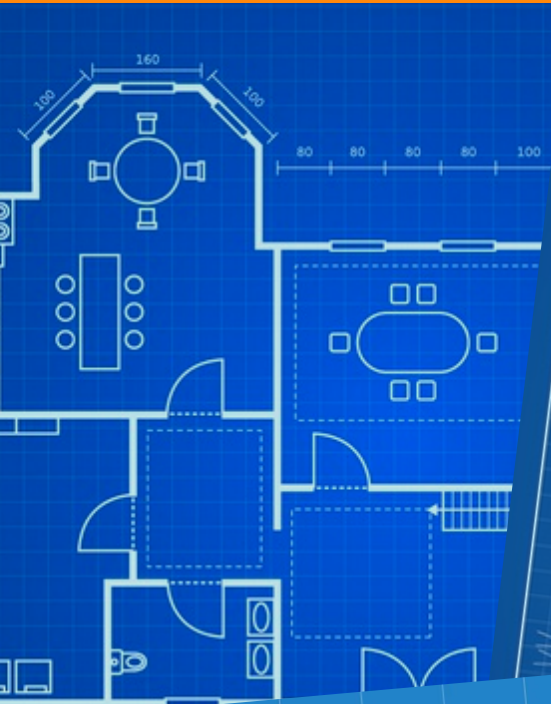


RELATIONSHIP BY DESIGN

STEP 1: KNOW THYSELF



EMOTIONAL

LOVE LANGUAGES

Acts of Service



What does it look like?

Touch



What does it look like?

Quality Time



What does it look like?

Words of Affirmation



What does it look like?

