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Title: Can men and women just be friends?

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You and your once-possible-hook-up now have a best friend thing going. And, now as you sit over lattes swapping stories of last night's escapades, you're not so sure. As you try to stop visualizing your Opposite-Sex Friend's wild night, you ponder: Can men and women really be just friends?

Of course, there are Opp-Sexships that stay platonic. But not always. And not always by choice. Fact is, someone usually wants a bigger piece, especially in the beginning. Sure, you can simply avoid having sex with your friends, but that doesn't mean one of you isn't just hovering to make The Move. In the wait, real feelings can be best read between the lines. Take, for example, "No you don't look fat in that," which translates easily to "I'm into you, let's have sex already." "She's not good enough for you," means, of course, "Forget her, let's get dirty."

Particularly in the starting phases of a friendship, both of you are trying to discover what your roles are with this new person you dig. Lines can be blurred easily, especially between two singles who naturally start filling the Significant Other role for each other. It's in that time when you start deciding what you want, and then it becomes all about timing.

If you're on the same page and you find the two of you are more interested in bending over the couch than sitting on it, the time may be right. Take off your inhibitions and unleash the chemistry. See where it takes you. Your crazy sparks outside the bedroom might die on contact. That's good to know. Whatever the case, you need to keep talking. Bedding can be fatal to a friendship if the lines of communication close. So be cautious. Don't use the experience to loosen up the sexual tension, use it to grow together. It's the secret sauce.

Opp-Sexships can grow stronger and sometimes better after a sexual experience, as it establishes a new understanding. Whether a long-term physical relationship develops or not, at the very least you'll each get a grip of the parameters of your friendship. And once you've learned those, it's much easier to stay within them.

So, either find yourself an Opp-Sex friend you're not actively trying to sleep with, or get ready for a conversation down the road. Even Just Friendships still need to work out the kinks and help define the relationship. If your Opp-Sex friend needs the "are-we-going-to-bed-or-what?" talk, be sensitive. Kill the sarcasm. "Come on, I'd never sleep with you; you're not my type" works like toilet paper on a shoe. Even if potentially helpful, it's tacky. Opp-Sexships are often challenging. But sexual tension without action is still possible.

Essentially, if you're in a committed relationship, your Opp-Sexship is less confusing, as

there are inherent boundaries. Just make certain your Partner understands that you and your Friend respect those limits. Try to include your Partner in the friendship as much as possible to avoid any suspicion or jealousies down the road.

Whether you're single or committed, Opp-Sexships are vital. And because the benefits are so huge, people make it work. Women and men alike need breaks from their own. Women with women can become so catty, it's exhausting. And, men, how long are they expected to grunt alongside their brotherling? Please. Opp-Sexships provide an alternative. Men get the emotional bond they're seeking while women dig the safety of a man and his less demanding emotional needs.

Men and women can be friends as easily as they can be lovers. You don't need sex to prove love.

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