

Non-Monogamy Worksheet

OrionVerse - ToLoveAndPlay.Com v.2 2025

The purpose of this worksheet is to help you understand what type of non-monogamy may work best for you, expectations around your relationship, and to encourage conversation between you and current or future partners.

Common Types of Non-monogamy

- **Hierarchical Polyamory** - There is a "Primary" partner who may cohabitate, combine finances, have children, and defines rules for "Secondary" relationships.
- **Nonhierarchical polyamory** - There is no "Primary" partner, all relationships are viewed equally, though there may be a "nesting" partner that someone chooses to live with.
- **Relationship Anarchy** - All participants are free to connect with others romantically and sexually without restrictions, rules, or labels.
- **Solo Polyamory** - A person who prefers to live alone and have multiple partners without a hierarchy.
- **Parallel Polyamory** - A style of poly where metamours do not interact with one another.
- **Polyfidelity** - A "Closed" style of poly relationships where a polycule agree not to seek additional romantic or sexual connections outside of their established relationships.
- **Kitchen Table Polyamory** - Everyone in a polycule is able to sit at a kitchen table and interact with one another. Partners and metamours are all in communication with each other.
- **Swinging** - A sexual activity where a single or couples engage with people outside of their established relationship, sometimes swapping partners with another couple.
- **Don't Ask Don't Tell** - When it is established with consent that one partner will not hear anything about their partners relationship/s, sexual or otherwise and they will not ask.

Answer Yes/No/Maybe to the following questions by circling.

Y/N/M - Do you like the idea of primary partner's?

Y/N/M - Do you want to know your partners partner's?

Y/N/M - Do you want you and your partner to have a say in who the other dates?

Y/N/M - Do you want to live with multiple partners, or with your metamours?

Y/N/M - Do you want your partners to date each other?

Y/N/M - Do you need labels to feel secure in your relationship?

Y/N/M - Is a legal marriage important to you?

Y/N/M - Do you want to know if your partner has sex with someone else?

Y/N/M - Is fluid bonding important to you?

Y/N/M - Do you desire no strings attached sexual interactions?

Y/N/M - Do you have specific sexual actions you would like to be exclusive?

Y/N/M - Do you have gender restrictions on who your partner dates?

Y/N/M - Are you open to dating someone who already has children?

Y/N/M - Do you want to raise children with your partner/s?

Y/N/M - Do you want to share pets with multiple partners?

Y/N/M - Are you comfortable with people knowing you have multiple partners?

What style/s of non-monogamy would you comfortable or interested in engaging with?

- ☐ Hierarchical Polyamory ☐ Nonhierarchical polyamory ☐ Relationship Anarchy ☐ Solo Poly
☐ Parallel Polyamory ☐ Polyfidelity ☐ Kitchen table polyamory ☐ Swinging ☐ Don't Ask Don't Tell

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Below are some additional questions that are good to ask yourself and your potential partner/s when entering a relationship. This can help keep everyone on the same page in respects to wants, desires, and needs.

What are your deal breakers in a relationship? _____

What are your top three "Must haves" in a relationship? _____

What is your experience with non-monogomy? _____

Do you experience jealousy? What usually causes it, and how do you respond to it? _____

What expectations do you have in a relationship with someone else? Such as around communication, physical boundaries, emotional needs, intimacy, information sharing ect?

How would you handle your partner wanting to date someone you disliked?

How would you handle your partner having a partner who disliked you?

What are your desires around shared finances, children (either preexisting or having them), and marriage?

You may find non-monogamy isn't for you, and thats okay! The only wrong way to be in a relationship is by being in one that doesn't work for you and the other person in it.



Want to learn more about non-monogamy? Follow the QR or link below to an article with more information.

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