some of the time and the events your mate prefers at other times. The point is that you are doing something together.
And lastly, but maybe most importantly, remember what you were like at the beginning of the relationship and try to be like that again. I remember talking to a man, an Emotional Sexual, who said, “We are old timers – been married 22 years. The thing I resent the most is that she doesn’t care how she looks anymore. She walk around in curlers and a bathrobe half the time, wears dirty socks around the house, and now she takes a bath only every other day. I guess that’s not so bad, but when we were first married, she took a shower or bath every day.”

The point here is that after the newness and excitement wears off, we become lazy. We no longer put our best foot forward. The Physical male approaches his mate sexually while he’s still sweaty from a workout or with scratchy stubble on his face. The Emotional male walks around the house with his hairpiece off or doesn’t say thank you anymore when his mate prepares a meal or takes care of his dry cleaning. The Physical female doesn’t put on makeup or comb her hair unless they are having visitors or going out in public. The Emotional female fixes frozen dinners instead of making a special meal occasionally with fresh ingredients.

There are many other ways in which we unthinkingly turn off our partners. Remember, no one has the right to do things that disgust others – much less to expect that their partner will feel the same about them when they do. It’s these little things that begin to pull us apart and changing them can begin to pull us back together again.
The following sections describe what your partner saw in you that drew your partner to you – the positives that were part of your behavior in the beginning of the relationship. You will also find the negative perceptions that you and your partner generally have about each other by the time the plateau stage starts to deteriorate to the trauma stage. You may be surprised at how well we describe the way you see your partner and shocked at what your partner sees in you.

In reading through the lists that follow, first look at the positives your partner once saw in you and begin to put that behavior back into your relationship. Then look at the negatives and take measures to eliminate any of them that are part of your behavior now.

At the beginning of the relationship, the Physical Sexual male perceived the following positive traits in his Emotional Sexual mate. Thus, these are the traits the Emotional Sexual female needs to accentuate again in her behavior:

1. She is capable of expressing great affection, in private, when the moon is right. Likewise, she refrains from embarrassingly possessive or affectionate behavior in public.

2. She seems sincere, honest to a fault, trustworthy and dependable.

3. She expects him to guide her and follows his instructions willingly.
4. She allows her mate intellectual and business freedom.

5. She is a highly competent manager and is financially astute.

6. She expects her partner to take the lead in family or social life. She relies upon her mate to make decisions for both of them. She needs him.

7. She compliments her mate when she feels he is deserving.

8. She likes to participate in her mate’s recreational activities, such as golf, tennis, etc.

9. She keeps a clean and orderly home into which her mate can bring friends at any time.

10. She respects her mate’s need for privacy – friends of his own “masculine activities,” and sports.

Once the relationship is well established, however, the Physical Sexual male begins to perceive the following negative qualities in his Emotional Sexual female. These are the traits the Emotional Sexual female needs to minimize as the relationship moves out of the honeymoon stage:

1. Her sexual drive is neither as strong nor as frequent as her partner’s, leaving her open to the charge that she’s “sexually stingy:” – the proverbial “I-have-a-headache” female. She experiences periods of outright frigidity towards her mate.
2. She is often moody and uncommunicative. She can be blunt, abrasive and aloof. She often refuses to bring problems into the open and discuss them.

3. She is slow to forgive.

4. She is indecisive about her personal life.

5. She can be stingy with money and views some of her partner’s expenditures as foolish and extravagant.

6. She has difficulty sharing or verbalizing her innermost feelings with her partner.

7. She refuses to commit herself to one position on a given subject.

8. She can be “stubborn as a mule,” rigid and inflexible when she has made up her mind.

9. She doubts her own self-worth and therefore lacks self-confidence.

10. She is socially inept, ill at ease and often painfully shy.

In the beginning the Emotional female was attracted to the Physical male by the following good qualities:

1. He is strong, dominant, decisive and in control.

2. He is a hard worker and a good provider.

3. He has a terrific sense of humor and helps his partner overcome her own natural shyness.
4. He is comfortable and likeable in social situations, a “party person,” fun to be with.

5. He takes the sexual initiative and delights in pleasing his partner.

6. He is agreeable and easygoing. He is thoughtful, affectionate and attentive, both privately and in public, toward his partner.

7. He is unfailingly polite and properly respectful to others – his partner, his parents, his elders.

8. He is proud of his partner and delights in showing her off to others.

9. He likes spectator sports and will patiently explain games and sports to his partner so that she will enjoy being with him at these events.

10. He freely and openly expresses his thoughts and opinions – he is seldom secretive or withdrawn.

Meanwhile, in the Plateau stage the Emotional Sexual female sees the following shortcomings in her Physical partner. These are the negatives the Physical Sexual male should minimize:

1. He is stubborn and demanding, especially where sex in concerned. He is emotionally immature, particularly about sex.

2. He is obsessed with maintaining his position as the superior and dominant male.
3. When he does not get his own way, he often sulks and pouts. When he feels rejected, he is incapable of further two-way communication with his partner until the rejection subsides.

4. He often suffocates his partner with more attention than she needs or wants. He also demands his partner’s full attention and is not sympathetic when she needs time alone.

5. He seldom gives his partner any privacy – in the crisis stages of the relationship he might even follow her into the bathroom. He wants to know everything about his partner – her thoughts, her activities, her whereabouts – until she feels as if he is constantly checking up on her.

6. He acts suspicious and irrationally jealous of his partner.

7. He wants to be included in all of her activities and to include her in all of his. He is wounded if she would rather spend an evening with a friend or family member than with him.

8. He demands constant or frequent flattery, reassurance and “strokes.”

9. During sex, he needs to be reassured that he is pleasing her rather than allowing his partner to relax and enjoy herself.

10. He brings psychological pressure to bear on his
partner if she is not as eager for and responsive to sex as he feels she should be. He is also sexually impatient, believing that his partner should think and respond as he does and no longer allows time for adequate foreplay and preparation.

The Physical Sexual female was originally attracted to the following positive attributes of her Emotional Sexual mate. To bring back some of the excitement of the honeymoon stage, the Emotional male can try to emphasize these attributes:

1. He is realistic and logical in all matters.

2. He has no difficulty accepting responsibility.

3. He is good in a crisis and does not fall apart under pressure.

4. He is not a jealous man and allows his partner intellectual, business and physical freedom.

5. He is a good provider and usually generous to his partner.

6. He allows his partner to manage his home, social activities and children without criticism.

7. He does not insist that his partner join him in activities or hobbies that do not interest her.

8. He is not overly demanding sexually, allowing his partner to assume the aggressive and dominant role in the sexual encounters.
9. He is witty, with a sharp sense of humor.

10. He is independent and appears very secure and sure of himself.

Eventually, the Physical Sexual female becomes aware of what she feels are her Emotional male’s bad points, the ones he should strive to minimize:

1. He is withdrawn, secretive and uncommunicative. He is “deadpan,” often without facial expressions.

2. He upholds a double standard demanding that his partner be constantly available to him, while he is available to her only when he has time for her apart from his other interests.

3. Although he displays razor-sharp humor toward others, he is generally incapable of laughing at himself.

4. He has little desire for children or pets, viewing any dependent as an albatross around his neck and a potential encumbrance.

5. He is stingy with compliments and praise, preferring to comment only if something is wrong.

6. He is self-centered and generally considers his own interests first. He seems disinterested in his partner’s pursuits or hobbies, and will not join her in her activities. He also will break long-standing, often important, social engagements, seemingly without any sense that he is disappointing her.
7. He regards sex as a physical release rather than a means of expressing love or communicating with his partner. He demands sex on his terms, setting the time, place and frequency without regard for his partner’s needs and desires.

8. He gives presents to ease his conscience when he feels guilty, not because he is expressing affection. Otherwise he is “tight,” except when it comes to spending money on his hobbies.

9. He is frequently intolerant of others and measures their actions by the yardstick of his own attitudes and perceptions. He is also not good at small talk and generally feels uncomfortable in social situations.

In the beginning, the Emotional Sexual male is attracted to the Physical Sexual female by these positive attributes:

1. His relationship with her partner is a high priority; she expends a great deal of energy on pleasing him and making him comfortable. She strives for harmony and is the first to make up after a fight.

2. She is feminine in attire, demeanor and attitude. She is usually immaculately and fashionably dressed, making her a real asset to him in business.

3. She is socially comfortable and outgoing, putting herself immediately at ease with his male friends and business associates.
4. She is affectionate and tender.

5. She keeps a beautiful home to which he is proud to bring his friends and associates.

6. She is very artistic and creative.

7. She usually will not interfere in her mate’s world, business obligations or career objectives.

8. She’s fun to be with – lively, cheerful, upbeat.

9. She is almost always receptive when her mate wants sex and she is sexually imaginative and aggressive.

10. She is quite capable of making money in her own career or business.

By the same token, the Emotional Sexual male eventually becomes aware of what he interprets as the Physical Sexual female’s bad points:

1. Because she is extremely sensitive to real or implied rejection, especially physical rejection, she can be petty about inconsequential matters.

2. She reacts to situations emotionally rather than logically and she is easily angered and displays a volatile temper. She can be extremely vindictive. When angry, she will “cut off her nose to spite her face.”

3. She constantly insatiably hungers for security and acceptance.
4. She is jealous and possessive of her partner.

5. She often smothers her mate with more attention than is comfortable for him.

6. She is embarrassingly demonstrative and affectionate in public and she misses or ignores cues that her mate in uncomfortable with her attention or the flamboyance of her behavior.

7. She is demanding – sometimes excessively – of her mate’s time and attention.

8. She remakes herself in her mate’s image, often seeming to lose sight of her own personality and attributes in an attempt to mirror his. Then she needs constant reassurance that she is attractive, desirable and womanly.

9. She is “too intense.” She often appears to be “on stage” acting out a part.

10. She has a “praying mantis” complex, confusing loving her mate with consuming him. Thus she dominates her partner in the sex act. She can even be sexually intimidating – she is so voracious in bed that her mate acquires an inferiority complex about his ability to fulfill her needs.

Did you see yourself and your partner in the previous sections? If you did, you can be sure your partner saw you as well. Look at how closely related the lists of good points and bad points are. In many
cases, the bad point is simply the restatement, from a slightly altered perspective, of something that once seemed a good point.

How accurate were we in describing the things about you that drive your partner crazy? Now think how wonderful it would be if you could learn to minimize those behaviors. Well, you did once when the relationship first began and you can again. Just remember that it’s a matter of focus and perspective. Next time you find yourself becoming fixated on some negative aspect of your partner’s personality, remind yourself that it is not directed personally at you. Talk to our partner about the situation in a non-judgmental way and review your own behavior to discover how you may be triggering your partner’s negative behavior. Soon you will find that the tension and frustration in the relationship are melting away.

The process you have just learned helps to effectively avoid the primary cause of relationship breakups – judging our partner by the same standards you apply to yourself. In the following chapters you’ll learn still other ways to successfully meld the Sexual Personalities of you and your partner by examining specifically how differences in sexual behaviors and communication styles can be accommodated.
Chapter 5

Sexual Behavior

Physicals make love like people with nothing better to do—because to a Physical, nothing is better than making love. Emotionals don’t share the lingering interest because they do have something else to do. Each type approaches sex from a different perspective. As we shall see, you don’t need psychological training to spot the potential for sexual problems created by the differences between Physical and Emotional psychology and behavior.

Consider this complaint: “I painted the whole damn house for Betty,” complains Fred, a Physical who works as a salesman for a major department store. “There was a ball game on television I really wanted to watch, the big play-off. I’d been talking about it with the guys for days and she knew I was looking forward to it. But did I get to watch it? No indeed. She wanted the house painted because her sister is coming next week and she wanted to impress her.”

“I worked by butt off… started at 6:30 in the morning and worked for twelve straight hours—grabbed a quick sandwich for lunch, ate it sitting on the ladder, then went right back to work. I figured I deserved a reward for all that work, you know what I mean? So afterward, I got myself cleaned up, put on that aftershave she likes, and guess what? All of a sudden she’s too tired. To tired! I busted my butt and then—she’s not interested. She’s tired? How did she think I
felt? I’m the one who did all the work.”

Or this complaint: “I don’t know why Miriam is so frustrated with me,” grumbles Hal, an Emotional who holds an executive position in the entertainment industry. “I work hard and I earn good money. I bought her an expensive house with a pool. We belong to the club. We go out all the time. She doesn’t have to clean the place because we’ve got a maid. It’s an easy life and the only thing I ask is that she adjusts herself to my needs.”

“But she’s not happy with me or with our life. Like the other night. I knew I had to work late, but I wanted to be with her. I told her on Monday that I would like to take her out for dinner on Wednesday night – that I would have a predictable break in my work schedule then. We could have a nice evening out. I would get away from the office for one night and then go back to work on Thursday, refreshed and ready to go again.”

“I thought everything was great, but when I came home from work on Wednesday she was so angry she could barely contain herself. She told me she was tired of being used as a filling station. She said that whenever we go out, I keep checking my watch in the restaurant and jumping up from the table to make telephone calls. She says that all I talk about is the deals I’ve got going. She says that she expects that one of these days I’ll set an alarm clock when we start making love so I don’t forget to check in with my office.”

“I don’t know what she expects. All I tried to do was
make an appointment to have a pleasant evening with my wife. Hell, some men in my position have mistresses. At least I’m faithful. What does she want from me?"

Hal and Miriam, like Fred and Betty, communicate as well as if one spoke Chinese and the other spoke Russian. Fred, an extreme Physical male, assumes that his Emotional wife enjoys sex as much as he does and that she would never be too tired for such a pleasurable activity. He assumes that she owes it to him for his hard work. Betty, on the other hand, never dreamed that he would expect sex as his reward. Instead, she thinks that they are working as a team and that the accomplishment of that goal is reward enough – sex to her is a separate subject.

Hal’s actions and frustrations are typical of the extreme Emotional Sexual male. He schedules time with his wife the way he handles any other appointment. He doesn’t realize that Miriam, a Physical, finds his detachment unacceptable. She knows very well (based on her own behavior and feelings, which she assumes are universal) that if someone has to make time for her, he really doesn’t love her at all. Miriam would never have to find a place for Hal in her schedule – he’s the most important thing in her world. Isn’t that the way it’s supposed to be with the one you love? And shouldn’t it be that way for Hal with her? Miriam is thinking like the “high Physical” woman she is and doesn’t realize that for Hal, as an Emotional, love means something else.
Whether we admit it or not, the sex act lies at the center of every relationship or marriage – those that “work” and those that dissolve. Given the differences, particularly in bed, between Emotionals and Physicals, it’s good for the survival of humankind that people don’t have to understand one another in order to make babies. These differences are more or less obscured by the unnatural behaviors of both partners during the honeymoon period, when each partner is extra-considerate, in an attempt to appeal to the important and impressionable new lover.

Both Physicals and Emotionals experience intense attraction and sexual excitement when they become involved in new relationships, causing Emotionals to act a lot like Physicals. Emotionals are drawn out by their Physical lovers. They exhibit a heightened sexual drive and sensitivity, an atypical desire to be held and touched, and a degree of “engagement” which is not at all like their normal analytical, intellectual behavior. After the honeymoon is over, when the Emotional begins acting “Emotional” and the Physical continues acting “Physical,” problems often arise.

At this stage in the relationship, communication diminishes because each partner thinks they know the other inside out. Sex becomes routine – almost boring – and life falls into a predictable rut. Emotionals begin to exaggerate all their little Emotional traits. They do less touching, less talking, want less sex and put more time into their work. They behave less physically than at the start of the relationship – they hug, kiss and bring flowers
less often. Physicals, misunderstanding the change in their partners’ behavior, become more touchy, more possessive, more demonstrative and more demanding. The Emotional’s retreat into their shells drive Physicals into extreme attempts to draw them back out.

The Emotional who acts more Physical than usual at the beginning of a relationship reverts to “type” as the relationship matures. The Physicals’ initial confidence and security creates a safe environment in which the Emotional can be open and vulnerable. But now the Emotional Sexual has other priorities – job, hobbies, friends – which take precedence over sex and love and being part of a couple. To the Physical Sexual, the relationship remains the most compelling priority.

When the honeymoon balloon comes crashing to earth, the Physical Sexual is usually the one left sitting in the wreckage. Dazed and forlorn, the Physicals are threatened by the change in their partners’ behavior. Thus they lose their confident behavior and begin doing the only thing they know how to do to bring back the balance the relationship had. They pursue harder – making demands and pleas for time, attention, affection and sex. In so doing, they unwittingly push the Emotional even further away.

It is at this point, when the honeymoon is definitely over, that the sexual personalities of the partners really begin to appear in sharp focus. By now you will be able to identify the partner who laments, “My lover doesn’t love me the way he/she used to love me!” Or, “He/she
is always thinking about sex – sex, sex, sex, all the time.” Or how about, “Doesn’t she understand that I have a business to run? I can’t spend all day Saturday in bed.” Or perhaps, “How come I never get flowers from you anymore? Am I ugly all of a sudden?”

When an individual’s sense of security in a relationship is high and tension is low, their sex drive consequently diminishes. Conversely, when insecurity is present, sex drive increases because of the tension and stress caused by the insecurity. It’s no wonder that the sex drive of both the Physical and the Emotional changes depending on the stages of their relationship.

In the beginning of the honeymoon stage, both parties in the relationship have higher sex drives than later in the honeymoon stage. As the two lovers become secure in their love for each other and feel sure that the relationship will continue, the initial fiery sexual tension between them relaxes. There’s a comfort and a predictability that causes the frequency of their lovemaking to drop off. At first, this is a comfortable change for both of them. Then the Emotional partners begin diverting more and more of their attention back into business and other aspects of life, while the Physicals become insecure. The gap in frequency of sexual desire has become too big.

At this stage the Physical is interpreting the Emotional’s behavior as a loss of affection. “He/she must not love me as much as they used to. They don’t want sex as much anymore.” If the Emotional is aware
of the misunderstanding, their verbal reassurances can go a long way toward lessening their partner’s feeling of loss and minimize their insecurities. If not, the Physical will feel more and more rejected, acting out an urgency for the return of the sex life they once had. The Physical will begin to express anger as a reaction to the threat of this perceived loss.

The Emotional thinks their behavior is normal. The anger and urgency projected by their Physical partner only drives them further into outside activities to avoid the negative emotionality they don’t understand.

Differing styles of behavior, tolerated or glossed over in the honeymoon stage, can further alienate Emotionals and Physicals. Different likes and dislikes, when acted upon, irritate one’s partner or make them feel rejected. Use the following list of contrasting sexual behavior styles to gain perspective on the difficulties you may experience:

Physicals want to be talked to and to talk during sex. They are very verbal and need to hear and express. Emotionals are more visual or voyeuristic and are actually distracted by talking or by hearing their partners talk during sex. They’re action people.

Emotionals like the room a little dark so they can concentrate without distractions. Physicals like it lighter because they want to hang onto you, guide you, dominate you.

Most Physical females prefer releasing through
vaginal intercourse rather than in oral sex and are not hug up on position. Penetration is all important. Physicals, both female and male, will accept oral sex early in the relationship, but not after the relationship progresses. Physical males prefer to release inside rather than orally or manually. Emotionals like to vary sexual activity – intercourse, oral sex, whatever. They don’t care “where it goes as long as it goes.” Similarly, the Emotional female, in particular, will often be unable to achieve orgasm or climax through intercourse alone. She often requires additional manual or oral stimulation, a need that the Physical male doesn’t understand and mistakenly condemns as dysfunctional on her part.

The Physical male likes the dominant position. He likes to be on top. The Physical female likes to be on the bottom where she feels she has more control.

The Physical male likes to experiment sexually. They’re the first ones to convince their partners to participate in a “3-way.” The Emotional doesn’t like experimentation, preferring instead to satisfy sexual needs as efficiently as possible.

Because she enjoys it, the Physical woman prefers to prolong foreplay, whereas the Emotional woman actually needs it more since it takes her longer to be stimulated. Neither the Physical nor the Emotional male (after the honeymoon is over) participates in very much foreplay. The Physical male because he mistakenly assumes his mate functions as he does and therefore she doesn’t need it, and the Emotional male because he
doesn’t like to linger over sex.

The Physical views sex and love as synonymous. The Emotional views sex and love as two completely separate needs.

**The Physical Sexual Female with the Emotional Sexual Male**

As a rule, the Physical female sleeps only with men with whom she believes herself in love. Unlike her male counterpart, she does not seek sex with every man she dates and is extremely selective about her bed partners. Not readily seduced despite her provocative clothing and projected personal warmth, she must feel a sincere emotional commitment to a man before she will have sex with him. The exception is if she is still hung up on a previous rejection, then she will only have sex with men who she can’t love. As a child, she received from her father constant validation of her attractiveness and overall ability to please. Yet there was always mother to contend with or, if mother was dead or absent, the specter of another woman who was, or might become, intimate with Daddy. Despite the perfect self-assurance she projects, the Physical Sexual woman, like the Physical Sexual man, is insecure and always haunted by the idea that she can be replaced.

The Physical Sexual female tolerates rejection very poorly; and the end of the honeymoon stage can be traumatic for her. She, like the Physical male, has a tendency to become obsessed with her mate and their
relationship. When the Emotional male cools off she tries hard to warm him up again. The Physical Sexual woman will resort to wearing black lace or elaborate bras and panties in bed. She will experiment with every sexual variation, including oral and anal sex, when trying to re-ignite her Emotional Sexual lover. These efforts may be viewed by the Emotional as intrusive and demanding.

Believing that she has lost the knack of pleasing her partner, the Physical female typically makes a mental list of all the things she might do to rekindle his interest and then goes about trying each of them, hoping she will find the “magic” element which will bring her Emotional male back to the honeymoon stage. She starts looking like she did at the beginning of the relationship – dressing up, taking care to make sure she maintains her trim figure. She saves the bedroom for sex and stops talking so much about all their problems when they’re in bed. She begins to develop interest in the things he does. She thinks that if they could do these things together, it would help the relationship tremendously.

