



Erotic Sensory Assessment

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What Is an Erotic Sensory Assessment?

This is an exploratory tool that is informed by modern sensory profiling tools. Dr. Winnie Dunn and Tina Champagne developed the original frameworks and this Erotic Sensory Assessment integrates aspects of their work into the erotic experience. Their work helps us understand how sensory processing shapes safety, regulation, overwhelm, underwhelm, and connection, all essential ingredients of erotic wellbeing. Sensory profiling tools are used by professionals to identify the sensory patterns that influence everyday wellbeing, particularly for individuals who are neurodivergent, experience anxiety, or have a history of trauma.

For practitioners, this Erotic Sensory Assessment supports guided inquiry, somatic sex education, and collaborative reflection. Practitioners using this tool are encouraged to apply it within their scope of practice: integrating trauma-informed, neuroqueer affirming, and consent-based frameworks.

For individuals engaging with this tool, it offers a structured way to explore your nervous system needs within erotic contexts. Individuals engaging with this tool may find it helpful to explore these reflections with a qualified therapist, psychosexual or somatic sex educator, or trusted support person, particularly if strong emotions, memories, or sensations arise.

This is not a clinical assessment and does not replace any formal sensory profiling tools - although this tool has the potential to enhance an existing assessment.

Why Your Erotic Sensory Experience Matters

Curating your erotic experiences to suit your unique sensory preferences means that pleasure and connection can feel safer and more accessible. If the experience is overwhelming or under-stimulating, intimacy can feel stressful or uncomfortable. Also during times of need, it's important to know your sensory soothers - things that support your return to a sense of safety. Understanding your sensory needs helps you identify and communicate what enhances your pleasure, recognise boundaries, adapt environments, reduce overwhelm, and achieve states of decompression and calm. Developing your erotic intelligence, including tending to your nervous systems needs, is an essential element for living a healthy erotic life.

Three Main Types of Sensory Reactivity

- Heightened sensitivity (Hyper-reactivity): Sensations may feel too intense or overwhelming.
- Reduced sensitivity (Hypo-reactivity): Stronger sensory input may be needed to feel engaged.
- Sensory seeking: Craving intensity, movement, rich textures, or deep pressure.

Signs of Sensory Overload

- Difficulty staying present - numbness in body, run away thoughts
- Irritation or anxiety from touch or noise
- Overwhelm from movement or closeness
- Physical discomfort such as nausea or tension
- Shutdown, freezing, withdrawing, or needing space

Self-Awareness and Compassion

The purpose of this tool is to help you create pleasurable experiences that feel safer and more authentically aligned with your unique needs, rather than following what is 'normal' or what you think you 'should' want. Clear communication is key. Take time exploring each option - this is not meant to be a quick process. The next step is integrating the necessary changes into your erotic life. Your sensory reactivity may shift with context, safety, energy levels, emotional states, and might evolve over time. Understanding and celebrating uniqueness means everyone gets to live a more authentic and fulfilling life.

Questions for Erotic Sensory Assessment

Mark the following tool to show sensory: **P** Preference **S** Soothe
T Trigger **?** For further enquiry

Empty boxes are for additional options you'd like to add | When options are in *italics*: You need to select your preference

For some people, planned events with allocated timelines create predictability which can equal safety. Preferences might change over the course of an event - beginning, middle, end. Explore before and after event preferences (time alone, close contact, shower etc..). This list is not exhaustive.

Lighting	
Natural light or dappled sunlight or moonlight	
Candlelight or soft lamps	
'Cool' white light or 'warm' white light or level of brightness _____	
Light positioning - overhead or wall or floor	
Fairy/LED/moving/colourful/projected patterns or shadow play.	
Darkness or blackout or blindfold	

Visual	
Colours and tones of surrounds	
Erotic visuals: art or movies	
Mirrors or reflective surfaces or filming and photos	
Costumes or masks or role-play attire	
Voyeuristic: watching or exhibitionist - being watched	
Eye contact: none or some or lots	

Taste	
Body taste preferences: musky or clean but neutral or soap residue	
Food play for body: sweet or savoury eg. chocolate sauce, peanut butter, jelly, cream	
Flavours of lubes/condoms/oils	
Drink preferences: tea or water or juice or _____	
Food play for mouth - chocolates, fruit etc	
Mouth covered: ball gag or scarf in mouth	

