

CONSCIOUS POLYAMORY

WELCOME!



Grab a journal or notebook! The following is a guided exploration of your relationship to polyamory.

Let's go!

Who are YOU?

What inspired you to start exploring polyamory?

What is your relationship history like?

What excites or intrigues you about polyamory?

WHAT IS POLYAMORY?

THERE A MANY WAYS TO DO NONMONOGAMY!



Definition:

The practice of engaging in multiple intimate relationships, with the **consent of all the people involved.**

Which of the following applies to you?

...

1 star: I don't agree with that at all

-

5 stars: I agree with that entirely

Right now...



I know I am exclusively polyamorous.



I am sometimes polyamorous, but not always.



I am exclusively monogamous.



I am actively kinky.



I want to be actively kinky.



I think nonmonogamous is the “natural” human state.



I think monogamous is the “natural” human state.

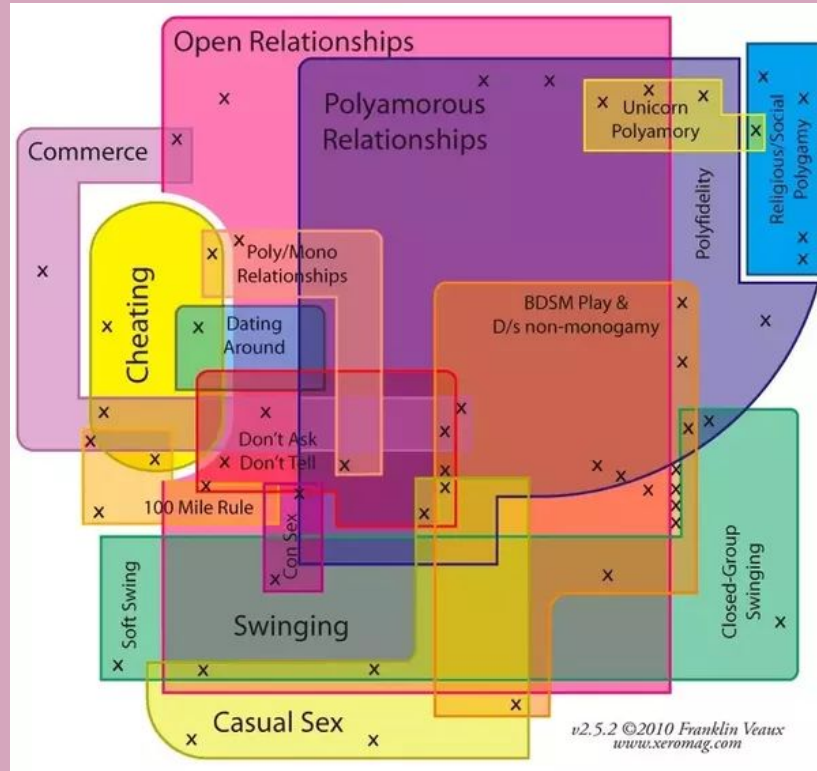


I have tried polyamory and it didn't really work.



I have tried monogamy and it didn't really work.

A representation of the spectrum of nonmonogamy:



WHAT IS CONSCIOUSNESS?

HOLDING MANY PERSPECTIVES AND OPERATING FROM
THEM WITH CARE.



“I want to remain conscious of your need to ____.”

“Thank you for staying conscious of my boundary.”

What MATTERS to you?

Who are some people in your life that you want to remain conscious of as you explore polyamory?

What commitments and responsibilities do you have in your life already?

What are some things you appreciate about yourself that you don't want to lose sight of?

RELATIONSHIP MANIFESTATIONS

WHAT DOES LOVE LOOK LIKE FOR ME?



We can lean into our desires and put energy toward what we WANT rather than what we don't want. The following are some common vocabulary words in polyamory.

Hierarchy. Having boundaries and agreements about who gets priority in relationships

Anarchy. making choices in the moment/for the circumstance.

Primary. A primary partner is a “main squeeze” in a polyamorous relationship with a hierarchical structure. Not every polyamorous relationship has one. If you do, your primary might be the person you live with, have kids with, or are married to.

