

Paper: Chicago Tribune RedEye Edition (IL)
Title: Free yourself to go on a sexual adventure
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Date: January 13, 2005

He walks in with a tutu, a jock strap and a parachute strapped to his back. You in? He wants to grace you with mayonnaise and popcorn salt and call you dinner. Good for you?

Sexual exploration is all about launching out from your limits to discover your full sexual side. But first you have to determine your comfort zone. Before you can push your limits, you have to figure out what they are.

Before anything, you need to get away from self-consciousness. Freedom doesn't come when you're dissatisfied with your body. It's just no fun if you get pissed when your partner licks off the whip cream that was covering you.

How can you concentrate on what feels good when you're constantly posing? If your back is arched out of pleasure, that's a good thing. If it's just a position to flatter your body, that's a spoiler.

Find your own beauty. Explore yourself in front of the mirror. Look and touch. Get to know your body from a positive frame of mind. Then, go on a personal expedition to start appreciating the potential of your body.

Learn what gets you going and think about how you can include your partner in the process. As you're being self-reliant, let your mind wander to what you could be doing with your partner. Hey, football season is almost over, get your own play-by-play down.

When you're comfortable with your body, it's easier to let go with your partner. Forget if the lights are on or off. Stay in the moment. And heighten it, in any way you can. Clearly, throughout all of this, stay safe. Use whatever protection necessary to ensure you are both OK: Whether it be a bungee cord or a condom, safety first.

The bedroom should have more freedoms than rules. You should be able to do what you like, when you like and how you like it. Nothing makes you a prude; nothing makes you too fast.

Especially when pushing the boundaries, consider your partner's comfort. Then, let it be known what it is that you like and don't. Make sure you're on the same page. Find out what your partner is comfortable with before acting on your fantasy. And expect the same in return.

If you want what your partner is selling, dive in. If not, your "no" should be all that needs to be said. The real turn-on is the trust--the ability to take a risk with someone and believe you are in safe hands. Clearly a night of quick conversation and fast cocktails is not the bonding that elicits this kind of honesty.

A true uber-experience occurs when every inch of your body is vested. When your heart gets in it, the blood will pump that much harder.

So, go explore. Try on some costumes, watch a few movies that come in brown bags, or use some hot wax that has nothing to do with the ambiance in the room. Or simply kiss a little longer. Touch a little softer. Breathe in when you want to breathe out; stay quiet when you want to scream; challenge your body to heighten the experience in any way you know will feel good. Stay intimate. Create scenarios that will promote confidence in each of you.

Then go head and throw on the cuffs: You've got the key to get out of them just as quickly as you got into them.

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