

STUDY GUIDE QUESTIONS & EXERCISES

EXERCISE 1: Brief Introductions

1) What's your name

2) Why are you here?

3) What's your relationship identity or situation? Or how do you identify in your current relationship status? (For example, single, mostly been monogamous in the past but trying to practice open relationships for the first time.)

TIME: 1 min. max per person

EXERCISE 2: What is the capacity of your heart?

Consider the potential and capacity in your heart to love more than one person. Take a quiet moment for pause to ask yourself what your ideal relationship fantasy might be.

Finish the statement in terms of your relationships, whether platonic or romantic:

"I would like to experience _____ in my life."

(For example, "I would like to experience sharing a lover with my partner.")

TIME: 2 min. max per person

EXERCISE 3: Boundaries

Consider the boundaries and agreements that you have with your current relationship or a relationship in the past. What kinds of issues come up for you that require making boundaries and agreements around? (For example, sexual or emotional boundaries with other people, or safe sex agreements, or sex on a first date boundaries.)

TIME: 2 min. max per person

EXERCISE 4: Honesty/Disclosure

How much do you want to know when it comes to what your lovers or partner do with other people with regard to intimacy, emotions, dates, sex, etc.? Where do you stand on how much honesty and disclosure of details? How open and honest do you feel comfortable with when your partner returns from a date or a play party?

TIME: 2 min. max per person

EXERCISE 5: Jealousy

1) How does jealous effect you personally and emotionally?

What kinds of things trigger a jealous reaction for you?

How do you express your jealousy to your partner or lover?

What are the ways that you take care of yourself when you're feeling jealousy?

2) What ways can you take care of your partner or lover when they are feeling jealous?

TIME: 2 min. max per person