

**Paper: Chicago Tribune RedEye Edition (IL)**  
**Title: Leave out details when discussing sexual past**  
**Author: Laura Baron**  
**Date: September 30, 2004**

You and your Honey just got done with a sweet session. As you lie in bed together, he turns to you and begins the slippery "what did you do in your sexual past?" conversation. Your mind tries to repress your bad businesswoman didn't-know-I-was-naked-under-this-coat, meet-me-in-room-7 excursions from your past. You begin to withhold the images of black leather and bedroom toys from corrupting your every answer. Desperately as you volley some sort of weak "this and that," you wonder how you're going to answer.

Well, every relationship is different. Stick to the basic truths about your past mmm's and ahh's and not the details, and you'll skate. No need to lie. You have nothing to prove. He can already feel the kind of experience you've had. He knows by the ease in which you move in bed, the freedom you feel with your body. Your past is a part of you that he's already getting.

Keep your past in its appropriate time zone and leave the details behind. Remember, once the wild hand gestures end and the giggling stops, your story will linger like emotionally reactive waste always ready to explode. Tell him you've been there, not what you did there. If your Honey has a general sense of where you've been willing to go sexually, he'll better understand your boundaries.

Some revelations about your sexual history are healthy. Knowing your background will give your Guy a point of reference and some insight. Not to mention knowing each other's past is essential when dealing with the potential of an STD. Clearly, there are no details that should go uncovered there. It's part of the game. Deal with it.

Just take a moment. Consider the real question at hand. Find out what he really wants to know. He asks you if he's the best you've ever had. Will it ever help your relationship or his ego to talk about the super-bombastic sex with your Ex? Woman, that'd be a no. All he may be looking for is a little reassurance, so give it to him. What's the harm? Hey, if he's not the best, make him so. If you think the sex could be smoother, show him in bed.

Each story has been told a thousand times. This is you and your Honey's chance to tell it your own way. It's always the first time with him. Allow him to feel special. Intimacy isn't about holding back, but c'mon: A twisted story of you and a Random in a hotel room hosing each other off with chocolate spray does nothing but create a picture in your Guy's head that doesn't leave room for him.

Instead of talking about your past, get under the sheets and have a different sort of conversation. Show him today what your past has been about. He wants to know your details; first explore his. At some point, the past has just got to stay there. At some point, your relationship simply needs to be about the two of you today.

Take a lesson from a Wrigley Field hot dog vendor. Watch him the next time he offers you the perfect dog with a smidge of mustard and a dollop of relish all settled into that pillowy bun. Notice, as you put down your beer and reach for the goodies, he chooses not to say, "enjoy your semisolid product made from a variety of raw skeletal muscle!" Yea, he knows.

Some details just ruin the mood.

-----

*Author: Laura Baron. REDEYE SPECIAL CONTRIBUTOR LAURA BARON IS A RELATIONSHIP COACH BASED IN CHICAGO. SHE CAN BE SEEN THURSDAYS ON "WGN MORNING NEWS."*

*Copyright (c) 2005, Chicago Tribune Company. All rights reserved.*