

## SEXUAL THOUGHTS AND BEHAVIOUR

# How can I give my partner pleasure?



KEY WORDS

pleasure | self-awareness | open communication



Understanding how to give your partner pleasure involves recognising that sex is not solely about physical actions but, more importantly, about how both individuals feel. It's about feelings, connection, and embracing who you are. So, first and foremost - take some time to reflect on your own sexual preferences and desires and then discuss them with your partner.

The most effective way to enhance your sexual experience is to **slow down!** Rushing into sex can stem from various reasons, such as fear of losing arousal or discomfort with certain aspects of intimacy. By slowing down, you can fully experience the richness of the moment, engaging all five senses. Good sex is about you (and your partner) feeling great. It is not just about a quick moment; but instead, a whole experience.



So, how do you make it better? Let's dive into a few ways you can make the experience great for not just your partner, but for both of you.

**Shift your focus:** Sex is not just about the grand finale (you know, the orgasm). It is about the whole journey. Shift your focus to making the entire experience pleasurable. Enjoy the lead-up, the exploration – everything!

**Open communication is key:** Talk to your partner about what you like and what you are curious to try. Do not hold back – share your thoughts, even if you want to write them down. This open communication builds understanding and makes the experience more satisfying.

**Experiment together:** Spice things up! Try different activities, foreplay, or even play some roles. Experimenting together can help you both discover what brings pleasure. It is about having fun and trying new things.

**Emotional connection matters:** Feeling close emotionally makes everything better. Strengthen your bond by talking openly, sharing experiences, and understanding each other.



**Positive mindset:** Approach the experience with optimism! Compliment your partner, express your feelings, and create a positive atmosphere.

In the end, every relationship is unique – what works for one might not work for another. But with communication, respect, and some fun, you'll find the perfect recipe for pleasure. If you ever need advice or have questions, reach out to a trusted friend or someone with experience.

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If you'd like to read more about having pleasurable sexual experiences, check out our text "How can sex be more enjoyable for me?" Or if you'd like some tips on how you can know if you're partner is close to reaching orgasm, we've prepared an infographic for you here.

Happy exploring, and take care!



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