

Lesson 2

Relationships: Friendship, Love, & Sexual Desire

Activity 5

Exercise: Friend Interrupted

How are erotic relationships and friendships the same? Friends want us to be happy, love us for who we are, and help us to be happy. But what happens to a friendship when one person senses a sexual undercurrent. It can disrupt a friendship, right?

Example 1: You're a guy and have a girl who's a friend OR you're a girl and have a guy who's a friend at your house listening to music in your bedroom. She or he lies down on your bed and looks kind of seductive. All of a sudden you wonder, "Is this a sign that he/she might want more than a friendship? More? Right then and there?"

Example 2: You have a friend who has "come out" and has even talked to you about his or her attractions and love interests. You wonder if your friend is attracted to you. Could this disrupt the friendship?

Let's talk about the phrase "friends with benefits." It could mean so many things, so let's lay them out. In these examples, you can imagine "sex" to mean anything from making out to intercourse.

1. You and your good friend mutually decide to have sex to see if there is something more between you
2. You and your good friend decide to have sex because you're not in other relationships and get horny at times, so why not?
3. You and your good friend accidentally got involved sexually (accidentally means without discussing it) and now don't know what to do about it
4. Your good friend makes a move on you and you go along with it in order to try to move the relationship to a different level
5. You and your good friend decide to have sex because you want to experiment together, as friends, and see what it's all about

In these situations...

- What could go wrong?
- How could this change the friendship?
- What risks does a person take?