The Emotional male who is giving all sorts of signals that he “wants to be alone,” “needs space,” and “has other priorities,” usually responds to her efforts by ignoring her. After sex, he will get up and wash, smoke a cigarette, turn over, start yawning or turn on the TV. In short, he’ll do everything to separate himself from his partner emotionally and physically after the sex act is over. To the Emotional male, this is a logical step. It’s uncomfortable continuing to hold each other, smothering
each other for an hour after the sex act is over. “We were intimate and we had sex. I’ve expended myself. It’s over, so now let’s get on to the next thing,” he thinks.

In our society, men are falsely expected to always have a higher libido than women. Since the Physical female has a higher libido than her mate, she begins to wonder if there is something wrong with her – if she is a slut or nymphomaniac. She begins to feel, “Well look, all these strangers want me and my own husband doesn’t, so there must be something really wrong with me.” Meanwhile the Emotional male will view her as “over-sexed” or “a castrating bitch.” Many Physical females have had their hearts broken simply because they were married to Emotional males who didn’t want sex as much as they did.

From the very beginning of their relationship, the Physical female has had clues that her Emotional partner is an inner-directed, goal-oriented individual. On their first date, he was probably content to allow the waiter to help her with her chair and he was not comfortable holding hands or touching her knee. To the usually observant Physical female, it should have been obvious that he valued his time and managed it prudently. The Emotional male probably even checked his watch a few times during their very first date, underscoring how busy he was and that he led a tightly compartmentalized life.

However, they made beautiful music together during their early sexual encounters, and he was as ready,
willing and able as she. But suddenly, after the honeymoon, the Emotional male begins to put sex in another, and less urgent, compartment. After making love he wants to get back to more productive activities as soon as he has “released” his sexual tensions. Needless to say, the Physical woman, for whom the sex act represents approval and acceptance, experiences his distraction as a resounding slap in the face.

If you look at the logistics of their relationship this makes sense. You have an Emotional male who doesn’t particularly need a lot of sex – he doesn’t mind it on a fairly consistent basis, just not too often. However, he’s got a Physical woman who will release with the minimum of effort. Also, she can be ready for sex instantly and is willing to drop whatever she is doing to enjoy such a pleasurable interlude. The easier it is the less motivation the Emotional male has because it isn’t as challenging anymore. And besides, how can there be a release unless there’s tension leading up to it? And how can there be any tension if you make love every day? Now what would really be special, would be to spend some time with a woman who was not pressuring him all the time – a woman who could really take his mind off things instead of constantly trying to invade him. A woman, in short, like the independent career woman he just hired as his secretary.

The fact is that after the honeymoon stage is over, the Emotional Sexual male is simply not as interested in the relationship as he is in his work and hobbies. He may have been as aggressive as the Physical Female
was during courtship, but eventually the Emotional male will return to his normal sexual personality. Since his wife or lover has never seen him in this state, she has no idea that he has a real-life every day personality which is quite different than the one she knows.

Sadly for the Emotional male paired with the Physical female, the honeymoon stage, once over, seldom returns unless the couple proceeds to the absolute brink of divorce or break-up and then draws back from it. More likely than the return of the honeymoon stage is the establishment of a state of compromise.

In other words, the Emotional male agrees to give a little more than he would normally choose to give, marking his calendar with notations such as “2:00 – Call Debbie and tell her you are thinking of her,” or “Make time for Marcia tonight.” He will have to learn to do this deliberately since such gestures do not come naturally to him, as they do to the Physical, because his priorities – and therefore his attention – are elsewhere.

For her part the Physical female agrees to make do with less than she wants and to recognize that if the Emotional male’s efforts to be attentive seem a bit mechanical at times, it’s “just the way he is” and that “he’s really trying.”

The Physical female, who once thought her Emotional mate was silent, strong, and intelligent, begins to see him as insecure, lazy, and uninvolved. If the Emotional male also becomes lazy, unkempt and
unmotivated, and lies around doing nothing, the Physical female will get bored with him and want out. Whether she acts on this feeling or not is another matter.

Yet, the Physical female has a few tools she can utilize to regain her neglected Emotional mate’s attention. She can refrain from being overly available sexually, thereby increasing his level of physical frustration. She can keep her body trim and fit. She can keep her house looking clean. She can maintain her own confidence and sense of self-worth which will make him feel attracted to her and will motivate him to keep himself together.

Both during and after a relationship the Physical Sexual woman is likely to be quite possessive of her man. Because Physicals are so territorial and possessive of their lovers, the Physical female constantly makes her Emotional mate uncomfortable with her questions about his prior experience. She is constantly questioning him about people before her – ex-wives, ex-girlfriends, etc. If the Emotional male has pictures of them and is still chummy with them, she won’t be able to stand it and will try to get him to change. Even when she leaves him (usually because he has maneuvered and manipulated her so that it appears that she is the one ending the relationship), she is still outraged by the idea that he may be attracted to any other woman.

Sadly enough, because love is not an emotion to him – it’s an attachment and an attraction – the Emotional male is also likely to have a shocking number of
mistresses. He is capable of being equally in love with 1, 2, or 3 women. He looks at relationships in a very logical manner. Let’s assume the Emotional male is 50 and has been married to a woman for 25 years. Now she’s 48. He’s working with two young 26-year-old girls with trim bodies and nice looks who look up to him, cater to his every need, and want him. He hasn’t lived with them and had time to run up against the same old Physical/Emotional difficulties. He thinks, “Why would you want an old toy when you can get a new one?” He doesn’t think it’s going to ruin his marriage – he just doesn’t tell his wife and usually she never knows.

In one case, a Physical female ophthalmologist was married to an Emotional male who was a motivator for Fortune 500 companies. He had had an affair for about 12 years with a woman who worked at his branch office in another city, and had actually lived with the mistress when he was working at that branch office. Finally, he announced he wanted out of the marriage.

His wife flew to the branch office to talk him out of it. She walked in to the office where the mistress worked and felt something was going on between them, but said nothing to either one of them. She walked out of the office after an argument, walked across the street and, when he came out, followed him to the apartment he shared with his mistress. She then hired a detective and found out what her husband had been doing all those years. Her husband’s answer when confronted with the evidence? He said, “I don’t love you any less. I’m just away from home.”
On the other hand, the Physical female will get into an affair because she’s angry and upset over what she perceives as sexual and emotional neglect at the hands of her Emotional male partner. She will have affairs to get even and to teach her partner a lesson. She’ll go out and get involved with some young guy to prove that she’s still woman enough and, like the Physical male, she’ll deliberately let her Emotional partner know she’s having the affair. Even if you tell her not to talk about it, it serves no purpose.

The Physical female will say something like, “You know, I got laid last week and it was a lot better than what I’ve been getting from you.” She needs to slap him in the face with it. Far from solving everything, he can never forgive her for this. From this point on – if they stay together at all – he’ll constantly say, “Well, how was it? Was your relationship with him as good as it is with me?” He’ll be constantly checking, a disastrous behavior in any relationship.

Unless the Physical female and the Emotional male can find a way through this stage, the result is disaster. When the Emotional male is responsible for a marital collapse it’s usually because of an affair begun out of boredom. Initially he thinks, “Well, I’ll just talk to her.” They don’t realize the patterns of their behavior. They gradually transfer their emotional loyalties and end up trying to talk their respective spouses into getting a divorce. When the Physical female initiates the break, it’s typically because of anger. She’s angry and getting even – the Emotional male looks like a loser and she wants out.
The Physical Sexual Male with the Emotional Sexual Female

The formerly flamboyant Physical male, who tried to bed every woman he dated, becomes devoted once he commits. This man who spent his youth trying to score or, at the very least, fantasizing constantly about girls is, now that he has fallen in love, totally dedicated to one woman. His partner soon discovers that her wish is his command. He will even alter his own desires and interests to conform to hers and will perform on her behalf, without complaint, any task she finds unappealing.

This change comes about because of the way in which Physicals are treated by their fathers. The Emotional child, girl or boy, is prepared very early in life for rejection because their undemonstrative Emotional father never showed them much emotional or physical love. Emotionals grow up neither expecting nor needing a lot of love or physical affection and consequently are not as sensitive to a lack of it as Physicals. The father of a Physical loved and adored his children and took care of them completely. Needless to say, this does not prepare them for the emotional remoteness of the partner to whom they are attracted.

The moment the Physical male notices that his Emotional female partner neither needs as much reassurance nor gives to him as much attention as he does to her, he begins to feel unsure and to interpret her actions as rejection. Then he begins to focus in on her in an attempt to “win” the affection he feels he is losing.
All the Physical male asks in return is that his sexual needs be satisfied – to him it doesn’t seem like much to ask. When the two of them first got together she satisfied his needs generously, joyously. “Well, if she did it then, she could certainly do it now,” reasons the Physical male. “Doesn’t that seem fair?”

Since the Physical male cannot imagine having a “take it or leave it” attitude toward sex, he may think his woman is blackmailing him or using sex to manipulate and control their relationship. When she doesn’t initiate sex or no longer wants to spend all weekend in bed, he thinks she doesn’t love him as much as she used to.

Of course, to the Emotional female, “There’s nothing reasonable about having sex twice a day, every day.” In fact, since like the Emotional male she does not share her partner’s driving need for sex, the Emotional female may have trouble understanding that he thinks she’s “holding out on him.”

If the Emotional female allows her Physical male partner unlimited access to her body, even if she is not in the mood, it will not improve their relationship. If she does, the Physical male is likely to tell her at some point that he only enjoys making love to her body when she is inhabiting it, or some similarly sarcastic remark. If the Physical male does not even notice that she acquiesces to his sexual advances without joy, the Emotional female will still pay a price in terms of stress, depression, and loss of self-respect from allowing
herself to be constantly pressured into doing something that she does not really want to do. That this “something” is the sexual act itself, the very core of the relationship, will inevitably have a profoundly negative influence on that relationship.

Conversely, the Physical male can’t figure out the Emotional female’s reluctance to engage in sex. He wonders if there’s something wrong with him. When she doesn’t reach orgasm, he may touch and caress her body more roughly, in effect demanding that she respond physically to his efforts. In effect he is saying, “I’ll make her enjoy sex with me.” The roughness of his approach only turns her off more.

When this happens, he begins to wonder if he could be sexually and physically unattractive. He starts fearing she may be cheating on him. He thinks that maybe he’s losing his attractiveness and begins to try harder and to push harder for reassurance of his sexual prowess. Again, this only hastens the relationship’s negative spiral.

When the disparity of sexual need first appears, the Physical male may find a solution in accepting her lack of initiating as an oversight – something she doesn’t happen to think of as often as he does – and simply take the initiative himself. Rather than asking her if she wants to make love, thus giving her the opportunity to say no and possibly trigger another problem in that the Emotional female is notoriously indecisive, the Physical male can simply begin kissing and hugging her in a
gentle, non-threatening way. This will begin to awaken her sexual desire. He can then proceed without hesitation to intercourse. Many times she will enjoy sex when approached this way because the foreplay arouses her before she has time to think about it.

When there has been a history of sexual problems, the Physical will do better by adopting a philosophical attitude when the Emotional is “off.” He should forget about sex until the Emotional is “frisky” again or until she gives him a definite signal that sex is on her mind. This is one case in which we suspend our usual advice of telling the Physical to initiate sex and instead tell him to stop initiating until she has time to sense her own need again. When he does initiate again, he will have “depressurized” his sexual relationship with her by not pushing for sex in awhile. The patient Physical male will be rewarded for his efforts when he has tapped into his partner’s natural flow of sexual desire. Since he is now approaching her when she is most interested, his batting average will improve dramatically.

One way to resolve a lot of conflict between the Physical male and Emotional female (or even the Physical female and the Emotional male) is for the Emotional to offer to masturbate the Physical. Of course, this means that the Physical has to compromise his preference for penetration a bit. The Physical male also has to compromise his desire to want her to want to have sex because it doesn’t seem as meaningful to him. Otherwise, he’ll end up complaining, “That doesn’t work. She doesn’t really want to do it. Her head is
somewhere else. She’s planning tomorrow’s activity when she should have her attention on me.”

Another strategy is for the Physical to perform oral sex on his mate. The Emotional is often more interested in oral sex because it’s short and sweet. The Emotional female especially loves oral sex because it gets right to the clitoris, where she’s most easily stimulated. Often, with penetration through intercourse, the clitoris is missed. With oral sex or fondling during intercourse it is directly stimulated.

There are more subtle ways in which the Emotional female can keep her mate happy, even though he’s not getting as much sex as he would like. She can make an effort to kiss him more, hug him more and touch him more. She can verbalize a little more – tell him how much she likes his looks, how much she loves him. This goes a long way toward satisfying his needs. It makes him more secure and he doesn’t need to have as much sex.

If he is intensely Physical, or if his frustration level has risen to a high enough level, the Emotional female’s mate will present his sexual demands in such a way that the female feels she is obligated to “service” him in exchange for his emotional and/or financial support. Out of anger, he begins to complain in a denigrating way. He says, “You’re not a woman. What is wrong with you? All I’m asking for is what I’m entitled to by the contract of our marriage. Sex is as important as eating. I furnish the money, I work hard all day and I don’t expect that much from you in return. You owe it to me.”
In such a situation, the Emotional female will often agree to participate in sexual activity more often than she herself would choose to do. Of course, the Physical male is also participating in sexual activity less than he would choose. To the Physical, sex is a need. To the Emotional, it is a want. Both of these people are in situations of equal frustration.

The way in which one asks for sex, and the way in which one says “no” to it, has a lot to do with whether the partners perceive each other as sensitive, kind, attentive and sympathetic. In this area, a little tact goes a long way. There is a definite vocabulary and syntax that’s useful when one is seeking to have one’s sexual needs met.

Emotional Sexual females need to learn to explain their needs in a non-rejecting way. Witness the difference between, “Can’t you think of anything but sex? Let me read this book. We can have sex any time. I’m sick of having to stop what I’m doing to hop into bed with you,” and “I love having sex with you, but I also get great pleasure from just being in your company. Reading a book while in your arms, or having time to myself when I can think about and relish my feelings for you are both special to me. I want sex, but I value other aspects of our relationship just as much. When you give me quiet touching or time away from you, my anticipation builds so that sex is even more exciting to me.”

Over the years I have worked with many major movie stars and other male celebrities who have a magnetic appeal to women. These men have all the
feminine attention and notice any man could possibly desire. Extremely beautiful and desirable women flirt constantly with them or proposition them outright. Physical Sexual male movie stars and celebrities are nonetheless content to go home each night to women they have known for years, women who lack the glamour and excitement of those willing fans. These men are faithful and committed to preserving their marriages. Their Sexual Personalities overcome the opportunities to “cheat” which come with fame.

Why are Physical Sexual men so faithful to their Emotional wives and girlfriends? There are many reasons, but the one which dominates in their conversations with me is that they constantly feel slightly rejected by their partners. The Emotional female’s lack of interest in sex issues an unconscious challenge to her partner to keep working at their relationship until he has finally gotten from her the thing that he really wants but which she will never give: her total sexual surrender.

This power that the Emotional Sexual female exercises over her Physical male partner may seem intoxicating, amusing or even disgusting to her, but it is undeniably a power that she possesses. In all fairness to the Emotional female, the Physical male’s dynamic, even overwhelming approach to life, coupled with his desire to be her “one and only” can make him so demanding, possessive and jealous that she needs a strategy or two to even the odds.
She can control the Physical Sexual male by granting or withholding sex from him and, given their different needs and levels of intensity, this is not as calculating as it may at first seem. When the Emotional female grants and withholds sex, she is really only exercising her right as a human being to have sexual relations only when she’s willing.

A more healthy, positive and rewarding solution is for the Physical male to motivate the Emotional female into more frequent sex by not rushing her into having sex constantly. He can begin by purposely creating time when he is affectionate – kissing, hugging and cuddling – without continuing to the sex act. This frees the Emotional female from feeling that being affectionate must always mean having sex. As she relaxes her fears, she becomes less tense and her sexual desire becomes more frequent. She gets foreplay more often and allows her feelings to come to the surface more freely. The Physical male gets more positive affection and “stroking” from his mate, which in turn lowers his sex drive.

When they do have sex he should try for more rapid release for himself and concentrate on bringing the female quickly to release as well. Also, he should treat her the way he treated her at the beginning of the relationship – gently and respectfully, taking the time to explore her body and to do what feels good for her. Most importantly, the Physical male should avoid denigrating his partner sexually. He should not tell her she’s frigid or dysfunctional nor discount her enjoyment.
of his pleasure if she doesn’t reach orgasm, or otherwise put her down, just because she has a lower sex drive than he does.

If the Emotional Female loses her confidence because of his denigrating remarks and becomes more or less complacent, the Physical male may decide that their marriage needs “spice.” He may pressure her into sexual activity in which she has no interest – swinging, orgies, ménage a trios – two women and a man, two men and a woman – “kinky” sex of one variety or another. He may bring home erotic movies or ask her to wear sexy lingerie, garter belts, high heeled shoes, etc. He may ask her to assert herself more, to tell him what she likes and wants and to really participate, all of which would ultimately turn him off because it’s Physical behavior, the exact opposite of the behavior that turned him on to her in the first place. Yet because she doesn’t want to do it, he stays on her to do it. Because the Emotional female is generally dominated by the Physical male and because it is the nature of Emotionals of both sexes to take the path of least resistance, she may go along with his desires.

The Emotional female’s distaste for swinging may seem contradictory because Emotionals don’t equate sex with love. Yet since the Emotional female doesn’t enjoy frequent sex and she has more than she wants already, why would she put herself in a position to engage in more? She does it because he won’t stop pressuring her to do it until she goes along with the idea. At this point, he feels he has complete control of her –
unless she appears to be enjoying herself. If this happens, he suddenly has no more interest in swinging, preferring to keep her at home where he can keep an eye on her.

The Physical Sexual male has yet another power. He can impregnate the Emotional woman, thereby tying her to him financially as well as biologically. A woman with a child is a committed woman. When she is safely pregnant, he rationalizes that, “After all, she wouldn’t want to have my baby unless she really loved me.” When there are children, the Physical male feels in control again.

As for the Emotional female, she generally doesn’t like being a mother. It’s a lot of responsibility and she doesn’t have the full maternal instinct of the Physical female. In fact, the higher she is on the Emotional scale, the less maternal the Emotional female feels. The Emotional female grows up very slowly, so she, herself, is like a little girl for a long time. As her own children get older, she’s anxious to get them out of the house and to get on with her life. The Physical female, on the other hand, hangs on to her children forever. She never lets them go. In fact, we can say that Physicals, male or female, hang on to their children while Emotionals want to let them go as soon as they’re able to live on their own.

Don’t misunderstand. The Physical male loves children and views them as considerably more than devoices for ensuring his control of the Emotional female. He wants to be a father and works hard fulfilling
the role. But there remains, subconsciously if not consciously, the thought that because they are “a family” his woman will never leave him (or, at least, it will be much harder). Now, the Physical male feels in control once more, even though he may still feel (or be made to feel) he must behave like her willing slave in order to be certain in his own mind that she will have sex with him in the future.

No longer preoccupied with pursuing his partner, the Physical male now devotes all his attention to securing her and to get a “lock” on her emotions. When they have sex, he is driven by the need to be her “one and only” and perceives her as the woman. One symptom of this change is a developing preoccupation with the men who may have come before him.

Has she been intimate with anyone else? Is he “better” than his predecessors? Does she really love him, his lovemaking, and his ability to give her pleasure? He feels compelled to ask. If he is an insecure man, he may repeat these questions to the point of obsession, which will translate to the Emotional female as badgering and intrusive. These questions strike her as foolish and unnecessary because Emotionals do not always equate sex with love.

If the couple survives this alteration in their relationship, and the Physical male becomes convinced that the Emotional female does indeed care for him, his next overriding concern is that he may lose her. To imagine her with another man, or worse still, sharing
sexual intimacies with him, is intolerable. She has now moved from being “a woman” to being “his woman” and her preference for another man is a grave personal affront. He is exceedingly jealous but will do anything, subjugating his own desires to keep her happy and to ensure that no other man could possibly compete successfully with him for her affections.

If the Emotional female can distance herself enough to gain a little perspective on her relationship, she will note that the Physical male’s possessiveness also has its good side. The woman to whom the Physical male commits need not worry that he will stray. Even if he does, she can easily bring him back if she wishes to do so. She will find him consistently attentive, helping her with her coat, holding doors for her, frequently touching her as they talk, demonstrating for her and all the world to see that he cares for her greatly and has eyes only for her.

In Chapter Six, we will examine the actual physiological differences in Physical and Emotional sexual performance. We will see how these differences affect our relationships and how they must be accommodated if the relationship is to succeed.
It has been said that sex is only 10% of a good relationship and 90% of a bad one. In part, this is because of innate biological drives as well as our culture’s focus and obsessive attention upon physical performance as the barometer of a successful sexual relationship. Sex problems can destroy a relationship more quickly and easily than any other kind of difficulty.

Perhaps no other aspect of intimate relationships shows the differences between Physical and Emotional Sexuality more succinctly than what goes on in the bedroom. Sexual desire and physical performance originate in the subconscious mind and is therefore not subject to conscious control. Behaviors such as the degree of expression of emotion, frequency and type of demonstration of affection, comfort or discomfort with small talk and being subjected more often to the reaction of others can be minimized or altered by social pressure.

A person’s physical ability to experience orgasm and the stimulation necessary to accomplish this are so ingrained and so often not discussed openly, that human beings rarely alter these factors through conscious desire or education. Thus, physical style and sexual performance capability are glaringly revealing of Sexual Personality.
To the Emotional and Physical, sexual activity not only has different meanings and purposes, but the mechanics of the act are different to each of them as well. I believe these differences are not simply manifestations of taste or preference, but are the result of actual physiological differences. Not surprisingly, I have found that these differences in orgasmic capacity are directly traceable to, and are expressions of, the E & P Factor.

