

# 37 Questions

For Your  
Monogamy  
Agreement©  
After Infidelity

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Adapted from  
The New Monogamy: Redefining Your  
Relationship After Infidelity

## CREATING YOUR NEW MONOGAMY AGREEMENT

When we make an explicit vow to be monogamous, we fully intend to keep it, even though many of us don't.

The Implicit monogamy agreement (or understanding) between the couple is different from the spoken, explicit monogamy agreement, and may never be discussed at all.

The trick is to establish and continually revisit rules so that they're confining enough to keep the couple in a monogamous relationship--according to their own terms--but loose enough to encourage growth and exploration for their marriage and for each person individually.

In every case, it is important to understand that our marriage and committed partnerships grow and develop through stages just like we do as individual persons.

So, any, agreements we make is subject to change either implicitly or through passive agreements. It is healthier and less prone to misunderstandings and betrayal to make these changes more explicit and to have discussions on a regular basis about what each partner wants in their monogamy.

Consider this: We renew our license to drive a car every couple of years; why not renew our agreement to be with our partner?

## QUESTIONS FOR YOUR NEW MONOGAMY AGREEMENT

Making an explicit monogamy agreement is like renewing your vows only without following a standard predetermined text.

A new monogamy agreement should be renewed every five years or even more often when necessary.

When creating this new agreement it is important not to just make promises, but to discuss possibilities.

Remember, you may have made promises when you got married or pledged your fidelity. However, now, a new monogamy agreement is what may be needed and may include new rules. Built into this agreement are ways to have fluidity and variety as necessary.

The following questions are based on the continuum of monogamy and will help you create your new agreement:

Take your time and either write down the answers to the following question or discuss in real-time with your partner.



## QUESTIONS FOR YOUR NEW MONOGAMY AGREEMENT

1. What are our “rules” about flirting? Is it okay to flirt with someone at work? Is it okay to flirt with each other’s friends?
2. Should we share with each other every time we notice someone else as attractive?
3. Can we confront each other about the others flirting? What would be a safe way to talk about that? How should we flirt with each other?
4. Do you think we have cheated in our hearts if we imagine being with someone else?
5. How does sharing sexual fantasies feel threatening to our relationship? How does it help?
6. What if I desire a type of sex that we have never discussed?
7. What would happen if we committed to acting out each other’s sexual and romantic desires no matter what?
8. How often should we sexual fantasies with one another?
9. Should we tell each other when we masturbate? What about how we masturbate?



## QUESTIONS FOR YOUR NEW MONOGAMY AGREEMENT

10. What if I don't feel aroused immediately when we start to have sex? Should I tell you what to do to turn me on?
11. When I feel aroused by you, does that mean we should have sex right in that moment? Why or why not?
12. How do I tell you if something you do turns me on?
13. Should our emails be transparent or private?
14. What constitutes an emotional affair?
15. What things are not okay to share with anyone else outside of our relationship?
16. If I start to take actions that may be threatening or risky to our monogamy agreement, how do we want to handle that?
17. If we start texting, Facebook-ing, or IM-ing with another person, is it a risk to our relationship?
18. Regarding another person, can I kiss them? Can we hold hands? Should I call you if things go too far? What is too far?

## QUESTIONS FOR YOUR NEW MONOGAMY AGREEMENT

19. If I begin to feel connected to someone outside of our relationship how do we manage that?
20. Do you want some type of open relationship?
21. How do we deal with jealousy?
22. What are our guidelines for opening the relationship up to others?
23. Do we talk about our relationship every day? Every night? Once a week?
24. Do we always sleep in the same bed? Separate beds? Separate rooms?
25. How many times a week should we have sex? How many times per month?
26. Do we watch pornography together? If so, how often? Who picks?
27. Can I make love to someone else if I don't have intercourse?
28. Should I tell you before I have sex with someone else? And what constitutes sex?
29. Do we participate in sex with other people while we are together? Who initiates this sex?

## QUESTIONS FOR YOUR NEW MONOGAMY AGREEMENT

30. Are we physically participating or just watching?
31. Can we have lovers when we travel? Can we have same sex lovers?
32. Do we keep the outside relationships private?
33. What happens if we don't have sex for a week or a month?
34. Can we love more than one person at a time?
35. How do we talk about past transgressions?
36. Do we have a polyamorous relationship?
37. If we become detached emotionally, how do we talk about it? How do we come back together to try and reconnect?



## COMPLETING YOUR NEW MONOGAMY AGREEMENT

When you are done with answering your NEW MONOGAMY questions, take the time to celebrate.

Your NEW MONOGAMY agreement is one of the most important things you will accomplish in your lifetime. It should not be taken lightly or dismissed easily. Give yourselves credit for having a conscious relationship and congratulate yourselves for moving forward in your relationship.

## RESOURCES

For more information, please contact Dr. Tammy Nelson at [www.drtammynelson.com](http://www.drtammynelson.com).

**For a full list of questions and topics, please see the book:**

[The New Monogamy: Redefining Your Relationship After Infidelity](#), by Tammy Nelson, PhD, (2012) New Harbinger

**Dr. Tammy Nelson is a sex and relationship expert and the author of several books including:**

[Getting The Sex You Want: Shed Your Inhibitions and Reach New Heights of Passion Together](#), by Dr. Tammy Nelson, PhD, (2008) Quiver

[When You're The One Who Cheats: Ten Things You Need To Know](#), by Tammy Nelson, PhD, (2019) RL Publishing Corp.

[Integrative Sex & Couples Therapy: A Therapist's Guide to New and Innovative Approaches](#), by Tammy Nelson, PhD, (2020) PESI Publishing & Media

[Open Monogamy: A Guide to Co-Creating Your Ideal Relationship Agreement](#) by Tammy Nelson, PhD (2021) Sounds True

[What's Eating You: A Workbook for Teens With Anorexia, Bulimia & Other Eating Disorders](#), by Tammy Nelson, PhD, (2008)