

Ethical Non Monogamy Topics

Being a Non-Primary Partner

Boundaries, Rules, & Agreements

Effective Communication: Methods / Frequency

Emotional Intimacy / Labor / Support

Jealousy vs Envy

NRE

Public Displays of Affection / Holidays

Red Flags

- Are all their exes “crazy”?
- How do they treat service people?
- Isolation Abuse: being told you cannot discuss your ENM partner with others
- Pressure Tactics
- Refusal to participate in the local community

Relationship Transitions & Endings

Romantic vs Sexual Orientation

Types of Non-monogamy

- Open Relationship
- Polyamory
- Swinging
- Cuckold/Cuckquean
- Hotwife
- Stag/Vixen

Types of Poly

- Comet
- Kitchen Table / Garden Party
- Parallel
- Solo

Unethical Non-Monogamy

When Do I Bring This Up With Potential Partners?