

SEXUAL THOUGHTS AND BEHAVIOUR

How can sex be more enjoyable for me?

KEY WORDS 



relaxation | body-mind connection | open communication | positive body image



It is totally normal to want your sexual experiences to be not just good, but great! Here you will find some key points to help you navigate the world of pleasure, connecting with your own desires and making those intimate moments even better.

The most important point is understanding what you like, communicating openly with your partner and creating experiences that leave you feeling satisfied and happy. Now, let's move on to concrete steps you can take!

Try to be relaxed and feel a connection with your body: You can do this by shifting your focus from your thoughts to your body to try to ease any stress. You can practice this even when engaging in different activities, like dancing, yoga, exercising... Allow yourself to "let go" and feel, to create a stronger connection to your body during intimate moments. Sometimes the key ingredient to pleasure is to be relaxed as much as possible.



Love your body: Feeling good about your body is crucial. Separate body positivity from concerns about your appearance on a certain day. Understand that great sex is about feeling good, and the easiest route to get there is to accept your body– it is perfect the way it is! No imperfection can be a reason for bad sex, so appreciate the body that you do have.

Be emotionally and physically open: Allow your body and heart to soften and open during moments of intimacy. This also means embracing vulnerability – memorable sex often happens when you authentically reveal yourself to your partner.

Take charge of your own satisfaction: Do not wait for your partner to make sex more enjoyable for you– take an active role. Remind your body of its sexual nature through various thoughts and touches. This will help you activate feelings of lust independently of another person. What feels good for your body and how to reach pleasure is totally unique for every person. Knowing your body means you can share with your partner the tricks that can lead you to satisfaction, and also what doesn't suit you as well.

Talk openly with your partner: There is nothing wrong with sharing ideas, expectations and desires. Regular and open communication helps adapt to different needs and ensures a satisfying and evolving sexual connection.



Keep it real: Newsflash - “perfect” sex is a myth shared by social media and other people. Sexual experiences with different intensities and outcomes are normal and expected! And, sometimes they are just nothing special, which is perfectly okay!

Remember that you can enhance your intimate moments by staying true to your body and emotions, and not comparing yourself to others! You can dive into more points about exploring pleasure through sex with our infographic [here](#).



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