

Open Monogamy Agreement Form

Partners:

_____ and _____
[Partner 1 Name] [Partner 2 Name]

Add multiple partners as necessary.

Introduction:

We, [Partner 1] and [Partner 2], hereby agree to enter into an open monogamy relationship as a loving, committed couple. We understand that monogamy means being sexually, emotionally and romantically committed to one another while allowing for a personally defined, broader definition of monogamy as it includes sexual, emotional and/or romantic involvement with others. We also understand that we may need to revisit this agreement periodically to ensure that it continues to meet our needs and desires.

I, [Partner 2], commit to you, [Partner 1], that I will always be honest and transparent in our communication, prioritize our mutual well-being, and respect our agreed-upon boundaries and expectations, while remaining committed to our relationship.

Signed:

_____ and _____
[Partner 1] [Partner 2]

Section 1: Expectations and Boundaries

- We agree that [kissing, holding hands, hugging, flirting, or sexting with others] are included/off limits/outside of our relationship boundaries:

Examples may include:

[Partner 1] answer: _____

[Partner 2] answer: _____

- When either partner crosses any of the agreed-upon boundaries or expectations, we will revisit an open dialogue and:

[Partner 1] answer: _____

[Partner 2] answer: _____

- There are some situations or scenarios where exceptions to the boundaries and expectations may occur including:

[Partner 1] answer: _____

[Partner 2] answer: _____

Section 2: Communication

- We will communicate with each other about any potential challenges or concerns that may arise regarding our monogamy agreement on a regular basis. Our check ins will occur:

[Partner 1] answer: _____

[Partner 2] answer: _____

- We will update and review our monogamy agreement and make any necessary changes every [6] [12][xx] months.

[Partner 1] answer: _____

[Partner 2] answer: _____

- When feelings of jealousy or insecurity arise during our relationship we will:

[Partner 1] answer: _____

[Partner 2] answer: _____

Section 3: Sexual Health and Safety

- We will prioritize and maintain our sexual health and safety while in our open monogamous relationship by using protection during sexual activities and getting regular STI testing. The use of protection will include [xx] with [xx] partners and STI STD testing will occur [xx].

[Partner 1] answer: _____

[Partner 2] answer: _____

- If there are instances where one or more partner contracts an STI or other sexually transmitted disease or infection we will:

[Partner 1] answer: _____

[Partner 2] answer: _____

Section 4: Commitment

By signing below, we, [Partner 1] and [Partner 2] commit to each [one another] other to honor and respect the terms of this Open Monogamy Agreement. We understand that the success of our open monogamy relationship depends on our ability to communicate openly and honestly with each other, respect each other's boundaries, and prioritize our sexual health and safety.

I, [Partner 1], commit to you, [Partner 2] that I will always be honest and transparent in our communication, prioritize our mutual well-being, and respect our agreed-upon boundaries and expectations, while remaining committed to our relationship agreement.

Date: _____

Once the form is filled out and all partners have agreed, write out the agreements in each section as agreed to, sign, and finish the Open Monogamy Agreement. It can be printed out in the form of wedding vows, such as:

Open Monogamy Agreement

I, [Partner 1], commit to you, [Partner 2] that I will always be honest and transparent in our communication, prioritize our mutual well-being, and respect our agreed-upon boundaries and expectations, while remaining monogamous in our relationship.

I, [Partner 2], commit to you, [Partner 1] that I will always be honest and transparent in our communication, prioritize our mutual well-being, and respect.