Non-monogamy: needs and agreements

Reflection and understanding | 1 of 2

Explore the relationship structure you actually want, including limits on your time and emotional capacity.

Name or initials (optional): _____ Date: _____

1. What draws me to this relationship structure? Which parts feel chosen, and which feel pressured?

2. What commitments can I realistically offer: time, affection, practical care and future plans?

3. What do terms such as primary, partner, privacy and commitment mean to each person involved?

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Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What agreements do we need about information sharing, sexual health conversations and changes in relationships?

5. When jealousy or uncertainty appears, what need might be underneath? What support can I request without controlling others?

6. Which agreement needs clarification now? How will changes be discussed with everyone affected?

My next step / support I can ask for / date to review: