

# 9 Qualities of an Extraordinary Lover

## Presence

Being fully and completely in the moment, connecting deeply with yourself and others.

*"I am here with you."*

## Acceptance

The awareness that everyone has a right to their desires and the ability to pursue them.

*"I accept you unconditionally."*

## Confidence

Celebrating the qualities of oneself and others without the requirement to change imperfections.

*"I know who I am and what I want, and I know that I have what you want."*

## Generosity

Giving wholeheartedly for the simple joy of it, with no expectation of reciprocation.

*"I offer you me, because I want to."*

## Passion

Living life from a deep sense of embodied feelings that are inspired by a person, activity, goal, or desire.

*"I want you so badly right now, I would do anything to have you."*

## Empathy

While staying connected with yourself, you feel your partner's emotions, sensations, and desires.

*"I feel you and understand."*

## Curiosity

An openness and desire to learn, experience new things, and to understand your partner's desires.

*"I want to know you more."*

## Spontaneity

Being creativity and flexible without being attached to outcomes.

*"I'm down for fun, how ever it looks, even if it feels a little risky."*

## Sensuality

Take time to build pleasure and enjoy all the senses, in all the areas.

*"I enjoy slowly taking all of you in."*

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Intimacy Coaching