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Title: No more excuses, kick start your drive
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You're standing at the bar with your girlfriends. Most Delicious Man starts flirting with you. His smile kills. Wicked charm pours from his mouth. You're deciding if he's boyfriend material when suddenly you check yourself and discover ... that you couldn't care less. It's been over a year since you've been with anyone, and you wonder: "Where's my sex drive?"

It's likely you're avoiding sex because you fear intimacy. You might just be too freaked out to get intimate because you've had some heartache. If that's the case, sort out the issues and get to the bottom of them. Deal with it head-on. Talk to someone if you need to, and heal.

Then, when your work is done, get back on the pony and ride.

Yesterday's story is not today's. Unless you mistakenly gave your Heartbreaker your erogenous zone instead of the concert T-shirt he left at your house, you'll be fine.

Take control

Start simple. Stand up straight. Make eye contact. Get aware of your surroundings, including the hottie on your left. Smile at randoms.

Don't allow your personal chaos to get in the way of potential romance. Stop making excuses for yourself and start living again.

No one's perfect. You're OK.

Everyone has issues. And yours could always be worse. Gained a pound or two? Work out. Isn't it better than having tabloids take pictures of your skeletallike back like Mary-Kate? Your social life is dull? Grab the girls and go someplace new. Isn't it easier than shoveling cow dung on national TV like a real socialite? Your finances are tanking? Go to a planner, get some advice. Hey, it's still better than being one of the richest women in America cleaning a prison toilet.

Step out of your head. You're OK. Taking control of your life is the most powerful aphrodisiac. Get out there and enjoy yourself, and your sex drive will come.

Pamper yourself

Get back in tune with your femininity. I don't prescribe, but from a medicinal standpoint I highly recommend the sleeker, female version of Viagra--Visa. Take one and call me when you find a sale.

Then pamper yourself. Explore what makes you feel attractive, what makes you feel like a woman. Whether it's new perfume, a great haircut or getting your nails done, remind yourself you deserve the attention.

Go ahead and get frisky with yourself; it's only you. Have an afternoon martini and go get a Brazilian. It might hurt like hell, and I know it's not exactly what you had in mind when you were thinking of lying on your back with your pants off ... but, hey, your pants are off, so that's a start.

It's your body, explore it how you want.

When you get home, don't forget to romance yourself, of course. Have a glass of wine, light some candles, draw a bath. Remember you deserve the attention. Get in touch with yourself, any way you see fit.

Go for it

After all of this, if you find your body still won't cluck, consult a doctor. Have a trained ear listen to what your body is saying.

And the next time you see Most Delicious Man, talk to him. You're already taking care of yourself. The stakes are lower. You don't need anything from him but a cool conversation. Take him for a spin; you're in the driver's seat this time.

Just make sex a part of your life. It's important. Think of it this way, without it Nine Inch Nails would be singing "I want to 'cook omelets with you' like an animal," and Britney Spears would still be a Mouseketeer.

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