

Relationship Anarchy Worksheet

Relationship Anarchy Worksheet

Name: _____

Instructions: Review each category and discuss or reflect on what aspects you would like to include, exclude, or remain flexible about in your relationship(s). Use the checkboxes and spaces provided to customize. This can then be compared among partners to start discussions and can be revisited as relationships evolve.

Feelings of love:

☐ Included ☐ Excluded ☐ Flexible

Feelings of love - Notes:

Chemical reaction:

☐ Included ☐ Excluded ☐ Flexible

Chemical reaction - Notes:

Companionship:

☐ Included ☐ Excluded ☐ Flexible

Companionship - Notes:

Playfulness:

☐ Included ☐ Excluded ☐ Flexible

Playfulness - Notes:

Shared activities:

☐ Included ☐ Excluded ☐ Flexible

Shared activities - Notes:

Sharing a home:

☐ Included ☐ Excluded ☐ Flexible

Sharing a home - Notes:

Chosen family:

☐ Included ☐ Excluded ☐ Flexible

Chosen family - Notes:

Life partner (long-term goals):

☐ Included ☐ Excluded ☐ Flexible

Life partner (long-term goals) - Notes:

Embracing change:

☐ Included ☐ Excluded ☐ Flexible

Embracing change - Notes:

Sexual (involving genital intimacy):

☐ Included ☐ Excluded ☐ Flexible

Sexual (involving genital intimacy) - Notes:

Physical touch (cuddling, hugs, hand-holding, etc.):

☐ Included ☐ Excluded ☐ Flexible

Physical touch (cuddling, hugs, hand-holding, etc.) - Notes:

Providing care to other person(s):

☐ Included ☐ Excluded ☐ Flexible

Providing care to other person(s) - Notes:

Receiving care from other person(s):

☐ Included ☐ Excluded ☐ Flexible

Receiving care from other person(s) - Notes:

Vulnerability (sharing personal feelings or fears):

☐ Included ☐ Excluded ☐ Flexible

Vulnerability (sharing personal feelings or fears) - Notes:

Emotional support (listening, advising):

☐ Included ☐ Excluded ☐ Flexible

Emotional support (listening, advising) - Notes:

Social partner (attending events or public appearances):

☐ Included ☐ Excluded ☐ Flexible

Social partner (attending events or public appearances) - Notes:

Social media (public relationship acknowledgment):

☐ Included ☐ Excluded ☐ Flexible

Social media (public relationship acknowledgment) - Notes:

Shared finances (money, property):

☐ Included ☐ Excluded ☐ Flexible

Shared finances (money, property) - Notes:

Kinks and shared fantasies:

☐ Included ☐ Excluded ☐ Flexible

Kinks and shared fantasies - Notes:

Power dynamics (dominance/submission):

☐ Included ☐ Excluded ☐ Flexible

Power dynamics (dominance/submission) - Notes:

Shared projects (creative/professional):

☐ Included ☐ Excluded ☐ Flexible

Shared projects (creative/professional) - Notes:

Teaching and learning (skill-sharing):

☐ Included ☐ Excluded ☐ Flexible

Teaching and learning (skill-sharing) - Notes:

1. What are your non-negotiable elements?

2. Where do you feel open to flexibility?

3. What dynamics you'd like to discuss more in-depth with your partner(s)?