

Paper: Chicago Tribune RedEye Edition (IL)

Title: Porn: Why guys love it

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Date: January 27, 2005

As a single guy, you loved porn. It was your one guarantee you'd be home with a girl at the end of the night. It was the cheapest date and the safest sex you ever had. But now you've got a girlfriend. And you still like porn. But you're thinking you should probably start slowing down on the old porn habit. Perhaps not ...

Times have changed. Although celebrities are dressing like porn stars and hip-hop artists are producing skin flicks, porn has become mainstream. No need for trips to the back room of a seedy joint to select flicks based on raunchy sleeve covers. With amateur Web sites becoming the hottest thing around, porn is being made for the masses. If watching is your thing, so be it. Just realize your habit can be intimidating to your partner if you're not bringing her in. So, get on it. No need to shy away from the funky flicks. Just remember to keep your attention on the actual person in front of you. And then see where it goes. As one new female porn watcher expressed, "It's great training." There are some moves cheerleading camp and health class just forgot to teach.

Porn has its benefits. Alan McKee, an academic in Australia who surveyed more than 1,000 porn users, found that "over 90 percent report it has a very positive effect" because it taught them to be more relaxed about their sexuality and focus on their partner's pleasure.

But before you hit the porn path, make sure of your intentions. Using porn as an escape will only take you away from real-life satisfaction. Adding new elements to the bedroom should be about creating intimacy, not distracting from it.

If your sex life is stalling, your girlfriend is well aware. Finding a way to kick it into gear before bringing in some overly sexed-up performers is the wise choice. Otherwise, the scene can become insulting. She's not going to want to watch you get stoked by other women if she isn't feeling satiated.

So if things aren't clicking, try something new, like a conversation. Chances are you both know what's not satisfying you. Build a true intimate relationship and talk those things out. And then do some hands-on schooling.

Then, when all is thumping again, porn may be your next gig. Unlike watching the game, you can't just sit back and watch a bunch of oversized players grunting while they spank each other. The sport of porn needs to be interactive. Be an active fan of your teammate. It's all about the mutual pleasure principle.

And gentlemen, if you want your woman to dig what you are serving, go for the flavor. For women, good porn is all about fantasy. Violent and/or explicit scenes have no place for a woman in the bedroom. Give her the romance factor. Focus on the story line and not

the nuts and bolts. Porn can be a tool that drives you closer or further apart. It just depends on where you put your focus. Make it about her and you've got a whole new field to play on. And the more the two of you get into it, the more you'll get out of it.

Keep it comfortable, keep it mutual, and go at a pace you both enjoy. Relax, it's only porn.

Unless, of course, you've neglected your partner in the mix. And then, once again, it will be just about you.

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