Gifting

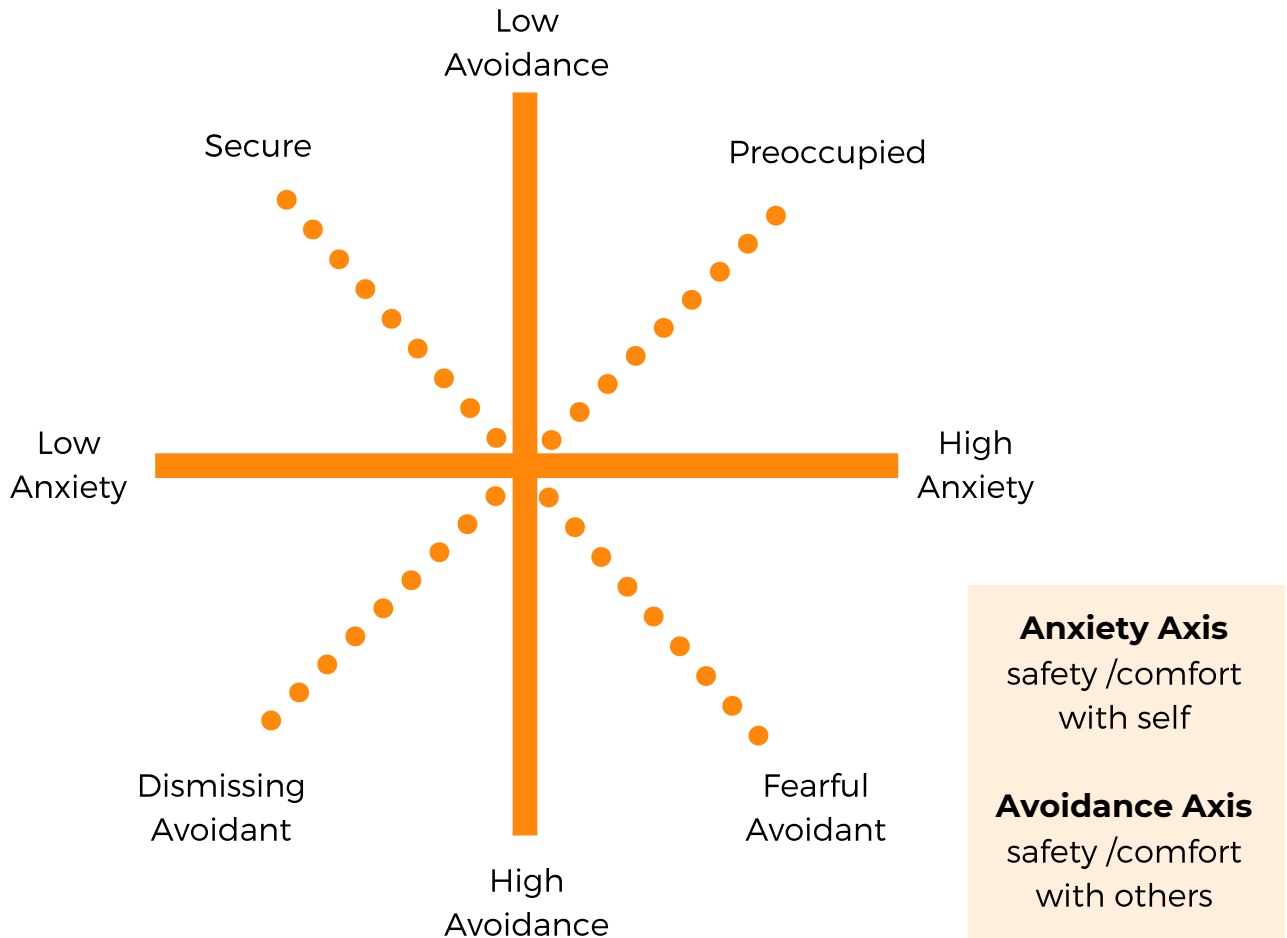


What does it look like?

Resource: www.5lovelanguages.com/

EMOTIONAL

ATTACHEMENT STYLE



What does this look like for you?

EMOTIONAL






TRIGGERS AND TRAUMAS

Trauma Story

Precursors	Trigger	Story	Reaction
Hungry Tired Lonely	Partner on their phone	They are talking to someone else	Anger Outburst

EMOTIONAL

EMOTIONAL MAP

		What makes me...	What does it look like when I am...	How do I shift in or out of...
Happy				
Sad				
Angry				
Anxious/ Fearful				
LO.L.				

What do I want more of in my life?

Resource: www.cnvc.org/training/resource/feelings-inventory
clairedobson.com/wellness/mindfulness/emotion-wheel

JEALOUSY

The last time I felt jealous...

The last time I felt envious...

The last time I felt both at the same time...

Jealousy

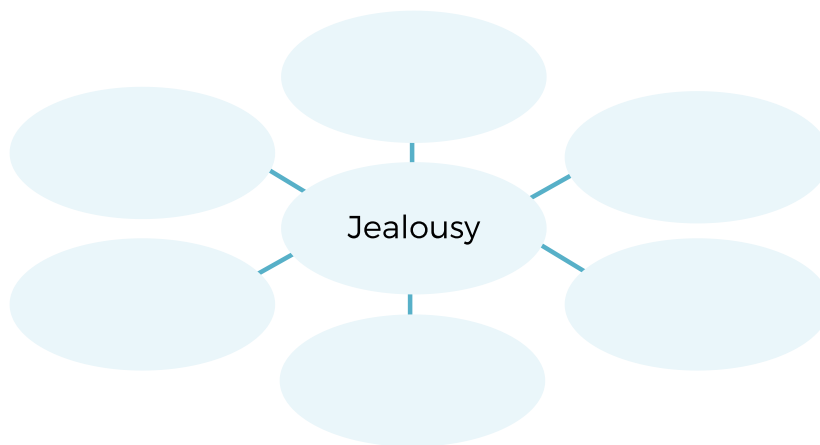
fear of loosing what you have

vs.

Envy

wanting what someone else has

Anatomy of *Your* Jealousy



Examples:

insecurity
possession
exclusion
fear
loss
low self-esteem
control
vulnerability

The stories I tell myself are...

Resource: Books "The Jealousy Workbook" and "Jealousy Survival Guide"

EMOTIONAL

EMOTIONAL INTIMACY

How intimate would you like to be in your new relationship(s)?



Are you satisfied with where you land?

What does it look like?

Where would you move towards? How?

