



Attraction

Best practice guidelines supplement

Separation of attraction, desire, and actions

Attraction refers to how you feel.

Desire refers to what you want to do.

Action refers to what you do.

Split attraction model

The **split attraction model** states that the concept of attraction comprises multiple different types of attraction, which can each be experienced at different levels independently of each other. These include:

- Romantic attraction (feeling romantic love towards someone)
- Sexual attraction (feeling sexual or lustful towards someone)
- Sensual attraction (feeling like you want to be physically touched by someone)
- Aesthetic attraction (feeling interested in someone's style and personality)
- Platonic attraction (feeling friendly towards someone)
- Intellectual attraction (feeling interested in thought-provoking conversations with someone)