

Sexual Orientation vs. Romantic Orientation



There are many ways to be attracted to someone including:

Sexual attraction: attraction that makes people desire sexual contact or shows sexual interest in another person(s).

Romantic attraction: attraction that makes people desire romantic contact or interaction with another person or persons.

For individuals who experience sexual attraction, their sexual orientation and romantic orientation are often in alignment (i.e. they experience sexual attraction toward individuals of the same gender(s) as the individuals they are interested in forming romantic relationships with). But this is not always the case.

Your romantic orientation and sexual orientation can be different.

Prefix	Meaning	Sexual Orientation	Romantic Orientation
Hetero-	Attracted to a different sex and/or gender	Heterosexual	Heteroromantic
Homo-	Attracted to the same sex and/or gender	Homosexual	Homoromantic
Bi-	Attracted to more than one sex and/or gender	Bisexual	Bioromantic
Pan-	Attracted to people regardless of sex and/or gender	Pansexual	Panromantic
Demi-	Only experiences attraction after a strong emotional bond	Demisexual	Demiromantic
A-	Does not experience attraction	Asexual (Ace)	Aromantic
Grey-	Only occasionally experiences attraction	Greysexual	Greyromantic

Language is constantly evolving. This chart was created in May 2022 and is subject to change.