

**Paper: Chicago Tribune RedEye Edition (IL)**  
**Title: Stakes high after sleeping with best friend**  
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**Date: September 2, 2004**

You and your Best Friend went to a wedding as each other's backup dates. Thanks to a dinner of bottomless martinis, you wound up back in the hotel room having sex for the first time together.

After an entire night of punctuating each other's sentences in bed, you're left with a question mark. Now what?

Trying to rock out like a porn star with the same person who has seen you doused in Oxy 10 and headgear can be awkward. The fact that your Best Friend knows you stripped down before your clothes ever came off is a closeness that can feel overwhelming, especially if you weren't counting on this kind of exchange.

Even though you're both pinch-hitting, it was a team effort. Take responsibility. The fantasy of the experience was most likely marinating in both of your minds for quite some time, despite how impromptu it may have seemed. After all, such an unplanned, spontaneous event takes severe forethought.

In fact, the one who seems most freaked out the next morning usually planned it the longest. Telltale lines such as "My goodness! I certainly didn't expect this!" translate to "I certainly didn't expect my simple preparations of a manicure, pedicure, professional makeup job, waxing, hair straightening, spray tan, facial, new dress, stilettos and thigh-highs would make a difference."

No worries, if it's you giving the line, your friend is just waiting until later to wig out.

OK, the deed's done. Now what?

Figure out who instigated the deal. It will help you understand the expectations. If it was you, understand your intentions. Were you just test-driving your Safety, the Backup Buddy you could settle down with when all others prove lame? Or have you always wanted to turn your platonic friendship romantic?

Whoever started it, you need to own it. Take the time to come to terms with your feelings and to explore them. Respect your friendship enough to find your truth. Then talk it out. No excuses on why it happened, just be honest.

Regardless if the sport was DVD-worthy or not, you're still dealing with your Best Friend, so stay supportive. Mutually commit to making it work, whatever "it" may be. Be aware of the rubber band tendency to snap back when the other is getting close.

Stay connected. Working through this can only make your relationship stronger and more

honest, romantic or not. The stakes are high. If mutually you decide it's best to stay just (minus said night) friends, commit to it. Set aside your ego and make the effort. It's a tenuous time.

### Fling vs. real thing

If you do choose the riskier route and decide to embark on a full-fledged relationship, talk out the terms. Be very aware that this could work out as easily as it could crash. Getting the friendship back is insanely difficult should the romance drop.

If the two of you still decide to hook up relationship-style, remember to communicate via words. As you learn each other's bodies, the bedroom can trump breakfast, lunch, dinner talks. The balance will come. The one who's always been there for you is just finding a new way. The support doesn't change, just the language.

Now, when you hear your Friend-turned-Other exclaim "Wow!" take it. No need for translation.

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