

Open Monogamy Continuum Quiz

Here's a quiz based on Dr. Tammy Nelson's book on Open Monogamy, designed to help couples determine where they might land on the open monogamy continuum. The quiz includes multiple-choice questions that assess attitudes, beliefs, and practices related to different forms of monogamy and polyamory.

Instructions:

For each question, choose the option that best describes your relationship or your views. At the end of the quiz, tally your answers to see where you and your partner might land on Dr. Tammy Nelson's open monogamy continuum.

1. How do you and your partner view the concept of monogamy?

- a) It's non-negotiable and strictly adhered to.
- b) We're monogamous, but there have been instances of infidelity.
- c) We're monogamous, but we don't discuss outside interests.
- d) We're primarily monogamous but open to other relationships.
- e) We have multiple partners but with clear rules and boundaries.
- f) We have multiple partners with no hierarchy or strict rules.

2. How do you handle discussions about sexual desires outside the relationship?

- a) We don't discuss them; monogamy is a given.
- b) We don't discuss them, but there's been cheating.
- c) We don't ask or tell about outside interests.
- d) We openly discuss our desires and boundaries.
- e) We have structured discussions with set rules.
- f) We discuss freely without imposing strict rules.

3. How would you describe the level of honesty in your relationship regarding other attractions?

- a) Completely honest and committed to monogamy.
- b) Dishonest about outside attractions.
- c) Honest but with an agreement not to discuss them.
- d) Completely honest and open about attractions.
- e) Honest with clear boundaries and rules.
- f) Honest without needing to impose boundaries or hierarchy.

4. What is your stance on infidelity?

- a) It's completely unacceptable.
- b) It happens, but it's not openly discussed.
- c) We don't discuss it, but it's understood it's not allowed.
- d) We don't consider it infidelity if it's openly communicated.
- e) It's allowed within the rules we've set.
- f) It's not a concept we adhere to; we focus on mutual consent.

5. How do you feel about your partner having emotional or sexual relationships with others?

- a) It's completely unacceptable.
- b) It's happened, but we don't talk about it.
- c) It's not discussed or allowed.
- d) It's acceptable with open communication.
- e) It's acceptable with clear rules.
- f) It's acceptable without hierarchical restrictions.

6. How do you handle jealousy in your relationship?

- a) We avoid situations that could cause jealousy.
- b) We don't discuss it, but it's a problem.
- c) We avoid discussing it and hope it doesn't come up.
- d) We openly discuss and manage it.
- e) We have rules to manage jealousy.
- f) We accept it as part of our open dynamic and discuss it freely.

7. How do you view the concept of primary and secondary partners?

- a) We only have primary partners.
- b) We don't discuss other partners, but there may be secondary partners.
- c) We don't ask or tell about secondary partners.
- d) We have a primary partner but are open to secondary partners.
- e) We have primary and secondary partners with set rules.
- f) We don't use hierarchical terms like primary or secondary.

8. How do you and your partner establish boundaries in your relationship?

- a) Boundaries are strict and non-negotiable.
- b) Boundaries are not discussed, leading to infidelity.
- c) Boundaries are understood but not openly discussed.
- d) Boundaries are openly discussed and flexible.
- e) Boundaries are openly discussed and clearly defined.
- f) Boundaries are discussed but not rigid, focusing on mutual consent.

9. How do you handle the idea of sexual exclusivity?

- a) It's a fundamental part of our relationship.
- b) It's expected but not always adhered to.
- c) It's assumed but not openly discussed.
- d) It's negotiable with open communication.
- e) It's part of our rules but not exclusive.
- f) It's not a requirement; we focus on mutual consent.

10. How important is it for you to have a traditional monogamous relationship?

- a) Very important; it's a core value.
- b) Important, but there have been breaches.
- c) Important, but we don't discuss outside interests.
- d) Somewhat important, but we're open to other possibilities.
- e) Not very important; we have clear rules for other relationships.
- f) Not important; we prefer a non-hierarchical approach.

Scoring:

Mostly A: Closed Monogamy Honest & inflexible (traditional)	Mostly B: Reluctant Monogamy Dishonest & inflexible (cheating)
Mostly C: Tacit Monogamy Honest & inflexible (don't ask/don't tell)	Mostly D: Open Monogamy Honest & flexible (primary but open)
Mostly E: Dedicated Polyamory Open & Boundaried (roles have rules)	Mostly F: Open Polyamory Open & without hierarchy (anarchy)

I hope this quiz helps couples understand their position on Dr. Tammy Nelson's open monogamy continuum!