

**Paper: Chicago Tribune RedEye Edition (IL)**  
**Title: Sexual instinct needs friendship to thrive**  
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**Date: May 5, 2005**

Friendship is fun. Long walks and giggling over ice cream cones are swell. But so is a hearty scoop of old-fashioned, mind-racing adult action.

It's animal. It's necessary. And when the instinct kicks in, baby needs to be fed.

Sure, a relationship can start with good conversation, but at some point that mouth is going to want to advance to more than syllables. True intimacy comes from stimulating both mind and body. A solid friendship should be a tenet of every good relationship, and so should a strong physical connection.

Trust, respect, care--they are all essential to building a healthy base. Otherwise there is no relationship, just two clumsy bodies. But once you establish that base and want to create a stronger union, your body needs to get in on the action. True intimacy is about the fusion of two beings. A healthy physical life will enable that blend. It's about staying connected.

Achieving freedom in your sexual expressions will allow you to truly show instead of tell. This can heighten your partner's awareness of your level of desire and trust. The more you play, the freer you'll become. The freer you become, the more intimate your relationship will feel. And the more intimate you feel, the more you're going to work to stay in that uberconnected state.

Seduce. Let your partner feel your desire. Tease. Show your partner how it feels to be together. Commit to taking your partner to a heightened state.

Sex can be any version of touching that satiates both of you. Toe-touching, hand-holding or lordie-lordie-hallelujah sessions can all do the trick. What matters is the two of you are satisfied. As the relationship grows, your physical needs may change. No matter, both partner's needs should still be communicated and met.

Life easily can get in the way of sweltering sessions. But beware. Often when bedroom play subsides, it's only a response to the dulling down of other areas in the relationship. When you can no longer hear the loose floorboards, it can mean that the base of your relationship is really what's creaking.

And partners will turn elsewhere to get their satisfaction. The trend of women pleasuring themselves while watching porn is not surprising. But the fact that these women no longer desire their partners is alarming. Many of these women aren't being satisfied, or even approached, at home. The fix varies. And it's not the stimulating dialogue and rich storylines that hook them. As one woman describes, "just because he won't do it for me, doesn't mean I can't do it for myself."

But on the flip side, the men in these self-fulfilling prophecies often feel like they're not "doing their job as a man." This essential castration leaves men not wanting to try--and women turning on the tube instead of their partners. And that's the poison. When couples stop working for a higher connection at home, the relationship becomes more vulnerable to outside influences. Stay connected to your partner's mind and body.

Sex and friendship do not need to be mutually exclusive in a relationship. Just ask your best friend, the dog. He'd agree that companionship is not the only animal instinct. If it were, the poor guy wouldn't be at home right now trying to sweet talk the legs of every piece of your furniture.

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