

# Polyamory & its Principles

By: RomyDrip

**Polyamory** is the practice of, or desire for, intimate relationships with more than one partner, with the *consent of all partners involved*. It has been described as "consensual, ethical, and responsible nonmonogamy". People who identify as polyamorous believe in an open relationship with a conscious management of jealousy; they reject the view that sexual and relational exclusivity are necessary for deep, committed, long-term loving relationships. *Based on a commitment to be open and honest.*

**Monogamy** is a form of relationship in which an individual has only one partner during their lifetime. *Based on a commitment to each other for love.*

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- ✦ **Ménage à trois** – household of 3 (French)
  - ✦ **Swinging** – engage in group sex or swap sexual partners within a group, especially on a habitual basis.
  - ✦ **Open Marriage** - Open marriage is a form of non-monogamy in which the partners of a dyadic marriage agree that each may engage in extramarital sexual relationships, without this being regarded by them as infidelity, and consider or establish an open relationship despite the implied monogamy of marriage.
  - ✦ **Open Relationship** - The nature of the openness in the relationship, including what outside sexual contact is permissible, varies widely. Open relationships include any type of romantic relationship that is open. The concept of an open relationship has been recognized since the 1970s.
  - ✦ **Polyfidelity** - an intimate relationship structure where all members are considered equal partners and agree to restrict sexual activity to only other members of the group.
  - ✦ **Group Marriage** - marriage-like arrangement between more than two people, where three or more adults live together, all considering themselves partners, sharing finances, children, and household responsibilities.

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## VALUES

Fidelity & Loyalty	Communication and Negotiation
Trust, Honesty, Dignity & Respect	Non-Possessiveness

- ✦ Fidelity & Loyalty: faithfulness to the promises and agreements made about a relationship.
- ✦ Communication & Negotiation: reliance upon common expectations may not be realistic. Poly's often advocate explicitly negotiating with all involved to establish the terms of their relationship. As an ongoing process of honest communication and respect.

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- ✚ Trust, honesty, dignity and respect: emphasize on respect, trust, and honesty for all partners. Acceptance over tolerance.
- ✚ Non-Possessiveness: excessive restrictions are less desirable. jealousy and possessiveness are generally viewed not so much as something to avoid or structure the relationships around, but as responses that should be explored, understood, and resolved within each individual, with compersion<sup>1</sup> as a goal.

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## CONSIDERATIONS

- Time management, as more partners means one must divide one's time and attention up between them, leaving less for each.
- Complexity of the arrangement can lead to so much effort being spent on the relationship that personal, individual needs can be overlooked.
- Lopsided power dynamics, such as one partner having significantly more resources, being more attractive or being much better at initiating new relationships, making the arrangement clearly more beneficial to that partner than the others.
- The strong emphasis on communication can unintentionally marginalize partners who are less articulate.
- Negotiating the sometimes-complex rules and boundaries of these relationships can be emotionally taxing, as can reconciling situations where one partner goes outside those boundaries

## DICUSSIONS

Openness v. Secrecy	Volition & Equality v. Coercion & Inequality
Clarity & Specificity of Agreements v. Confusion/Vagueness	Honoring Keeping Agreements v. Violating Them
HOW EACH PARTNER VIEWS NONMONOGAMY.	

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<sup>1</sup> Compersion: (uncountable) The feeling of joy one has experiencing another's joy, such as in witnessing a toddler's joy and feeling joy in response. The feeling of joy associated with seeing a loved one love another; contrasted with jealousy.

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## BENEFITS

- ✦ The ability of individuals to discuss issues with multiple partners, potentially mediating and thus stabilizing a relationship, and reducing polarization of viewpoints.
- ✦ Emotional support and structure from other committed adults within the familial unit. A wider range of adult experience, skills, resources, and perspective. No side chicks.
- ✦ Support for companionate marriages, which can be satisfying even if no longer sexually vital, since romantic needs are met elsewhere. This acts to preserve existing relationships.
- ✦ More emotional, intellectual and sexual needs met as part of the understanding that one person cannot be expected to provide them all. Conversely, polyamory offers release from the monogamist expectation that one person must meet all of an individual's needs (sex, emotional support, primary friendship, intellectual stimulation, companionship, social presentation).

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## PLEASE NOTE...

The observed experiences of some of the women in polygynous unions tend to be characterized by frequent jealousy, conflicts, competition, tensions, and psychological stresses. Some of the husbands fail to share love and other resources equally; and envy and hatred, and sometimes violent physical confrontations become the order of the day among co-wives and their children. This discourages women from entering a polygynous marriage. Research shows that competition and conflict can intensify to unbearable level for co-wives causing women to commit suicide due to psychological distress. Findings show that the wife order can affect life satisfaction. According to this research, women who are senior wives often misuse their position to obtain healthcare benefits in countries one wife can become a recipient. The conflict between co-wives can attribute to the higher rates of mental health disorders such as anxiety, depression, and paranoia.

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(ISLAM) POLYGYNY: *polygamy in which a man has more than one wife*

One reason cited for polygyny is that it allows a man to give financial protection to multiple women, who might otherwise not have any support (e.g. widows)

If you fear you might fail to give orphan women their *due* rights *if you were to marry them*, then marry other women of your choice—two, three, or four. But if you are afraid you will fail to maintain justice, then *content yourselves with* one or those *bondwomen* in your possession. This way you are less likely to commit injustice.