Smell	
Mild scents: smell of leather or ropes or skin care products or fresh flowers or _____	
Musky/natural body scent/pheromones	
Scented massage oils & candles	
Fragrances: Perfumes or colognes or oils	
Memory linked scents	
Scent free preference	

Tactile & Texture	
Pressure and pace of touch eg. deep pressure & slow moving or feathery & tickling or _____	
Gloves on self or other eg. latex, fabric	
Full body scan to identify: preference, triggers and soothing spots over whole body (see last page)	
Dry or wet eg; body fluids (saliva, sweat, ejaculation etc..) or oils or lubes or body glide products	
Preferred fabrics on self or others: silk or silky or lace or latex or leather or fishnets or _____	
External aids and prop textures eg. bedding fabrics & firmness. Toys - silicone, glass etc...	

Sound/auditory	
Silence or noise cancelling headphones or earplugs or sound insulated spaces	
Background noises	
Talk during play: none or some. Volume: softly or loudly. Words: preferences, triggers & soothers.	
ASMR or whisper play or pleasure noises eg. moaning, groaning, heavy breathing....	
Natural/nature sounds: moving water or wind or rain or heart beat or breath or _____	
Music: volume _____ and style _____ or play list _____ or erotic audio stories.	

Questions for Erotic Sensory Assessment

Temperature	
Cool air or aircon	
Warmth or electric blankets or heater or fire	
Moving air: Open windows or breeze or fan	
Temperature play: hot - wax or cold - ice or heated or cooled toys	
Neutral - standard room temp 20c	
Socks on or light cover on body or under blankets	

Clothing	
Loose flowing fabrics	
None: Skin on skin	
Compressive or tight or latex or harness	
Layered or strip tease or slow removal of clothing by self or other	
Lingerie, stockings, shoes/boots/heals	
Partially or fully clothed	

Proprioception - embodied awareness	
Physical intensity threshold: minimal and max pressure eg. firm or soft or increasing or decreasing pressure over time	
Held or pinned or wrapped	
Weighted blanket or heavy items or body weight	
Wedge or pillow or furniture for body positioning	
Responsiveness to resistance - push pull dynamic	
Optimal positions for the body and head during play	

Environment	
Indoors, which room?: bedroom or lounge or rumpus or kitchen or _____	
Semi-public or events & play spaces	
Enclosed or cage play	
Nature based adventures: moss or trees or rocks or creeks or waterfalls or ocean or _____	
Cosy or nooks or private corners	
Furniture: custom made or favourite pieces to play on	

People	
Solo or autoerotic or self play	
Familiar partners	
Monogamous or one partner	
Group or multi-partner	
Strangers	
Gender identity of self and other, sexual attraction. romantic attraction - please look up the flying gender unicorn tool	

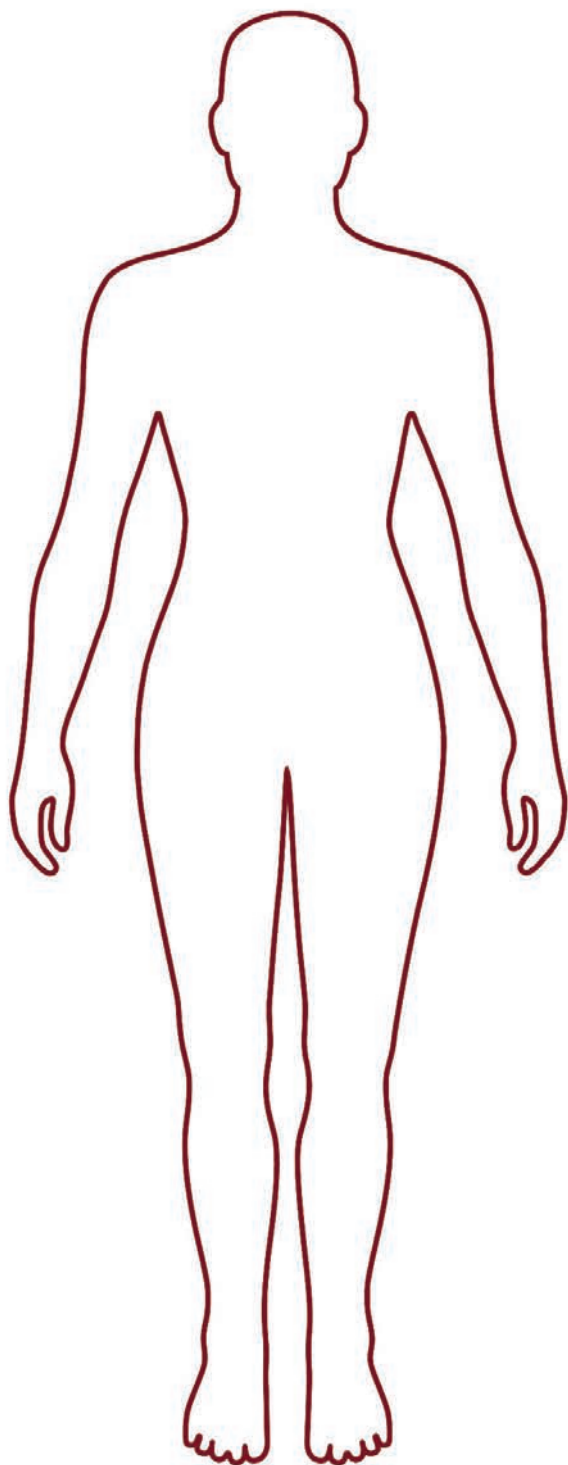
Movement/Vestibular	
Rhythmic motion	
Stillness or holding	
Rocking or bouncing	
Motion furniture: yoga or sex swing or hammock or exercise ball or _____	
Dancing or performative or lap dance	
Stimming or repetitive movements eg. playing with someone's hair, using fingers to draw repetitive patterns on skin	