Can you hold space for others? How?

EMOTIONAL

CONFLICT

What does conflict mean to you? When you hear the word conflict, what do you think of?

What does it look like when you are in conflict?

When you imagine conflict or discomfort, what do you feel?



Ready to Fight



Ready to Run & Hide

How much conflict can you tolerate in yourself and others?



War



Puppies & Rainbows

PHYSICAL & MENTAL HEALTH

PHYSICAL HEALTH

What are your health routines and priorities (e.g., nutrition, exercise, etc.)?

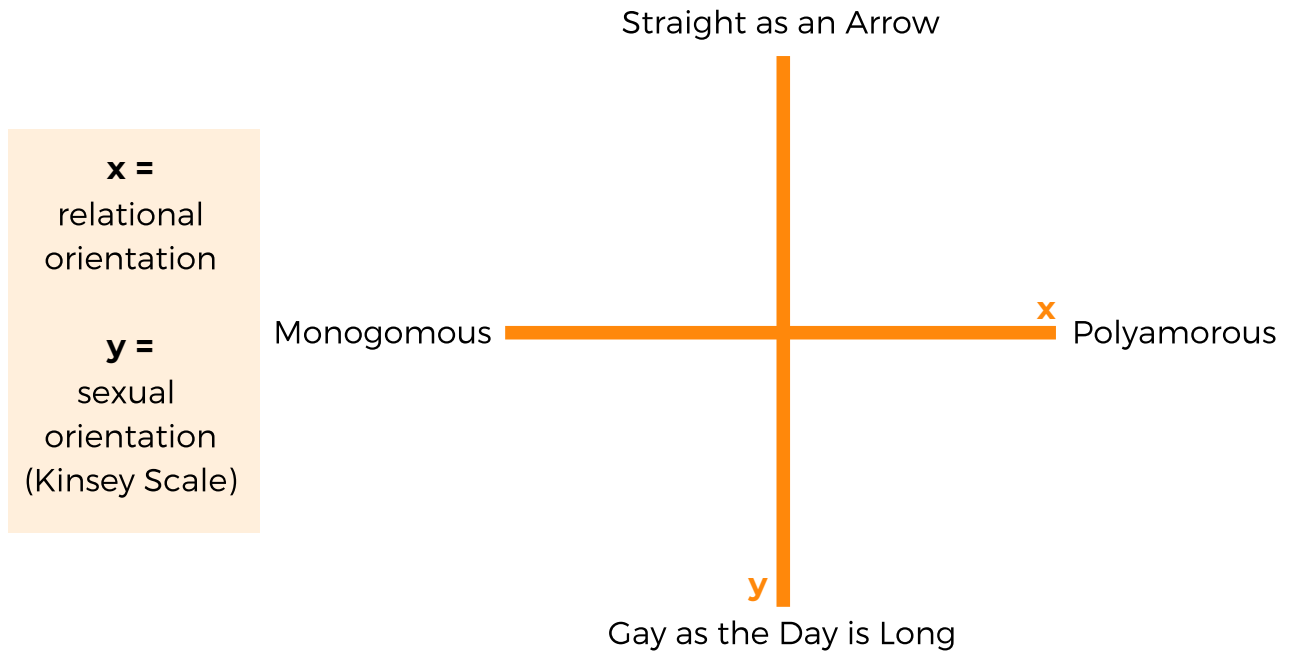
MENTAL HEALTH

What are your health routines and priorities (e.g., therapy, self-care, etc.)?

