

# THE WING GIRL METHOD

## My One and Only One-Night Stand

Dating can be fun. Dating, especially in a city like Los Angeles, can also be soul-wrenchingly, nauseatingly, want-to-die brutal. Yet we soldier on, looking for that person that doesn't have a criminal record and doesn't either stalk us or play games with us, that person we truly click with in every way. I mean, even people who proclaim, "I don't want a relationship!" deep down eventually want to find someone, right? It's in our DNA. Otherwise why would we put ourselves through the sometimes-torturous rituals of dating? Sex? Yeah, there's that too.

Believe it or not, not all women are out there dating to find the "one." The guy we want to marry and have kids with and grow old with. Sometimes, just like men, we date for kicks. Maybe we aren't ready to settle down yet. Maybe, like me, we just got out of a relationship and just want to have FUN. Enter the one and only one-night stand.



What makes a self-respecting, smart woman agree to a one-night stand? In my case, I had just broken up with my boyfriend of seven – yep, SEVEN – years. I had slowly started dating again and was finally ready to have fun.

Now, if you've ever been in a long relationship and then started dating again, you may know that it sort of feels like you've suddenly arrived on a different planet. I call it being institutionalized. Remember the old guy at the end of "Shawshank Redemption" who finally, after decades, got out of prison and he can't function in the normal world, even though he's finally free? That's exactly how I felt coming out of a seven-year relationship and into the dating world of L.A. I was lost. I was winging it. I forgot about playing games and playing the field and the three-day rule and all these silly things. I had dated some OK guys, some psychos (guys, please don't whip out your iPhone on a first date and show a woman your "photography" if it consists of fifty cheesy photos of basically naked models. Not charming), and some jerks. I was kind of fed up. I just wanted to have FUN.

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I was introduced to a guy I'll call Kent, by mutual friends. They thought we would be a great match. He was hot, but the first night we met I didn't feel like we really clicked. I just didn't see any potential with this guy for several reasons (unemployed, and not very smart or very funny, three pretty important things don't you think?). But he was sweet, and sexy.

A few nights later we were all out again, and yes many cocktails were sipped. Kent and I wound up having a fun time, flirting like mad, and before I knew it we were all over each other in the back of his car. I pulled away for a second, looked him in the eyes, and did something I had never in my life done: I said, "You know this is just going to be a one-time thing right? Just tonight, and that's it?" And I really meant it. And I felt empowered. This was my decision. Obviously that didn't stop Kent and we wound up at his place, having, well, a one-night stand. And it was fun.

The next morning I felt great. I had made a choice and I didn't play games. I truly didn't want or need anything else from him. No dates, no sweet texts, no promises of "I'll call you." He drove me home and the ride was fun and surprisingly comfortable. Now, he did ask for my number when he dropped me off and I had to remind him, teasingly, that it was just a one-night stand. But I gave him my number anyway. The catch was, I really didn't need him to call. He did call, but that's a whole different story.

Now I can't speak for women in general, but for me, if I am going to have the mythical one-night stand with a guy, it has to be my choice. It also can't be a total stranger – friends of friends are OK, but I don't know many women who would go home with someone they know nothing about. I know a few women who have done that, but it seems dangerous to me. No thanks. For me, the one-night stand was spontaneous and fun, and it showed me, after a difficult breakup, that being single could be a lot of fun. And that's all I needed.