

## 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
<b>COMMITMENT</b>						
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						
<b>AUTONOMY</b>						
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						
<b>PHYSICAL INTIMACY</b>						
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						
<b>QUALITY TIME</b>						
Regularly scheduled time together						
Date nights						
Spending the night						
Shared hobbies or activities						
Vacations together as a couple						
Calendar management / scheduling initiation						
<b>EMOTIONAL INTIMACY</b>						
Expressing happiness and joy						
Offering support in hard times						
Sharing vulnerable feelings						

