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**Title: Make the new year about a better you**

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Losing a few and making some more are yesterday's resolutions. Besides, it took a massive effort for those fried Twinkies to adhere themselves to your belly; let those poor puffs be. And even if you do manage to slide a few more Benjamins in your wallet, you know you're going to spend them on something you won't even remember by next holiday. So, instead, this year, resolve to amp up your relationships, seek pleasure and own your life. Perhaps these tips can help you out in those departments:

- Rile up your sex life and experiment. Use the car for more than transportation, the kitchen counters for more than eating and the bedroom for more than snoring.

Flirt.

- Be done with the people who try to bring you down. Keep all rodents out. Rats are rats no matter what bunny ears or other disguises they put on.

- Pornify your fantasies. Wild up your mind with some monster stories that only you know about it. Let it be the place you go when you need a brain tease.

- Work the relationship you want. If you want a late-night romp, don't waste it on someone you could actually date. If it's intimacy you crave, take a break from trysts and focus your energy on dates that could lead somewhere.

- Listen. When you're nodding and saying uh-huh, mm-hmmm, yup ... really hear what your Partner is saying. It's the cornerstone of successful relationships.

- Take an emotional risk. Let your Partner in on some of your true vulnerabilities. See what happens when you let go.

- Say yes to your Partner when you'd typically say no. Choose your battles and compromise. Payback is delicious.

- Lotion up your feet before going to bed. If not for you alone, then for your Partner. Touchable body parts are never a bad thing.

- Control your drunk dialing. Delete your Ex's phone number from your cell.

- Take control. Show others how to treat you.

- Avoid fashion mags. If you need plastic molds to compare yourself to, buy a bag of Bic pens, they're cheaper and less insulting.

- Make something happen. When you meet someone you dig, chance it. If it doesn't work out, maybe that person's got a friend for you.
- Overtip. Get in the habit of giving.
- Get naked more. It's only you. Concentrate on the best part of your body--and celebrate it. Play with it, adorn it, slap it around, show it off, touch it, free it ... accept it.
- Don't fake it. If you need a slide show and a pointer, so be it. School your Partner on how to flip your switch.
- Lay off the judgments. Live and let live.
- If you're in a painful relationship, be done. Give yourself a chance. Despite what '80s rockers would have you believe, love does not mean hurt.
- Get old-school romantic. Not running the street in your skivvies Will Farrell-style, but with a note--handwritten. Say thank you, or anything. Leave it for your Partner or send it in the mail.
- Remember to kiss. Lots.
- Stay open. Make a pact with your friends to meet one new person a week. And set each other up.
- Say yes to a date who typically is not your type. You never know.
- Appreciate. Nothing is forever unless you make it so. If you're in extreme like or even love, it's rare. Treasure it.
- Watch relationships you admire. Learn something new and mirror it.
- Stay honest and true to yourself.
- Be safe. Tomorrow night--and always. And have yourself a wildly delicious new year.

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