

# Glossary of Terms (via [Seattle Aces & Aros](#))

**Aromanticism**: A lack of romantic attraction.

**Aromantic / Aro**: Someone who is not romantically attracted to anyone.

**Asexuality**: A lack of sexual attraction.

**Asexual / Ace**: Someone who is not sexually attracted to anyone.

**A-Spec / Aspec**: shorthand for someone on the Ace and/or Aro Spectrum.

**Allo**: Someone who experiences attraction. Can be further clarified to refer to a specific type of attraction, such as “Allosexual” and “Alloromantic.”

**Demi**: Someone who only experiences attraction in the context of a close emotional bond or connection. This applies to both sexual and romantic spectrums.

**Gray / Grey**: Someone who experiences limited attraction. This is something of an umbrella term for someone who does not identify fully with either the Ace/Aro or Allo labels, but rather falls somewhere in between. Gray/Grey identities apply to both romantic and sexual attractions.

For example:

- Someone who experiences attraction, but very rarely.
- Someone who doesn't experience attraction with the same intensity as an Allo person.

**Split Attraction Model (SAM)**: A model of attraction that some A-Spec people use to describe their identity. The SAM states that romantic attraction and sexual attractions are two different things. Those attractions may align for some people but not for others.

The SAM can be a helpful tool but may not be useful for everyone.

**Repulsed vs. Indifferent vs. Favorable**: People on the Ace and Aro Spectrums can have a wide range of feelings about sex or romance, typically described on the scale of Repulsed/Indifferent/Favorable. This refers to an individual's

personal relationship with sex or romance and is not related to the sex-positivity movement.

**Amatonormativity**: The widespread assumption that everyone is better off in an exclusive, romantic, long-term coupled relationship, and that everyone is seeking such a relationship.

(coined in 2016 by Prof. Elizabeth Brake)