

PLEASURE MECHANICS

EXPLICIT MONOGAMY AGREEMENTS

What does monogamy mean to you?

Why is monogamy important to you?

What are the boundaries of your relationship?

Many people in long term monogamous relationships are "monogamous" or "exclusive" without ever having a conversation about what that means.

What are the expectations you bring to your relationship? What counts as "cheating"? What are your thoughts about online encounters?

These conversations are far easier to have ahead of time before a boundary is crossed! Clear agreements and boundaries can allow more trust and confidence in your relationship.

This resource is a friendly guide to help you start those conversations.

Listen to the podcast episode linked below, take some time to think through the themes and use the worksheet to organize your thoughts.

Then create some space to share your thoughts and have an open-ended conversation. Try to create a relaxed, supportive time and space to have an undistracted conversation. Use the conversation starters to prompt discussion but allow your discussion to flow naturally.

If these conversations feel overwhelming or you could just use additional support, a few sessions with a counselor or therapist can go a long way towards clarifying your relationship agreements and values.

Get The Conversation Started

Start by listening to the podcast discussion here:

www.PleasureMechanics.com/explicit-monogamy-agreements/

PLEASURE MECHANICS

MONOGAMY AGREEMENT WORKSHEET

If You Want To...

*Go For It,
I Don't Need To Know*

*Go For It,
Please Tell Me About It*

*Let's Talk About
It First!*

*That Is Not OK
With Me*

Masturbate

Fantasize About Other People

Watch Porn

Sext or Chat With Others

Video Chat With Others

Use Dating Apps

Talk About Sex With Friends

Flirt With Strangers

Flirt With People You Know

Touch or Cuddle Someone Else

Kiss Someone Else

Have Sex With Someone Else

Other

FOR MORE RESOURCES:
PLEASUREMECHANICS.COM

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MONOGAMY AGREEMENT CONVERSATION STARTERS

Is monogamy important to you? Why or why not?

What about monogamy is important to you?

How do you define monogamy?

Do you want to know what I think about while masturbating?

Do you want to know what I think about while having sex together?

Are you comfortable with me having friendships with ex-lovers?

Who do you emotionally confide in?

Is it ok to flirt casually with strangers? What do you consider flirting?

What is private to our relationship vs. ok to discuss with close friends?

Am I allowed to talk about our sex life with my friends?

What makes you jealous?

If one of us feels tempted to break our agreement, what steps should we take?

What are your fears around infidelity?

Have you ever been impacted by infidelity? How?

Who have you known that has dealt with infidelity? What happened?

What does having a successful relationship mean to you?