

What's included in this template?

Pg. 2 - Blank Relationship Commitments Template categories

Pg. 3-6 - Examples from my personal relationship commitments document

Pg. 7 - *10 Questions to ask your sweetie at the start of a relationship to make it a healing relationship* by Jeff Guenther, LPC

<https://www.instagram.com/p/Ch7-WpvDoaL/>

Pg. 8-9 - *Establishing Polyamorous/Non-Monogamous Relationships: MOVIESS Reflections*

Reddit post link: [treena_kravm 55 2018-05-26 18:20:25](#)

Context

Who am I? A learner, a facilitator, a partner, a friend, a white, autistic, queer lover of mac and cheese who practices polyamory*

Why did I create this? I shared my original, ~8 page relationship commitments document with my Pace group who found it useful and encouraged me to turn it into a Thing. This is that Thing.

Who is this for? Anyone, really! Whether you practice monogamy, polyamory, ethical/consensual non-monogamy, relationship anarchy, or any other relationship style, this is designed to support people better understanding themselves, communicate their wants and needs with others (particularly romantic partners), and have accountability. It is meant to be a working document that changes as you change.

How should you use this Thing? However works best for you and any dynamics in your life that benefit from exploring it. It does not need to be done in a linear way; take the things that work for you and leave the things that don't. Turn them into your own! Use the categories as journal prompts, conversation starters, and more.

**Additional factors that influence my perceptions, practice, privilege, and access: Able-bodied and thin, Child-free, English-speaking, Education (M.Ed), Financial Stability, Unmarried

Go on to the next page for the blank template!

Created:
Updated:
Updated:
Updated:

My intentions with this document:

Dealbreakers:

My core values:

My relationship values:

Dysregulating triggers:

My primary love languages:

Giving:

Receiving:

My considerations:

Priorities:

Notes/Misc:

Personal agreements/affirmation practice:

**Go on to the next page for example content in each section.
Copy/paste, adjust, modify, etc!**

Created 1/19/22

Updates will be made in different colors so changes are easy to find and info that is removed will be formatted with strikethrough so as to maintain transparency of the transformation of the document over time.

Updated 1/24/22 ish

Updated 5/11/22

Updated 6/5/22

Updated 11/5/22

Dealbreakers: Anti-Blackness, anti-LGBTQ, ableism, transphobia, homophobia, racism, anti-fatness (and not actively working on -isms that are perpetuated by oneself), anti vax

My core values (1/8/22): life, authenticity, transparency, liberation, kindness and compassion, trust and honesty, play, curiosity, vulnerability, integrity

Imagination, creativity

Gentleness

My relationship values:

- Trust, safety, consistency, reliability: words and actions in alignment.
- Authenticity: myself and partners showing up as ourselves without fear or minimizing ourselves.
- Responsiveness and extending absolute belief: I can only know my own experiences and I can practice believing others' experiences. I expect my partners to believe my experiences and trust that I know myself best and I will reciprocate that.
- Quality time: spending time together in shared spaces (parallel play), expressing interest in each other's interests, spending time Being Together in whatever ways nourish our souls.
- Wellness: mental health is wellness; active practice towards one's wellbeing in a non prescriptive way.
- Growth: personal anti-oppression work, both internal of one's intersecting identities and external in regards to identities one does not carry; mental, emotional, and spiritual growth by whatever means a person is inclined towards. Having practices to nourish one's own soul. Developing self awareness.
- Communication and patience: I can't read anyone else's minds and do not expect anyone else to read mine. Trauma responses can contribute to misunderstandings, misperceptions, and being able to hold space for that is a priority.
- Reciprocity: relationships are not transactional for me and I hope to have organic reciprocity rather than an exchange out of a sense of obligation.

