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I am doing relatively well in standing up for myself. In most day-to-day situations, I possess the necessary skills and inner-confidence to tell others what I need, think or want. There may be occasional moments, however, when I find myself hesitating to declare my view on things.

I do not feel nervous in social situations. I am comfortable in either a crowd or by myself, and spending time alone or with company is equally enjoyable. When among others, I tend to stand in the foreground, although I may not always wish to take the position of a leader. Instead, I prefer moving between the role of leader and follower, as the situation requires. I keep a moderately active social life; I'm generally on the lookout for excitement, but certainly don't require it. I tend to keep a fairly positive emotional outlook, and people can usually count on me for some good cheer.

My level of anxiety is moderate; which means there is a potential of it becoming problematic in my life. Although I am generally able to cope, my stress and worry sometimes interfere with my ability to function in a healthy way. This is nothing I beat myself up about - anxiety is a highly common problem with a wide range of causes. The most important thing, is that I take active steps to decrease the frequency and intensity of these emotions so that they don't dictate the way I carry out my life.

I am a progressive-minded conservative when it comes to sexuality. I am open to new sexual ideas and behaviour, but only to a certain limit. There is some taboo sexual behaviour that crosses my personal threshold of comfort. I have experimented sexually, but I haven't chosen every option from the great palette of sex. I do have a creative nature, which keeps my sexual liaisons satisfactorily spicy, but I am not the wildest love maker on the planet. Some of my sexual partners have told me that I'm like a subdued sexual animal. That's because I do shy away from sex play that is exhilaratingly daring. In fact, I am down right reluctant to venture into the jungle of sexual experimentation, because I'm caged by feelings of guilt and shame. I sometimes do tricks that don't turn me on, though, solely for my partner's sake. But never anything that makes me truly uncomfortable.