A number of recent clinical studies show that “aggressive” men ejaculated a measurably smaller volume of semen (as much as three times smaller in fact) with each orgasm than did “passive” men. This correlates with the observations and reports of thousands of Physical and Emotional men about their ejaculatory experience.

If you doubt that this disparity results from sexual personality – which is, after all, a psychological, not a physical phenomenon – consider this:

The Physical’s motivation in sex is not the act itself, but the desire to dominate and to prove himself a man. By doing this, he wins acceptance. To the Emotional, the entire purpose of the sex act is to release physiological tension, so he does everything possible to get to the ejaculation. So when the Emotional ejaculates, he releases three cubicles for every one the Physical releases. In a new relationship, the Emotional is able to have one more release after the first, but then he’s through for about 24 hours. This is one reason Emotional men seldom end up with prostrate problems, whereas
Physical men have them all the time. Their prostrate problems come from the Physical’s always holding back just a little bit so he can keep enjoying the sensations leading up to orgasm – orgasm is the end to the Physical and far less enjoyable than the process of getting there.

Because he ejaculates less with each orgasm, the Physical male recovers very quickly and, if his partner is willing, generally goes on to repeat the act of intercourse several times. When the Emotional Sexual male ejaculates, he ejaculates completely, producing a greater volume of ejaculate, necessitating a longer recovery period before he can ejaculate again. This disparity results in part because sex, like eating, reflects the attention you bring to it. The Emotional male’s one-time-only, high volume ejaculation is like the big bites with which they end a meal so they can go on to the truly important things in life (i.e. work or their career). The Physical male’s ability to linger all night in the throes of sexual arousal is like the little bites that prolong a gourmet’s delight of a fine meal. Except for very young Emotional males, this generally means one orgasm per night or per session of lovemaking.

If you are an extreme Emotional Sexual female (80% or higher), chances are you have never experienced orgasm. You may have experienced climax or, at the least, extreme sexual arousal. You may enjoy your lover, like being penetrated, and have had wonderful experiences in bed. Yet when you talk to your friends about orgasm, you may think that perhaps you have missed something. You may wonder just what they are talking about.
Orgasm is one of two ways in which the sex act can culminate. The other is climax. In our culture, orgasm is thought to constitute the ultimate sexual pleasure; it is the event in which each sexual encounter must end, if that encounter is “real” sex. Without getting involved in clinical, physiological definitions, orgasm is generally experienced as a sensation of rolling movement and almost unbearable pleasure, which occurs explosively at the crescendo of the sex act. It may grow in intensity, occur repeatedly and become stronger with repetition during a session of lovemaking. Orgasm is caused by the rhythmic propulsion of pooled blood from stimulated erectile and other tissue, and is usually accompanied by the contraction of powerful muscles in the genital area and other surrounding muscles, followed by the relaxation of all muscle tension. Although orgasm is triggered in the genital area, its effects – explosive release and aftermath – are experienced throughout the body.

Strictly speaking, climax is a sensation which can only be experienced by women. Climax usually takes place only after the clitoris has been directly and systematically stimulated. There is a strong feeling of pleasure, sometimes accompanied by a sense of rolling movement, and then a cessation of feeling. When a climax occurs all pleasurable sensation ends. In contrast to the “whole body” response of orgasm, climax is centered in the genital region, either wholly or mostly in the clitoris. Women who have experienced climax report feelings of “contentment,” “tenderness towards my partner,” and “relaxation,” as opposed to the
“ecstasy,” and “total release” orgasm produces.

Extreme Emotional Sexual men also on occasion experience a sexual response when they release without all the accompanying sensations of orgasm which may be likened to climax. The difference between the Emotional female and the Emotional male is that an Emotional man can always function. He can ejaculate. Most “high” Emotional females cannot have orgasms so they have climaxes or simply feel an end to the pleasure of stimulation – after a while, what normally gives them pleasure, irritates them.

Women (particularly Emotional women) will find themselves more interested in repeating the sex act after orgasm than after a climax. After climax, the clitoris is generally too sensitive to be touched again without a relatively long rest period. When intercourse ends in orgasm, however, the sensations are not localized in the clitoris but diffused throughout the body. The woman is then able to be re-stimulated without experiencing the usual sense of “rawness” and over-sensitivity associated with the post-climactic period.

For a Physical, sexual arousal starts (as every response must) in the mind, but it is transferred quickly and directly into bodily sensation and then into an emotional reaction to that sensation. For an Emotional Sexual, it is the mental aspect of sexuality that turns them on. Sexual arousal is created in the mind first as a thought, and then transmuted into an emotion which is then, sometimes slowly, transferred to the body.
During foreplay, the Physical focuses on the sensations leading to and culminating in orgasm, which is usually centered in the genital area. These sensations evoke an emotional response and an even greater capacity for physical feeling, creating a spiral which ends in another orgasmic response. The pleasure of that orgasm itself begins a new spiral, at the end of which a second, or third, or fourth, orgasm occurs. This pattern is reported in the findings of Masters and Johnson and by other sex researchers who have documented cases of individuals of both sexes who seem capable of multiple orgasms, with short or non-existent recovery times between periods of orgasmic activity.

Since sexual arousal for the Emotional depends upon the idea that they are doing something which is sexually stimulating, they may require prolonged foreplay. The male often needs oral sex to achieve ejaculation and the female manual stimulation of the clitoris. This mental component to the Emotional’s arousal also means that one of the most sexually arousing activities in which they can engage is arousing and pleasing their partner.

Therefore, Emotionals concentrate on and seek to understand what their partners are feeling. Their own responses are conditional upon the responses of their partners.

Because they experience sexual arousal primarily in the body and achieve orgasm easily, Physical Sexual men and women typically have a high sex drive but little interest in extended foreplay or various coital positions.
Physicals of either sex would be just as happy to trade variety for relatively greater frequency. They want sex often, yet seek it in a rather conventional manner.

Because they need acceptance, penetration is a very important element of the sexual act for the Physical. The Physical’s orgasm, while genitally-centered, is a whole body response which involves a wide range of pleasurable feelings. Because sex for the Physical consists of more than the direct, single-minded stimulation of the genitals which is often required to bring the Emotional to release, the Physical is ready to be touched again, and to penetrate or be penetrated again, in a relatively short period of time.

After orgasm, the Physical wants to cling to the partner because for them, all physical contact is pleasurable and pleasure leads to renewed sexual arousal. However, the Emotional male or female usually wants to separate after orgasm – the male because he is drained, spent, completely released and usually eager for sleep, and the female because she is overloaded with bodily sensations, in which state further arousal is improbable.

The immediate post-coital period may be more satisfactory to the Physical female involved with an Emotional male, than to the Physical male involved with an Emotional female. The Physical wants to cling to their partner after sex and the Emotional wants to get on with something other than the sexual relationship. However, where the Emotional woman is likely to move away from the male, the Emotional male may stay
closer to his Physical partner – although not necessarily out of affection.

The Emotional male has the same desire to withdraw, but the sensations of his orgasm are so intense that they result in a complete release and accompanying exhaustion. He will usually fall deeply asleep for several minutes – or longer – following his release. The Emotional male may rest on top of the woman, or in some other comfortable position, wherein he can sleep without withdrawal. Because penetration is at the center of the sex act for the Physical, this gives his partner pleasure. The Emotional male’s obvious inability to achieve a second erection prevents him from being pressured into something he would rather not do (as so often happens to the Emotional female). His Physical partner may also perceive his temporary inability to become aroused as proof that she has satisfied him so completely, he won’t need sex for some hours or days afterward.

**The Emotional Male with the Physical Female**

If we remember that Emotionals project their emotions or mental capacities in order to divert attention from their physical bodies, it makes sense that the Emotional male experiences sexual deprivation as tension in the body which must be relieved. Although the Emotional male is stimulated by his partner’s responses (to the extent that he always tries to bring her to release first), his motivation is his own orgasm. He is sensitive to his partner’s needs only until he perceives
that she has experienced pleasure, after which he immediately allows himself to orgasm.

The longer the Emotional male spends getting to the point of sexual release, the more “diluted” the sensations. The more quickly he reaches orgasm, the more intense and pleasurable the feeling. He may prefer oral sex because it brings the release without the (unwelcome) intensity of physical contact or energy that intercourse requires. The Emotional male’s sensitivity does not extend to understanding his partner’s desire for multiple orgasms, or to a desire to experiment, unless he is mentally stimulated to experiment.

When the Emotional Sexual male is no longer intrigued by the newness of the Physical female, he is unwilling to have his own satisfaction controlled by his partner. Formerly concerned about her pleasure, he may now stun her by falling asleep immediately after intercourse. Or, if the lovemaking took place at an hour other than bedtime, the Emotional male may actually get out of bed and immerse himself in some other – probably solitary – activity. When the Physical female wants to cuddle, the Emotional male will instead want to work at his personal computer for awhile, or even get dressed and go to the office.

Physical Sexual women have little difficulty becoming aroused or achieving sexual pleasure. Unlike Emotional females, Physicals have never had to fake orgasm nor pretend to be interested in sexual activity. Therefore, they will seldom climb into bed with men.
who do not appeal to them. The Physical Sexual female must admire and respect her partner, and perhaps even be, or believe herself to be, in love with him before she will have sex.

Unlike the Physical female, the Emotional woman goes to bed with a man because she likes him, because he wants to go to bed with her, and because saying “no” is a hassle or because it could earn her a derogatory label such as “frigid.” The Physical Sexual female will go to bed when – and only when – she has a sincere feeling for her partner.

Physical women who respect and love their partners are almost always approachable for sex and are capable of multiple orgasms with little or no recovery time between. The Physical female warms up quickly, needing none of the “walking on eggs” approach required to get past the Emotional female’s psychological defenses. Although her entire body is an erogenous zone, she responds best to stimulation of her breasts and genitals. Like the Physical male, the Physical female loves penetration. The feeling of containing her lover within her body after his orgasm until he is again aroused and can make love to her a second time, gives her a sense of transcendent acceptance and security.

Yet, once engaged in coitus, the Physical female may become insecure because her Emotional partner will often silently ride out the pleasure. This upsets her because the Physical female wants him to touch, kiss and talk to her about sex during the period of
penetration prior to orgasm. Talk about the sex act, as with the Physical male, is extremely stimulating and increases her arousal. She wants to hear not just terms of endearment, but specific confirmation of the pleasure he is experiencing during intercourse, often in a crude or graphic vocabulary.

In later stages of a relationship, when things have cooled off somewhat, the Physical female begins to act more Emotional in that she loses some of the driving interest in sex which was so evident when the relationship was being established. No longer the fiery hot aggressor, she becomes uninventive and mechanical in her sexual expression. The Emotional male gets itchy to have something new and exciting in his sexual life.

Unfortunately, this “something new” is not necessarily a new kind of sexual activity with his wife, or a rekindling of their ardor. It is more often a new partner. The Emotional male may not even be aware that he is dissatisfied until his attention is drawn to another woman – typically someone with whom he works. He begins an affair because he is curious and because he is looking for the rush or high he experienced during the honeymoon stage.

When his wife or steady partner becomes predictable, the Emotional male may continue living with her and making love to her out of habit and convenience. At this point, his complacent, plateau-stage Physical female partner is in the gravest danger. While the bored Emotional male may stay with her
because it’s the road of least resistance, once a new woman enters his sphere, initiating an affair with her – this new, unknown and therefore, exciting woman – becomes easier than working within his existing relationship. The “road of least resistance” therefore changes, and the old partner with her attendant demands, expectations and all-too-familiar flaws, is harder to deal with than an unexplored mistress.

**The Physical Male with the Emotional Female**

The Physical male’s emotions are very vulnerable during the sex act because Physicals project themselves through their body’s attractiveness and ability. Feeling the pressure to “carry the ball” sexually, the Physical male fears he will be rejected if he does not perform well enough to win his partner’s approval. The Physical Male enjoys sex not only for the physical pleasure, but for the feeling of sexual acceptance it brings. No matter how pleasurable his orgasm, the real payoff for him is the moment of penetration, when he is finally, truly accepted into the most intimate possible connection with his partner’s body. During the honeymoon stage of the relationship, the Physical male is all-concerned with his partner’s enjoyment of intercourse. He wants her to reach new heights of ecstasy and enjoys holding himself back as a way of prolonging her delight. He will prolong and/or repeat orgasm until he is truly certain that she, too, has had pleasure.

However, since the Physical male is usually in a
relationship with his opposite, a woman to whom foreplay is everything and who seldom or never experiences orgasm through intercourse alone, his obsession with bringing sexual pleasure to his partner may prove problematic. “Did you feel it? Was it good for you?” he asks, and if she says “no,” he will attempt to give her the gifts he wants her to have – rather than the gifts she really wants. He will repeat the act until she does feel something. If he only knew that what the Emotional wants most of all is not to be pressured!

To accuse an Emotional female of being “cold” is to be both truthful and unkind. In fact, the body temperature of the Emotional Sexual female is lower than that of the Physical Sexual female. Emotional Sexual women complain of constantly cold feet and hands and are uncomfortably chilly in weather which Physical men and women find quite balmy. If you are not an Emotional female, try to imagine how it would feel to be stroked and sexually touched when you are uncomfortably cold.

You can find out for yourself by standing outside in your shirt sleeves for fifteen minutes or so on a wintry day, then rolling up your sleeves and rubbing your arms. Far from being arousing or pleasing, touch under these circumstances is irritating and vaguely painful. Now step inside, warm up a little, and rub your arms again. This time you experience touch as ticklishness— which is better than pain but still a long way from arousal.

In order to truly enjoy sex, the Emotional female
needs to be in a safe, warm place with a partner who will begin warming her up gradually before getting down to the genital stimulation necessary to bring her to release. Her Physical lover can start by massaging her hands and feet, working gradually toward rubbing her shoulders and back. Only after a lot of foreplay – which need not be even specifically sexual – can he progress to stimulating her breasts and, lastly, her genital area.

The Emotional female, although mentally awakened by her partner’s pleasure and efforts to arouse her, usually requires concentrated genital – specifically, clitoral – stimulation in order to achieve a climax. Because of the intense concentration of sensation produced during oral sex, the Emotional female (like the Emotional Male) may even prefer that her partner pleasure her that way. Even then it is not at all a sure thing that she will climax during oral sex either.

The Emotional female’s climax generally results in an unpleasant tenderness in the clitoris. This sensation continues for a time – sometimes for a long period – after intercourse. Because she is sore and severely sensitive, the Emotional Sexual female usually will not experience sexual pleasure. She may actually feel pain if her Physical partner’s quicker recovery time allows him to repeat intercourse before she has had sufficient time to come around to the excitation stage again.

The Emotional female also will have trouble lubricating if her Physical male partner wants to make love a second time. His thrusts, and more subtle
attempts to arouse her, will not bring her pleasure, although she may submit to repeated intercourse. In her mind sex is o.k. She had fun the first time, but now it is time for other things like sleep, or if it’s still early, a good book or some television.

In order for the Emotional woman to be a happy participant, sex must be spontaneous. The spontaneity needn’t be comically “fast” (in the middle of dinner, her sex partner shouts, “Let’s go for it!”, leaps over the table, tears off her clothing and effects penetration before she even has time to put down her fork!) The Emotional woman will only be put off by such flagrant Physical behavior.

Spontaneous sex for the Emotional female could begin while the couple is relaxing or perhaps watching television, with a back rub and some light kissing. During the preliminaries, the Physical should avoid any overtly sexual contact with her nipples or inner thighs. After several minutes of gentle, sensual, non-threatening touching, the Emotional woman is likely to be in the mood to proceed to more overtly sexual foreplay.

Emotional women are not sexually cold if they are allowed to warm up properly before sex. They have the capacity for sexual release and can give and receive pleasure. However, being Emotionals, they are ever-aware of the vulnerability of their bodies, and the mental defenses protecting their physical persons can be overcome only with protracted foreplay. The Emotional Sexual female’s usual Physical male partner
will most probably not enjoy, and surely not require, the amount of pre-penetration stimulation that this female needs to be aroused. The classic frigid woman is an Emotional whose Physical partner is in a hurry.

Extreme Emotional women who have been misunderstood and mishandled sexually (usually because they have a Physical partner who “won’t quit” until they reach orgasm) sometimes develop an impressive ability to simulate orgasm, with moaning, heavy breathing, contorted facial expressions, voluntary muscle contraction, etc. They may put on a show of enjoying themselves – as much to convince themselves that they are experiencing pleasure, as to fool or flatter their partners. They may do so because they are embarrassed by the supposed “lack of womanliness” their responses indicate.

In the plateau stage of the relationship, one of the worst mistakes men can make in approaching the Emotional female is asking them, “Do you want to make love?” The Emotional female will invariably say “no.” Until she is warmed up and gently stimulated, she is not really interested in sex. A better approach is simply to begin stimulating her and watch for her positive reactions. If the Emotional female does not respond after a period of gentle touching and non-sexual massage, it may be better to discontinue the effort and wait for a better time. Learning to move toward sex without asking her to make a decision about what she may want later (but doesn’t want now) usually produces the best results. The Emotional female also responds
best when sex is a possibility, but not a certainty. If she has to promise that she is going to have sex later, then she considers herself obligated to have a feeling which she is not at all sure she will be able to summon on cue. If she is aware at eight in the morning that her lover will visit her at seven o’clock that evening, with the specific purpose of having sex with her, she may become aroused. She wants the man, looks forward to sex, and her body will frequently lubricate. As the day passes, however, she has too much time to think about what will be expected of her. By the time her lover arrives that evening, she is too anxious to enjoy making love.

The extreme Emotional Sexual woman may appear cold and aloof until she has had a few drinks. Then she may surprise her partner by growing extremely ardent. This is because alcohol slows her brain functions so that her conscious thought processes fail to control her as they usually do. She relaxes, wants and enjoys sex before she has a chance to experience the fear, guilt and other negative emotions which normally inhibit her. This is not to suggest that the Emotional Sexual woman needs to get drunk to have sex. It simply illustrates that she is not, in any sense, frigid.

**Sexual Cycle Days**

The fact that one partner in a relationship, the Physical, is almost always sexually turned on while the other, the Emotional, finds frequent sex a psychological and emotional intrusion, is the major cause of sexual problems with couples. However, much of this
difficulty can be resolved if the partners become aware that Emotionals of either sex have definite sexual cycles which heighten or lessen their level of approachability on certain days. By making use of this knowledge, the couple can reduce confusion and misunderstanding and ensure that the encounters they do have are far more successful. By making use of various strategies, they can ensure that both parties’ basic needs are met.

Physical Sexuals are often perplexed by the widely varying levels of sexual desire their Emotional partners display at different times. While Physicals may also experience periods when they lack the urge to initiate sex, they are almost always functional when approached by a partner whom they love, respect and to whom they are sexually attracted. Emotionals, however, seem to exhibit alternating periods of sexual interest and lack of interest. If the Physical is unlucky enough to make a sexual advance when the Emotional partner is not in the mood, the result is either a rebuff or a half-hearted and very dispirited participation.

At other times, however, the Emotional partner spontaneously initiates sex or engages in sexual activity with enthusiasm and delight. What works one day, in terms of foreplay, approach and response, may produce a diametrically opposite response the following day. No wonder the Physical – particularly the Physical male – becomes confused about what’s going on with the Emotional partner.

Understanding the Emotional’s sexual cycle can help
Physicals accept that what seems like an overwhelming personal rejection may in fact have a different cause. Although Emotionals and Physicals may not recognize that the Emotional seems to want sex only at intervals, rather than steadily, neither Sexual Personality type is usually aware that there is a definite, traceable pattern in the Emotional’s libidinal ups and downs.

By observing thousands of people at seminars and workshops, in therapy and in social situations, I have concluded that Emotional Sexuals of both sexes exhibit very distinct sexual cycles, while sexual cycles in Physicals are absent all together. Cycle intensity depends in part upon how extreme the degree of the Emotional’s Sexuality is – the higher the percentage of Emotional Sexuality in an individual’s make up, the less approachable he or she is on an “off” day. A sexual cycle of an “on” day every three days is about average, although there are Emotionals whose cycle peaks once every seven to ten days or even once a month.

Just as no one understands (even after decades of widespread usage and research) exactly how aspirin works to reduce fever and pain, so we do not understand the precise mechanism which causes Emotional cycle days. We don’t know if the phenomenon is hormonal, biochemical or psychological in origin. However, I do know that during counseling I have repeatedly described this pattern to thousands of couples who were then able to observe it for themselves. In most cases, the result was a feeling of immense relief for both. The Physicals no longer felt hurt by their partners’
“rejection” of their advances, and the Emotionals no longer worried that there was something “wrong” with them because they couldn’t match the intensity of their partners’ desires.

The Physical needs to learn how to spot the Emotional’s cycle days. Asking the time-honored post-coital question, “how was it – was it a big release?” may not elicit a truthful answer. Especially from an Emotional female who has been faking enthusiasm or who is thoroughly turned off to her partner. Remember that talking about sex is generally a turn-off for the Emotional anyway. The best way to detect the Emotional male’s cycle days is through silent observation of his behavior. The best way to detect the Emotional female’s cycle days is by consulting the calendar, using her menstrual period as the “base date” and counting forward (unless the female has had a hysterectomy and no longer menstruates).

The concept of cycle days is most applicable to Emotional Sexuels during the plateau stages of relationships when everything is “normal.” Emotionals experience heightened sexual desire approximately every third day, regardless of whether they have had sex the day before, have abstained for long periods or have otherwise regulated their sexuality “externally.” In other words, to use a very extreme example, an Emotional Sexual cloistered nun, who never has sex, and an Emotional Sexual prostitute, who has sex perhaps ten times a day, will both experience peak periods of desire on the third day of their three-day cycles. Whether an
Emotional actually has sex seems to have nothing to do with when he or she experiences sexual arousal.

For the Physical female watching the Emotional male, spotting his “on” days is relatively easy – she simply needs to chart when he approaches her for sex. The Emotional male’s cycle consists of a day on which he has very little sexual interest (which we might call a “1” day), followed by a day on which he is sort of neutral on the subject (a “2” day), after which his cycle peaks on the (“3” day) when he is sexually interested. Emotional males repeat this three-day cycle without interruption unless they are physically ill, injured, or experience some other unusual stresses in their lives.

