

sex talk.

answers to your questions about sex and relationships

wildfact

45% of UA students reported reading SexTalk online or in the Daily Wildcat in the past year. (2016 Health and Wellness Survey, n=3,113)

How do I avoid the Friend Zone?

“Just being friends” is perfectly fine – as long as both parties are on the same page. If you are stuck in the Friend Zone but have more romantic aspirations for that certain someone, you might consider taking a different approach. While there is no guarantee they will change their take on the relationship, there are a few things you can do to help:

Time (isn't) on your side.

We hate to say it, but it's often the rule: the longer you occupy the Friend Zone, the harder it will be to get out. If you like someone and the timing seems right, why not summon up the courage to express it? Just make sure you keep your sense of humor along the way.

Make yourself scarce.

If you are always the easy, go-to option when it comes to hanging out, you may not be doing yourself any favors. Being independent is, ironically, a good way to get people to cultivate an

interest in you. After all, you've got things to do and your own set of interests, right?

Be mysterious.

While you don't need to lurk in the shadows (yeah, please don't do that), the truth is attraction thrives with a certain element of mystery. That doesn't mean you have to go incognito, just that sometimes in life, less can be more. Note: if you are currently documenting every meal on social media – you're officially not mysterious.

Be confident.

You might be stuck in the Friend Zone if you don't know what to say, how to say it, or the thought of bringing it up is just too daunting. These are good kinds of risks to take during your college years, and yes, there will be rejections. But that's life. Things might work out, or they might not – but at least you'll know one way or the other.



www.health.arizona.edu

Have a question? Email it to sextalk@email.arizona.edu



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