Ethical Use Statement

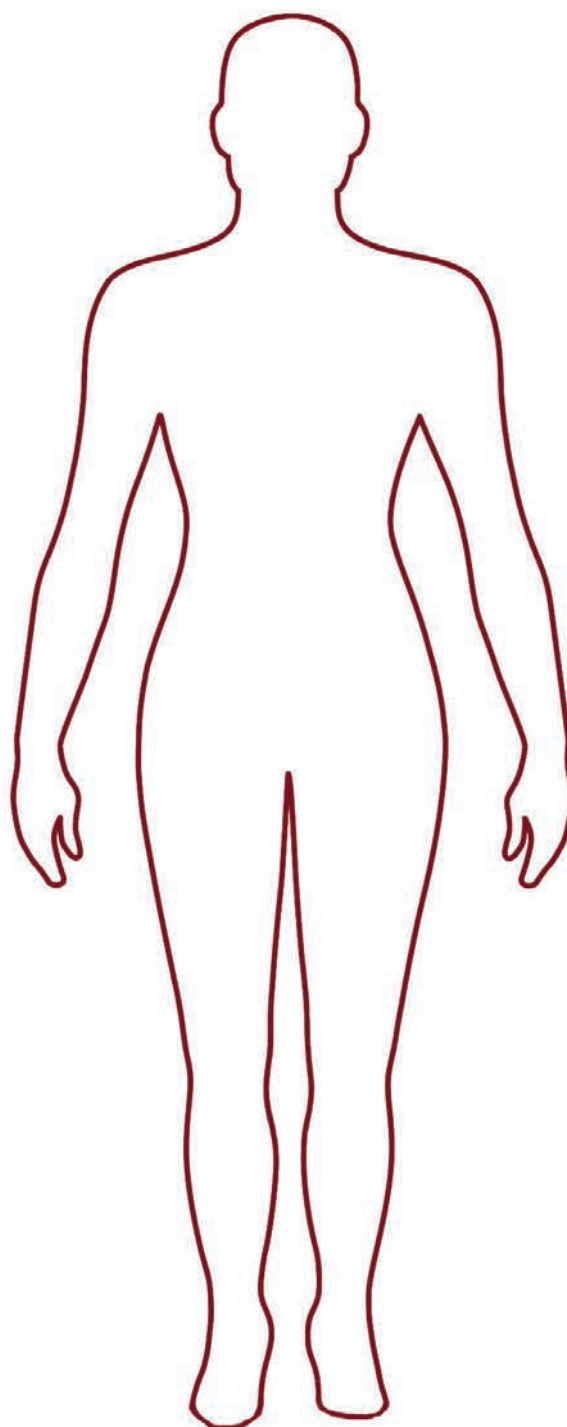
This Erotic Sensory Assessment is designed to support reflection, communication, and awareness within the context of erotic wellbeing. It is **not a diagnostic tool** and does not replace therapeutic, medical, or psychiatric care.

Full Body Scan

Map on diagrams to identify: preference, triggers and soothing spots over whole body front and back.



Front



Back