Once she has identified his cycles, the Physical female can refrain from behaving provocatively or from setting up potentially sexual situations on his “off” days. If he’s away on a business trip, she can telephone him on his “on” day and “talk sexy” on the telephone. If she has bought a revealing nightgown, she can wait to wear it in front of him until his third cycle day, thus increasing the probability that he will respond to her.

The Physical male watching the Emotional female can use the chart below to figure out when his partner is receptive to him. The last day of the menstrual flow always ushers in four days of high receptivity, which is followed, as the chart illustrates, by a predictable rotation of “on,” “off” and “neutral” days.

In the following diagram, the days marked “0” are
part of the Emotional female’s menstrual period. Days designated “3” and “3+” are days on which she will characteristically feel sexual interest and desire, with the “3+” day being slightly better for her than the “3” day. The “2” days are neutral days on which she is likely to have a “take it or leave it” attitude toward sex. On the “1” days, the Emotional female will not want to be approached nor to have sex.

In the chart below, the days of the week have been arbitrarily chosen to illustrate a “typical” Emotional female’s cycle days. In the cycle of an actual female, the 1, 2 and 3 days can be determined by counting forward from the last day of her menstrual period, with four “3” or “3+” days immediately following the last day when she is actually bleeding.

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Unlike a Physical’s sexual libido who, when denied a sexual outlet, remains high until the situation is corrected, an Emotional of either sex will follow the usual three-day pattern regardless. If no sexual activity occurs for a period of time longer than three days, the Emotional will still experience the waning of desire on the “1” and “2” days of the cycle. An Emotional who has sex after a long period of abstinence on what
happens to be his or her “1” day, will function, but not with the explosive intensity that the Physical partner (or even the Emotional him- or herself) expects.

The Physical male whose partner no longer menstruates, or whose periods are artificially induced by hormone therapy, may have to be more observant to discover her sexual cycle days, especially if there has been tension about sexual frequency in their recent interactions. Simply “keeping a low profile” may help. The Physical male can simply back off, and not approach his partner for a time. He should behave toward her with great warmth and affection but refrain from trying to make love to her. The idea is to get across that he is pleased with her, loves her and is attentive to her but is making no sexual demands.

If the Emotional female has a history of initiating sex on occasion, she will again do so when the sexual pressure is off and her next “on” cycle day arrives. If the Emotional has never initiated sex, the Physical male will have to wait for some subtle, non-verbal signs that she is available. Perhaps she will signal her desire by spontaneously moving into his arms while watching TV, or by embracing him during the night.

When the Physical male notices (or thinks he notices) her sexual interest, he might kiss her, caress her, and ask her, “Would you like to make love?” If she says no, he should immediately retreat – with no display of anger or hurt feelings. A simple “o.k.” and a smile will end the encounter on the right note.
Both Physicals and Emotionals can use their knowledge of sexual cycle days to help solve sex problems in a relationship. The Emotional Sexual can enjoy sex more frequently than just on “3” cycle days if the Physical partner knows how to arouse the Emotional. Extended foreplay or sexual activity which does not culminate in intercourse can be very pleasurable for the Emotional at times when their sexual tension isn’t high enough to require the release of orgasm or climax.

Physical men in particular have been brought up to believe, as we have said before, that “real” sex always ends in intercourse. They will reap great rewards by learning to take pleasure in modes of expressing affection which do not threaten their vulnerable, reticent Emotional partners. A woman who doesn’t feel like having intercourse can still be very tender and gentle – holding her partner, kissing, caressing and showing that she approves of and cherishes him – if she is given the chance. On the other hand, a man who wants intercourse or nothing – who, once rebuffed, turns his back on his woman and falls into a grumpy sleep – is missing a golden opportunity to feel loved.

The Physical male must also understand that insisting on full scale intercourse with his Emotional partner on a low-desire day will not yield the warm, responsive partner that he desires. If he is willing to have sex with a woman who is mentally writing her grocery list or thinking about the bathroom wallpaper, then an uninterested Emotional partner may satisfy him. However, most Physical men pride themselves on trying
to please their partners. A partner who displays in bed all the animation of a side of beef is clearly not being pleased. The Emotional may take a lover outside the marriage in order not to be pushed. Emotional sexuals thus involved have control because they can elect to see their mistresses or lovers only in synchronicity with their own sexual cycles.

The Emotional male involved with the Physical female has a slightly easier time, because the Physical Sexual female craves all forms of attention, not just sexual attention. Since, in spite of recent changes, men are still expected to initiate sex most of the time, many Physical women will wait for their partners to make the first move, and so do not find themselves in the situation of the Physical males who ask for sex and are rebuffed time after time. A Physical female involved with a high Emotional male learns (after unsuccessfully asking for sex), that she is better off waiting until the man makes a move or until he is ready for her. The risk of rejection keeps her frustrated, but silent about her needs.

In addition, the Emotional male can, if he understands his partner and is sensitive to her desire, give his Physical female a great many strokes and much attention without having to perform sexually when his desire is at low ebb. He can work her into his schedule for dinner, send her flowers, or take five minutes from a busy day to telephone her and tell her how much he hates the fact that work keeps him from her side. He may say that he aches to be with her, and can’t wait until he sees her again. Of course, while he is saying this, he
may be completely aware that he prefers being at work to being with his partner. He is telling her what she wants to hear in order to maintain or to improve the quality of their relationship.

Isn’t this manipulation? Yes, to a certain extent. But almost every human interaction involves manipulation of one sort or another. The key question is not whether the Emotional male is manipulating the Physical female, but whether more good than harm comes of what he does. In short, this is one of the few situations in which the end justifies the means.

The Emotional male loves his Physical partner, and is committed to her, to the extent that he can be committed to anyone. He is compromising, trying to give her – without ignoring his own requirements – what she wants from him. If the couple can at least meet one another’s minimal needs, she will receive the sense of being loved, which she must have, while he will be able to live his life in a way that is comfortable for him.
Chapter 7

The Problems of Emotional and Physical Communication

Because they are opposites, Emotionals and Physicals possess different communication styles. An Emotional communicates feelings primarily through actions. If they are with you, they like your company. If they do something friendly toward you, they want to be your friend. The Emotional feels that actions speak louder than words, and lives by this rule.

But with the Physical, words are all-important. Physicals say what they feel. They rely more on what others say than on what they do. When the Emotionals don’t say what they feel, Physicals fear rejection. Physicals don’t automatically interpret other people’s actions as expressions of their feelings.

Emotionals, on the other hand, don’t understand Physicals’ need to verbalize everything they feel. Emotionals may feel that what Physicals say is redundant; they already “heard” it through the Physical’s actions.

In the beginning of the relationship, though, communication helped attract them to one another. They thought they agreed on everything – values, morals, and what they wanted and didn’t want in a relationship. Although they both spoke English, each attributed to the same words and phrases entirely different interpretations. The miscues were glossed over or ignored during the
honeymoon stage – the exciting, enticing beginning when, in the glow of mutual chemistry, each was forgiving of the minor faults they saw in the other. Each partner heard what he wanted to hear, not necessarily what the other was saying. However, miscommunication becomes more and more apparent as the couple moves on to the later stages of the relationship.

Because of these first two disparities, and others we shall discuss, it’s as if Emotionals and Physicals speak two different languages – as if one is speaking Greek and the other, Yiddish. Once they come down from the high of the initial stage of the relationship, their communication rapidly disintegrates.

Not understanding that our partner processes information and communicates differently than we do is a great source of conflict between Emotionals and Physicals. In fact, problems with communication and with sex actually cause 80% of all relationship breakups (the other 20% are caused by financial disagreements). Consider these examples:

Early in the relationship, the Physical might say, “Do you like sports?” The Emotional responds, “Yes,” so the Physical invites the Emotional to watch a football game, along with all the Physical’s friends. And the problems start. The Emotional doesn’t like this type of sports activity. The Emotional does like sports, but as a one-to-one contest. The Emotional male might like boxing, and the Emotional female, tennis. If they’re going to watch a game, they’d prefer
to stay home with their partner and watch it on TV.

A Physical, dating an Emotional, may say, “Tell me about yourself,” and when the Emotional answers, “Well, I like being ‘one-on-one’ with people” (meaning they like to be in small groups, rather than in crowds), the Physical thinks, “Great, we both like a lot of sex!”

Or, during sex, the Physical will ask the Emotional, “Did you do it? Did you have an orgasm? Did you enjoy it?” They ask because they have a feeling, a belief, that this time was the best. The Emotional will nod one way or another, but never give a straight answer. For the Emotional, it’s a turn-off to talk about sexual performance. The Emotional feels that one time is as good as another, that there is no better or worse time and that sex is as good as you think it is.

Later in the relationship, the Emotional might suggest, “Let’s spend a quiet evening at home.” By immediately assuming that the Emotional has “something” in mind, the Physical sets themselves up, for at the very least, a surprise, if not outright rejection. All the Emotional had in mind was, literally, a quiet evening at home – nothing more.

Maybe the Physical asks, “Are you in the mood tonight?” and the Emotional says, “Maybe.” The Physical assumes “maybe” means “yes.” Yet what the Emotional really means is, “It depends on if I have the time, if I have nothing else to do, or if I’m in the mood.” Later, the Physical becomes unhappy when turned
down, saying, “Well, you said ‘yes’!” The Emotional disagrees, “I said ‘maybe.’” Well, what’s maybe? Either you do or you don’t, the Physical wants to know. The Emotional may answer, “Well, I don’t know what I’ll feel later,” and thus, they end up in conflict again.

Or the Physical will bring up the question of children: “Do you like children?” The Emotional responds, “Yes.” What the Emotional means is that they’re okay – as long as they belong to someone else. It never occurs to Emotionals to come out and say they don’t want children of their own, because having one is so far from their minds.

Or the Physical might say, “Let’s go shopping for some drapes.” The Emotional hears, “We’re going to shop for drapes – just that and nothing more. Then we’ll come right back home and get back to business.” The Physical, however, wants to shop for drapes, and the couch, and groceries, and stop for lunch and… thus, they both end up frustrated and the argument begins.

Or perhaps the couple is getting ready to go out to dinner. The Physical says, “You pick the restaurant.” The Emotional, who doesn’t want to pick the restaurant in the first place, vacillates for a while. With the Physical insisting that the Emotional choose, the Emotional finally makes a decision; only to hear the Physical say, “Aw, that’s not good. Let’s go here instead!”

The differences in Emotional and Physical communication begin with “suggestibility” – how we
learn—which is first established during childhood and solidified in adolescence. The Emotional child has learned that the inferred, below-the-surface content of messages contains the real meaning. The Physical child, on the other hand, learned that messages should be accepted at face value.

This all goes back to the fact that Emotional Sexuals are “left-brained,” – analytic, linear, factual, mathematical. They have to break down information into small components so that they can organize it into some usable order. Emotionals are very aware of how the components interconnect and are able to draw inferences from those relationships.

In Physical Sexuals, it is the right side of the brain – instinctual, creative, artistic and intuitive – that is dominant. Physicals are therefore able to take in big chunks of information “whole” and hear them (to mix a metaphor) “at face value.” They immediately grasp the major idea in information that they hear without necessarily paying a lot of attention to the subtleties or controlling logic. In fact, Physicals are willing to accept data which literally confounds logic, provided that the data deals with some “unquantifiable” commodity, such as feelings.

So, Physicals hear literally, while Emotionals hear inferentially. In a discussion about NFL Playoff procedures, as statement like, “The Rams have a good team this year,” will provoke no more than a nod of the head or a flickering of the eyes to signify that the
Physical has heard the words – and the conversation will continue on its original course.

If, however, the listener says to the Physical, “Do you think the Rams have a good team this year?”, they will respond, “Yes, they are excellent, except I think the defensive line could be a little stronger…” etc. The Physical can be made to change the thrust of the conversation in response to a direct question, and will not acknowledge a statement that the listener has interjected, unless asked directly to do so.

The Emotional, on the other hand, will infer from a statement that the listener wants to redirect the topic of conversation. Because the Emotional takes the inference that you want them to talk about something or you wouldn’t have said it, a simple statement like, “The Rams have a good team this year,” dropped into a discussion of the NFL Wildcard Playoff system, will effectively re-channel the conversation and provide the Emotional to respond about this year’s performance of the team – provided that this direction is a subject that the Emotional understands and on which he feels qualified to speak. Emotionals will not contribute to a dialogue unless they consider themselves knowledgeable in that area. Once a field of “expertise” is tapped, however, the Emotional is just as voluble and outspoken as a Physical.

While Emotionals hear inferentially, they speak literally, and while Physicals hear literally, they speak inferentially. The Emotional has already analyzed the data, the manner in which it was said or asked, and has
decided what he wants to say. His answer has gone through the analytical left brain, and will contain only what he thinks is necessary. In communicating with others, the Emotional is apt to be blunt. He or she is not overly worried about being rejected and has a sturdy emotional make-up. It’s hard for an Emotional to grasp that others may not be as secure. When an Emotional talks a lot (which is rare), it is not because he enjoys talking, but rather because he is having a hard time getting the facts across succinctly, and is providing a great deal of data in the hope of being (literally) understood.

The Physical, on the other hand, hears a literal message; but when he speaks, he wants to convey the essence, the feeling, the total picture. The message he hears is first processed through the emotions, creativity and abstract thinking of the right brain. What he hears may trigger another emotion, in that recourse to left-brain logic. In this way, the Physical may jump from subject to subject without completing a thought, and is potentially more volatile in response to something that is said or done than is the Emotional.

Emotionals express what they think, while Physicals express what they feel. Concerned whether others understand them completely, Physicals have a great need to speak and to be understood. The Physical is likely to talk around a subject, supplying every detail and nuance, until they have covered it from all the angles, unless they receive very direct instructions that it’s time to get to the point. When Physicals talk a lot (which is often), it is both because they enjoy the attention that talking brings
to them and because it takes longer to say something inferentially than to say it literally.

If you ask an Emotional the time of day, they will say “6:30.” The Physical will tell you the history of watchmaking. This can drive the boss crazy. A salesman comes in and the boss says, “How were sales today?” The Physical starts talking and, before you know it, he is giving a dissertation about the Great Depression, the 40’s, the 50’s and the 60’s. Finally, he gets to the point, and says that sales weren’t very good. The Physical looks at the entire picture and enhances the information he gives you with all the feelings and experiences associated with it.

The Emotional looks at the way it is now. “Yes.” “No.” “Let’s get it over with.” They don’t like trivia, and don’t expound unless asked to. Often the Emotional’s short, pointed answers don’t give enough information. This can mislead or confuse their listeners, especially when the Emotionals’ actions contradict their words. These short, terse answers also cause frustration for Physicals, who want more exploration and detail.

It would seem, then, that with a Physical speaking inferentially to an Emotional who hears inferentially, and the Emotional speaking literally to a Physical who hears literally, that we would have an ideal communications grid, in which the Emotional speaks the Physical’s language and hears the Physical’s words, and vice versa. It is, however, not that simple, because communication styles have a lot to do with what relationship stage the
partners happen to be in at a given point.

In the honeymoon stage, both parties in the relationship are inferring what the other means based on what they want to hear. Also, they tend to say what they think the other wants to hear, to draw their beloved further into the relationship. In the plateau stage, with their commitment to each other expressed, good behavior declines and communication becomes lazy. They stop trying so hard to be accepted and to accept; and begin to realize that what they heard is not what their partner intended to say. As well, the Physical often begins a sentence in the middle of a thought or uses pronouns in place of proper nouns until the listener no longer knows the “he” or “she” or “they” that they’re talking about. The Emotional, who hears the meaning behind the words, may assume the wrong inference or hear an inference where none was intended. Finally, in the trauma stage, when both feel mistreated and abused, what they hear is based on negative premises and is often misconstrued as hurtful.

Their differing communication styles can turn even what appears as the simplest of statement into a labyrinth of potential misunderstandings. Next, we will examine some of the classic confusions that exist in each stage of a relationship.

“I Love You.” Probably no statement is used more often or lies closer to the core of a relationship. Yet, spoken between Physicals and Emotionals, these three words are beset with pitfalls and ripe for disaster.
In the honeymoon stage, when the Physical says, “I love you,” he may mean, “Your turn me on. Any time we are together, I have more fun with you than with anyone else I know. You’re terrific in bed, intellectually stimulating, and you know the world’s greatest collection of bawdy limericks. I’ll spend as much time as possible with you until the magic ends and then we’ll go our separate ways with beautiful memories.”

Yet, many a Physical will mourn, “I said ‘I love you,’ and he got all uptight. I didn’t say, ‘Do you love me?’ or ‘Why don’t you ever say you love me?’ – I could understand why he wouldn’t like to be questioned that way. But a simple statement, ‘I love you’ – why was my saying it such a big deal? I said it because it made me feel good.” Yet the Emotional inferred that it meant commitment and responsibility – things they were not ready to return in kind.

Emotionals cannot hear a straightforward statement without inferring the need to respond. An Emotional always feels obligated to reply to a statement, as well as to a question. If the content of the statement or question makes the Emotional uncomfortable, then he or she will resist, and eventually resent, having to give a response which feels unnatural or unpleasant.

The Emotional is uncomfortable with the intense feeling evoked by talk of love. Speaking of “love” in the context of a relationship is always very hard for Emotionals. Even in “non-loaded” situations, such as describing an inanimate object, they will avoid what is,
to them, the misuse of the word “love.” An Emotional, for example, will scrupulously use the phrase “I love you” quite sparingly. It is the Physical who, attempting to communicate approval of a desire for, say, pasta, will say, “I love pasta.” By contrast, the Emotional will say that he “likes pasta.”

Since Emotionals live so much in and by their thoughts, words have a special potency for them – the word “love” in particular. Society seems to invest it with such significance, yet the definition is so vague. Since Emotionals don’t know what “love” means, they feel threatened by it. The word also seems to portend and promise so much. Emotionals are reluctant to use it lightly.

As the Physical begins to feel the need for commitment and reassurance, the words “I love you” take on more importance. Now, by saying “I love you,” they may mean: “I want to have sex with you and no one else. I want to marry you. I want to have children with you. I want to grow old together. I don’t want to consider anyone else as a life partner – ever. I need to know that you love me too.”

The words “I love you” carry an immense load of inferences to the Emotional depending upon the context of the relationship – including, responsibility, commitment, loss of freedom, loss of choice, etc. Because of the implications of saying “I love you” to someone who is a potential marriage partner, the Emotional may not be able to repeat the words to the
Physical at the same time as the Physical first feels comfortable saying them.

If they do say “I love you” at this point, they may only mean: “You are convenient to my present needs. I feel comfortable with you. I enjoy your company at the moment.” Or they could just mean, “Sex is good between us.” Even when the Emotional does reply, “I love you” with intense feeling, the Physical is often unintentionally misled. Physicals hear, “They love me; they are mine forever.” However, Emotionals may mean no more than “I love you for today. There’s no long-term commitment. This has nothing to do with tomorrow. You might not be as comfortable or convenient to be around then – in which case I will do the logical thing and switch my allegiance to someone else.” The idea that the magic words “I love you” could describe a very transient feeling, is beyond the Physical’s comprehension.

The impulsive Physical Sexual is often ready to commit to a relationship before the more deliberate Emotional is comfortable with the thought of a commitment. Already coming on strong, wanting to spend more time with the Emotional than the Emotional wants, the Physical is moving into dangerous territory. The Emotional will probably experience this aggression as an intrusion into his or her life, and may not want to intensify the involvement or commit to an exclusive relationship just yet. However, the moment an Emotional hears “I love you,” they begin to fear that the Physical wants just that.
When the Physical says “I love you,” the Emotional hears “When I say ‘I love you,’ I want you to say, ‘I love you, too.’” At that moment, the Emotional may be very fond of the Physical and may even feel as intensely as the Physical. But the Emotional is simply unable to repeat the words he or she is convinced the Physical wants to hear.

There is a lot of room for hurt feelings here. The Physical may well reason, “If you really love me, then why can’t you say it – especially since you know it makes me feel so good when you do. Either you don’t really love me, or you’re deliberately, stubbornly withholding something from me that could make me feel very happy.” Again, the Emotional is uncomfortable with the words.

Remember, an Emotional’s actions are the way they express their feelings. If you are a Physical going out with an Emotional who sees you regularly, feels comfortable enough to tell you personal things and talks to you at length, then their feelings are the same as yours, even though they may not be able to say the words you want them to say.

The Emotional feels that actions speak louder than words anyway: “I’m here, working hard, coming home to you, not complaining – that should reassure you enough about how I feel.” Or, “I only date you. On the weekends that I don’t have to work, I always take you out. Isn’t that enough to prove I love you?!”
If you put the Emotional in your life on the spot by telephoning him or her on the job to say, “I love you,” you will get, “Gotta go now,” or “uh-huh” as a response – NOT “I love you, too.” Save the words until you are alone together, or until you are on a vacation. There, the Emotional, in the midst of strangers, feels free to behave romantically or spontaneously.

“Reading” the Emotional’s Behavior

Accepting that Emotionals’ actions communicate their feelings, let’s look at how literal Physicals can begin to understand their partner’s feelings without hearing about them in words. We’ll examine a situation with the Physical male. (This example applies to Physical females as well, with necessary changes for gender and protocol.)

When a Physical says to me, “I’m dating this wonderful person, and I keep worrying about whether she really cares about me, since I’m not getting any verbal reassurance,” I ask:

“Well, what was your date like? What did you feel?”

“Oh, I’m really falling in love with her. I told her, and she didn’t say anything back, she just sort of looked at her lap. I don’t think she likes me.”

“Well, did you ask her for another date? And what did she say?”

Well, she nodded and said she would like to go out
with me again.”

“On the night you suggested?”

“Yes.”

“And she didn’t hesitate? She didn’t say, ‘Well, give me a call next week so I can check my schedule?’”

