RELATIONSHIP MENU

MUST HAVE LIKE TO HAVE ? MAYBE ✕ OFF LIMITS

This tool is meant as a discussion aid to allow individuals in a relationship to identify and discuss their personal desires and relationship expectations.
Add, alter, and remove menu items as needed to make the tool work for you and your relationships.
Remember that this is a discussion aid and only the start of a conversation. Revisit the menu as needed when circumstances or relationships change.

COMMITMENT

- ☐ Marriage
- ☐ Pregnancy / children together
- ☐ Coparenting childen from other partnerships
- ☐ Sharing pet(s)
- ☐ Having a key
- ☐ Cohabitation
- ☐ Home ownership
- ☐ Prioritization over other partners
- ☐ Relationship labels
- ☐ Planning for future
- ☐ Expectation of long term involvement
- ☐ Commitment to working through challenges
- ☐ Commitment to relationship maintenance
- ☐ Power of attorney/wills
- ☐ Support through health challenges
- ☐
- ☐
- ☐

PHYSICAL INTIMACY

- ☐ Physical affection
- ☐ Public display of affection
- ☐ Sexual chemistry
- ☐ Compatible sex drives
- ☐ Kissing
- ☐ Orgasms
- ☐ Oral sex
- ☐ Manual sex
- ☐ Penetrative sex
- ☐ Mutual masturbation
- ☐ Using sex toys
- ☐ Condom / barrier use
- ☐ Regular STI testing
- ☐ Kink play
- ☐ Threesomes or group sex
- ☐
- ☐
- ☐

EMOTIONAL INTIMACY

- ☐ Expressing happiness and joy
- ☐ Offering support in hard times
- ☐ Sharing vulnerable feelings
- ☐ Saying "I love you"
- ☐ Sharing stories about past
- ☐ Sharing hopes for future
- ☐ Knowing personal likes/dislikes (eg. food)
- ☐ Using pet names
- ☐ Sharing about mental health challenges
- ☐ Supporting mental health work
- ☐
- ☐
- ☐

COMMUNICATION

- ☐ Daily or frequent check-ins
- ☐ Texting / text chat
- ☐ Phone / video calls
- ☐ Discussing work and hobbies
- ☐ Discussing family, partners, relationships
- ☐ Discussing politics and current events
- ☐ Ability to express disagreements
- ☐ Ability to adress and resolve conflict
- ☐ Radical Honestly
- ☐
- ☐
- ☐

FINANCIAL MANAGEMENT

- ☐ Shared / Joint bank account(s)
- ☐ Mutual contributions to vacations / activities
- ☐ Financial support
- ☐ Large gifts
- ☐ Complete financial integration
- ☐
- ☐
- ☐

SOCIAL INTEGRATION

- ☐ Meeting metamours
- ☐ Meeting children
- ☐ Meeting parents/siblings/extended family
- ☐ Meeting friends
- ☐ Spending time as a couple with friends/family
- ☐ Positive relationships with metamours
- ☐ Joint vacations with family/metamours
- ☐ Serving as a +1 for social events
- ☐ Presenting as a couple in public settings
- ☐ Presenting as a couple in professional settings
- ☐ Presenting as a couple on social media
- ☐ Following on social media
- ☐
- ☐
- ☐

QUALITY TIME

- ☐ Regularly scheduled time together
- ☐ Date nights
- ☐ Spending the night
- ☐ Shared hobbies or activities
- ☐ Vacations together as a couple
- ☐ Calendar management / scheduling initiation
- ☐
- ☐
- ☐

AUTONOMY

- ☐ Balance of time together and apart
- ☐ Support to pursue independent interests
- ☐ Maintaining independent friendships
- ☐ Maintaining independent romantic relationship
- ☐ Equal distribution of relationship power
- ☐ Alone time
- ☐
- ☐
- ☐

~MISCELLANEOUS~

☐	☐	☐
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