

Paper: Chicago Tribune RedEye Edition (IL)
Title: Casual sex is an option--as long as there's respect
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Date: October 21, 2004

He stands before you. That guy. The two of you have always had tie-me-up, I mean, nice-to-see-you-again sort of chemistry. He smiles at you with full ready lips. You pause and consider, is this really what you want? You've been self-medicating like crazy. And although you know you couldn't be serious with him, he looks delicious and ready. As you contemplate actually putting the batteries back into the household remote controls and the shower head back into its original position, you wonder if he's the fix you need. You wonder if you're ready for some casual sex. If done respectfully and with dignity, casual sex is an option.

Really, it depends on what you want. If you're jonesing for something serious, casual isn't for you. Although it's possible to turn a casual relationship into something more, adding a sexual bent can complicate it. No need for inflated expectations. Honor what you want. Make sure your situation matches your needs.

Now, on the other hand, if you're ready for a little self-exploration, why not? Take charge of your desires. Strut them out and go get yourself touched. If you're parched, and this potential In-between Guy is a tall drink of water, take a sip. Pleasure awaits. Your sexual side is as important as any other. No guilt needed.

As we have learned from Oval Office antics, sex is not defined by intercourse. And that's really the beauty. You can feel free to go as slowly or as quickly as you'd like. If what you desire is kissing and cuddling, so be it. This is about exploring yourself and establishing your boundaries. Just set expectations upfront and share them with your In-betweenener. What are you game for? Talk it out and communicate what you want, what you're looking for. Make sure you both agree. Make sure you're comfortable. Whatever the conditions, be certain they're mutual and understood. Own your desires.

Whatever the case may be, stick to your beliefs. Your boundaries can change throughout the experience, but he should understand them from the beginning. Keep the dialogue open. Building trust will keep you safer and more free to explore. If ever you feel apprehension, step back. Do only what feels appropriate to you.

It's casual sex, not casual respect. If you don't have the respect, you shouldn't be having the sex. You can explore yourself while maintaining dignity as long as you demand it. Regardless if it's an experiment for you, this isn't about becoming some In-betweenener's late night drive-thru. This isn't about bedding multiples, that's such the yesterday's-child-star thing to do. Own your body and be proud of what you choose. A double standard exists. Women get reputations while men get props. So, use a bit of discretion; no need to hide and no need to tell.

There are risks to any sort of relationship; your health doesn't need to be one of them. Be

smart and protect yourself. Saddle up before riding. Safety is nothing to be casual about. Respect your body. Allow yourself to grow within the experience. Keep the dialogue open. And follow your instincts: If you feel you're in over your head, you probably are. It's easy to start caring more than you expected to when you're sharing so intimately. Make sure you are caring for your emotions. It can be trying.

Continually define what you need. Walk away if you have a change of heart. The power is yours.

And, who knows? Maybe in the end, as you stand there--fully clothed--in front of this man whose smile won't quit, you just might discover ... in that moment you're as naked as you'd like to be.

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