“No.”

I generally suggest that he come back after their next meeting and tell me about it. I ask what happened:

“Did she tell you about herself?”

“Not about her personal life.”

“But when you asked her about things she knows about – like her work, her hobbies?”

“Oh, yes, she talked a lot. She seemed comfortable.”

After the next date, I ask again, “What happened?”

“Well, we talked for hours and hours. She told me the story of her life, and I told her the story of mine. At the end of the evening, I said I loved her, but she didn’t respond.”

If the Physical is still insecure, I suggest that, no matter what else happens in a relationship, the Physical partner must recognize the extra-verbal messages a caring Emotional will try to convey. An understanding of non-verbal messages, and an acceptance of the fact that affection conveyed without words is valid and
valuable, will help the relationship immeasurably. Emotionals give lots of non-verbal messages, if only the Physical knows how to read them. Just because someone dislikes talking about feelings doesn’t mean that the feelings aren’t there.

An “interested” Emotional may act out some Secondary behavior, expressing affection by making jokes about sex or by tickling or wrestling playfully with the Physical. Or, he may express some level of commitment by referring to “the relationship” in conversation, or by alluding to future plans for the two of them. The Physical needs to acknowledge these actions as signs of affection and commitment, and should respond in kind.

If you are a Physical, don’t say “I love you” to your Emotional partner until you are sure there is a true, deep commitment to the relationship. For an Emotional, developing such feelings usually takes time. If you must say something early in the relationship, say “I think we really have good times together.” Or, better yet, say “I love you” when you are rushing off to catch a bus or getting into an elevator – in any situation in which the Emotional cannot reply. Then, rather than feeling pressured into answering, the Emotional will instead, register a brief, non-threatening personal message from you.

If you really feel the need to say it, wait until the seventh or eighth date to tell an Emotional that you love them. The Emotional may back off again – if they do,
quickly say, “Love is just an expression that means I like being with you.” Wait awhile until you say it again – don’t hit the Emotional with it every time.

You can also minimize your Emotional partner’s sense of being put on the spot when talking about feelings, by prefacing your statements with, “You don’t have to respond to this, but I just wanted you to know.” This simple qualifier effectively relieves the Emotional’s discomfort by removing the implication that he must react to what you say.

Remember, never use “I love you” as a ploy to gain reassurance from your Emotional partner. If you must have reassurance, wait until you and your Emotional partner are in a public setting – such as a restaurant – from which the Emotional cannot flee – and say, “How do you feel about me?” The Emotional will be a little uncomfortable with the question, but may answer, “I have a good time when I am with you,” or “I think you are very bright and attractive,” or some other positive, but non-committal remark. If the Physical is not already feeling rejected because of other words or actions on the Emotional’s part, this response may be sufficient. If it’s not, the Physical may follow with “But do you love me? You didn’t say you love me. Don’t you care for me as much as I care for you? Have you been leading me on?” If the relationship means anything to the Emotional, he may respond with, “Of course I care for you; I wouldn’t be here if I didn’t. I just feel uncomfortable saying ‘I love you.’”
Or, the Emotional may answer “I care for you a great deal, too” or “Love ya, too,” but in a very casual way, without heavy breathing, melting glances, or a passionate, movie-style embrace. These words alone may be enough to satisfy the Physical, who hears in them commitment (“I want an exclusive relationship with you. I don’t want to date anyone else.”) The Physical immediately relaxes. This, in turn, has a calming effect on the Emotional, who now has a little breathing room.

Once an Emotional has actually told a Physical, “I love you,” it seems illogical to repeat it. Emotionals reason that, “I said I loved you when I married you (or when I committed to you). I’m still here. Nothing has changed. Our relationship is progressing and growing – we’re making plans for the future and spending a lot of quality time together. Why should I have to tell you I love you again when I am showing you that I do? If I didn’t love you, I would certainly tell you so.”

In a healthy relationship, the Emotional is indeed committed without verbally belaboring the fact. The Physical, of course, wants to hear it again because, a) nothing else means quite the same thing or produces the same impact; b) it produces a feeling of acceptance; and c) it reassures the Physical that the Emotional is still committed.

To be fair to the Physical, a desire to keep checking the Emotional’s level of involvement is not as pushy or as neurotic as it may seem. Emotionals often begin retreating and disengaging from relationships in silence.
An Emotional can be involved with a new lover and have made plans to leave a marriage or liaison before he given any verbal cues that the old relationship is floundering.

As much as Emotional dislike being put in a position where they must respond to spoken declarations, they dislike it even more when Physicals act out their emotions. Many self-improvement books suggest that everyone will respond positively to hugging and kissing. Emotionals do not. In fact, they will respond even more negatively than if you say, “I love you,” and you may well suffer a painful rejection. Smothering them with love threatens them as much as saying “I love you.”

“I’ll call you” is another phrase that can prove to be a pitfall for Emotionals and Physicals. In the honeymoon stage, for example, when an Emotional man dates a Physical woman, he’ll almost always say, “I’ll call you” when he gets ready to leave. Now, to the Physical female, that means, “I’m going to call you when I get home, and thank you for a lovely, lovely evening.” Or, “I’m going to call you tomorrow morning, first thing, before you get up.” This is not, however, what the Emotional man means. What he means is, “I’ll call you when I get a break. Maybe next weekend at the same time, but not tonight.”

For the relationship-hungry Physical, the word “later” becomes a baited hook on which they hang, for hours, days, weeks – even months – while trying to infer what the Emotional meant. To the Emotional, “I’ll call you later,” can be a promise or a kiss-off,
depending on how they feel about the relationship. It can mean that they still care enough to call, or that the call will come months later, after the Physical had died a thousand deaths over the loss of the relationship. The statement, “I’ll call you later,” is, of course, literally true; but the meaning of the word “later” can cause much misunderstanding.

Or, later in the relationship, the Emotional may say, “I’ll call you Friday at 6:30.” Now comes a crisis point. The Emotional does not call at 6:30. Perhaps the Emotional’s work makes an unanticipated demand which he, of course, views as more important than a scheduled date. The Emotional thinks that the Physical “knows how important my work is to me. I said I’d call later, but I didn’t say when. I’ll make the call after a while, when this crisis is over. I know they will understand.”

The Physical, of course, does not understand, but thinks, “They said I would get a call. It’s 6:30, and nothing yet. I’ve been misled – lied to. Clearly, they don’t have the same feelings for me that I have for them.” Pain and insecurity follow.

The “when will you call?” question usually arises at the beginning of a relationship when rejection by either party is highly possible. In reality, the Emotional may be rejecting the Physical by using vagueness to provide a graceful exit. If pressed, the Emotional conveys reluctance: “I’m not sure of my schedule. I may be out of town for a few days. Let’s leave it open.”
The Emotional might also say, “I’ll call you,” at the end of a date, without providing a specific time. The Physical concludes that the Emotional wants to avoid commitment. Physicals so fear rejection that they never consider that they themselves might make the same statement to an Emotional, without implying any sort of evasion or rejection. Later in the relationship, the Emotional might say, “I’ll call you Friday at 6:30.” If he doesn’t call, the Physical immediately translates his lack of follow-through into lack of love.

To give Physicals proper credit, when they say, “I’ll call you,” they mean it. The Physical male, for instance, will call the minute he gets home and send her flowers, too. If he says he’ll call at 6:00, he may even call at 5:00 or 5:30.

**Getting Past “I’ll Call You”**

When the Emotional says, “I’ll call you,” the Physical should ask, “When?” The Emotional should respect the Physical’s need to know. This request can be phrased so that the Physical doesn’t appear insecure or “clingy” – “Will you call me Thursday? I’m going to be in and out all day Wednesday and I might miss your call.” (Translation: “I’m not going to hang around and wait for you to telephone. I have a busy, active life that doesn’t revolve around your actions. If you want to talk to me, we’ll have to set up a time when you’re likely to be able to reach me.”)

“Let’s Talk”
This is another place where the Emotional and Physical are most likely to experience relationship-threatening miscommunications. For example, if the Emotional says, “Don’t you think we need to talk?” the Physical might reply “Yes” – and then go on to other things, leaving the Emotional furious. Remember, the Physical will respond literally to a direct question, and will not pick up an inference about needing to talk now. Nor will the Physical necessarily ask the logical question, “About what?” in response to the Emotional’s question.

Emotionals and Physicals will also have opposite reactions to the content of that “talk” that they needed to have. For instance, even though the Emotional may in fact introduce the topic, it is generally the Physical who has the actual need to talk about their problems. The Emotional would really rather avoid the talk and doesn’t feel the need to have the discussion.

Often, the talk itself is about the Physical’s consistent feeling that the Emotional doesn’t participate more in certain areas of the relationship. One of these areas might be the very issue of talking out their problems!

The talk itself can play out in a number of ways. The Physical might say, “You know, we haven’t been spending any real time together, because you’ve been working so much.” The Emotional replies, “Well, my job is very, very important to me and demanding of my time, but it won’t be this way forever. I’ve got to build some security in my present situation and then we can be together more.”
It seems reasonable to the Emotional that the Physical should be able to accept this and to wait for better days. On the other hand, it’s hard for the Physical to understand why the Emotional cannot give to both a career and to a relationship at the same time. Physicals feel that they do both, so why can’t their partners? Plus, the Physical finds it difficult to wait for a promised reward. They like immediate gain better than future gain; the Emotional characteristically prefers the reverse.

If the topic is their home, the Physical might say, “You never mow the lawn,” or “You never do the dishes.” The house is much more important to the Physical than to the Emotional. The house represents the relationship, security, the family. Thus, when the Emotional doesn’t put energy into their home, the Physical also feels that they are not putting energy into the relationship itself. This, to the Physical, is a form of rejection. To the Emotional, on the other hand, a house is merely a financial liability or asset. Otherwise, it’s a burden. If the Emotional male comes home from work and he’s got to cut the lawn, fix the plumbing, or paint the living room, he’s distracted from his work and this makes him unhappy. His reluctance to help around the house has nothing to do with his feelings for or against the relationship. The Emotional female feels the same. If she’s working, the demands of keeping a house are a trap to her.

All of these differences in priorities affect their ability to communicate well. Money is another problem
area. Emotionals cannot understand why the Physical males would want yet another suit, or why Physical women would want a new pair of shoes when they have ten pairs already. In a discussion of spending habits, the Emotional would complain to the Physical that “we are spending money foolishly.” The Physical, however, would feel that they were spending money on things that were very important. Their financial priorities are completely different.

When something troubles a Physical, it affects his or her emotions. Therefore, Physicals will generally try to find a solution and work things out by discussing them. Emotionals, on the other hand, tend to internalize “troubles.” They work problems out by sleeping, exercising or engaging in some other distracting physical activity.

When confronted with something troubling, the Emotional will generally leave the scene of the conflict and gain closure on the event through activity or silent thought. The Physical, on the other hand, cannot feel a sense of closure unless he or she is able to speak about the problem, confront the other party, and resolve everything with specific words. Unfortunately, it’s as stressful for an Emotional to hear a partner’s complaints as it is for a Physical to keep quiet about them.

**How to Talk Things Out**

Neither partner should be required to “eat” the feelings conflict engenders. Couples must walk a fine
line, accepting their partners’ behavior and yet expressing their own personalities in a way that is comfortable for them. Remember, communication presents a very important opportunity to use your Secondary traits in the service of compromise.

Physicals should try to handle as many problems as possible on their own without involving their Emotional partners. They should save confrontations for the really important, genuine issues. Physicals also need to edit themselves. They should not indulge themselves by communicating every minute nuance of their mental or emotional state. This advice admittedly contradicts many widely-touted methods of interpersonal communication between couples, which stress that they should confront every issue, crossing all the “t’s” and dotting all the “i’s.”

Emotionals, on the other hand, must recognize their partner’s right to speak and allow them to express the things about which they feel intensely.

Rather than asking “Don’t we need to talk?”, the Emotional would be better advised to state the problem and the solution categorically: “I think we are having a problem with our relationship and I want to talk with you about it right now.” The Physical, who hears literally, will respond to this statement affirmatively, and will allow the Emotional to begin the discussion.

“Are You Free Tonight?”

The Emotional telephones the Physical at the last minute for a date and asks, “Are you free tonight?” The
Physical, to whom relationships are everything, immediately senses one of several possible insults:

1. “He thinks I’m such a wallflower I can be ready at a moment’s notice for a date because there’s nothing else going on in my life.”

2. “He had other plans which fell through at the last minute, and I am his second (or even third!) choice.”

3. “He doesn’t really care whether I accept or not. The date is an afterthought, and if it doesn’t come off, then he will stay home and write letters.”

Is it rude to call so late? Unthinking? Of course. Is it a deliberate insult? Not at all. In actuality, the Emotional was probably intensely preoccupied with an activity unrelated to his or her personal life (“out of sight, out of mind”). When this activity abruptly ended, the Emotional, for the first time that week, began thinking about relationships, dates, and social activity. The Physical came to his mind first and the Emotional thinks that the Physical will draw that conclusion. The Emotional believes that the Physical will infer that he wants to spend the evening with them.

Emotionals do not concentrate on social nuances, and if a Physical wants a relationship with an Emotional, he or she will have to contend with some annoying – even contemptible – behavior. Yet, impossible though it may seem to the Physical, it’s not personally intended. The Emotional may or may not change when the Physical points out how insulting his
behavior appears. In any case, the Physical must stifle the urge to complain. Complaining will produce only puzzlement or vague, counterproductive guilt in the Emotional, (who understands that the Physical expects a guilty reaction, but doesn’t quite understand why).

**Handling the Last Minute Call**

When the Emotional telephones for a last-minute engagement the Physical has three options. One, the most obvious, is to get angry. “Why did you wait until the last minute to call me? I think it’s inconsiderate – and a little unrealistic too, given my social life – to expect me to go out with you on three hours’ notice.”

In this case, the Emotional will respond, “I was really busy. I just now thought of calling you.” This is the literal truth, but to a Physical, who cannot understand what a “take it or leave it” attitude toward relationships would be like, it sounds like a Class-A put-down. The response makes the Physical angrier. The Emotional’s reaction to this anger will be either, “She gets so angry when I call at the last minute. I’ll have to plan things a little better, I guess,” or, “What do I need this abuse for? I’ll just stop calling.”

Rather than react to anger, the Physical who wants to continue the relationship can exercise option two and capitalize on the Emotional’s ear for inferences by saying, “Oh, I wish you had let me know earlier. It would have been fun to be with you, but I have other plans.”
The Physical may have to repeat this little speech until the Emotional understands that if he or she wants to see the Physical, it’s necessary to get on the Physical’s calendar early. Emotionals may then modify their behavior, initiating future telephone calls with, “I know how busy your schedule usually is, and so I wanted to call in advance…”

If the Physical really likes the Emotional, is truly glad to hear from him no matter what the circumstances, and understands that no deliberate slight was intended, then there is a third option. The Physical can simply accept the date and not comment on the behavior.

Now that we have exposed the principles underlying good communication in relationships, let’s look at how to use them to define a relationship – an often overlooked step that causes unmet expectations and other problems in relationships.
Chapter 8

How to Define and Get the Relationship You Want

Defining a Relationship

In less complicated times, when people lived at home until they married, after a girl and boy had demonstrated a budding romantic interest in one another, a concerned family member (usually the girl’s father) took the young man aside. This relative inquired into whether the young man’s “intentions” were “honorable” – meaning, did he intend to marry the girl if things pointed in that direction, or was he simply out for a short-term good time? (No one had to perform the same service on the boy’s behalf because it was universally assumed that all girls longed to be married.) This all sounds very old-fashioned, but there was genuine value in the process. The idea was that a couple had to have compatible goals before getting to know one another.

One of the things we have traded away in exchange for our “freedom” is the comforting presence of someone to run interference for us in the initial stages of a relationship. Today there is no one to cross check our impulses against our needs. It is therefore small wonder that we are often misled and later hurt because we have mis-perceived our partner’s intentions.

Each relationship forms a special kind of system, almost like a living, breathing organism with its own
need to grow and to change. If we expect to harvest anything from our relationships, any pleasure, comfort, security or happiness, the growth of this organism must be nurtured and managed as surely as any valuable crop.

But how do you cultivate and encourage an organism if you don’t know what it is? The answer is, you don’t – or at least you don’t do it very well.

To nurture a relationship, both parties must visualize it in the same way. Both must agree that the relationship is in the same stage of growth.

Imagine two farmers (the partners) growing a crop of sweet peas (the relationship) without forethought or agreement. One thinks they’re growing sweet peas to look at the flowers, while the other wants to carefully nurture the peas until they mature and can be eaten. One farmer thinks it’s a lark to grow sweet peas (but it shouldn’t get in the way of really important crops, like wheat), while the other imagines a future where the two farmers switch their efforts to growing pea plants exclusively.

Obviously, there’s trouble ahead on this hypothetical farm. There would be trouble in any business where the partners did not sit down at the beginning and draw up a contract specifying what the purpose of the business was, who owned what, how the business was to be run, as well as the way in which profits and expenses were to be allocated, etc.

In order to have a satisfying relationship, you must choose a partner who will relate to you under the same
set of ground rules. One of the hardest things to learn (indeed, some of us never learn it) and which comes, when it comes, only from experience, is this. Mutual attraction and chemistry are not the basis upon which to build a relationship. You should approach every new pairing with a “wait and see” attitude (difficult, but not impossible for the high Physical Sexual).

Surely, you as a rational, prudent person would not enter into an important business deal without discussing the specifics of it. Yet, if you are like most people, you enter into what is probably the most important relationship of your life – living with or marrying another person – without even pausing to determine the assets of the partnership or what the future of the partnership is likely to be. You accept the idea popularized in the media that when you fall in love you somehow naturally become “in tune” with your partner (even if you don’t speak the same language and come from radically different backgrounds).

Most of us would agree that on a logical and analytical level, the idea of discussing a relationship is practical advice. Yet some of you readers are thinking, “If you talk about something good it goes away. If you analyze ‘magic’ and ‘chemistry,’ you’ll end up with nothing.” My response is “Hogwash!”

Another barrier to discussing the terms of a relationship or marriage is fear of what you may find out. How devastating it would be to learn that you have truly irreconcilable views! Physicals who have centered
their whole lives around their partners may find that those Emotional partners have no real commitment to the relationship. All the while, the Physicals had visualized the relationship as a lifelong investment in children, property, retirement and mutual support.

Or perhaps the Physical assumes that the relationship can only get deeper. Sex can only get better. The intensity will continue at its current high level. Meanwhile, of course, the Emotional is looking forward to the cooling off, to a return to life’s normal routine. Or the Physical female will envision a nice little house with a white fence, her hubby going to work, while she raises the children, prepares dinner and caters to his every whim. The Emotional male, on the other hand, is self-centered and wants some space for unwinding and getting away from work. He doesn’t want to come home to find their relationship standing at the door.

The Physical male will expect his partner to be standing at the door when he comes home. He’ll want cuddling and pampering and maybe a little sex before supper, with possibly a little more afterwards.

The Emotional female, however, expects him to have dinner ready when she comes home tired after a day on the job. Or she might imagine that they will have dinner at a restaurant two or three nights a week.

All of these differing expectations need to be spelled out very clearly. All too often, people avoid doing this because they’re afraid of blowing the relationship. What
they don’t realize is that they will eventually lose it anyway, simply because they didn’t define their expectations in the beginning.

But isn’t it worse to discover these things after you have invested months or years in the relationship?

It takes considerable toughness to decide whether you are committed to a particular partner as opposed to a set of personal goals, and to then follow your decision to its logical conclusion. It takes courage to ask yourself if you want to live with your present lover or spouse so badly that you will accept him even though he hates all sports, is stingy, gets violent or has no real commitment to the relationship. If you conclude that there is no realistic hope of getting what you want from your present relationship, you must be willing to consider changing partners to get what you want.

It’s entirely up to you to decide on your own priorities and desires. However, you must base your decision on the data you gather when you and your partner define your relationship.

Defining a relationship simply means sitting down with your partner and discussing what the relationship means to each of you. It does not imply that you have to write your future in vivid detail, pre-naming all your unborn children and deciding what color you will paint your breakfast room twenty years hence.

It does means asking some very basic questions about what each of you expect of one another and of the
relationship. Here are some examples:

Physicals and Emotionals prefer different recreations. If one partner prefers an activity which the other detests, will the partners pursue the activities separately or will they give them up altogether? Emotionals will want to define the boundaries of their understanding precisely. Is this an exclusive relationship in which neither partner dates anyone else, or can both of you go out with others, with no sex? Or is it a liaison in which one partner doesn’t date outside the relationship, while the other does? Is this state of affairs agreeable to both?

What about holidays? Physicals like to spend them in large family groups. Emotionals don’t. Will you spend holidays with relatives? If so, whose?

While it’s true that real life is lived in the “here and now,” couples who have nothing planned, nothing to look forward to and dream about, are in a stagnant relationship. And a stagnant relationship is a relationship at risk.

Physicals should take the lead by stating the direction that they would like the relationship to take by asking their Emotional partners if they want to go in that direction. For example, “I’ve been thinking that I’m getting to an age where I should be settling down and I’d like to get married. I have been considering asking you to marry me. Would you like, somewhere down the line, to get married? I would also like to have children in the future. Would you like to have children, and do you think you’d like to quit work and stay home and
take care of them?”

It’s fair to say that Physicals define relationships in terms of what they want while Emotionals define relationships in terms of what they don’t want. Since getting what you want usually involves striking out into new territory, it is usually the Physical partner who is more interested in defining the relationship at any given time. Emotionals make their commitments one little bit at a time. Physicals move in bold leaps and often need to hear where they stand.

No matter what your Sexual Personality type, you must listen to what your partner says and never think that you are going to change him or her. A person who says that he will never marry or have children is probably telling you the truth.

