



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

192 - Physical and Emotional Sexuality

There are three reasons for the breakup of a relationship:

1. Communication
2. Sex
3. Money

- The Physical will initiate sex more than the Emotional.
- The Emotional female finds it easier to get into bed than the Physical, because the Emotional does not want to create confrontation by saying no.
- The Emotional female can separate love and sex in her mind, so she can love someone and not have sex with them.
- The Physical and the Emotional have different reasons for going to bed together, and usually have not communicated with each other.
- The Physical is comfortable with physical expression.
- The Physicals (both male and female) enjoy the dominant position. The Emotional (both male and female) prefer the submissive position. The Emotional narrows to the genitals for stimulation. The Physical feels all over his/her body.
- The Physical will reach orgasm quicker than the Emotional because of body heat. (The Physical has a higher body temperature than the Emotional.) The physical can handle harsher touch than the Emotional. Emotionals need a slower warm-up and a gentler approach.
- In release, the high Physical is often capable of release several times a night, but a high Emotional usually once.



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- **One of the biggest areas of missed communication is in the areas of sex. The Physical is experiencing so much feeling that they assume their partner is feeling the same. Get the client to listen to the body language of their partner.**

Goals in sex

- The Physical goal is to prolong sex because they feel it strongly and enjoy it so much. An Emotional is primarily after release. The Emotional female will become irritated by prolonged intercourse.

Cycle Days

- A Physical is on a one day cycle. An Emotional is on a three to seven day cycle. For the Emotional male, the three-to seven day cycle is fairly constant, and the only thing that will change it is work. The higher the Emotional Sexuality is the longer the cycle becomes so that a cycle day may only come around once in two weeks or even longer.
- The Physical likes attention and closeness after sex. The Emotional wants to just go to sleep or get on with something else afterward.
- A pair of Physicals will have a great sex life, while a pair of Emotionals will stare at the walls.
- With two Emotionals or two physicals together, there is no communication, because physicals talk in inferences, while Emotionals speak literally.

Ethnic Sexuality

- Certain ethnic groups came to the United States and banded together for strength in a family unit. The biggest difference is in the Emotional male.



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- The ethnic Emotional male is more motivated to keep the relationship together, thus acting as a Physical. Ethnic children tend to be Physical because of time spent with family by both mother and father.
- To get an emotional to express love, ask them what they think about their relationship.
- You have to hit an Emotional with logic. The idea is to plant a seed and then back off.

Physical & Emotional Sexuality

- When we think of the word Emotional we think of someone walking around with their feelings on their sleeve. The Emotional was originally given that name because they hide their emotions. It takes some time to learn to think of an Emotional in this way.
- Ask yourself:
Male: What did my father teach me about women?
Female: What did my mother teach me about men?
- Sexuality is learned from the secondary caretaker, generally a father figure. With suggestibility defined as how we take things in, sexuality is defined as how we put our ideas and what we learn back out to others.

How Sexuality is Developed

- As a child, usually the first person that the infant is in contact with is the mother, or primary caretaker. From that point on, all development is based on breaking away from mother during various stages of development. During stage two, the child is developing autonomy and beginning to break away somewhat from the mother.
- The child also learns that there is a second person around (secondary caretaker) who is a father figure. The child begins to model the father as a way to relate to the



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

primary caretaker. This behavior relates today to how all relationships generally develop.

- The key point here is not how the father actually was, but how the child perceived the father figure. Also, how did the secondary caretaker relate to the child?
- If the secondary caretaker is Physical, then the child modeled Physical sexuality (closeness, etc.) If the role model was not Physical, then Emotional sexuality was modeled. This can be seen in someone who is comfortable with distance.
- The child begins to rebel at about age thirteen. Sexuality is generally set at 14 years old.
- For the balance of this discussion, when discussing Physicals and Emotional, the discussion will be about people with 100% Physical or Emotional sexuality. If we understand what the 100% is, then it is easier to understand someone with 60 or 70 percent sexuality.
- In looking at those more in the middle of the road (in sexuality), those people tend to understand more of the opposite sexuality because they have more of the opposite sexuality in themselves.
- The point is to accept both behaviors as right and make life and relationships work. Learn to understand and live with it, not try to change it. Sexuality is a behavior, and as any behavior, can be re-learned.

Exceptions

- Remember, it is how the child perceives the secondary caretaker that determines the sexuality. If a Physical father is not there, the child will become an Emotional.
- If an Emotional father decides to spend a great deal of time with a child, that child will become a Physical. By the same token, if a Physical father cannot give affection to his child (daughter), that child will become an Emotional.
- If the sexuality is already created, rejection will create even more physicalness. If the sexuality is not formed, rejection will create an emotional.



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

Complimentary

- This is what the two people did for each other to make the relationship work, how they compliment each other to make a whole.
- The patterns are just too strong to be random. People just do not pick each other. There is, "Sparks and Chemistry". What is important is what one person is weak in, the other is strong in, and visa versa. When the weak fits with the strong, it makes one strong whole.
- When the relationship begins to break apart, the same things that attracted the couple to each other in the beginning become a problem at the point of breakup.

Unconscious Reactions

- Emotionals do not realize that they enjoy having Physicals make decisions for them. This is an unconscious reaction. The person is unaware why the chemistry was there in the first place.

Core and Surface Traits

- As a hypnotherapist, you judge your client for Emotional or Physical sexuality by examining the core traits, not by surface traits.

Three types of core traits:

1. How people function in a relationship (sexual compatibility)
2. How people respond to rejection
3. How people relate to their parents

Never Judge Anyone By Surface Traits



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

Generational Theory

- This is the idea of looking back at previous generations of the same family and , mapping the sexuality
- Example: Emotional mother and a physical father have a daughter. She is a physical, and marries an emotional male. They have a son and a daughter, both of whom are emotional.

Working with Couples

- People come in at the braking point. Because of differences in sexuality, you cannot tell them the same thing. If you do, you lose one.
- The goal is to separate the two and deal with them separately.
- An emotional generally wants to end the relationship without guilt. A physical wants to save the relationship.
- Start making them look at the patterns: Example: For the emotional male, “It is going to cost you money again.” Hit them with terms they understand. With the physical, be very literal and specific with instructions.

Knowns and Unknowns

- If they bought the symptoms, the unknowns become knowns. This lowers the message units, and makes the client less suggestible and sensitive. The behavior is less exaggerated, getting the client out of waking hypnosis.
- When this happens, the other person will see the good things, de-exaggerating the monster.