

## Relationship Design Checklist

These are examples of conversations that are important to have from the beginning and to continue having them all the time, as people change and are you comfortable with them changing? You may find other one's that are important to the people you are working with as well.

- ☐ Mono, open, and poly.
- ☐ How much alone and together time do each of you want?
- ☐ How much time with friends/family?
- ☐ Who do you consider to be in your family and how do you want your extended family to be involved in your life? How close do you want to be with extended family?
- ☐ Do you want children? If yes, is your philosophy of raising children compatible?
- ☐ Do you want to live with someone?
- ☐ Religion? Do you share the same ideas about religion and how religious you are, and how much you want to practice religion?
- ☐ Are you vegetarian/vegan/omnivore - is it ok if your partner isn't?
- ☐ Do you want to share money - if so, how?
- ☐ How do you like to spend your leisure time - what are your hobbies? Do you feel it's important to have shared hobbies, is it ok if you don't?
- ☐ Do you believe in moving for a job?
- ☐ What is your political affiliation and are you ok if your partner's is different?
- ☐ How important sex is for you?
- ☐ What are your views on health and exercise and how do you feel if your partner isn't aligned with you?
- ☐ Pets - do you like them? Want to have them? And which one/s?
- ☐ What cleanliness level do you need? What is your division of chores and are you ok/able to outsource? If so, how frequently?
- ☐ What is your love language? What do you need to feel in order to feel more securely attached?
- ☐ Do you have an agreed way to solve conflicts - the process of repair?