In defining relationships, there is a necessary balance between being absolutely truthful about your feelings and presenting your expectations so that your partner can accept them. For instance, instead of saying, “I really like you and I think maybe I’d like to marry you and have children with you,” you might say something like, “I really like you and I think I would like to know you better. I want you to know that I am interested in long-term relationships and in marrying someday and having children. This doesn’t mean, of course, that you are the person I want to spend the rest of my life with – it’s too soon to know that. What I do want to know now, however, is whether you have any philosophical objections to the idea of someday
marrying and having a family. Is this something you visualize in your future, as I visualize it in mine with the right person?”

This is a non-threatening speech. A partner who has trouble hearing it as such is probably not a good potential long-term lover or spouse. Your may not be aware of this initially, but it will become clearer as the two of you move into a more intimate conjunction. Your partner may in fact be a loner – someone who simply does not intend to have a long-term relationship with anyone.

It is clearly inappropriate – and a turn-off for the cautious Emotional – to be asked after one or two casual dates to predict the course of a relationship which at that point may barely exist. If you are a Physical, you may have allowed your imagination to leap ahead into a fantasy of permanent attachment to this new and (at the moment) very casual partner. Also, let’s clarify something right here and now. Asking, “Do you love me?” does not qualify as defining a relationship.

If you are a Physical, how do you ask your Emotional partner to define the relationship without implying that you are asking for an avowal of love (which the Emotional is uncomfortable in giving)? Approaching an Emotional partner in the proper manner is not the insurmountable task it may at first appear. The best way is to say, very simply and clearly, “Let’s talk about us.” If the Emotional partner seems uncomfortable with the idea, the next response is, “What are you telling me, that you’re
afraid to talk? Nothing bad is going to happen as a result of our conversation. I don’t want anything from you that you don’t want to give. Don’t be afraid of hurting my feelings – I introduced the subject because I’m interested in knowing what is possible for us in the future.”

If the Emotional says, “I don’t know that I’d call this a relationship,” say “Well, what is it you think we have then?”

He might say, “We’re just two people going out together, dating each other.”

“Let’s not play semantic games here,” you would answer. “If we’re going out together, we obviously have some sort of relationship. I’d like to know if I understand what we have together in the same terms that you do.”

It is possible, even though the Physical partner must verbally deny the possibility in order to get the Emotional to talk, that the Physical may indeed be hurt by what the Emotional partner says. Unfortunately, this is a risk the Physical must take, realizing all the time (as we have illustrated profusely in this book) that Emotionals simply are not tactful or diplomatic. The Emotional may say, “Well, you know I would like to get married eventually, but only if I found the right person.” This, of course, can serve to eliminate the current Physical lover from the “right person” category if the relationship has progressed past the first few dates. While an Emotional may be able to look logically
at rejection, Physicals never can. Being told, “Well I want a spouse, but not one like you,” is experienced as a real slap in the face. If you are a Physical, and receive such a rejection from your Emotional partner, you at least have the (cold) comfort of knowing where you stand. In the short run, you may be devastated, but in the long run, it’s better for you to know that your Emotional friend doesn’t regard you as marriage material. Although it may not seem so at the time, when you are hurt and angry, truth is freedom. What you don’t know can hurt you!

If you are a Physical, and your Emotional partner says something terribly rejecting to you in the course of defining the relationship, try (as usual) to view this behavior as a normal expression of the Emotional’s personality. An Emotional is likely to believe that the truth is always acceptable. He may express the truth, however, with a bluntness which a Physical interprets as verbal brutality. Remember that it’s not personally intended, so don’t take it that way.

No matter how honest you choose to be in defining your relationship, it is still entirely possible that your partner may not be equally candid. You may be misled, or even actively lied to, by a partner who has psychological problems. However, while a great many people will “drift along” in a relationship suspecting that their aims and intentions do not match those of their partner, far fewer people will tell an actual lie when asked to state their intentions. Allowing assumptions to go unchallenged does not preserve a relationship – it preserves an illusion.
How do you decide when it’s time to sit down with a partner and talk about “the state of the union?” As a rule of thumb, if you have been dating for approximately three months, the two of you are getting along well, something potentially serious may be developing between you and one of the partners wants an exclusive relationship, it’s time to talk.

Part of defining a relationship is defining the important word “exclusive.” Susan might say to Fred, her boyfriend, “If you and I have an ‘exclusive relationship,’ can I go out with my girlfriends?”

“Well, sure.”

“How about going with my girlfriends to a singles dance while you’re out of town?”

“No, you can’t do that because you would be projecting availability and you’re not available, because you’re in an exclusive relationship with me.”

“How about skiing with an old, platonic male friend? I’ve known him since I was a kid. Would that be o.k.?”

Well, maybe,” Fred answers, then thinks about it and says, “No, I just wouldn’t feel right about it. But there’s this girl, Judy. Remember Judy, the one I told you about whom I stopped seeing two years ago? Judy’s working in an office right up the street from me. How would you feel about it if I took Judy to lunch, to talk about old times?”

Susan says, “I wouldn’t like that at all, Fred. Not at all.”
Susan may be reacting from sheer instinct here – but if Fred is a Physical, he may not have entirely gotten over Judy, no matter how involved he seems in his new affair. If Judy were interested, she might very well rekindle her romance with Fred over a “just friends” lunch. If Fred is an Emotional, it’s probably a safe bet he will not be tempted by Judy, but his Physical girlfriend will not be happy with the concept of his lunching with an old flame. She might say to him, “Well, how would you like it if I had lunch with an old boyfriend? Would that be acceptable to you?”

If you and your partner have difficulty deciding whether a particular kind of socializing fits your vision of the relationship, try reversing the places of the partners and see how it feels.

There are three basic “degrees of exclusivity” in a male/female relationship. Social exclusivity, dating exclusivity and sexual exclusivity. If your relationship is socially exclusive, it means you and your partner do not socialize except as a couple. Neither a night of bowling with the boys nor an afternoon of shopping with a girlfriend is acceptable because each excludes the partner. Dating exclusivity, as its name implies, means that neither member of the couple dates anyone else, although it’s o.k. to socialize platonically without including the partner. Sexual exclusivity means that, although the partners may socialize as they please and even date outside the relationship, they are sexually faithful to one another.
As a couple, you can decide which level of exclusivity is comfortable for you. The levels may change as you and your partner move into situations of greater comfort and relaxation with one another. A couple which begins by being socially exclusive, may later relax and allow others to enter the social sphere without experiencing a loss of intimacy. Partners whose relationship has been merely sexually exclusive may decide not to date others as their relationship deepens and solidifies.

So the exclusivity contract, like many other aspects of a relationship, needs redefining at regular intervals.

How to Find Commitment in a Non-Committal World

Commitment remains a big stumbling block in intimate relationships. How much commitment, how soon, and exactly what sort of commitment? If the Physical can be quick to commit, Emotionals can be just as slow. When Emotionals see Physicals on the first date, they don’t usually superimpose the picture of a husband or wife on them the way a Physical would do. The Emotional doesn’t do that for a long time. The idea comes into the head of the Emotional many, many times before they finally accept it. Physicals, on the other hand, are likely to return from a first date and announce, “I’ve just been out with the man/woman I’m going to marry.”

Okay, you’ve been to a party and met someone you would like to know better. You and your new friend
have had a cup of coffee or a drink. You’ve found one another attractive, interesting, fun to be with and the chemistry was intense. The time you spent together seemed too short, so you make a second date for dinner, a show, or a picnic. You make a third, then a fourth date. Each time you meet, you are reminded that the two of you are very attracted to one another. You soon reach the point where one or both of you feels the need to make a commitment that’s stronger than the vague agreement that you will keep having fun together.

At this point, you’re probably including your partner in your social system – your family and friends. You may be planning a vacation together. Your partner may be talking about having a home and children some day. He may also be very interested in your life and attempt to incorporate it into his. Your partner is probably very open to conversations on all of these topics.

Commitment begins with something as simple as one partner answering “yes” when the other asks, “Since we’ve been going out every weekend, may I count on seeing you next Friday night as well?”

People tend to discuss “commitment” (a sometimes problematic concept) as though it were a sudden, avalanche-like occurrence. But commitment to another individual does not happen all at once. It evolves a bit at a time, more in the manner of a brick wall than an avalanche.

According to one school of thought, marriage,
living together, or any sort of definite physical or emotional commitment to a relationship automatically kills the attraction. This argument states that as long as both parties are “free” – even though they may not be dating anyone else – the relationship remains a viable, constantly-growing entity. In this view, only when the partners commit do they become entrapped by one another’s unrealistic demands. Then the magic dies, and the relationship comes apart.

This is why people who have lived together and maintained a healthy relationship for a long time are often afraid to commit to marriage. They’re afraid they’ll ruin what they already have. Of course, this view is at least partially correct. When two people marry, the sexual tension between them is reduced.

A second school of thought, which also has some basis in fact, holds that only through commitment will a relationship survive and develop. The greatest realization of love and sharing is possible only when the partners decide that they will work at maintaining and improving what they have together. This is because it is easier for two people to break up if they’re just going together than if they’re married. There’s a lot more involved in getting out of a marriage. Marriage or commitment holds two people together just a little bit longer, giving them an opportunity to work out their difficulties.

Commitment versus excitement in a relationship. It’s a tough choice. Or is it? By making use of your
knowledge of Physical and Emotional sexuality, it’s possible for couples to have it both ways. One of the first things that bring partners “down to earth” after they begin living together is the conflict between their opposite behaviors. By learning to recognize and understand your partner’s behavior, you will find that you no longer feel the resentment that can kill intimacy. The relationship stays very healthy in the present and in the future.

The classic model of adult maturity includes the ability to make, and abide by, long-term commitments. Without this ability to commit, the human race would not survive long since parenthood is typically a twenty-year commitment. For most people, the biological link of parenthood reinforces both their commitment to their children and their prior commitment to their partners, with whom they created those children.

In the past, financial concerns forced women to marry in order to survive. Today, a smaller percentage of the population marries than in past generations, and many less “conventional unions” – primarily “living together” – take place. There are still enormous economic pressures on the majority of single mothers. Both the strongly career-oriented feminist and the traditional homemaker are still more likely to push for commitment and marriage than men are. They know that women raising children alone face almost insurmountable difficulties in finding adequate, affordable day-care, and in managing their time as they support and raise children alone. Therefore, women who intend to have children are still likely to seek marriage partners, rather than casual
lovers or uncommitted men.

Today, however, while an increasing number of men want marriage and families, many find themselves involved, sometimes for long period of time, with women who will not commit themselves.

Primarily, these are the secure Emotional females who prefer a certain amount of solitude. They have reached an age where they are making a good deal of money and can afford to be independent. They look around and say, “What do I need a man for – to have to cook for him and wash his dirty socks or have sex with him any time he wants? I just want to date and have fun. I’ll go out with someone – casually – where they will be on their best behavior. I’ll let them entertain me and if I want sex, “I’ll act available.”

It is usually the Physical who pursues the Emotional and is desirous of commitment. An Emotional female occasionally pursues, if she wants to stay home and have kids, and if she wants the man to support her, she will push for a commitment. This isn’t very common, but it does happen.

The Emotional male doesn’t, as a rule, push for commitment. Commitment is rather threatening to him. He’s always content with the status quo since he doesn’t like the unknown. When he finally does commit, it’s usually because he’s been pressured into it and doesn’t want to lose what he’s got. So he decides, “Oh, what the heck.”
Although the Physical woman, like her male counterpart, looks at every attractive member of the opposite sex as a possible lifelong mate, she is likely to take a little longer to commit than the Physical male – if only because she enjoys the attention and social whirl of dating.

Typically, if she’s dating casually and not having sex with anyone, the Physical woman will have a lot of men on the line. She goes to dances and social events and is the life of the party. But as soon as she has sex with someone she likes more than the others, for her, the seriousness of relationship can no longer be avoided.

The reality is that everyone (Physicals and Emotionals) needs stability in their emotional lives – commitment – to achieve their optimum functional level and true happiness. Only marriage, cohabitation, or some other equally deep, committed relationship allows the bond between two people to fully develop. Anything less means that one of the partners lacks the maturity to enter into a fully adult relationship. The man or woman who is chronically unable to give themselves without reservation or “escape clauses” has never really come to terms with what it means to be mature, responsible and truly “grown up.”

Everyone except the very young and inexperienced has a “track record,” a history of prior relationships which predicts how he will behave in future relationships. As a general rule, those who are able to sustain long-term relationships have done so in the past.
Because most of us follow consistent patterns in our personal lives, even when we realize that certain patterns are self-destructive and that our actions may have been negative, we may still lack the energy or the commitment to change them.

Thus, a person whose past history includes a long series of short-term relationships is probably not going to suddenly break the pattern and enter into a long-term, committed love affair or marriage. This potential partner may believe that his or her feelings are different “this time,” that the intensity of passion is greater than he or she has ever experienced before, that the time is right to commit. The individual may announce that “now I have found the person I’ve been looking for,” and be completely sincere at that moment. But in reality – it being human nature to indulge in a little self-deception in the service of romance – he or she has probably felt and said these same things at the start of other relationships which did not turn out to be either permanent or long-term.

If a potential partner is at least twenty-eight years old and has not had at least one relationship lasting a minimum of three years, then their ability to commit to a long-term relationship with you or with anyone else is subject to question. Three years is a major crisis point for relationships. In three years, a couple has dealt with intimacy, communication problems, and, in most instances, the transition from the honeymoon stage to “real life.” In three years, a partnership has been subjected to almost all of the stresses and
tensions which challenge commitment and require flexibility and maturity.

Someone who has had a relationship which survived the three-year crisis point is a good candidate for a future long-term commitment, because he or she has a realistic idea of what is entailed in staying together “forever.” Such a person knows that having a good relationship not only consists of chemistry, but that it is also, in large part, plain old hard work. If you intend to work hard at having a good marriage or a lasting affair, then our chosen partner must share not merely the ability, but above all, the willingness to work along with you.

It’s easy to tell if you have a potential commitment problem with your present partner. (This advice applies to both Emotionals and Physicals). When a man refuses to share all the things that are going on in his life, doesn’t talk about his children, his business, his bank account, etc.; he is showing that he has no intention of moving forward with the relationship. He has no intention to commit. Another big clue is when the man never plans beyond next week with you. Or perhaps his “prime time,” Friday and Saturday nights, is never available to you. He is always “busy” or has to work.

With women, the signs are very similar. She does not want to enter your world. She doesn’t ask you a lot of questions. She doesn’t seem interested in your pals, never talks about marriage, never talks about children, or constantly dwells on someone in her past (if she’s still angry at her ex-husband or ex-boyfriend).
Even when people do make commitments, they will mean one thing to the Emotional and another to the Physical. For the extreme Physical Sexual male, commitment may mean that he chooses to have sex with the same woman many times a day – he wants it upon awakening, and again at night. He may even want it during a quick break at noon. (“Hey, my apartment’s right around the corner – we get an hour for lunch but neither of us is really hungry, so why not go have a quickie? I love you, you love me. We’ll come back relaxed and better able to tackle the afternoon’s work.”)

For the extreme Emotional female, commitment may mean that every week or two she engages in a passionate session of lovemaking, then turns her attention to work, hobbies and other non-sexual activities. She feels every bit as committed to her relationship as the Physical male who wants sex with his partner three times a day. But the Physical male, who knows that he wouldn’t feel very committed if he wanted to make love only once every week or so, doubts the depth of her feelings and the extent of her investment in their relationship.

Both those who shy away from the idea of commitment and those who seek it obsessively believe that commitment manifests itself solely as the promise to belong exclusively, body and soul, to another. This is an overly-dramatic and erroneous idea.

If there is any uniform definition of that elusive “commitment” we all seek, it is this: commitment
means working at a relationship, even when it’s not fun, in service of both the shared memory, and the hope of future understanding and support between the partners.

Finally, if you seem to be attracting only partners who have never had and don’t want long-term committed relationships, the problem may lie in you. Who are you meeting? With whom are you involved? If they seem different at first, do they turn out to be carbon copies of previous partners when it comes to their inability to sustain a relationship? Look at yourself with a critical eye. Are you setting yourself up to be a “patsy?”

Go over the relationship foot by foot, and find the point when you first suspected that your partner was not a good choice for you. Did you stay in the relationship after that? Did you compromise with your partner or with yourself? Did you rationalize that ”things would get better?” As we have said, you cannot change anyone else’s behavior, only your own. When you know, early on, that your partner is not going to give you what you need in your relationship, you should not try to change him or her. Instead, using your knowledge of Sexual personality, you might change your own perceptions and expectations.

**Before You Get Married**

If you have found commitment and are thinking of marriage consider the following: a marriage in which the partners have not known one another very long, or in which they have not defined what they expect from
marriage, begins at risk and stays that way. No couple acquainted for less than one year should marry. Two years is even better.

Every couple should also have a definite, concrete discussion about a number of important issues before they wed.

If you’re married, perhaps you assume that you and your spouse know exactly what you expect of one another. It’s true that there are some “givens” by which married people in general abide. (Sharing expenses, not dating, or having sexual relationships with others, etc.)

Perhaps you and your partner could now benefit from discussing the issues that you didn’t discuss before being married.

I. What kind of family system do we wish to establish?

A. Will there be children?

1. How many?

2. When will the first child be born?

B. Will the wife work or stay at home?

1. Before the children are born?

2. Afterward?

C. Will we socialize a lot during our marriage? Does one of us need a lot of friends around, while the other is
less gregarious?

II. What are our financial and career goals?
   A. Careers for both or only one?
   B. Extra schooling for one or both partners?
   C. Start a business?
   D. How much will we save? How much will we spend?
      1. What is our monthly/quarterly/yearly budget?
      2. What will we do with our savings?
         a. Save for retirement?
         b. Save for major purchases versus credit financing?
         c. Not save or invest at all?

III. What are our other joint goals?
   A. What about our families – will we take in a mother or father who is ill or disabled?
   B. What about our religious convictions?
      1. If we are different faiths, how will we handle that?
      2. If one partner is a strong believer and the other is “lukewarm,” how will we deal with the difference?
3. In what faith will we raise our children?

C. Do we share the same basic concept of right and wrong? How do we feel, for instance, about issues like:

1. Padding an expense account:

2. Cheating a little on our income tax?

3. Telling “white lies” in social situations?

4. Practicing “situation ethics” (In other words, analyzing each occasion on its own merits and acting as our consciences dictate, rather than abiding by moral absolutes which are applied uniformly to every situation, no matter what the circumstances)?

This is not by any means an exhaustive outline of topics a couple should explore before marriage. In fact, if the couple knows in advance about any potentially problematic area not mentioned above, the premarital discussion is the perfect time to confront it honestly. This is not the occasion to “sweep it under the rug” to be dealt with later.

I also believe that prenuptial agreements predict divorce. There is a fine line between realism and negativity, and a good case can be made (since the divorce rate exceeds 50% of all marriages) for viewing a prenuptial agreement as a realistic device for protecting the financial interests of both parties in a union. It amazes me, though, that people will pay their attorneys thousands of dollars to draft complicated
contracts which show they’ve thought a lot about protecting their possessions, yet, these same people will not spend even a few hours (and no money whatsoever) asking themselves whether or not there is any basis for the contract that they are supposedly entering into for life – marriage.
Chapter 9

Attracting and Meeting Your Natural Opposite

Projecting Availability and Attainability

Perhaps you had had a lot of dates, but always with “losers.” Women, especially, have the following complaint. “Every guy I go out with is married. Why do I seem to attract only men with wives and families? Aren’t there any decent, eligible, single guys out there? Guys who are interested in a long-term commitment?”

Or perhaps you are the individual who claims she’s never approached. “No one wants to buy me a drink. If I get asked to dance, that’s as far as it goes. I don’t know if I’m worthless or if the only men out there are self-centered flakes who are not interested in meeting a nice person like me…”

If you look at the people who succeed in establishing relationships and attracting friends, you will discover that they are no more attractive, intelligent, rich or better educated than those who seem to be in a permanent state of longing and deprivation. What makes the difference? It is the attitude or mind-set which we possess and which is subconsciously conveyed to others that determines our social/sexual success or failure.

Without the ability to get across the idea that you are seeking a relationship, you will never get started. In order to attract the attention you seek, you must first of
all project yourself as available and attainable. Availability is the signal you send to others that you can be dated, while attainability is the signal that you are willing to explore the possibility of committing to a long-term, exclusive relationship.

Many times what’s really going on when a person says, “I’m just not attracting anyone,” is that they are projecting “unavailability.” They may be so hung up on a previous relationship that they’re still holding on to their anger. They send out this unconscious signal of “Don’t come close to me.” It’s not that they’re afraid of getting hurt again, but rather that they’re angry at the opposite sex. And of course, other people don’t want to touch them or get close to them at all.

Sometimes insecurity will lead to projecting non-attainability, such as when a man or a woman fears that revealing too much about themselves will cause the other party to lose interest or become repelled.

Or take the woman who says, “I always seem to pick losers or married men.” What she is really doing is unconsciously picking men who are not desirable and/or relationships that can’t go anywhere. She projects unavailability and unattainability to suitable men and projects availability and attainability to unsuitable men. Due to low self-esteem, she unconsciously believes that she doesn’t deserve anything better. If she meets someone who is just right for her, she won’t see him as attainable or right. Instead, she’ll become involved with someone else, someone who is not capable of giving her
what she consciously desires. Then, when he rejects her, she really suffers. She’s being rejected again, fulfilling her worst fears that she is unlovable.

Or take the man who takes girls out and never “gets to first base” with any of them. Usually, this is because the male has gone for a girl for no better reason than that she’s female, regardless of who she is or of whether they are natural opposites. For example, if you’re a male who is, say, eighty percent Physical, and you are going out with “just anyone,” you are inevitably going to end up with some sixty percent Physical women, some sixty percent Emotional women, some ninety-five percent Emotional women, and so on. But you are not going to draw your natural opposite – an eighty percent Emotional – very often. According to my research, two natural opposites have a one in ten chance of meeting. That is, on one out of every ten dates you’ll find someone with whom you can really click.

