

Physical connection how it looks, smells, and feels Emotional connection how someone makes you feel, conversations, and support

All about satisfying your own desires Long-term and enduring; it grows stronger over time

Short-term and intense; it fades quickly

About putting the other person first

Often based on superficial qualities like looks, status, and material possessions Based on deeper qualities like character, personality, and values

Passionate and exciting, like a rollercoaster ride Compassionate and comforting, like a warm hug

Love Lust And Lube A Guide To Being Sex Positive

Naresh Gusain

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