

the seven kinds of attraction

the words for what you're feeling. most people are handed names for three of these. the other four don't disappear, they just go unnamed. here they all are.

 **sexual** wanting sexual contact. one of seven, not the main event.

 **romantic** wanting to build a life with someone.

 **aesthetic** you find them beautiful and you want to do nothing about it.

 **sensual** wanting to be held with no interest in where it leads.

 **intellectual** you want their mind, not their life.

 **platonic** the friend crush. everyone has them. nobody names them.

 **alterous** closer than a friend, not a crush, no word for it until now.

FROM ME *for years i only had two of these words, sexual and romantic, and i kept forcing every feeling i had into one of them. naming the other five is the thing that changed how i love people. so before you file this away: which two were you handed, and which of the rest have you actually been feeling?*

THE ONE TEST WORTH MEMORISING

love, or limerence? imagine they're completely certain about you. no chase, no chance of losing them. if you still want them, that points to love. if it goes flat, that's limerence. love gets stronger with closeness. limerence gets stronger with distance.

which one have you been feeling for someone, but never had the word for? write it, and who it is.

pick one person in your life. of these seven, what do you actually want from them?

not sure which one you're feeling for one specific person? take the 3-minute diagnostic at
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