Dysregulating triggers: loud unexpected noises, yelling or raised voice at me, tickling stomach or armpits, too much sensory input that goes beyond my capacity, fluorescent lights, low blood sugar

*I will generally be able to verbally or non verbally communicate my capacity in advance or in a given moment as well as what I need to return to a regulated state

My primary love languages:

Giving: quality time, words of affirmation, music, massages/physical touch, gifts, reading out loud

Receiving: physical touch, words of affirmation, acts of service, exchanging gratitude lists, food

My intentions with this document:

- To establish emotional and physical safety for myself and partners.
- To increase connection and harmony while reducing misunderstandings and unnecessary jealousy or suffering.
- To affirm in writing my commitment of time, energy, love, and support.

My considerations:

- I am responsible for making my own decisions and consider the effects of my decisions on everyone I love.
- Due to unforeseen circumstances, forgetting, or misunderstanding, if a commitment is unmet, I will prioritize being available for a clearing conversation as soon as possible. The intention of the clearing conversation is to practice empathy and forgiveness and to get back into relationship integrity.

Priorities**Do Least Harm**

- I will operate with a prime directive to experience love and connection.
- Seek to leave all relationships better than I found them.
- If someone is hurting because of how I love, I will do everything in my power to clean it up and heal/shift/move back into a neutral or positive state.
- I will seek win-win solutions that are sustainable for the greatest good of all.
- I will extend kindness and gentleness to myself and others and support their practice of the same.

Be True to Myself

- I am responsible for my own actions, feelings, and needs. I will not blame anyone outside myself for causing my upset or not meeting my needs. I do expect to be treated with patience, kindness, empathy, and honesty by *anyone* in my life.
- I will ask for what I want and communicate my boundaries.
- When processing I will prioritize seeking clarity within myself first (self empathy) before seeking to understand my partners, and then lastly to be understood.
- I am not nice but I am kind.

Transparency

- There are no topics for me that are TMI or off-limits to discuss or share about.
- I will communicate/express my boundaries if a topic becomes dysregulating. Writing is generally more accessible for me.
- Topics that are more sensitive that I am mindful of myself when engaging in person (writing is generally more accessible for me):
- I will let any prospective new partners know that I am polyamorous and tell them about primary partners.

Safe Sex and Medical Standards

- All sex is to be safe, sane, and consensual.
- I will get tested every 3 months for STIs and share results.
- I will get annual paps.
- I take birth control and do not want to birth a biological child from my body.
- I will take my Lexapro and Lamotrigene as prescribed.
- I will go to therapy a minimum of once per month
- I will wear a mask consistently and continue to get boosters as possible, practicing covid precautions and getting tested for any covid symptoms.
- I will strive to maintain a diet that consists of foods with a variety of nutritional profiles, including more robust ones.
- I would like to be informed of partners' other sexual partners to ensure highest safety of all parties, particularly if fluid bonding is occurring.
- When engaging sexually with a new partner who has HSV 1 or 2 I will check in with comfort of current partners prior to having sex with current partner
- In case of an emergency in which I unexpectedly do not respond for 24 hours you may at that time contact:

Neutrality and Confidentiality

- I commit to listening with patience and kindness to partners' feelings/thoughts about polyamory, sex, and adjacent topics that may feel uncomfortable or difficult.
- I commit to communicate often and thoroughly with my partners, with minimum being based on their individual needs, wants, and preferences.
- Confidentiality is of high importance. I will not disclose personally identifying information about one partner to another. I will not gossip or vent about one partner to another.
- Relationships are best maintained with regular connection: I will strive to make that time/space sacred.
- I will not postpone or cancel a date with one partner to see someone else. There are exceptions for emergencies, but these exceptions will not become the rules.

Notes/Misc

This document is an organic work in progress. It is open to clarity, review, updates at any request. Particular attention to anything that feels too restrictive or not safe enough.