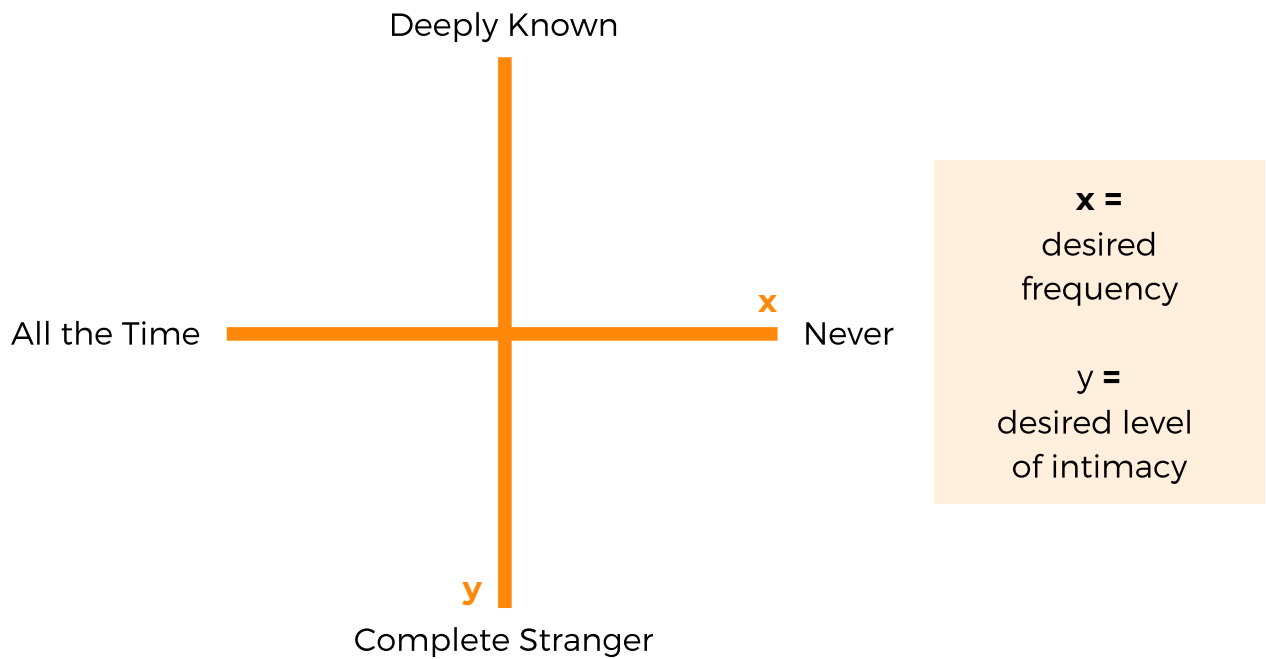
Who is in your physical and mental health support network?

SEXUAL

SEXUALITY



DRIVE



Resource: kinseyinstitute.org/research/publications/kinsey-scale.php

SEXUAL

SEXUAL RISK TOLERANCE AND PROTOCOLS

How much do you know about sexual health?

How often do you get tested for STDs?

What are your go-to resources for learning about sexual health?

What is your risk tolerance?



Only after deep consideration.

Anyone. Anywhere. Anytime.

What are your sexual health and contraception protocols and practices?

Resource: www.cdc.gov/sexualhealth/

INTELLECTUAL

INTELLECTIONAL PROCESS AND CONNECTION

How do you think and process information? (e.g., liner, logical, pragmatic, intuitive, tangential, etc.)

What is your tolerance to ambiguity?



I thrive in the details..

I thrive in the unknown.

What kind of intellectual connection and stimulation do you need?

Resource: bit.ly/tolerancetoambiguity

SOCIAL

SOCIAL LIFE

What does your social life currently look like?

PEOPLE

Who will be your allies during this process and who may you have to avoid?

Family	Friends	Colleagues	Other
.....

ACTIVITIES

What activities would you like to maintain or add to your social life?

TIME

How much time do you want to spend on your social life?

BUDGET

How much money are your comfortable spending on your social life?

VALUES

VALUES AND PRIORITIES

How do you determine your priorities?

What are the values that you live by?

What values are important for you within your relationship(s)?

Resource: www.nonviolentcommunication.com/pdf_files/feelings_needs.pdf

DOMESTIC

HOME LIFE

What kind of home environment do you want to live in?

Who do you want to live with?

What do you want to make room for in your home?

What role do you want to play in the home?

FAMILY

FAMILY DYNAMICS

How close are you with your extended family? How much time do you spend with them?

When and how will you talk to your extended family about your open relationship?