Secondary. A secondary relationship to the primary. You might be fully committed to your secondary partner, but your lives are less entwined through elements like finances or housing.

Triad. A triad — also referred to as a “throuple” — is a relationship between three people. It might look like one person dating two different people or all three dating one another.

Quad. A relationship involving four people. **Full quad.** Each is romantically or sexually involved with every other member.

Polycule. A polycule is the whole network of people romantically connected. For example, it might include you and your husband, your husband’s girlfriend, your husband’s girlfriend’s wife, and so on. Think of it as a drawing that shows all of the links.

Compersion. Compersion is sometimes called “the opposite of jealousy.” It’s a feeling of joy that a person feels from seeing their partner happy with another person.

Metamour. Your partner’s partner. For example, your husband’s boyfriend, who’s not romantically or sexually involved with you.

Solo polyamorous. Solo polyamory means you’re not interested in becoming part of a couple or any other relationship that includes entanglements. For example, you might be the secondary partner to many people, but prefer not to have a primary partner.

What kind of relationship do you want?

Did any of the vocabulary words trigger excitement or fear for you?

What experiences have you had with nonmonogamy that bring up fear?

What experiences have you had with nonmonogamy that bring up joy?

NRE

NEW RELATIONSHIP ENERGY



The excitement we feel when with a new partner and how it impacts the other relationships in our lives.

DESCRIBE YOUR FEELING WHEN YOU

get rejected by somebody that you like.

meet a new person that you're curious about.

find a new hobby that interests you.

am loving yourself.

get complimented on your appearance.

compliment somebody and it is well received.

know that somebody you love is on a date with somebody.

CONSENT

100% HONESTY ENSURES 100% CONSENT



Consent conversations are how we know that we are on the same page about what this relationship is and what we are agreeing to by entering it.

Some expectations/boundaries to consider with partners

Intimacy: What do you prefer around alone time or having dates/trips with others?

Physicality: Are you using protection with everyone? Do you like threesomes? Are you kinky?

Security: What commitments would you like to keep no matter what? How can you feel safe and grounded? Is there a particular insecurity that comes up often?

Identity: Do you plan on being “out” to friends, family, etc.? Do you want to remain discrete?

How might your attachment style affect your communication?

- Anxious (Preoccupied)
- Disorganized (Fearful-Avoidant)
- Avoidant (Dismissive)
- Secure

PRIVILEGE

RESPONSIBILITY AND REFLECTION



Our societal programming affects how we live, love, and connect with others.

INDICATORS OF PRIVILEGE

- Whiteness
- Cisgendered
- Able bodied
- Able minded
- Meeting social beauty standards
- Sheltered, clothed, fed
- Access to touch, support, or community
- Couple's privilege
- Citizenship
- Education
- And more!

RELATIONAL POWER DYNAMICS

Power dynamics occur when one or more people in the relationship have some kind of “power” over another. They can manifest from privilege itself (for example, couples privilege can create a power dynamic) or it can manifest from circumstances (one partner has their name on the lease, and the other doesn’t).

It is the responsibility of the person with the perceived “power” to understand their role in a relationship dynamic and explore how to take responsibility around it. For example, if you are significant financial contributor in a monogamous marriage with children, assets, etc. and have realized you are no longer monogamous, how can you navigate your discovery with integrity? If you are a couple that desires dating another person together, how do you create the safety for them to express their needs or concerns without feeling taken advantage of?

Often, naming a power dynamic is enough to begin the conversation about how to make things feel safe and comfortable. Recognize that these dynamics, if unchecked, can cause emotional or material harm to people involved.

SOVEREIGNTY

CLAIM THE “YOU” RATHER THAN THE “WE”



Community and relationships are necessary for survival and joy, but without an inner compass it can be hard to appreciate those gifts.

How do you show up in the world?

What are your strengths as a person?

What does happiness look like for you?

Outside of romantic relationships, what helps you feel supported emotionally?

CONSCIOUS POLYAMORY

Great job exploring your consciousness around polyamory! I wish you the best on your quest.



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