

Erotic Blueprint™ Coach Consent Guidelines

Consent is the foundation to creating safety with your clients.

Educating your clients about consent and using consent in their relationships can be one of the most powerful tools you can impart to your clients to create healthy boundaries and to help give your clients agency in the creation of their ideal sex life.

When initiating your coach/client relationship let your clients know that conscious explicit consent will be part of your coaching process.

Establish with them that giving consent means they give a solid “yes” when offered an opportunity to explore the different exercises that are part of the Blueprint Coaching program. A “maybe” or hesitation is considered a “no” until it becomes a solid “yes” and “no” will always be honored.

A “maybe” or a “no” is an opportunity to explore their resistance to an exercise and this resistance can be a very powerful place of learning about what your client really desires and where they may have tolerated, endured or allowed things to happen in their past that have disempowered them.

Getting to a “Yes” is not the objective of exploring their “maybes”, the objective is to guide your client to find a clear “yes” or “no” or even a “no for now” in their bodies.

The objective is to empower your clients to honor themselves and to help them have the skills to speak their truth, even in the face of disappointing others.

When initiating your coach/client relationship establish consent around the following:

- “As your coach, I will be your guide on the journey. Do I have your consent to coach you by being direct in my feedback?” Request that this consent is “blanket consent” for the duration of your coaching/client relationship. Make sure they are a “yes”. Blanket consent means you have been granted this consent until told otherwise. It’s a good idea, even after your client has given a “yes” to blanket consent to reestablish this consent from time to time.
- “As your coach, I am interested in you getting the results you desire. Sometimes you may be inclined to give details or share stories about things that have happened in the past.

Sometimes these details are important to the work we are doing; sometimes they do not serve our work together. Do I have consent to interrupt you if I think we are getting off track?"

As you coach clients, you may discover other areas requiring consent that you include in your conversations with them.

You must always get consent from your client before:

- Sharing your client's confidential information with anyone else.
- Your client contracts should contain a confidentiality clause that states that you will protect their information to full extent allowed by law. Jaiya, Inc. is not offering legal advice and any disclaimers in your contracts should be reviewed by your own legal representation.

Your Erotic Blueprint Coaching License does not authorize you to perform any hands on work with your clients. If you have a practitioner's license to offer hands on modalities, you must make it clear to your client that when offering those services, you are offering a different service and not operating as a Blueprint Coach.

Any more than two reported consent violations between you and your client that have not been properly and fully cleaned up between you and your client will be cause for your license to be suspended until your case can be reviewed and the violation is cleaned up to the satisfaction of your client.

Consent violations that occur in your private life may also affect your licensing as a Blueprint Coach depending on the number of claims, validity of the claim(s), type of violation and what you have done to clean up consent breaks.

Safety is one of the most fundamental things we offer our clients, and as an Erotic Blueprint Licensed Coach, we expect you to operate with a high level of consciousness around consent and boundaries in your own life.

Consent breaks will happen. Cleaning up consent violations is vital.

A few ideas on cleaning up consent violations:

- Acknowledge the violation as soon as you become aware of the consent break

- Apologize to your client(s) for the break
- Offer to them what you think the consequences of the consent break may be to them, to your coach/client relationship
- Ask them what they feel the effects of the consent break may be
- Acknowledge each of their concerns with empathy, repeating back what they have shared and ask if you heard them correctly
- Present some ideas on how you might make it up to them
- Ask them what they need or desire for you to do to make it up to them
- Take the actions you have committed to in order to make it up to them
- Recommit to honoring boundaries that have been established
- Check in to see if they feel complete and that the consent break has been fully cleaned up

You are modeling for your client what it means to honor boundaries and how to clean up boundary breaks. This will be huge growth for you and for your clients.

When working with couples, having each of them consciously give consent when engaging with exercises with each other is vital. Many couples have no consciousness around boundaries and many people have allowed their boundaries to be crossed many consistently throughout their relationships.

Establishing healthy boundaries for couples can be a path to forgiveness and true emotional healing. Couples new to boundaries may feel awkward and may even resent boundaries being established when they have not been present previously.

There are many opportunities for you to coach your couples and singles about establishing boundaries in the exercises offered throughout the course.

- Have your clients give verbal consent before receiving touch.
- Have your clients play with saying “No”, even to offers they really want to accept.
- Have your clients feel into their bodies when presented with an offer, to discover if they are a “Yes” or a “No”.
- Have your clients play with reading body signals from each other for non-verbal consent and check in with each other if their signals are being accurately interpreted.

For continuing education on consent, we recommend Betty Martin (<https://bettymartin.org/videos/>).

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Erotic Blueprint™ Consent Guidelines for Clients

Types of Consent Situations

Blanket Consent

- You can do x at any time!
- “I’m a yes, you’re a yes, let’s dance”

Consensual Non-consent

- I’m gonna say no, but you have consent to move past that no.
- This happens during rape fantasies, etc. Use safe words instead.

Consent Reward

- Really big for a single client and couples.
- Sometimes after an experience when they expand their nervous system may contract.
- Being rewarded for a no.
- “Thank you for telling me no, so I can trust your yes’s even more.”
- Rewarding someone for their boundaries and holding the boundaries for me.
- Example: *“I might beg for sex and I might beg for intercourse in the middle of heat and passion. Can you hold that boundary for me even in the heat of passion that we will not have intercourse?” And then you reward them and they reward you. Reward when someone holds a boundary and a container. “Thank you for taking care of yourself. Thank you for saying no, thank you for honoring your needs, thank you for holding that boundary for me.”*

Consent Regret

- When you say yes and you regret it later.
- This requires clean up with yourself (compassion)
- Example: *“Oppsy, I said yes when my body didn’t mean or want a yes. I’m really sorry that I said yes to this and I’m really having consent regret” And I know I said yes, so let’s clean that up because I know I said yes, but I don’t want to back years from now holding resentment against you when I was the one that said yes and I’m regretting that I said yes.”*

Consent Regret Phases

- *“I said yes, but then regretted my decision.”*
- *“I said yes because I wanted you to like me.”*
- *“I said yes, because I was afraid I was going to lose your love.”*

- *"I said yes because I projected..."*
- Getting caught up in the moment can lead to consent regret.
- It's important for the person experiencing consent regret to take compassionate self-responsibility in the consent regret.
- Own it and talk about what was occurring
- Be authentic with the other person about why you did it and what fears you have
- Coaching client with strategies on how to avoid these mistakes in the future and it's gonna help
- Remember to always come back to unconditional love.

Consent Change

- Saying yes and then in the middle of the situation you realize it's actually a no and voicing it.
- Use *The Holy Pause* method when considering consent change:
 - Notice what's in your body before you say yes.
 - You have to know how you feel in your body.
 - Check into it to make sure you're a yes.
 - Double check, is it still a yes?
 - Make sure to hold any no's that were created at the beginning of the scene/session.
 - From yes to no = awesome
 - From no to yes = not awesome
 - Renegotiate after the session/intimate session. Not in the middle of a session.

Consent Learning

- You tried something but realized you don't like it or really like it.

Consent Contraction

- When you have a big experience with pleasure and you expand but then your nervous system freaks out, which causes you to contract.
- This can cause you to experience consent regret.
- Double check with your coach to distinguish Consent Contraction and Consent Regret.
- Ask yourself is your body/nervous system trying to return to what's familiar or is this an actual consent regret. Meaning, I never want to do that again.
- Remember, change doesn't have to be heavy.
- Call it out and clear it. "Ek, I feel yucky. I don't want to do that."
- Check in to what you need to experience more pleasure.
- Curiosity over defensiveness any day. Empathy moves it and recovers.
- When experiencing consent contraction, remember curiosity and compassion cures.

Consent Coercion

- Somebody says no, but then you try to persuade them to do it anyway.
- Teasing can be a way of coercion.
- The ways we coerce, we withdraw love.
- Someone who tries to change someone else's maybe to a yes.

- *“Come on this will be fun”*
- *“Really, you’re not going to be fun?”*
- *“Don’t be a kill joy!”*

Coercion

- Withdrawing love
- Trying to convince, punish, or shame someone to get what you want
- Drugging
- Nonverbal consent
- Rolling your eyes out of frustration to make the person feel bad.
- Guilt
- “You know you want it...”
- “But you said yes before...”
- “If you love me, you would...”

Self-Coercion:

- Trying to convince yourself to do something you don't want to do so you can feel loved and accepted by the other person.
- “Oh, but it will really feel good.”
- “But s/he really likes me and I don't want to lose him/her so I'll just do it.”

Exceptions to Coercion

- Some people like to be pursued
- Some people like their partners to show how much they are desirable and irresistible
- “I want you to pursue me and convince me” **GET CONSENT ON THIS!**
- Seduction and coercion can either be different or the same. Have a conversation about it.
- Do you want to have a consent conversation or do you just want me to seduce you?
- I can't do it if your body says yes, but you're saying no. I want an aligned yes with body and mind.

Consent Accident

- An error, miscommunication or misunderstanding that caused a violation to occur.
- Can also be caused by not having all the information.
- Can be triggering
- Doesn't make it any less painful but how you approach the situation and resolve it could look different.
- Some people who do consent violation say it was a consent accident, which is ekky.

Consent Violation

- When someone chooses to purposely ignore or cross someone's boundaries.
- When someone intends to fulfill YOUR desires over the other person.
- Make sure a Consent Violator isn't using Consent Accident to get off the hook.

How to figure out if it's Consent Accident or Consent Violation

Say: “This happened, is this what you intended?”

Observe: Look at behavior over time to see if repeated consent accidents are actual consent violations.

Ask: What can I do to help you heal this? The most important thing is RECOVERY using curiosity and empathy.

Remember: After surgeries, accidents and procedures, people automatically go to healing phase so now you have to redo the consent conversation.

Action Steps for Consent Situations

What to do in a Consent Violation

- Report it to the authorities
- Get support (ENDR, trauma therapists, therapists, healing therapy)
- Do they want healing and support? Get consent on that. They may not be ready to face it.

What to do in a Consent Coercion

- Recognizing it
- Accountability process
- Recovery process

What to do in a Consent Accident

- Person who made the consent accident getting responsible
- And the receiver if they didn't call out the boundary/hold the boundary
- Compassion

What to do in a Consent Regret

- Reveal don't hide
- Don't blame the person when you said yes
- Have compassion for self
- Have compassion for the other person

What to do with Blanket Consent?

- Who gets blanket consent?
- What are the activities?
- Communicate if it changes
- Fuck yes only

What to do with Consensual Non-consent?

- What are the areas that it's there?
- Who gets to use consensual non-consent with you

- Consent clean up

What to do with Consent Clean-Up?

- Is there a recovery process?
- In our community, is there a way for people to repeat, for people to come forward when they violate.
- Accountability for all the above (not sure what that piece is).
- What are the action steps to make sure x doesn't happen again.
- Sex communication checklist for support around consent violations.
- Don't talk about consent in the heat of arousal.

How to talk about consent in the blueprints

Energetics

- Energetic level of consent.
- Communicate how you're feeling.
- Back way up.
- "No one ever touched me but I felt violated."
- "I don't like that man or woman's energy."

Sensuals

- Blanket Consent
- Loves to touch other people and be close.
- Tends to have a lot of consent accidents.
- "How much can I touch you?"
- "When can I touch you?"
- "How do you want me to touch you?"

Sexuals

- Consent Clean Up
- Tends to not think about consent conversation.
- "Is it okay if I do... x, y z?"

Kinky

- Consensual non-consensual
- Blanket consent
- Consent clean up
- Safety Container
- "How much can I touch you?"
- "When can I touch you?"
- "How do you want me to touch you?"
- "Is it okay if I do... x, y z?"

Shapeshifters

- Create a safety container

Resources

<http://www.makesexeasy.com/>

Closing Remarks

Remember to ask yourself when your own trauma getting triggered? Is this me or the person?

It's okay for your mind, body, heart, soul and mouth to say what it wants, needs and desires.