One way to attract your opposite is through body language and verbal expression. A warm, friendly, conversational manner which conveys the message, “I enjoy talking with you and would like to talk with you more in the near future,” is an obvious availability signal. At the other end of the scale lie the blatant sexual invitations of the seemingly accidental, but then prolonged contact of the knees beneath a table, or the “casual” gestures of smoothing another person’s hair or taking his hand when laughing together.

Both Physicals and Emotionals are attracted to the
subtle signals that their opposites naturally send out (i.e. body language, posture, attitudes, and other characteristics of their sexual personality). For example, if the Physical female wants to attract the Emotional male, she should walk with her toes pointed out, touch her body when she talks, turning her head from side to side, and display a lot of feminine movements.

On the other hand, when the Emotional female walks into a room, she should smile and look directly at the man who interests her, but with no outward physical movements. She should stand with her toes pointed in a bit, cross her arms, act a bit inhibited and in need of assistance and guidance. If she keeps her eyes on the guy but appears to shyly turn her head away from him, it will “get to” the Physical male and bring him forward.

When the Physical male walks into a room, he should go talk to all the guys, slap them on the shoulder, laugh, and joke. He should ignore all the women for awhile. This projects his strength, confidence and machismo. Eventually, he should approach the quiet, withdrawn Emotional female and treat her like a little girl, reaching out and touching her gently on the shoulder when he talks. He should keep his chest out, and be in his best clothes. He should never let the Emotional female make a decision. Instead, he should always make the decisions for her. He should never say, “Would you like to go out?” Instead, he should say, “Let’s go out,” or “I’ll pick you up tonight,” or “We’re leaving the party together.” The Physical male needs to make those decisions, and if he makes enough of them, she’ll go along with him.
Approaching the Physical woman requires the opposite tactics. The Emotional man should gradually work his way into a conversation with her. If he sees an attractive, dynamic, exciting woman, he should glance at her then quickly lower his eyes. He should watch her surreptitiously as she moves around the room. Eventually she will turn and look at him. He watches her, he smiles. When he finally talks to her, he should not talk about her body, or about how attractive she is. Instead, he should tell her how intelligent she is. The Physical woman likes to hear that. If he knows her occupation, he can dwell on that; he can say how he really likes successful women.

Some people project availability by adopting the attitude that they will have a good time at any social activity. They expect to enjoy themselves without specific hopes, illusions, or goals for instantaneous success or recognition. Their attitude is relaxed and happy; they’re willing to take things as they come, and to find the good in any situation. These people are aware that every social event presents an opportunity to meet and interact with others. Even when they know in advance that the odds are that there will be no suitable long-term partner present, they never give up at least the fantasy that an interesting person might appear. They prejudge nothing; and always assume that they will have fun and make contacts, no matter where they go. They may meet an unattractive person, who is nevertheless an enjoyable conversationalist; or a reticent person who may have other hidden charms.
By contrast, the person who fails to project availability often enters a social gathering with a negative attitude. His subconscious “tape” is playing messages, such as, “I never meet anyone interesting at these parties. I’ll bet everyone here is either a jerk or married and on the make.” “All the women (or men) here are probably airheads. Fun in bed, maybe, but what in the world can you talk about afterwards?” “I’m tired. I don’t want to be here. I don’t see why I let myself be talked into attending.” “No one ever wants to talk with me. I’m ugly, shy, a loser. Why do I put myself through this agony?”

You don’t have to be a gloomy Gus huddled in a corner with a sour or withdrawn look in order to be sending negative availability signals. You can even be laughing, joking, dancing, and, at least on the surface, enjoying the evening. But if you are still thinking negative thoughts, the attitude you are projecting will be negative, and will signal a subtle rejection to everyone there. All the others will somehow get the impression that you are not really engaged in the social process; not available for anything more than a casual conversation or a dance or two.

More importantly, as a Physical or Emotional you may unconsciously be going about repelling your natural opposite. For instance, most people cannot stand their own behavior. So, when they see it in someone else, it seems very distasteful and repellant. In other words, whenever your opposite acts like his opposite (in other words, just like you), it becomes a “turn-off.”
The Emotional female, for example, normally sits “closed in,” with her feet and arms loosely crossed. She wants to cover herself up, to keep herself from appearing too forward, and her body from becoming a source of attention. The Physical male, who is her natural opposite, would be turned off by seeing her sitting with her legs spread apart, flinging her arms in conversation; with too much reaching out and touching people.

As for the Physical male, if he acted withdrawn and totally indifferent, and avoided looking directly at others (i.e. like an Emotional), this would be a turnoff to the Emotional female.

Or if an Emotional male is glad-handing it all over the place, using sarcasm, touching a lot, the Physical woman would be repelled. And the Emotional male would be turned off by a Physical female who acts withdrawn and fails to meet his eyes or to turn toward him when he talked to her.

There are shades and degrees of availability. Some people manage to send mixed signals that attract the wrong kind of person. For instance, some women find themselves always dating married men or other males who cannot or will not make a long-term commitment. Obviously, they have projected availability, but it is not the kind of availability they meant to suggest, they have not conveyed the message that they are seeking more than a casual good time.

A person can be available without being attainable
and vice versa. An attainable person who is not available longs to be involved in a relationship, yet through feelings of inadequacy or for some other reason, fails to make the effort to convey this attainability to potential partners. The available person who is not attainable, is always putting him or herself forward, but is unwilling to make a commitment or he/she operates from a non-negotiable set of criteria about who might be a “suitable” partner.

Attainability is an attitude of being willing to explore and/or commit to the possibilities of a relationship. It is a willingness to accept what comes along without judgments and preconceptions about the partner or the relationship. An attainable person sends out signals that say, “I will go out with you, and we will see what develops. You may turn out to be the lover I have been seeking, or you and I might get to be friends. Or we might not get along at all, and decide not to see one another again. But whatever happens, I am willing to find out what might and what might not be possible for us. I don’t have a preconception in my mind about what you should look like or do for a living, or where you should live, in order to qualify as my acquaintance, friend or lover.”

When a man or woman fears revealing too much about themselves, they negate attainability by never letting any relationship develop beyond casualness. Sometimes this is blatant – one person says, “Before we go home together, I want you to know that I’m married and this can’t really develop into anything permanent.”
The other now has the option to respond, “I’m sorry but I don’t date married people,” or “I find you extremely attractive and I would love to know you better, but I’m looking for a relationship which doesn’t include a third party.” Instead, the unmarried partner may decide to date the married one for casual fun and sex or because he truly wants to compete with the other’s mate or because he is lonely and wants a companion – any companion. Of course such a relationship will not grow, because one partner is already involved elsewhere. Because someone has placed himself in a situation precluding real intimacy, it is assumed that he likes that sort of relationship and that he doesn’t want a relationship which can result in marriage or cohabitation.

Sometimes a person’s way of projecting non-attainability is more subtle. Take, for example, the Physical female. She is very picky. When she’s at a party and a man walks up to her, she may smile and say “Hello,” but if her eyes flicker away from him, it’s a very subtle indication that she’s psychologically turning away from him and rejecting him.

Similarly, if the Emotional female responds to a Physical man by looking down at her feet, instead of looking him in the eyes while he’s talking to her, he’ll be turned off. Though it’s subtle, this signal of unavailability will register within the unconscious.

If an Emotional man walks up to a Physical woman and looks down at her crotch, that’s a turn-off to her, however subtle. Physicals, male and female, are crotch-
watchers, and he will register with her as another Physical and not as her natural opposite. If, on the other hand, the Physical male looks directly into the Emotional female’s face, instead of at her body, it turns her off, because she perceives him as too similar to herself.

Now that you understand availability and attainability, you may also be aware that you have been subconsciously sabotaging your efforts to find a good relationship. Take a good look at yourself in the mirror. What are your clothes saying about you? How about your posture? Do you move and stand like a “depressed person,” or like the kind of upbeat individual who draws others? Make a mental “tape” of yourself arriving at a party, and play the tape back. What kind of verbal signals are you sending? What about body language? Do you sort of “slink” into the room, hoping to be inconspicuous? Or are your entrances so dramatic they intimidate others? And how do you stand at the party – in the shadows? Or are you such a visible “peacock” that observers assume you’re totally self-centered? Are you a wallflower? Or do you try so hard to be the “life of the party,” that your desperation is apparent to others?

The approach you take toward meeting and dating your opposite can make a big difference in the outcome. The Physical woman wants to think she is mind and body, not just body. The first thing the Emotional should do if he wants to impress her favorably is to compliment her on what she is saying and not on how she looks. Say, “That’s great. You seem to really know what you’re talking about. You’re really into your subject and I like
that in a person.” Then compliment her on her looks. Open with the mind and then bring up the body. The Physical female needs to feel she can participate in all areas of life. That’s a “turn-on” to her.

The Emotional female normally wouldn’t approach a man. However, if she is really interested (and doesn’t want to take a chance on missing out), she should approach him and immediately get into a conversation about sports. Start asking all kinds of questions and get him talking. Physical men love to hear themselves talk.

As for the Physical male approaching the Emotional female, he should be very careful not to intimidate her. He should try to get her to talk about her work, or her studies if she’s in college, or something else she cares about. Never talk about her dress or her body (looking is O.K. if not too obvious). Totally stay away from that subject. The Emotional female likes to be very inconspicuous about her body. If you draw attention to it, she tends to feel conspicuous and becomes embarrassed.

The Physical woman, trying to interest the Emotional male, should take care to look at him and listen to what he’s talking about. Do the same things the Physical male should with the Emotional female. Immediately begin talking about his career, his current job, etc.

Once you have learned to look at yourself in this way, and have seen yourself as others see you, you will become aware of the negative expectations which you project. If you consciously and repeatedly practice
projecting the opposite expectations, eventually this projection will become subconscious habit. With perseverance, you will develop a sort of “public persona” which projects attainability and availability.

**Going Where the Action Is**

Let us suppose that you are now sending out the right signals of both availability and attainability, and you are looking at life with a positive attitude, but without illusion. You enjoy seeking opportunities to meet others, yet you do not expect instant gratification, nor do you feel deflated if you return home alone or without having made a date for another evening. You are now mentally prepared to do the right things to meet the kind of partners you are seeking. How, and where, will you meet them?

If you have ever found yourself alone, hoping to become part of a pair, you have surely confronted one of the major difficulties encountered in beginning a relationship: How to meet an appropriate partner. If we strike up conversations with strangers in department stores, theatre lobbies and at bus stops, we run a real risk of physical danger. If we rely on “fate” to deposit a suitable partner in our path, we can grow old and lonely in the process. What, then, is a single person to do?

Singles bars and discos leave many people feeling numb. Meeting your perfect partner, getting to know him or her in two hours, and living happily ever after is a difficult myth to live up to. If you’re not the drinking
and dancing type, you may have tried more “wholesome” ways to meet partners; perhaps through a church or religious group that sponsors singles’ events and activities.

Yet, because of our upbringing, any setting connected with religion is likely to inhibit us at least a little bit. We may play at being more or less outgoing than we usually are, put on a front which is unnaturally serious or jolly, or otherwise alter our behavior to conform to what we think is “proper” in a religious setting. Our true personalities, which we ought to be exhibiting in order to draw a partner with whom we will at least have a chance of success, may be so suppressed that we attract no one, or draw others who are putting on an act, or – most likely – people who are attracted to the act we are putting on, but not really to us as we are. Even if we do meet someone, it may be difficult to eventually initiate a sexual relationship with a person whom we associate with church.

Business situations, parties, and family gatherings are circumstances where we significantly alter our behavior to conform to what we think is proper or appropriate. These settings, too, could cause a Physical or Emotional to give off signals that would mislead a prospective partner. If you are a Physical, and others are emitting Emotional characteristics because of the circumstances they are in – meeting the boss’s wife, perhaps – you wouldn’t see just how Physical they really are. This is also true of Emotionals when they’re in circumstances where they have to be outgoing.
In fact, there are many situations in which society, not recognizing the two behaviors, has classified one as right and the other as wrong. Naturally, the person whose behavior is classified as “wrong” tries to overcompensate for what he views as his own failing. In school, for instance, the Emotional can be pressured into acting more outgoing and “Physical” than he really is. He feels uncomfortable because he is not behaving naturally. He thinks it’s “fake.” “I don’t feel that way; why should I act that way?” but he tries to be outgoing, because his coach tells him to, his parents tell him, and a log of his “motivational” programs tell him that he’s got to “make friends and influence enemies,” or whatever. In our society, it is the Physical whose behavior has been classified as “right.”

On the other hand, in situations that call for extreme restraint, reticence and self-discipline (a military academy, a church, the military itself) the Physical would face pressure to act in a manner opposed to his own natural inclinations. And, like Emotionals, Physicals find this unnatural behavior to be stressful, and they don’t make out very well.

Computer and video dating services, which use state-of-the-art methods to connect people with similar interests, usually do too good a job of matching applicants with one another. The couples they connect are paired based on similarities, not the oppositeness that creates the sustaining chemistry of relationships. If you have toyed with the idea of using such a service, but discarded it because you are shy, or because you
would be uncomfortable having strangers watch a videotape of you talking about yourself, you are probably an Emotional. If you have tried a dating service, the odds are that you are Physically Sexual, and that the service paired you with one or more Physical Sexuals. We already know that matching a Physical with a Physical may provide a few evenings of intense sexual chemistry – but not much of a long-term involvement. So you can scratch conventional dating services as a way of meeting suitable partners.

The solution to this problem lies in making use of what you have learned about your Sexual Personality and that of your natural opposite.

For example, say you are an Emotional Sexual male who works in an office where there is a company softball team each summer. You hate baseball; you dislike team sports. The last activity in which you want to engage in your spare time is one which gets you hot and sweaty without really giving you a workout, and leaves you feeling alone in a crowd, to boot. No matter. Company softball games may be the perfect place to meet single Physical Sexual women, who will themselves attend the games in order to meet people. (Because, remember, Emotional females don’t usually enjoy watching the games.) Physical males and females will sign up in droves to play team softball. They will be attracted to various aspects of playing on an office team, but not to one another. This situation is tailor-made for the Emotional Sexuals to meet Physical Sexuals. Whether any one of these will be a suitable relationship
partner depends on fate, luck, and circumstance – but at least you, the Emotional Sexual, will be with potentially suitable partners in a relaxed, friendly setting where it’s easy to “break the ice.”

The Emotional female should look for men at bars with big-screen televisions tuned into sports events. Almost the entire viewing audience will be made up of Physical men. She can also go to a football game, or a baseball game. There, you can easily spot the Physical man. He always wears the jersey and hats with the team logo on it. To meet the Physical female, try social events or social clubs like Club Med. It’s loaded with Physical women. Also try parties. Whenever there’s a company party or an apartment party, it’s loaded with Physicals because very few Emotionals go to these events.

As for the Physical Sexuals, male or female, they can locate the Emotionals by looking for activities that attract solitary people; such as riding stables (Emotional women love horses), concerts, roller skating arenas, and tennis courts. Try classes of all kinds; plus certain clubs like Parents Without Partners. Forget bars or social gatherings. Try more “individualized” places – the supermarket, a park area, and libraries. You’ll find Emotionals there because they think they can do their own thing and get lost in the crowd. If you go down a bicycle path, you’ll find a lot of Emotionals riding by themselves. If you are a Physical, ride alongside them for a while and, before you know it, you’ve got a date for the evening.
If you are a Physical Sexual, you may not particularly like tennis, martial arts, or bicycling, yet these solitary activities will draw many Emotional Sexuals. If the sport includes a slight element of danger as well-- e.g., hang gliding, car racing – all the better for the Emotionals. By attending or participating in these sports, you will have access to many Emotionals.

It’s a good idea to create an action plan for meeting potential partners. You will probably need to make only slight modifications in your lifestyle to maximize your chance of meeting exciting romantic partners.

Here are some suggestions to help you get started:

1. MEET ON THE JOB. Working with someone is an excellent way to get to know them and avoid stress of meeting at parties or other social gatherings. There you must toll out various conversational tidbits in the hope of finding an area of common interest; and you have only an hour or two in which to make “all the right moves.” At work, you have lots of time to assess the other person’s appearance, friendliness, competence, sense of humor, and other attributes important in a future partner. Excuses and opportunities to converse for a few minutes are easily arranged; you may even be able to go out for a risk-free business lunch while getting to know one another.

If you work in an office where getting to know potential partners is difficult, investigate business-related groups in your community where you can be
comfortable participating. Professional organizations sponsor many activities for “networking” with people in similar professions or industries. Some nightclubs set aside special evenings for this purpose, where there is none of the pressure of the regular “bar scene.”

2. MEET IN A SPORTS SETTING. List all the sports in which you currently participate, or in which you have previously participated, or for which you think you might have an aptitude. Sort them into “Emotional Sports” and “Physical Sports.” Set aside the ones favored by your own Sexual Personality type, and concentrate on those favored by your opposite type. Plan how you will get involved in a few of these sports. If you don’t think you could be good at any of the sports in which your opposite type might engage, then you must devise another way to get into the activity – perhaps not as a participant, but as an official, score-keeper, “gofer,” or team supporter. If you’re an Emotional who hates basketball but likes basketball players, volunteer to keep score, or to be in charge of the equipment, or to participate in some other way that will let you be a part of the group without actually having to play.

3. MEET AT SCHOOL. Take night school courses in anything that interests you. While it is true that certain courses may appeal more to one type of Sexual Personality than to the other, there are many courses in which both Emotionals and Physicals will enroll; income tax preparation and tax planning; financing real estate or getting a real estate license; basic data processing. It’s much easier to begin a conversation
with someone when you have a common interest, such as the content of the course you are both taking.

4. VOLUNTEER FOR SOMETHING. Both types of Sexual Personality may enjoy raising money for the local orchestra, supporting a political candidate, helping out at a hospital, or working on a bond issue for the new library. Again, this is a way of locating like-minded people in a setting where there is no overt pressure to find a date. Volunteer activities fill spare time with productive, pleasant activity in support of a goal you approved; and are an excellent source of new contacts.

5. GO DANCING AND TO THE BARS. If you like to dance and go to bars, then by all means go; armed with your best availability and attainability attitudes. If you enjoy socializing in such a setting – as opposed to getting there in a desperate, frantic effort to find a date or a partner – you will have a good time, and, once again, meet like-minded people who also enjoy socializing and dancing.

6. GO TO CHURCH GROUPS. If you are involved in your church or synagogue, and are interested in the activities they sponsor, by all means participate in them. Again, go because you like the activities, not with the specific idea that you are going to meet a partner or potential lovers there. Your attitude is the critical factor in predicting your eventual success – in this instance success means having fun.

7. THE CLASSIFIED GAME. Don’t scoff; don’t
laugh; (as Physicals often do). Using the classified personal ads in newspapers and magazines to find the perfect mate or date is no longer just for the “strange” or the desperate. In the not-too-distant past, relationship classifieds existed solely to link people seeking casual sex, or to connect those with a particular, generally unusual, sexual preference. Publications appearing in areas with socially liberal or Bohemian attitudes, and national publications devoted specifically to sexual advertising, ran classifieds with the preferences of the advertiser carefully, sometimes graphically, specified. Many of the advertisers were sexual experimenters and “swingers.”

A few sincere men and women also advertised; attempting to find a true love, a long-term relationship or marriage. Usually they had little success. Their forlorn ads, all but submerged in a sea of kinkiness, went unnoticed.

Now, however, personal advertisements have a somewhat different cast. Legitimate publications, marketed to the mainstream, carry classified advertisements aimed at those who sincerely desire to establish serious relationships. Almost everyone (even people who deny they do it) reads these classified ads from time to time – fantasizing about what it would be like to answer or place an ad themselves.

More and more people today proceed beyond the fantasy and actually do place or answer a classified ad. Some of them get great results. Others are disappointed. Why? Let’s look at some techniques which will help
you use personal ads successfully.

**Writing Your Own Want Ad**

Which ads you answer, as well as the actual words in your reply, or your own ad, determines the kind of contacts you establish.

You will soon be able to “read between the lines” of these classifieds. If you are a Physical, and you have identified an advertiser as an interesting-seeming Emotional, answer the ad even if you don’t think you are “aggressive, witty, romantic, assertive, spontaneous, exciting,” etc. The Emotional will probably see all those things in you anyway because he is programmed to see through rose-colored glasses. If you are an Emotional reading an ad that asks for a “quiet, sensitive, intelligent, shy-but-intense” partner; the Physical advertiser will see those attributes in you whether you see them in yourself or not. Answering an ad even when you feel you don’t meet all the specified criteria is not misrepresentation or manipulation. The person who placed it is, after all, an adult; capable of evaluating you and making decisions. The advertiser may in fact think that you are “like the person he described,” or he may be disappointed. In either case, don’t think that you have to be a perfect “fit” to answer a personal ad.

To understand better how advertisements can attract opposites, let’s look at some legitimate ads appearing in recent publications. We don’t necessarily recommend the style of these particular ads, because not all of them
were effective in drawing the response the writer intended. However, they do illustrate very graphically the ways in which ads reveal clues about the personality types of their authors.

First, here is an excerpt from an ad placed by someone who is obviously an Emotional Sexual. He begins by identifying himself as a physician, which immediately indicates to the female reader that he is intelligent. He continues: “Believe in lasting relationships or close friendships, hopefully leading to marriage. I like family life and enjoy skiing, tennis, music, theatre. Slightly shy, but can open up to the right person.” First of all, this man tells us that he is interested in a lasting relationship, where marriage is a desirable, but not a crucial, outcome. Notice also that “family” – with no mention of children – is embedded in a list of hobbies and diversions, with which it apparently shares equal status. This doctor has obviously learned from experience, (or perhaps he’s a clever amateur psychologist), because he tells his reader that he can open up to the right woman. Talk about a challenge to a Physical Sexual woman!

In another advertisement, a woman describes herself this way: “Porsche-driving 53-year old with style, smarts and sense of humor. Statuesque 5’8” – “In a third, a man writes that he is a “handsome lawyer, very well built, 29, 6’1”, 185 lbs., Caucasian, brown hair, green eyes, considerate, generous, athletic.” It is the Physical Sexual who is likely to stress physical appearance. In the lawyer’s ad, even the man’s occupation is coupled with a qualifier describing his
appearance. His identity as a “considerate” and “generous” person is less important to the writer than his list of physical details, describing his physique, weight, hair, eye and skin color.

