



Institute for
Relational Intimacy

Polyamory Relationship Skills: Finding Strengths and Growth Areas

Domain:	Skill:	Rating: 1-5: 1= not proficient 5=very proficient	Comments:
<i>This portion of the document assesses consent in the relationship(s) as a whole.</i>			
Consent	Everyone is aware of the non-monogamous nature of the relationship		
	Everyone is aware of the relationship structure (primary-secondary, non-hierarchical, etc.)		
	Everyone concerned with each agreement is aware of their relational agreements		
	Everyone is participating willingly		
<i>This portion of the document assesses the relationship strengths and growth areas of individual partners.</i>			
Secure Functioning and Attachment	Tolerate differences between self and partner(s) well		
	Consistently connect intentionally with partner(s)		
	Stay present in the present moment (rather than obsessing about elsewhere)		
	Offer vulnerability even in tough conversations		
	Tolerate vulnerability in others		
	Sustain positive regard during disagreements and stressful times		
	Ascribe positive intention during stressful times		
	Continue feeling loved when apart		
Differentiation	Identify your own thoughts, feelings, desires, beliefs, values, preferences		
	Share the above with important other persons, even if it's hard for them to hear		
	Get grounded in the self/in touch with yourself		
	Stick with yourself during disagreement without becoming argumentative or defensive		
	Hold steady when someone shares something that is hard for you to hear		
	Access genuine curiosity about another's point of view		
Mutual Benefit	Identify advantages/benefits of the arrangement to you (be specific)		
	Identify advantages/benefits of the arrangement to the other partners involved		
	Support a positive experience for your partners and their partners		
	Can experience pleasure from a partner's positive experience with another person		
	Know what each of your partners finds unique and irreplaceable about you		
	Identify what you find unique and irreplaceable about each of your partners		
Fidelity	Know yourself: Desires, capacity, flexibility, tolerance of mis-steps		
	Know your partner(s): Desires, capacity, flexibility, tolerance of mis-steps		
	Make only agreements you can keep		
	Be willing to postpone gratification in order to keep an agreement		
	Renegotiate agreements rather than breaking them		
	Tolerate partner(s) desires to renegotiate agreements		