

My requests to Sana about polyamory (with regards to Adriano)

Generally speaking, I'm supportive of your relationship and want you to enjoy it as best you can.

Given my transitory phase from mono to poly, I have some requests that could make this situation easier for me.

The purpose of them is gradually acclimatize to this new normal, with the intention of asking for less and less as we move forward ❤️

- **Information**

- It would be important to me that you try minimize my exposure to your romantic relationship with Adriano.
- It's on me to put up boundaries, of course, but generally speaking please only bring him up or share details of your meetings or his philosophy thoughts (unless explicitly asked, and even then share as you feel comfortable).
- I'd like to reserve discussions of him as your partner (and potential meetings) to our weekly Sunday relationship session.

- **Meeting**

- I would appreciate if we could negotiate and agree on these variables:
 - Meeting timing (when you meet or time gaps between meetings).
 - Meeting duration (how many days)
 - Some sexual activities I would prefer to keep sacred for now (e.g. drug use, group sex)
- For example, if we are going through a stressful period at work, I might request you delay the meeting a few weeks or only meet for 2 days rather than 4, etc.
- Depending on meeting duration, I'd like to have call time scheduled for us to check-in.

- **Care Principles**

- I've found that speaking with you and Adriano had been very helpful for building trust. So I have some requests:
- It would help if I could share when I'm struggling with jealousy to both of you (e.g. in WhatsApp), and would love it if you are willing to speak with me about things as they come up.
- Negotiate with err of caution: I would feel much safer if you can both acknowledge that boundaries are an issue or mine, and that you are willing to "watch out for me" when planning the meetings, or how you bring difficult things up (with empathy and love and in our designated poly meeting). E.g. If I'm hesitating, let's try an easier option.

- Before you guys meet, it could be good to have a call all together to discuss the particular setup!
- **Aftercare:**
 - I tend to hold tightness inside when you have calls or meet, and it can really help knowing that once it's over thqy I'll be showered with love and affection. And shoe willingness to hear our difficult feelings if they arise
 - I might ask for a break from you two interacting in any form for 1-2 weeks after a meeting to 'cool down'.