

Open Monogamy Journaling

Quality of life Check in

Notice every day what has improved, remained neutral or feels worse. You can use a 1-10 scale or just put an 'x' in the column that applies. You may notice that every day feels different. What areas do you want to work on in yourself? With a partner?

| <u>Health</u> | <u>Improved</u> | <u>Neutral</u> | <u>Worse</u> |
|-----------------------------|-----------------|----------------|--------------|
| Lack of Pain | | | |
| Energy | | | x(1-10?) |
| Mobility | | | |
| Sleep | | | |
| SDLs | | | |
| Work | | | |
| <u>Psych</u> | | | |
| Enjoyment | | | |
| Meaning | | | |
| Concentration | | | |
| Body image | | | |
| Self esteem | | | |
| Positive mood | | | |
| <u>Relationships</u> | | | |
| Personal | | | |
| Sex | | | |
| friends | | | |
| <u>Environment</u> | | | |
| Safety | | | |
| health | | | |
| Money | | | |
| Accessibility | | | |
| Leisure | | | |
| Living space | | | |
| Transportation | | | |
| Information | | | |

Open Monogamy Journaling

Check in with your own narrative.

Choose one or more of the following to journal about today.

What story am I living out that I do not notice I am enacting?

The story I am telling myself about you...

The story I am telling myself about me...

The story I am telling myself about us.....

Open Monogamy Journaling

Projections

What story am I encouraging you to live out ?

What am I projecting onto you that belongs to me?

What is true about what I feel?

What is not true?

What does it mean if it's not true?

Who do I become?

Open Monogamy Journaling

Write your own story

How can I change my story, the story I am telling myself, just for today?

What if I could make up a new vision, the ideal scenario for my story, what would it be?

Open Monogamy Journaling

Integrating the self –

What do you like about yourself?

What do you not like about yourself?

What do you love about yourself?

What do you like about yourself in your outside/other/metamour relationship?

What do you not like about yourself in your outside/other/metamour relationship?

What do you love about yourself when you're with your outside/other/metamour relationship?

Open Monogamy Journaling

Learning

What do the parts you don't like about yourself have to teach you?

What do the parts you don't like about your life have to teach you?

How can you welcome and love those parts of you?

What are the parts you like about yourself and what do they have to teach you?

How can you encourage all of those parts to be more present?

How you can express those parts in your everyday life?

How can you hold onto those parts in yourself in a way that feels integrated?

Open Monogamy Journaling

Find some more insight –

What is the hidden part of me that my lover represents?

What do they mirror for me?

What am I looking for in them that I have denied in myself?

What am I looking for in them that I have told myself is not in my spouse?

What am I looking for in them that I have kept from my primary relationship?

Open Monogamy Journaling

Resistance –

How do I sabotage myself from getting what I want in my relationships?

Even though I say I want these things in our relationship how might the opposite also be true ?

How might I be keeping my partner from having what they want ?

Open Monogamy Journaling

Self ownership-

Who do I need to become right now in my life?

What do I need to believe?

In order to live a full and happy life what do I need to own in myself?

What are the most important ways you care for myself?

Open Monogamy Journaling

Check in for 15 minutes every day with your partner:

How are you?

How am I?

How are we?

Open Monogamy Journaling

Healing history –

What did your parents think about sex?

Your mother? Your father? Grandparents?

Tell your parents story about sex from their point of view.

What was your parent's history with romantic and intimate relationships?

What are you repeating that you learned in your childhood?

What did you see when you were growing up that you are trying to unlearn?

Open Monogamy Journaling

Check in

What I feel today:

What I want to feel:

What I can do to take care of myself: