

NAME: Alessandra Di Pisa
DATE OF BIRTH: 7 January 1977
NATIONALITY: Swedish
MARITAL STATUS: Cohabiting



It's all about keeping my job in perspective. Evenings, weekends, and vacations are important to me, and I do my best to take full advantage of my personal time. After all, enjoying quality time off actually contributes to productivity when I'm back at my desk. When I'm relaxed and rested, I can be more creative and efficient. My friends and family also get to reap the benefits of my successful work/home life. When I'm not consumed and overwhelmed by work, I'm free to be fully present in the moment. And isn't that what life is all about?

Connecting with other people while making it a priority to spend some time alone is the secret to true social harmony. Friends and family can be a great help in times of crisis (and almost every other time, too). So I keep in mind that meeting friends for dinner during the week or setting aside time to visit with family can really recharge my batteries and make me feel balanced. Especially when they're offset with regular periods of solitude.

Communication is key to any successful and healthy relationship, sexual or otherwise. I am someone who understands this concept but doesn't always follow this dictum. Although I sometimes have an open dialogue, I know it would benefit me to learn to consistently initiate conversation on all topics, pertaining to sexuality, particularly potentially awkward subjects. I know that I and my partner cannot make informed decisions without all the information. And I know that I won't get answers to my questions unless I ask them. Taking responsibility for my sexual health includes taking direct action - being an actor rather than a reactor. I am someone who initiates action in maintaining or protecting my sexual health. I understand that I alone am responsible for my health. Being proactive on my own behalf indicates a level of self-esteem that serves me well in my sexual relationships - and my other relationships as well.

Most of the time I prefer to express myself and tell people just how I feel. That's not to say that everything is open material. Some chapters are off-limits. Maybe I'll open up to some close acquaintances, but other feelings stay wrapped up tight among my emotional private papers.

I enjoy doing silly, off-the-wall things sometimes, but not always. Doing things other people think are goofy aren't usually a problem for me, but there are definitely times when I prefer to take the safer, calmer route. That means I'm looking for a fair amount of fun and excitement in my risk-taking. When it comes to physical danger, I'm willing to take some pretty big risks! There's probably not much I won't try at least once and I may even be known for being first in line. While it's fine to be on the lookout for excitement and new experiences, my tendency toward danger is moderated with some common sense.