



The best way to get her of your place is to escort her out. Of course, that's if you want her to leave.

The morning after

You spent a glorious night (or not) together. Now, how do you get out alive?

BY SARAH ROSE

It's the morning after the night before. You're waking up beside her for the first sunrise of your mutual lives together, possibly the last. And a single thought

occupies your brain: You're trapped. Guess what? So is she. But let's stick with you for now. Immediately after the Big Bang, you find yourself in a black hole, and it feels as though the future of your universe depends on getting out alive. You can either suffocate in this airless abyss or reach escape velocity, piloting your way out. So follow this polestar: You don't have to respect her in the morning, but you absolutely have to make her feel respected. She owes you the same. To that end, a few rules to keep in mind:

Stay on script.

As with birth control (which no doubt you aced last night) and Boy Scouts: Be prepared. Establish an exit line in public, long before any clothes come off.

You: "I have an early morning meeting." It's a weekend? "My sister is in town." Tissue-thin excuses and polite fictions can be discarded if it all goes your way.

Go for seconds.

Some women are incredible fans of morning wood. It's easy to find out: Just spoon—there's no mistaking your nonverbal signal. She'll either parry or riposte. One way or the other, take the hint and *allez*.

Obey deadlines.

The clock starts at 8 a.m., not before. If it's an away game and you need to leave her place early, a note is not acceptable. You must wake her up and say good-bye. If you're home and need her to leave your place, announce you're going out for breakfast, even if it's just coffee and a bagel. The best way to get a woman out is to escort her out.

Stick to campground rules

If you're at her place, pick up any bottles, food, condoms, towels—pre-exit. Leave no trace, take only memories. And don't shower—she doesn't want your hair in her drain even preferred.

Stay courteous

Always say thank you. If you're never going to see her again, say thank you. If she could be a keeper, say thank you.

Choose your own adventure.

1) If you don't want to see her again but she wants to see you: Once you've completed the previous steps, feel free to lose her number. Your job is done.

2) If you want to see her again but don't know if it's mutual: Give her your number.

3) If it's obviously Game On: The savviest thing you can do is lock in your next date now. She'll be grateful; she's easy that way.

Mind the gap.

The first rule of every encounter with the fairer sex is this: Nobody should ever leave with less self-esteem than they came in with.

Aim for net neutral or better: That may mean lying in bed a little longer, it may mean lying to her face. In the best of all possible circumstances, you are totally going to get laid again.

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