Guess which type of female advertiser describes herself as a “stunning blonde, 32, 5’5”, 110, perfect figure, sensational legs, long hair, radiant hazel eyes, sparkling smile, educated, romantic, loving, non-smoker, sunny disposition, TOTALLY loyal, understanding, seeking a marriage partner.” If you guessed Emotional, you need to reread the first hundred pages of this book!

The Emotional Sexual male or female hoping for success from a personal ad should lure the Physical by revealing the appealing vulnerability that Physicals like: “Hiding by a roaring fire in ‘ye olde coach house’ is an attractive, petite redhead, shy but fun-loving, lonely since giving up the bar scene.” This woman should then describe the other attributes she wants in a mate; and – surprise! – all of them sound like the Physical Sexual male – her man should be “home-loving,” “capable of making and keeping a commitment to another person,” “a good conversationalist,” “outgoing.”

Another ad in the same newspaper, placed by a man who is obviously an Emotional, describes himself as “quiet, shy introspective, intelligent, modestly attractive” man, who is seeking “a woman who is more people-oriented” than he is. A second Emotional Sexual male wants a woman who is “aggressive, witty and romantic.” She must be self-confident, as well as
“assertive, spontaneous, exciting…” In yet another classified, an Emotional male baits his hook by advertising for a (Physical) female who, in addition to other attributes, “also has the initiative not to pass up an OPPORTUNITY like this…”

When planning your own classified ad, you must first take some care selecting the publication in which you are going to advertise. Magazines published for and by the residents of particular cities are excellent, as are publications aimed specifically at the “average” single adult. Some daily and weekly newspapers encourage serious, legitimate personal ads. If you are seeking a lasting relationship, you should take care to avoid the “swinging singles” and “alternate lifestyle” type of publication or the kind of magazine that runs sex-oriented ads, even if these are intermixed with legitimate relationship ads. The average respondent to this sort of publication is not likely to be seeking a long-term, meaningful relationship. While he may answer your ad out of curiosity, such a person is likely to be highly unsuitable as a long-term partner.

When you’re writing your personal ad, use as many words as necessary to convey your message, and forget about the expense. We’re not talking about a trans-Atlantic cable here; we’re planning your future. This is neither the time nor the place to save money by using abbreviations or generalizations. A very short ad will also disappear in the mass of other messages around it. So take your time writing your ad, and budget enough money so that you can get your personality – not just
your vital statistics – into print.

When it comes to actually writing your ad, you should begin by specifying, quite honestly, what you are looking for. If it is really important to you that your new partner be a professional person, say so. If you truly cannot be happy with your partner unless he or she is taller/shorter, younger/older than you are, be honest about the fact. Do you want your partner to have a moustache or a beard? Long hair? Blue eyes? Must you find a lover who lives in a specific town or suburb? Then put it in your ad.

We’ve already discussed attainability, which means that you should not be arbitrary or rigid about what you will accept in a partner. However, it’s equally important that you know yourself well enough to know what is really vital to you and what is negotiable. No one ever finds a “perfect” partner – but some of us come closer than others. You must decide, very honestly, what your priorities are in a date or partner, and spell those out very clearly. At the risk of repeating ourselves endlessly, your number one priority when writing your ad is to think in terms of what will appeal to your natural opposite. Your number two priority is to think about what you want in a partner.

From your newfound understanding of Sexual Personality, you probably have some idea already about what you should include in your ad in order to attract the right kind of Sexual Personality type. An ad designed to draw the attention of a Physical Sexual might, therefore,
contain the worlds “quiet” and “intelligent.”

“Quiet, intelligent professional man, a little shy but quite warm once the ice is broken, seeks outgoing woman for friendship and…?”

Since the Physical Sexual enjoys large groups of people and consciously thinks that she wants a partner who will share this desire to “party” (though she would in fact not be attracted to such a person), the Emotional Sexual should imply that he is a social being. For example, the above ad might continue: “I enjoy intimate gatherings.” What the Emotional Sexual really means is, “I like being with my date and another couple or two, at the most.” When the Physical Sexual reads this ad, however, she’ll think, “This guy is just like me. I love having thirty or forty of my closest friends over for an intimate gathering.”

There are also, however, things you should not include in your ad. If you are a Physical who really wants marriage and children, you will draw more Emotionals by downplaying this goal, and by stressing other, more appealing (to the Emotional) aspects of yourself. Remember, Emotionals are terrified and put off by Physicals who begin talking about long-term commitments before the first bottle of wine is uncorked.

By the same token, if you are an Emotional seeking a Physical partner, don’t write an ad that says you consider having a lot of “space” and respecting another person’s privacy as an important aspect of a relationship.
Although space is a definite Emotional priority, such a statement will push all sorts of “buttons” in Physicals, who will recall – not without pain – how withdrawn their last partners were during the trauma stages of the relationship. The last thing a “burned” Physical wants is another lover who will disconnect the telephone or go off on a secret vacation when things get intense.

It’s also possible to write an ad which draws a great many responses because it contains a “hook” of some sort. One young lady we know (a low Emotional), described herself – emphasizing her career, her intellectual attainments, her reserved-but-warm relationship style – and ended her ad with, “So now that you know all about me, send me a picture of yourself and your favorite joke.” Not surprisingly, she got a box full of photographs and funny letters from Physical men, not all of whom she found attractive, but two of whom were very appealing indeed. She answered both their letters, went out to coffee with each of them in turn, and true to her Emotional personality, began dating both men.

A Word of Warning

One universal caveat applies in any dating situation today: BE CAREFUL. Rape and other violence against women and, to a lesser degree, against men, are much more likely today than in the past because of the many recent changes in our living and dating patterns. In our mobile society, most of the people with whom we interact on any given day will be strangers. Instead of meeting one stranger against a grid of friends, relatives
and familiar places and institutions; we now meet a stranger in the midst of strangers. We know nothing of his family, his origin, his values or habits. Couples who played or attended Sunday school together, who were childhood sweethearts or classmates, are increasingly rare. We no longer court under the protective eyes of family members and long-term friends in the community. We begin our relationships today with strangers, often in unfamiliar towns or big cities. If we know our partner at all before the relationship begins, it is probably because we met as co-workers; a connection which, despite its illusion of familiarity, is nonetheless a limited acquaintance.

Each of us today runs a greater risk than ever before of being attacked by a date – even a date with whom we have studied, worked or played a sport. Always begin a relationship with a casual, controlled meeting, in the presence of others, before you place yourself in a vulnerable situation. Meet for lunch or dinner in a restaurant – not in your own apartment or your date’s apartment. Travel to the meeting in your own car (“I have so much running around to do, I’ll meet you at the restaurant/picnic/concert/ballpark, etc.”) No matter how compelling the sexual chemistry, or how liberal your own sexual attitude may be, avoid sex on the first few dates until you get to know, and feel safe with, your partner. It does no good to drive your own car and meet in a public place if you make yourself vulnerable later in the evening by becoming intimate in somebody’s home or hotel room.
Even when you do date a co-worker or a member of your religious institution, you should follow these initial precautions. A person on the job or in church will act differently than when he’s in intimate circumstances. Keep control of the situation on your dates and let yourself become physically vulnerable only when you know the other person well.

Be careful of the unpredictable effects which drugs and alcohol may produce – not only on your date, but on you. The first few dates with a stranger are not good situations in which to become tipsy. If your date seems to be drinking too much, you might suggest moderation or, if that fails, a taxi. DON’T offer to drive a superficial acquaintance home if he or she is drunk. Try to make a date for a first meeting for lunch at a busy restaurant.
Appendix

Measuring Your Own Sexual Personality

Throughout this book we discuss the two basic types of Sexual Personality; Physical and Emotional Sexuality. Following are two Sexual Personality Questionnaires, Male and Female, and a section on how to easily score the completed questionnaires. When you have completed them and scored the questionnaires, you will have the percentage of your Primary Sexuality. You will also learn how to find the remaining percentage of your Sexual Personality, the part that is the opposite of your Primary behavior, what we call your Secondary Sexuality, by simply subtracting your Primary factor from 100.

Please answer both of them in reference to your current, or most recent significant relationship, unless the question specifically asks for data about a previous liaison. If your current relationship is still in the honeymoon stage, then you should base all your answers upon your experiences in one previous relationship.

How can you tell if you are still in the honeymoon stage? If you believe your partner is perfect, if you and your partner have never had a fight, if you still work hard to make sure your partner sees only the “good” side of you – you are probably in the honeymoon stage.

Since most marriages and love affairs end with a trauma stage, answering the questions about a
relationship which has passed through such a stage will tell you a great deal about how you behave under stress. You have the potential to behave that way again, if your present relationship enters the trauma stage. During the trauma stage, both partners experience a great deal of anxiety, and anxiety interferes simultaneously with judgment, reasoning, and the ability to “put things in perspective.” Insecurity, guilt, doubts about the partner and about oneself all serve to exaggerate your sexual personality. During the trauma stage, an Emotional partner will act even more Emotional than usual, and a Physical partner will accentuate Physicalness. When your partner’s behavior becomes exaggerated, you exaggerate your own opposite Sexuality in response.

So if you answer the questionnaire relative to an “old” relationship, and you score at 85% Emotional or 85% Physical, you will know that you have the latent ability to function at that high, potentially maladaptive level of sexuality.

Don’t hesitate to take the tests several times, relative to several different relationships, to gain extra insights into the way you behave. Just make certain that you are consistent and base each pair of questionnaires on the same relationship.

Both questionnaires contain questions which are similar to one another but not exactly alike. Read each one carefully before selecting your answer. When completing
the second questionnaire, do not check back to see how you answered similar questions on the first one.

Read the questions carefully and literally. If a question asks whether you feel something or do something “more” or “more often” than your partner, then if you feel or do that thing “the same” or “as often” as your partner, you should answer “NO.” You should answer “YES” only if you feel or do it more or more often. Likewise, if the question asks whether you do or feel something “less” or “less often” than your partner, and you do or feel it “the same” or “as often” as your partner, you should answer “NO” (reserve the “YES” answer for times when you really do or feel whatever it is, less or less often than your partner does or feels this thing).

If you have a cooperative partner, you may want to have him or her fill out the questionnaires. In discussing how your answers are alike or different, you may discover some very interesting things about yourselves and how you relate to one another.

After you complete both questionnaires, turn to the scoring key on page 313 to obtain your scores.
Male Sexuality Questionnaire #1

1. Answer “YES” if your parent(s) had any one or more of the traits listed:

   a. If you were raised by both parents (up to age 15 or 16) was your father more outward and demonstrative in showing affection for you than your mother, (i.e. by hugging, verbalizing feelings, compliments)?

   b. If you were raised by your father only, was he outward and demonstrative in showing affection for you?

   c. If you were raised by your mother only, was she outward and demonstrative in showing affection for you?

2. Do you often desire repeated intercourse when having sex with your partner?

3. After a disagreement with your partner, do you usually make up first?

4. Are you more jealous or possessive of your partner than she is of you?

5. Do you feel that having sex after an argument is a good way to make up?

6. Do you like to show your partner attention?
by opening doors, helping her with her coat, pulling her chair out before she sits down, etc.?

7. If you feel that you have been unfairly criticized or rejected by your partner, are you capable of expressing extreme anger, tantrums or vindictiveness?  

8. Immediately following the sex act, do you like to touch and caress your partner?  

9. When you meet someone of the opposite sex are you first attracted to the area of her body from the waist down rather than the waist up?  

10. If you have been strongly rejected by your partner, do you feel actual physical discomfort or pain?  

11. Is it important to you to share most of your social activities and hobbies with your partner?  

12. If your partner breaks off a relationship that you do not want to end, do you find that all your energies and thoughts keep drifting back to her and you have difficulty concentrating on anything else?  

13. Do you agree with your partner at times to prevent her turning off sexually, even when
you think she is wrong?

14. Do you feel that you give more of yourself to your partner than she does to you? YES NO

15. Would you like your partner to be more sexually aggressive and creative than she is? YES NO

16. Do you enjoy receiving attention and flattery from your partner in the presence of others? YES NO

17. Is the woman of your life your number one priority? YES NO

18. If you suspected your partner of cheating, would you put the greatest degree of blame on the man for leading her astray? YES NO

19. Do you feel that you have a greater capacity for love and deep emotional feelings than your partner? YES NO

20. Does it disturb you if your partner’s sex drive diminishes after the newness of the relationship wears off? YES NO

*Please continue to Male Questionnaire #2.*
Male Sexuality Questionnaire #2

1. Answer “YES” if your parent(s) had any one of the traits listed:

   a. If you were raised by both parents (up to age 15 or 16) was your father more passive and undemonstrative in showing affection for you than your mother?

   b. If you were raised by your father only, was he undemonstrative, passive, cold, withdrawn or overly strict?

   c. If you were raised by your mother only, was she undemonstrative, passive, cold, withdrawn or overly strict?

2. Instead of complimenting your partner, do you usually take the attitude that as long as you do not complain everything is okay?

3. Is the expectation of sex often greater than the actual physical act?

4. Do you feel that it is an unnecessary act to open doors and light cigarettes for a woman, even though you may do it?

5. When you make up after a fight, do you still feel resentment and find it difficult to fully forgive?
6. Does your partner want sex more often than you do?  

7. Do you dislike “wining and dining” a female in order to have sex (assuming money is no object)?  

8. Answer only one:
   a. If married, do you have or prefer to have an additional relationship outside your marriage?  
   b. If single, do you usually have one steady partner but date other people at the same time?  

9. Would you avoid or refuse to have sex with your partner after an argument?  

10. Would you rather avoid verbally expressing love, tenderness or affection immediately following intercourse?  

11. When you meet someone of the opposite sex, are you first attracted to the area of her body from the waist up rather from the waist down?  

12. Do you turn off during sex if distracted by small talk or something that you feel criticizes you?  

13. Are you constantly searching outside of  

   YES NO
your relationship for the “romance” you feel is missing in your life?

14. Do you find that as the newness of a relationship wears off, your sex drive towards your partner diminishes?

15. Would you have a strong resentment against a female becoming pregnant by you unless perhaps you are well established in a marriage and ready to have children?

16. Do you have the attitude that if you felt the same way before the sex act that you feel five minutes after, you would never have sex?

17. During the sex act, would you prefer to avoid verbally expressing the different physical and emotional feelings you are experiencing?

18. During an argument, does your partner tend to throw back at you things you said or did in the past that hurt, angered or rejected her?

19. When you are having sex with your partner, do you often fantasize about someone else or about another sex act?

20. Does it annoy you to have to reassure your partner by giving her compliments or attention that she outwardly solicits from you?

Appendix
Female Sexuality Questionnaire #1

1. Answer “YES” if your parent(s) had any one or more of the traits listed: YES NO

   a. If you were raised by both parents (up to age 15 or 16) was your father more outward and demonstrative in showing affection for you than your mother, (i.e. by hugging, verbalizing feelings, compliments)?

   b. If you were raised by your father only, was he outward and demonstrative in showing affection for you?

   c. If you were raised by your mother only, was she outward and demonstrative in showing affection for you?

2. Does “b” more closely describe what you usually feel at the culmination of the sex act than “a”?

   a. A sudden end to all pleasurable feelings (stimulation may turn to an irritation or ticklish frustration) and a feeling of wanting to back off and stop the sex act momentarily or completely.

   b. A physical and emotional release with contractions, spasmodic shivering, body warmth, moisture and capabilities of multiple releases.
3. If your partner breaks off a relationship that you don’t want to end, do you find that all your energies and thoughts keep drifting back to him and you are unable to concentrate on anything else?  

   YES NO

4. Immediately following the sex act, do you enjoy being physically close, touched and caressed by your partner?  

   YES NO

5. During an argument, do you tend to throw back at your partner things he said in the past that hurt you?  

   YES NO

6. After a disagreement with your partner, do you usually make up first?  

   YES NO

7. Are you more jealous or possessive of your partner than she is of you?  

   YES NO

8. Do you often desire repeated or prolonged intercourse when having sex with your partner?  

   YES NO

9. Is it important to you to have your partner show you attention in public by opening doors, helping you with your coat, pulling out your chair before you sit down, etc.?  

   YES NO

10. During intercourse, do you verbally express the different emotional feelings you experience within you?  

    YES NO
11. If rejected by your partner, are you capable of expressing extreme anger, tantrums or physical violence? YES NO

12. Do you enjoy buying gifts for your partner? YES NO

13. Do you have a tendency to walk and stand with your feet pointed more outward than inward? YES NO

14. Are you still willing to have sex with your partner even after arguments, rejections or periods of neglect? YES NO

15. Do you enjoy receiving outward affection and flattery from your partner? YES NO

16. Does your sex drive seem to be stronger than your partners? YES NO

17. Do you feel that you are better able to express intimate feelings and attitudes than your partner? YES NO

18. Do you feel that you put more energy into making your relationship work than your partner does? YES NO

19. Do you agree with your partner at times to prevent him from turning off sexually even when you know he is wrong? YES NO
20. Do you feel that one of the ultimate fulfillments of womanhood is to have your own children?

*Please continue to Female Questionnaire #2.*
Female Sexuality Questionnaire #2

1. Answer “YES” if your parent(s) had any one of the traits listed:

   a. If you were raised by both parents (up to age 15 or 16) was your father more passive and undemonstrative in showing affection for you than your mother?

   b. If you were raised by your father only, was he undemonstrative, passive, cold, withdrawn or overly strict?

   c. If you were raised by your mother only, was she undemonstrative, passive, cold, withdrawn or overly strict?

2. Does “a” more closely describe what you usually feel at the culmination of the sex act than “b”?

   a. A sudden end to all pleasurable feelings (stimulation may turn to an irritation or ticklish frustration) and a feeling of wanting to back off and stop the sex act momentarily or completely.

   b. A physical and emotional release with contractions, spasmatic shivering, body warmth, moisture and capabilities of multiple releases.
3. Would you feel satisfied sexually if your partner reaches climax or orgasm even if you did not?  

4. Would you prefer to avoid the use of verbal voyeurism (talking about or hearing the sex act described) during the sex act?  

5. Do you find that as the newness of a relationship wears off that your sex drive towards your partner diminishes?  

6. Would you rather stay at home than go out alone and seek contact with strangers?  

7. Is the expectation of sex often greater than the actual physical act?  

8. Do you have the attitude that you would never have sex if you felt the same way before the sex act than you feel five minutes after?  

9. Would you rather avoid verbally expressing love, tenderness and affection immediately following intercourse?  

10. Do you turn off sexually during heavy kissing or heavy handling?  

11. Do your hands and feet usually feel colder than the rest of your body?  

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<td>Question</td>
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<td>NO</td>
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<td>12. Does prolonged or repeated intercourse turn you off?</td>
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<td>13. Are you constantly searching outside your relationship for the “romance” you feel is missing in your life?</td>
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<td>14. Does your partner desire sex more often than you do?</td>
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<td>15. Do you turn off sexually if distracted by small talk or by something that you feel criticizes you?</td>
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<td>16. Do you feel embarrassed or self-conscious if your partner touches or handles you a great deal in public?</td>
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<td>17. Do you have a tendency to walk and stand with your feet toed inward rather than outward?</td>
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<td>18. Would you avoid or refuse to have sex with your partner after an argument?</td>
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<td>19. Instead of complimenting your partner, do you usually take the attitude that as long as you don’t complain everything is okay?</td>
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<tr>
<td>20. Do you make excuses to avoid sex with your partner at times?</td>
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**Scoring Your Sexuality Questionnaires**

1. For Questionnaire #1, give yourself five (5) points for a “YES” answer to questions #1 and #2 and five (5) points for each “YES” answer for questions #3 through #20.

2. Do the same for Questionnaire #2.

3. Add together the number of points you scored on each Questionnaire.

4. On the Scoring Chart on the next page, look up the COMBINED score you got on both Questionnaires on the HORIZONTAL axis of the chart and circle the number.

5. Find your score on Questionnaire #1 along the VERTICAL axis of the chart and circle the number.

6. Draw a horizontal line across the page from the Questionnaire #1 score, then draw a vertical line down from the combined score.

7. The number in the box where the two lines intersect represents your true, adjusted percentage of Physical Sexuality.

8. If this number is higher than 50, then your Primary behavior is Physical Sexuality. Subtract that number from 100 to obtain your Secondary (Emotional) percentage.

9. If the number in the box where the two lines meet is lower than 50, then your primary behavior is Emotional Sexuality – subtract the number in the box from 100 to obtain your Secondary (Physical) percentage.
**True Behavior and Defense Behavior**

We ask you to pay special attention to your answers on Question #1 of both Questionnaires, because the data is very important in terms of what it reveals about the origins of your Sexual Personality. Defensive behavior is the distortion of Sexual Personality that occurs when, due to outside pressures, an individual must, at an early age, act in a way which resembles the opposite of their Primary Sexuality. So the individual, without consciously meaning to, adopts the behavior of the opposite Sexual Personality as a defense. For example, a normally Physical individual, who has experienced significant rejection or is under pressure from the demands of parents and/or peers not to reveal or give in to emotions, may masquerade as an analytical Emotional Sexual.

The answers to question #1(a) provide a good clue as to whether an individual’s behavior (as reflected in the answer to the other 38 questions) is true behavior, congruent with the way they were raised, or defense behavior adopted in response to a perceived need to behave other than in a way congruent with their upbringing.

If your score indicates that you are predominantly Physical Sexual, but you answered “NO” to question #1 on Questionnaire #1 and “YES” to question #1 on Questionnaire #2, it is possible that you are truly Emotional Sexual, but with a Physical defense. If your score shows that you are predominantly Emotional Sexual, but you answered “YES” to question #1 on Questionnaire #2, it is possible that you are truly a Physical Sexual, but with an Emotional defense.
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