If you have children, when and how will you talk with your children about your open relationship?

FAMILY DESIRES

How do you define family?

What do you want your family to look like? Are you open to less traditional family structures? (e.g., blended family, noncohabitating family, triad, polycule)

If you have/ want children, how do you/ want to parent? What are your parenting values?

PROFESSIONAL

IMPORTANCE OF WORK



Part of My Identity



Just Pays the Bills

How much time and energy do you want to allocate to work?

How important is your partner's profession?

How might your work impact your relationship(s)?


What level of flexibility do you need in your relationship as a result of your work?

SPIRITUAL

IMPORTANCE OF SPIRITUALITY

How do you express your connection to a higher power? (e.g., religion, faith, belief system, rituals, nothing)

How important is it to share your spirituality with your partner(s)?



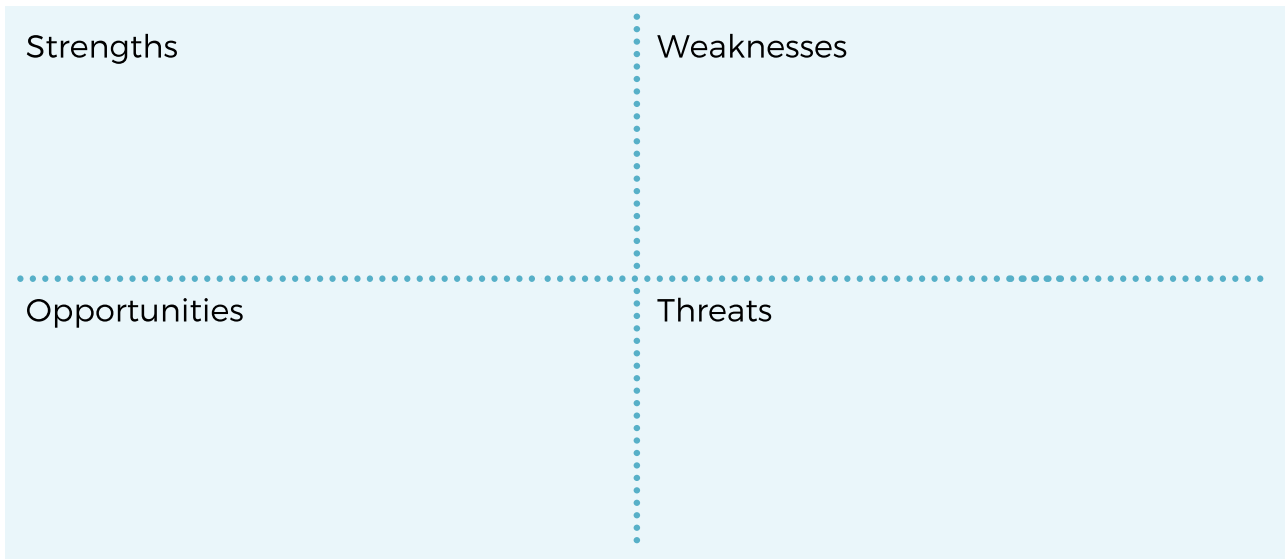
Together at service each week. Deeply personal and private.

What types of practices are/ would be important in your household?

