

“How to know if you’re a good lover”

Undeniable signs she’s really enjoying sex with you

A woman can have an orgasm—and still not truly enjoy the experience.

Many men assume that if she climaxed, the sex was great. But for most women, satisfaction goes far beyond physical pleasure alone.

Feeling desired. Feeling connected. Feeling safe enough to let go. Feeling seen, understood, and emotionally engaged. These things often matter just as much as what happens physically.

The challenge is that a woman can fake enthusiasm, stay quiet about her disappointment, or even have an orgasm while still feeling unsatisfied overall. Which means you may not actually know whether she's genuinely enjoying sex with you—simply because you're looking at the wrong signs.

So if you want to know whether you're truly great in bed, don't focus only on whether she orgasms.

Here are 7 signs that she is genuinely enjoying herself—and that you're giving her an experience she actually wants more of.



1. She initiates sex (often!)

This is one of the clearest signs she's genuinely enjoying the dynamic between you. When a woman likes sex, she asks for it! It's a sign she doesn't just "accept" sex—she actively moves toward it. Congrats!

YES

NO

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2. She wants to cuddle and talk after sex

If she stays close afterwards, it usually means she feels emotionally safe and connected—not just physically satisfied. For many women, what happens after sex is just as important as the act itself. Women value connection, and her wanting to still cuddle or talk after sex, it shows she feels connected with you!

YES

NO

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MAGDA KAY

YES

NO

3. Her vaginal tissue feels soft and relaxed

When a woman is fully relaxed and aroused, the vaginal tissue becomes softer, warmer, and more responsive. This can be something you actually notice during penetration—there's less resistance and more natural lubrication and ease of movement. It's often a sign that her body feels safe, open, and receptive in the moment.

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YES

NO

4. She experiences multiple and/or full-body orgasms

These are usually deeper, less common types of orgasms that go beyond a quick peak and can ripple through her entire body. They typically require a high level of presence and relaxation—and importantly, they're rare. For a woman to reach this state, she has to genuinely feel safe with you (not just say she does, but actually feel it in her body), because only then can she fully let go and stay open in her arousal.

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MAGDA KAY

YES

NO

5. Her nipples are hard

This is a common physical response to sexual arousal and can appear during excitement, stimulation, or orgasm. It happens because of the body's natural nervous system reaction, and for many women it's one of the visible signs that arousal is present and building in intensity.

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6. She has that glow and feels satisfied and relaxed in her daily life

You'll notice it outside the bedroom—she seems lighter, more open, more at ease, and less stressed (literally, she won't be picking up fights over small things as she may normally do!) Good sex for many women doesn't just end in the bedroom; it carries into her mood, energy, and overall sense of wellbeing in the following hours or even days.

YES

NO

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MAGDA KAY

7. She experiences emotional or energetic releases during sex (shaking, crying, laughing, etc.)

Sometimes a woman's body releases emotions in ways that don't look purely "sexual" — she might shake, cry, or even laugh unexpectedly. Many men misread this as something going wrong, but often it's the opposite. These kinds of releases can happen when she feels deeply safe and emotionally open, allowing tension or stored emotions to move through her body. It's not about "fixing" her—it's about her system finally feeling safe enough to let go on a deeper level.

YES

NO

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8. She starts experimenting

When a woman feels truly comfortable, she often becomes more curious and playful in bed. She might suggest new positions, bring in toys, buy sexy outfits, or even propose more adventurous experiences like going to a sex club. It's not about "trying harder" to keep things exciting—it's about feeling relaxed enough in the connection to explore desire without fear of judgment.

YES

NO

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YES

NO

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9. She feels comfortable talking about sex (what she enjoyed, what she wants, and her fantasies)

When a woman can openly talk about sex with you—what felt good, what she'd like more of, or even share fantasies—it's a strong sign she feels safe and not judged. This kind of communication doesn't come from just physical comfort, but from emotional trust. It shows she sees you as someone she can be honest with, explore with, and co-create pleasure with rather than having to “perform” for.

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Remember: none of these signs on their own automatically means she's satisfied. That's important.

One signal in isolation can be misleading — context matters. What you're really looking for is a pattern. The more of these signs you consistently see, the more likely it is that she feels genuinely relaxed, open, and satisfied with you in bed.



So how did you do?
Is your woman truly and fully satisfied in bed with you?
If so, congratulations!
If not, let me share something with you...

A black and white photograph of a man and a woman sitting on a bed, facing each other and about to kiss. The woman is on the left, with long dark hair, wearing a light-colored shirt. The man is on the right, with short dark hair, wearing a dark tank top. He is holding her face gently with his hands. The background is softly blurred, showing a lamp and some furniture.

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our body, our pleasure & our needs
so you can become her BEST lover & partner

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- Christian

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Female Sexuality Decoded

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