

Non Monogamy Vocab

Relationship Styles

ENM

Ethical Non Monogamy

This indicates EVERYONE involved in whatever non monogamy setup is at play is aware, consenting, & ethically participating. Anything less is considered cheating.

HIERARCHAL

Relationships in which certain partnerships are prioritized above others and/or given additional powers in rule-setting.

See: Anchor, Primary, Secondary, Veto

NON HIERARCHAL

The idea that each relationship is allowed to grow organically without any rules imposed on it by a third party/partner.

See: Relationship Anarchy, Solo Poly

DADT

Don't Ask, Don't Tell

When a couple is open but don't want information on their metamours or what their partner does with them. Basic sexual risk/safety information should still be discussed.

KTP

Kitchen Table Polyamory

Everyone involved in the relationship (primaries, secondaries, metamours, etc) all integrate into a friend group. From the idea that you can all sit at a kitchen table & share a meal.

SOLO POLY

When someone is their own primary partner, building connections without the assumption of progressing up the "relationship escalator" with one or more. Often includes the assumption of living apart from all partners.

See: Relationship Anarchy, Non Hierarchal

RELATIONSHIP ANARCHY

Similar to Non Hierarchal Polyamory, this style prides itself on living outside of society's rules concerning monogamy, ENM, relationship structure, etc. It's the label for people who hate labels

TRIAD/THROUPLE

A relationship of three people, all of whom are romantically involved with one another.

V

When one person is dating two separate people but those two people are not dating each other, making a V shape out of their relationship constellation. NOT a Triad.

See: Metamour, Constellation

MONOGAMISH

Monogamy with an open mind. A mostly-monogamous relationship that's flexible enough to admit occasional play with others, or a 'pass' when someone goes on vacation. Usually DADT between two primary partners, who are not open to full blown relationships outside their own, just play/kink/etc.

OPP

One Penis Policy

A straight couple who has decided the wife may not sleep with other cismen, only cismen.

Stupid and homo/transphobic idea.

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People Within the Relationships

PRIMARY

The prioritized relationship or partner in a hierarchical set-up. Often also the nesting partner. Holds decision making power. Sometimes referred to as an anchor partner.

ANCHOR

Often used in non-hierarchical relationships for someone's equivalent of a primary partner in a hierarchical setting. Often a nesting partner or someone you're anchored to (house, kids, finance) but may/may not hold decision power over other relationships.

NESTING PARTNER

A partner you live with (or share other large obligations with). Does not necessarily mean you are primaries, but often are.

SECONDARY

Additional partners or relationships beyond the primary ones in a hierarchical network. They often have to accept pre-existing rules or limits on time defined by the primary relationship members, without recourse to change these.

COMET

A partner who swings in and out of your life like a comet passing by Earth. Often a long distance partner. When you see them you may prioritize them, but when they are gone there's no expectation to do so.

METAMOUR

A partner to your partner that you are NOT romantically involved with.

See: V

Swinging Vocab

(sometimes you see this come up in polyam)

UNICORN

A bisexual woman who dates / fucks BOTH partners in a couple. As rare to find as a unicorn.

Male form: Pegasus

UNICORN HUNTERS

A couple (often straight) seeking a unicorn. "Hunter" being the negative word as they're often imposing their power as a couple (couple's privilege) to take advantage of a single woman for their own couple's pleasure. Often an older couple seeking a young & naive woman to use with no regard to her wants/needs.

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Words to Know

POLYCULE / CONSTELLATION

When multiple partner groups connect, drawn out on paper it creates a molecule / constellation

Ex: A "V" connected to a "Triad" with someone dating one person from each

RELATIONSHIP ESCALATOR

Often linked to society's expectations of how relationships should progress.

Ex: meeting, dating, committing, marriage, buying property, having children

VETO

A power granted to existing partner(s) to "call off" an additional relationship or institute rules.

Ex: Your primary may Veto your new dating interest because they disagree with their politics, or Veto you spending holidays apart

FLUID BONDED

Two or more partners who do not use barriers during sexual activities.

An important part of any ENM sex safety talk
Who are you ok fluid bonding with and what risks does that bring each partner involved, whether fluid bonded or not?

NRE

New Relationship Energy

That exhilarating, almost drunken feeling in the beginning of a new relationship.

Don't let NRE get in the way of other established relationships

POLYSATURATED

When someone's plate is full (or too full) because they have so many partners/commitments