VISION FOR THE FUTURE

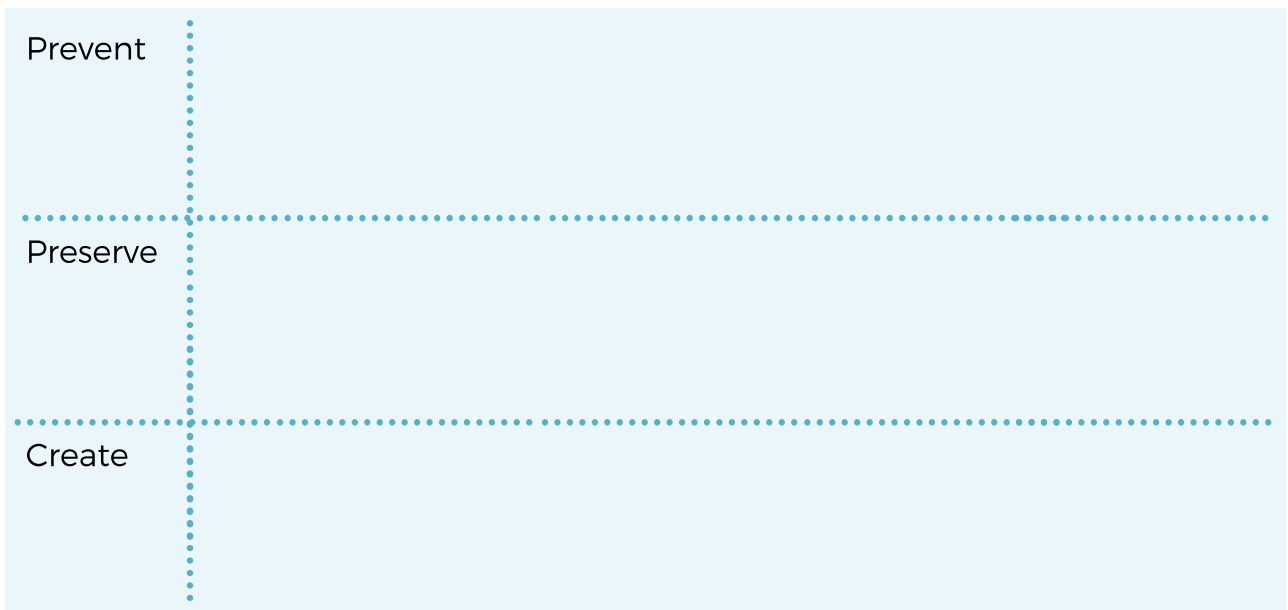
CURRENT STATE

Current relationship analysis:



DESIRED STATE

What do you want to:



VISION FOR THE FUTURE

VISION FOR NON-MONOGRAMY

What kind of relationship are you looking for?

Non-monogamy

Polyamory

Monogamish

Polygamy

Open

Other _____

What do you want it to look like?

What do you hope to create by opening up your relationship?

What kind of time commitment can you make for new relationships?

What kind of budget can you allocate to dating and other connections?

YOUR HISTORY

YOUR CHILDHOOD

What was your family structure like? Who were your primary caregivers?

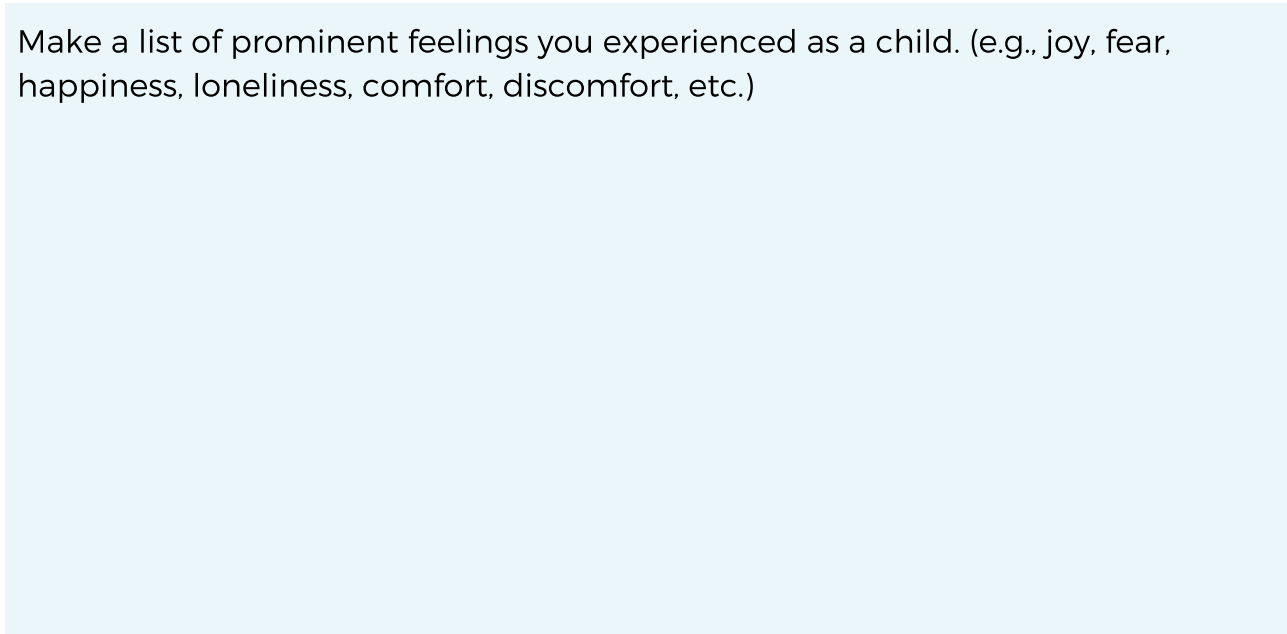
What was it like in the household that you grew up in?

