



BODYMIND THERAPY

ONLINE COACHING

Pillar II: Happy and loving relationships

Excercise 2: Types of relationships – which one is right for you?

Imagine you want to open or change your relationship. Which of these modern forms of relationship would be something for you and/or your partner(s)?

If you would live in one of these types of relationships, what would be the advantages for you, what would be the advantages for your partner and what would be the disadvantages?

Think about the type of relationship in which your needs and those of your partner(s) would be met.

Monogamy

Monogamy denotes a lifelong exclusive romance and sexuality between two individuals.

Monogamish

This is a type of relationship that implies deep emotional bonds between the two partners. However, the couple is 'allowed' to have sex with other partners at the same time or to participate in group sex under certain circumstances.

Polyfidelity

Polyfidelity is a form of non-monogamy, a romantic relationship structure in which all members are considered equal partners and agree to limit sexual and/or romantic activity to only other members of the group.

Open relationship

An open relationship refers to a relationship (usually between two people) in which the parties knowingly have the freedom from each other to have other partners.

Swinging

Swinging is the practice of exchanging sexual partners as a couple, and doing it habitually.

Hierarchical Polyamory

Here the partners are arranged in a kind of a ranking and one speaks of a primary partner, secondary partner and so on. A hierarchy is formed in which some partners are classified as "somehow more important" than others.



BODYMIND THERAPY

Non-hierarchical Polyamory

Equivalent polyamory are multiple relationships that are not differentiated in value.

Solo Polyamory

In the case of solo polyamory, your own independence is clearly prioritized. This does not preclude long-term, intimate connections with other partners, as long as the relationship with oneself comes first.

Relationship Anarchy

This is the practice of conducting interpersonal relationships based on individual desires rather than established norms and rules, and there is no formal distinction or hierarchy between different types of relationships (including sexual or romantic).



Type of relationship	What type of relationship would fit you and / or your partner(s)?	Advantages for your partner(s)	Vorteile für Deinen Partner:In	Disadvantages	Which of your needs and those of your partner(s) would be fulfilled?
Monogamy					
Monogamish					
Polyfidelity					
Open Relationship					
Swinging					
Hierarchical Polyamory					
Non-hierarchical Polyamory					
Solo Polyamory					
Relationship Anarchy					