

Relationship Anarchy Worksheet

Smorgasbord

Physical intimacy

- no touch
- platonic touch
- erotic touch
- safer sex
- shared fluids
- _____

Kink

- BDSM
- power exchange
- roleplaying
- taboo
- _____

Emotional Intimacy

- venting
- support
- attend to one another's love languages
- _____

Communication Frequency

- most days
- a few times per week
- most weeks
- 1-2 times per month
- most months
- _____

Communication Response

- always immediate
- priority response
- considerate response
- asynchronous
- _____

Together Frequency

- most days
- a few times per week
- most weeks
- 1-2 times per month
- most months
- _____

Together Quality

- adjacent
- collaborative
- focused on one another
- _____

Domestic

- chores and duties
- cooking together
- housemates
- roommates
- _____

Relationship Publicity

- secret
- family
- community
- work
- social media
- _____

Labels

- friends
- lovers
- partners
- chosen family
- _____

Participants:

Life Partners

- long term goals
- political alignment
- embracing change
- emergency contacts
- _____

Structure

- open & non-hierarchical
- open & hierarchical
- closed/exclusive
- _____

Caregiving

- plants
- pets
- children
- adults needing care
- _____

Finances

- support
- shared expenses
- shared possessions
- shared accounts
- shared property
- inheritor/beneficiary
- _____

Legal

- marriage
- adoption
- power of attorney
- corporate/professional
- _____

Instructions

Use the Smorgasbord as a starting point to negotiate what will be included in your relationship:

1. **HALT (Hungry, Angry, Lonely, Tired):** Remember to take care of yourself.
2. Discuss the definition of any terms that are not clear. What matters is the understanding between participants.
3. Each participant marks their own individual desires and dislikes:
 - If you do not have a preference, leave it blank/unmodified. You may mark none or more than one.
 - "O" desired items: draw a circle around the list item box you want now or in possibly in the future (best to make the circle larger than the list item box)
 - "X" disliked items: draw an X through the list item box that are off the table (best to make the X larger than the list item box)
4. Together, all participants negotiate and mark results
 - "●" agreed items: fill in the circle you drew around the list item box y'all mutually agreed upon
 - For marked items, consider discussing and negotiating: exceptions, exclusivity, frequency, power dynamics, priority, and privacy

References and Influences

Worksheets

-  [I made my own version of the Relationship Anarchy Smorgasbord! - r/Polyamory](#), 2019-12-30
-  [Relationship Anarchy Smörgåsbord: a tool for discussion \(version 5\) - Sinclair Sexsmith - Posts | Facebook](#), 2019-03-29
-  [Relationship Anarchy Smorgasbord! Choose your Adventure! - r/Polyamory](#), 2016-12-20
- [Queer Platonic Relationship Request Form - Queerplatonic and Aromantic Advice](#), 2014-09-24

Check-ins

- [RADAR - Multiamory](#), 2017-11-28

Essays

- [The short instructional manifesto for relationship anarchy | The Anarchist Library](#), 2006

A digital copy of this worksheet can be found at:

