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An Introduction To Aromanticism



Aromantic-spectrum Union for Recognition,
Education, and Advocacy

Aromanticism.org

What is aromanticism?

Aromanticism is an identity term for people who feel little to no romantic attraction.

What is the aromantic spectrum?

While some people feel no romantic attraction at all, some people feel it rarely, experience it only under certain conditions, have trouble distinguishing between romantic and other types of attraction, or have some other pattern of attraction that doesn't fit the norm. There are many different terms for these different patterns of attraction but all fit under the broader term aromantic spectrum.

Some examples of common aromantic spectrum labels include:

Demiromantic - describes a person who only experiences romantic attraction after developing an emotional connection beforehand.

Greyromantic (grey aromantic) - describes a person who feels romantic attraction very rarely, weakly, unreliable or gains/loses attraction in unusual or unknown circumstances.

Quoiromantic/WTFromantic - describes a person who experiences confusion or frustration when trying to differentiate between and apply platonic and romantic attraction to their personal experiences, and therefore is not sure if they experience it.*

* There are several different common definitions of quoiromantic, but the one given is the most current one

What are some common distinctions for aromantics?

Aroallo: Aromantic Allosexual, someone who experiences sexual attraction but not romantic attraction

Aroace: Aromantic Asexual, someone who experiences neither romantic nor sexual attraction

Non-SAM aro*: Non Split Attraction Model Aromantic, An aromantic person who doesn't use the split attraction model to describe their identity

What is the Split Attraction Model?

The Split Attraction Model (SAM) is a framework that makes a distinction between experiences of attraction, depending on certain characteristics, and conceptualizes them as different types of attraction. Commonly used are: sexual, romantic, aesthetic, alterous, platonic and sensual attractions.

What is a Queerplatonic Relationship?

A Queerplatonic Relationship, also called a Quasiplatonic Relationship, is a committed relationship that goes beyond the subjective cultural norms of acceptable levels of intimacy and/or behaviors between friends, and is not romantic.

Often abbreviated to QPR, with partners referred to as a Queer/Quasiplatonic Partner, QPP, or Zucchini, this kind of relationship is common amongst aros who desire significant, committed partnerships and don't find the romantic model useful.

* There are several different terms used to describe the experience of aros who don't use the SAM, however non-SAM is currently the most widely used.