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Title: Need to argue? Get in bed

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Let's play a game called "What's this lover's spat all about?" Ready, go.

"What's wrong?"

"Nothing, I'm fine!"

"Then what's with the attitude?"

"I don't have an attitude; if I did I'd tell you how pathetic you are, but I'm not, see ..."

"Are you sad because your mother only called 13 times today?"

"Uh, no, because if she did, then she'd be psycho, like your mom, you spineless ..."

Ah, young love. If you think one of these cats feels taken for granted and the other feels suffocated--ding, ding, ding. You're right.

How can you tell? It's obvious. Look at what they're not saying.

As with most aimless arguments, when couples are in a funk--their communication suffers. If this is your deal, change the focus. Instead of working to fight, work for a happier ending. That's right, get intimate.

It's true that sex won't solve the core of your problems, but it can make them a lot less painful. No couple has figured out who's got trash duty with an intimate romp. But what couple is really fighting over household responsibilities anyway? There's got to be that point where one of you takes a step back and grabs some objectivity. When each partner's just trying to be heard, no one's listening. So figure out the real problem, pass on the drama and bounce back into a connection.

Physical intimacy is one of the big bonuses of romantic relationships, use it. Bedroom play can allow you to express yourself in a more honest and intimate setting. Sex is a language in itself, punctuate it.

When you realize the argument is going nowhere, reconnect. Find some pleasure. Touch your partner on the arm or leg while you're talking. Keep the human element alive and you're less likely to fight dirty.

But you can't have sex 24/7, and you can't pay bills in sweat. You have to go out and work for the man. So unless you've got a sturdy desk and an office door with a padlock, stay connected by talking. Know how. Out in the world, vertical communication is just as

vital as the horizontal kind. It's about balance. Especially since most public places strictly enforce the "No shirt, no shoes, no service" policy.

Couples having arguments, at least the trivial ones, need some sort of distraction before they launch into destructive areas. Now, if you're in a more serious situation and you're not only feeling unheard but in danger, leave. Getting physical is the last space an abusive relationship needs to land. Forget the distraction. Get out, get professional help and get safe. Please.

Define your own sanity saver. In less toxic situations, humor is always welcome too. Being able to laugh at yourselves can pull you through anything. Just be aware of timing. When your partner is in the depths of self-expression hell, it's not the time to pull out the duck joke. Acknowledge what was said. Let the emotion dissolve. Then slide on the charm and into something more comfortable.

Use sex in your relationship as a tool to truly get inside of each other's heads. It's that raw honesty that cannot be escaped. Then do the talking.

Naked, sweaty and fully satisfied is a perfect state for you to be in for an open conversation. Experiencing the pleasure your partner can bring will make you far less likely to aim below the belt. Well, at least while you're fighting.

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