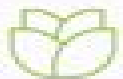


Tips to Boost Sexual Confidence

- Notice your self-talk
- Be mindful in the bedroom
- Improve your communication
- Be curious about your body and sexual experiences
- Learn how to tell your partner what you want
- Practice moving away from sexual shame
- Recognize the role of culture
- Become more confident in all areas of your life
- Accept and love your body
- Take care of your overall mental health and well-being
- Know that you don't have to be perfect



Sexual Confidence

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