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**Title: Put the spark back into your sex life**  
**Author: Laura Baron**  
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The bedroom is the last place you want to be with your partner. Your sex life is nothing like what it used to be, and you're starting to wonder if your partner can satisfy you like back in the day. You've become sexual stalemates with TV and food as your new comforts. No worries. Getting back to pleasuring each other is easier than you think.

First you have to be honest with yourself and each other. When your relationship has blown every wheel but yours, it's easy to find fault in the bedroom. But sex, like money, is the easiest thing to blame because it's so good when you've got it and so bad when it's gone. Though when partners aren't sexually fulfilled, often other points of the relationship are failing them too. Make the distinction between relationship satisfaction and bedroom ins and outs. Discover with your partner what's going on in the relationship, and if it's an outside issue, take action.

Once you've discovered you're both still emotionally vested, start the resuscitation. Get into position. Smack life out of the way and throw down whatever used to rile you both up. A little champagne? Get clinking. A little toy action? Bring out the batteries. A long couch with a tall back? No instructions needed. The space between what was and what could be is in direct proportion to the steps you take to make it better.

Your sex life can also be reinvigorated by remembering your own sexual power. Before reconnecting with your partner, make sure you're connected to your own sexuality. From getting physical in the gym to getting physical with yourself, keep your spirit alive. Your awareness of your sexual self, especially for women, often ties into your overall confidence level. Boosting them both can do nothing but good.

So, get yourself in the mood. Open yourself up, whether it be a small flirtation with that sweet barista at your coffee joint or a bit of conversation on the train with that delicious one hiding behind his squared glasses. Get out there. And flirt. It'll rile your sexual energy and get you back in gear to release on your partner.

Let me be clear. Outside flirting, good. Outside bedding, bad. Getting naked with someone else is never going to help out at home. But don't tell that to Lisa, a reader who told me she's so sexually dissatisfied in her own relationship that she found herself a plaything with whom she can release her sexual angst. It's Lisa's belief that this outside satisfaction has kept her able to withstand her subpar sex life.

Please, tell me another--cheating is made for the weak. In the short run, it can do the trick. But it's going to jack your head around first. When your sex life is sad, cheating or even going to a strip club can create unfair comparisons. How can you see your partner as your sexual connector when someone else is fulfilling that role? When you deny your partner the opportunity to be the sexual ying to your yang, you've stopped trying.

Ultimately, all of your sexual attention needs to be focused at home.

Now if your sex life was never on fire, you have an entirely different issue. A relationship with no physically intimate connection is merely a friendship. Don't fool yourself. You can work to try to spring it up, but most likely you will remain unattached. So be honest with what you've got.

Stay true to your needs. Thai food and TV don't have to be the action on date night.

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

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