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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Am I gay if I have erotic thoughts about women?"

Q I often have sexual fantasies about women. Does this mean I'm gay?

A Not necessarily. Fantasizing is a healthy expression of sexuality that can amp up your libido or add an element of excitement to your sack sessions. And daydreaming about getting it on with women is very common...even for straight girls. Plus, there's a difference between thinking about doing something and actually wanting to do it.

However, if you *are* considering turning your fantasies into reality, or you do experiment -- but you still sleep with guys -- you may simply be curious, or it's possible that you are bisexual. Whatever your lusty leanings, though, try not to get caught up with labels. What's important is being comfortable with who you are and making your own decisions about your sexual partners...whether they're male, female or both.

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