What was your relationship with your caregivers like? What was their relationship like with each other?

YOUR HISTORY

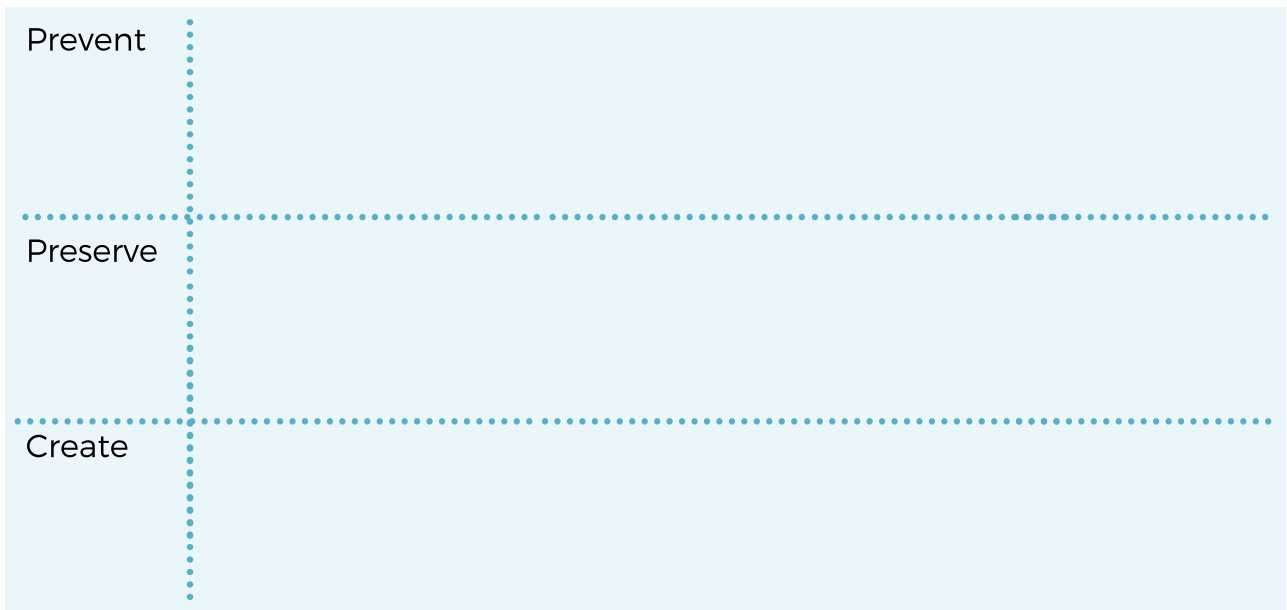
CHILDHOOD FEELINGS

Make a list of prominent feelings you experienced as a child. (e.g., joy, fear, happiness, loneliness, comfort, discomfort, etc.)



CHILDHOOD AUDIT

What do you want to:



Prevent	
Preserve	
Create	

SHARING YOUR STORY

SETTING YOURSELF UP TO CONNECT

What gets in the way of your communication?

What are some strategies that you use to overcome these obstacles?

What is your communication style?

When are you most open to communicating? When is a good time and when is a bad time?