Non-Escalator Relationship Menu

- 1. Make your own copy of this spreadsheet.
- 2. Go to the tab named "TEMPLATE: Partner Name / Your Name."
- 3. Copy tab and rename with your partner's name and your name.
- 4. Mark each item with an X to indicate if it is REQUIRED, PREFERRED, MAYBE (needs discussion), OFF LIMITS, or NOT APPLICABLE.
- 5. Discuss with your partner(s).
- 6. (optional) Create a new tab for each partner by copying the template and renaming.

Based on Non-Escalator Relationship Menu created by poly jane

Non-Escalator Relationship Menu	REQUIRED	PREFERRED	MAYBE	OFF LIMITS	N/A	Notes
COMMITMENT	MEGOINED			- CIT-EIMITS	1.7/	·········
Marriage						
Pregnancy / children together						
Sharing pet(s)						
Having a key						
Cohabitation						
Home ownership						
Prioritization over other partners						
Relationship labels						
Planning for future						
Expectation of long-term involvement						
Mutual commitment to working through challenges						
Mutual commitment to relationship maintenance						
Support through health challenges						
Support through health chancinges						
		-			-	
AUTONOMY						
Balance of time together and time apart						
Support to pursue independent interests						
Maintaining independent friendships						
Maintaining independent romantic relationships						
Maintaining independent sexual relationships						
Equal distribution of relationship power						
Alone time						
Alone time						
PHYSICAL INTIMACY						
Physical affection						
Public displays of affection						
Compatible sex drives						
Sexual chemistry						
Orgasms						
Kissing						
Oral sex						
Manual sex (fingering / hand jobs)						
Mutual masturbation						
Penetration						
Sex toys						
Condom / barrier use						
Regular STI testing						
BDSM						
Threesomes / group sex						
· - ·						
		1			1	
					1	
		1				
QUALITY TIME						
Regularly scheduled time together						
Date nights						
Spending the night						
Shared hobbies or activities						
Vacations together as a couple						
Calendar management / scheduling initiation						
1		1				
	1		-		-	
					1	
EMOTIONAL INTIMACY						
EMOTIONAL INTIMACY Expressing happiness and joy						
Expressing happiness and joy						

Non-Escalator Relationship Menu	REQUIRED	PREFERRED	MAYBE	OFF LIMITS	N/A	Notes
Saying "I love you"	- NEQUILED					
Sharing stories about past		 				
Sharing hopes for future						
Knowing personal likes / dislikes (eg: favorite foods)						
Using pet names						
Sharing about mental health challenges						
Supporting mental health work		<u> </u>				
COMMUNICATION						
Daily or frequent check-ins						
Texting						
Phone / video calls						
Discussing work and hobbies						
Discussing family						
Discussing partners / relationships						
Discussing politics / current events						
Ability to express disagreements or hurt feelings						
Ability to address and resolve conflict						
Radical honesty						
:						
SOCIAL INTEGRATION		1		ļ.	Į.	
		T	Γ	Π	T .	
Meeting metamors						
Meeting children		-				
Meeting parents / siblings / extended family		<u> </u>				
Meeting friends		<u> </u>				
Spending time as a couple with friends / family						
Positive relationships with metamors						
Serving as +1 for social events						
Presenting as a couple in public settings						
Following on social media						
Presenting as a couple on social media						
Presenting as a couple in professional settings						
Joint vacations with family / metamors						
		1				
FINANCIAL INTIMACY						
Shared bank account(s)						
Mutual contributions to vacation / activity fund						
Financial support						
Large gifts						
Complete financial integration						
		<u> </u>				
		 				
		1				
NAICC						
MISC						
		-				
		-				
	1					