

Visiting the Ex for Sex

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Can partners move from a dating relationship to a purely sexual one without difficulties? It may depend on the individual as well as the length and depth of the relationship.

Plenty of us can remember hooking up with someone after the "official" relationship was over. Maybe we wanted to hold onto the relationship. Maybe "sex was great, but we weren't good together." Or maybe our ex just got exponentially hotter once off-limits. Folks who have done this say sex with the ex can be charged with energy and emotion. Some insist it is "definitely the best sex I've ever had", while others regret how it complicated matters, and left them feeling hurt.

Trying to decide if it's right for you?

Here are some questions that could be helpful to consider the key is to answer honestly: What needs are you looking to fulfill with ex sex? Is it purely physical? Do you want sex without the romantic or emotional attachment? Will you be really able to do this?

Are you visiting your ex because you want to stay emotionally attached or connected to them?

It can be hard to separate sex from emotions especially when you have a history together. Be sure to let your ex know what your expectations are, and find out his or hers as well. If you state your needs openly and directly and your ex continues to have sex with you, at least you can say you've been honest.

What are the pros and cons?

If you're both on the same page it could be fun! You probably know what turns each other on, and the idea of "just sex" can be an added kink factor. But if one of you is looking for more emotional attachment it could turn messy as old emotions resurface. Sometimes the person seeking the no-strings-attached sex may end up feeling bad if the other person wants more. If you think it's possible you'll end up feeling guilty then move on.

If you are looking to fulfill emotional needs, ask yourself if your ex is the best person to provide a sense of intimacy, connection and closeness. Weigh this against the reasons you broke up. While it's natural to gravitate to those you care about, remember that if you are feeling vulnerable, your ex may not be able to give you the emotional support you need. Some may try to deny their emotional needs. Remember, the best sex happens when we can be honest with ourselves and our partners.

Other considerations:

Hormones are powerful! Are you totally swept up in the moment? Have you thought through to the next morning, or the next time you see each other? How will you feel afterwards? Will this cause either of you pain or interfere with "getting over" each other and moving on? What if your ex tries to re-ignite the relationship after sex? What if sex makes you feel like you want to do this? Be sure to take care of yourself emotionally.

If you get turned on thinking of your ex, but your mind is saying, "don't go there," sex with your ex may not be the wisest choice. For those times when sex sounds good and it seems like the ex is the only option ... remember that your own hands (or that new toy) can do the trick. Be sure to take care of yourself sexually. You can be your own best lover!

Finally, keep in mind that the world is big and there are plenty of hotties just waiting for you to find them - whether you're looking for sizzling sex, emotional intimacy or both, you may want to channel your energy into adventures with new people.

Above all, be honest with yourself, and be honest with your (ex) partner.