Personal agreements:

- Make anti-oppression work a condition of your love. - Lily Orion
- I deeply and completely love and accept myself.
- I contain multitudes.
- You deserve to have people in your life who love you for who you are not who you pretend to be for their comfort and at your own expense.
- You are smart, talented, capable, and your worth is not attached to your productivity or proximity to unattainable perfection but inherent in yourself as the whole amazing wonderful beautiful being that you are.
- People's perception of me is not Who I Am.
- Giving is an expression of being alive -Catholic priest in Auburn
- adrienne maree brown "Do you already know that your existence--who and how you are--is in and of itself a contribution to the people and place around you? Not after or because you do some particular thing, but simply the miracle of your life. And that the people around you, and the place(s), have contributions as well? Do you understand that your quality of life and your survival are tied to how authentic and generous the connections are between you and the people and place you live with and in?"

Are you actively practicing generosity and vulnerability in order to make the connections between you and others clear, open, available, durable? Generosity here means giving of what you have without strings or expectations attached. Vulnerability means showing your needs."

— — — — — End example document

Optional reflection questions to consider incorporating into your document

10 Questions to ask your sweetie at the start of a relationship to make it a healing relationship
by Jeff Guenther, LPC

<https://www.instagram.com/p/Ch7-WpvDoaL/>

What did you not hear enough of in your last relationship that you want to hear more of in this relationship?

What is your biggest relationship fear and how do you think we should address it?

What mistakes do you typically make in relationships that you want to avoid in this one?

What makes it hard for you to be your authentic self in a relationship and how can I make it easier for you?

What do I need to specifically do to help you feel emotionally safe and secure so you can ask for all your needs?

How can I help you feel the most confident in the bedroom?

Do you think this is going too slow or too fast or if this is the right pace for you?

How do I know when you've gotten triggered and what is the best way to respond in a calm and caring way?

Do you have any boundaries or limitations on anything that I should know about at the start?

What are you looking forward to the most and how can I make sure it happens?

Optional reflection questions to consider incorporating into your document

Establishing Polyamorous/Non-Monogamous Relationships: MOVIESS Reflections

Reddit post link: [treena_kravm 55 2018-05-26 18:20:25](#)

There are a million glass ceiling questions that you can/should ask about early on, but the Multiamory podcast came up with a quick acronym to help you remember the main ones.

They recently started transcribing their podcasts, but this one isn't transcribed yet, so I wrote out the overview and added some extras. This has been such a great tool for me, hope it can help others.

M- Metamours

Who are they? Will I meet them? Can I contact them?
Will we spend ongoing time together?
Do you practice DADT, parallel, kitchen table, or lap-sitting poly?
Hierarchy? Prescriptive or descriptive?
What kinds of PDA are metamours comfortable with?

O- Openness

How open/out are you? Friends? Family? Work? New people?
Any limits on social media?

PDA limits? All or some types? Specific partners? Specific locations?

V- Veto

Who can veto who? Any time or only early on?
If no veto rule:
Would you end our relationship to focus on another if needed?
What would you do if given an ultimatum?
What if your partner decided they wanted to be monogamous?

I- Intercourse

Waiting period/requirements before sex can happen?
Are any sex acts reserved for only one partner?
Which barriers do you use for manual/oral/vaginal/anal sex?
Never/sometimes/always? With who?
Do you fluid bond with anyone? What does that mean for you?
Testing frequency? Do you share results?

How do you mitigate risk if your polycule has a chronic STI?
Birth Control? Plans for surprise pregnancies?
How does the above apply to me, existing partners, new partners?

E- Events

Which events are reserved for a specific partner? Valentine's Day
Family events, holidays together? Weekends, vacations together?
Are there any forbidden places we can't go?
Big life events? Kids? Plans to move?
What are your strategies for dividing time and events?

S- Scheduling

Any limits on how much time we can spend together?
Why do those limits exist? Expectations? What do we want?
Does another partner have influence on your schedule?
How do you make decisions when there's a scheduling conflict?
Do you use any scheduling tools that you prefer to share?

S- Sleepovers

Do you enjoy spending the night with partners?
Allowed? After A certain amount of time?
What are the restrictions on your home or bed?