



E.S.R. | EMOTIONAL SEX RATIO LOVEYEARS.COM

Emotional Sex Ratio Defined: The number of times you have sex with someone before you form an emotional connection that creates an emotional attachment to that person.

In technical terms:

How long it takes to go from being Emotionally Objective to Emotionally Subjective.

- ◆ **Emotionally Objective:** not having emotions influenced by personal feelings.
- ◆ **Emotionally Subjective:** having emotions based on personal feelings.

Ranking Emotionally Subjective to Emotionally Objective by common birth signs.

High	Moderate	Low	Low	Moderate	High
Emotionally Subjective	Emotionally Subjective	Emotionally Subjective	Emotionally Objective	Emotionally Objective	Emotionally Objective
Cancer, Scorpio,	Pisces, Aries	Leo, Sagittarius	Taurus, Virgo	Capricorn, Gemini	Libra, Aquarius

2 ESR GROUPS

GROUPS	ESR	IMPLICATIONS	Common Birth Signs		
			1	2	3
GROUP 1:	1-3 times	Quicker emotional connection to sex partner(s)	Cancer, Scorpio	Pisces, Aries	Leo, Sagittarius
			Taurus, Virgo	Capricorn, Gemini	Libra, Aquarius
GROUP 2:	4-6 times	Slower emotional connection to sexual partner(s)	Taurus, Virgo	Capricorn, Gemini	Libra, Aquarius
			Cancer, Scorpio	Pisces, Aries	Leo, Sagittarius

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Applications and usefulness of knowing your ESR and the ESR of others

For Awareness of Self

- 1. Having insight to ones ESR can allow you to determine if you truly have a capacity for casual sex relationships.**
 - ◆ One-night stand. (Typically, first and last sexual encounter)
 - ◆ Booty call (which involves calling or texting someone to arrange a sexual encounter)
 - ◆ Sex buddies (people who are looking for sexual encounter, with no strings attached)
 - ◆ Friends with benefits (Actual friends who share sexual encounters from time to time)
- 2. You better understand who you are and what is important to you to begin having sex with a partner.**
- 3. You can begin to have a more focused relationship gameplan for your life and communicate that to others.**
- 4. You can take varying approaches to your sexual encounters, especially when multiple partners are involved.**
- 5. You will not allow yourself to be carried away emotionally unless you believe you are heading where you want to be.**
- 6. You can be open and honest with others about what you want and where you are in your personal sex life.**
- 7. You can align yourself with someone who is affected by sexual encounters as you are.**
- 8. You don't need to be confused about how you developed certain feelings and emotions for someone.**
- 9. You can be more intentional with who, when and where you have sexual encounters.**

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For Awareness of Others

1. **Helping others to identify their ESR before engaging in a sexual encounter to protect against unwanted emotional connections.**
2. **Having some understanding of where a partner may be emotionally from sex encounters to responsibly determine next steps.**
3. **Be capable of assessing others emotional connections and attachment they may have in their life past and present.**
4. **Allow others to be more responsible for their intentional actions with you as you mutually engage in sexual encounters.**
5. **Engage in more precise conversations to outline how you want to begin and end sexual encounters.**
6. **Requires others to step up to a higher standard to respectfully and responsibly engage in sexual encounters with you.**
7. **Enables you to share and empower others (Friends, Family etc.) to gain knowledge to guide their sexual encounters.**

In Closing

Identifying and understanding ESR gives a person the benefit of not blindly having Sexual Emotional connections and attachments with people not knowing how you got there. Giving that sex is one of the 3 pillars to success of any romantic relationship, it is critical to align oneself with a partner that share similar ESR capacity on the journey to building a cherished relationship. Until you determine you are ready to make sexual emotional connections, the knowledge of ESR gives you the power to navigate sexual encounters responsibly and with greater consideration of others.

Remember “Life is simple but hard” and with knowledge you can learn to make easier day by day. “Self-love is the first love”, Love you the way you want to be loved and others will follow your example. You are worthy. You are the center of your universe.

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