Behind closed doors.

Adam, your Performer pattern

Your sexual personality profile

Your leading pattern is Performer. These six moments show where it appeared in your answers and give you words to use next time.

Steady / 20% pattern score

Overthinker / 23% pattern score

Performer / 53% pattern score

Scorekeeper / 36% pattern score

Wall / 13% pattern score

Thirty answers. Practical next steps. Private self-reflection.

Your Performer profile

You want the moment to go well, and somewhere along the way you make yourself responsible for proving that it did. You watch your appearance, your reactions or the ending. You try to work out what a confident man would do, then see whether you can look like him while you are doing it.

That can make you attentive, but it can also put you one step outside your own experience. You are checking the performance while you are supposed to be in it. A request becomes feedback. A preference becomes a benchmark. Your own comfort becomes something you can deal with later, once you have made the right impression.

One uncomfortable truth is that looking confident can stop her from knowing you. If you hide discomfort, exaggerate enjoyment or pretend something happened, she gets information she cannot use. You may be trying to spare her feelings. You also remove the chance for her to meet you where you actually are.

Another truth: praise may not settle this for long if you keep treating the next moment as a new test. You can have a good night and still wake up worrying about repeating it. When your sense of worth depends on producing an outcome, even a compliment can become a standard you now have to maintain.

Your route forward starts with accuracy. What do you enjoy? What are you doing because you think it is expected? What would you like to stop, change or ask about? An honest preference gives you something more useful than an impressive performance. It gives you a place to begin a real conversation.

The six moments ahead show where managing an impression appeared in your answers, with any extra examples labelled separately. Use the suggested words to say what is true before trying to sound capable. You can be interested and inexperienced, attracted and distracted, caring and ready to stop. Letting those combinations be visible gives the other person a chance to know the man who is actually there.

Your secondary pattern is Scorekeeper. Read the moments below for where that other response appears alongside your main pattern.

Your six moments

Primary-pattern example: question 1.

Can you say "I want you" without it turning into a joke?

Scenario: You're in the kitchen. You want Sara, right now, and you want to say it plainly.

Your answer: “I'd grab her instead, so I don't have to say the words.”

From her side: She gets the gesture before she gets a chance to answer the invitation.

Say this instead: “I want to kiss you; would you like that?”

Primary-pattern example: question 9.

Have you ever measured, and did the number change anything?

Scenario: You've measured yourself, more than once. Tonight Sara is undressing you.

Your answer: “I'd position myself to look my best before she sees.”

From her side: She may meet a carefully arranged version of you while you watch for her reaction.

Say this instead: “I am getting caught up in how I look.”

Primary-pattern example: question 10.

When she says "it's perfect," do you hear the word or the pause before it?

Scenario: You finally ask Sara the question. She says, "It's perfect for me."

Your answer: “I'd assume she's being kind and keep worrying.”

From her side: She may feel that nothing reassuring she says will count.

Say this instead: “I am struggling to take that in, even though you have been clear.”

Primary-pattern example: question 17.

Do you actually enjoy going down on her, or do you do it to earn the rest?

Scenario: Sara says, "You don't have to, you know." You're between her legs.

Your answer: “I'd be relieved and move on.”

From her side: She gets an honest preference if you let the relief become a clear answer.

Say this instead: “Thank you; I would rather do something we both enjoy.”

Primary-pattern example: question 18.

What if her hand gets her there faster than you do?

Scenario: Sara admits she finishes more easily on her own than with you.

Your answer: “I'd take it as a verdict on me.”

From her side: She may feel asked to reassure you instead of explaining her own experience.

Say this instead: “I am taking this personally, but I know you are telling me what works for you.”

Primary-pattern example: question 19.

When she can't see your face, are you more yourself or less?

Scenario: Sara turns over and pulls you behind her.

Your answer: “I'd use the position to hide what's on my face.”

From her side: She may not see the discomfort you are deliberately keeping out of view.

Say this instead: “I am hiding how I feel instead of telling you what I need.”

Strengths you can build on

Question 5: You selected “I'd be glad she likes her job.” Keep doing this. She can bring you into a good part of her day.

Question 11: You selected “I'd hear the second half of the sentence.” Keep doing this. She can talk about the present without having to erase a difference in the past.

Question 14: You selected “I'd be interested, not threatened.” Keep doing this. She can tell you about her history without being treated as less committed.

Your three starting points

1. Does her having more male friends than you have female ones say something? Try saying: “I feel a little outnumbered, and I would like to get to know them.”

2. Would you check her phone if you could? Try saying: “I looked at your notifications, and I want to be honest about that.”

3. Does the condom conversation feel like a test you might fail? Try saying: “I feel awkward saying it, but this is not the right fit.”

Your seven-day plan

Day 1: Pick the moment you most recognised. Write what you wanted and what you were afraid would happen.

Day 2: Look at the story you added to it. Put what was said in one column and what you assumed in another.

Day 3: Say the suggested sentence out loud. Change the wording until it sounds like you, while keeping it honest.

Day 4: Use that same directness in an ordinary conversation: ask for something, accept a compliment or state a preference.

Day 5: Notice something you handled well. Name the choice you made so you can repeat it.

Day 6: If there is a conversation you want to have, ask for a good time and start with one thing you feel rather than a list of things she does.

Day 7: Look back at what you tried. Keep one sentence or action that helped and choose where you will use it next.

Method

Each of your thirty answers adds one point to a pattern. Counts are divided by fixed weights: Steady 30, Overthinker 30, Performer 17, Scorekeeper 11 and Wall 32. Wall can receive at most 30 points; 32 is its scoring weight. Percentages do not add to 100.

The highest unrounded percentage wins, with Steady taking priority at 60% or more. Ties follow Wall, Scorekeeper, Performer, Overthinker, Steady. A secondary is the highest remaining non-Steady pattern at 25% or more. Six moments use primary matches first, then other fourth answers, third answers and remaining questions if needed, without duplicates.

Disclaimer: This is a self-reflection framework, not a validated psychological test, diagnosis or measure of sexual ability. Your answers describe imagined responses; the descriptions of her side are possibilities, not facts about the named person. A preference or boundary is not a failing. The plan offers reflection, not treatment or a promised outcome.