



Are We Ready to Explore Ethical Non-Monogamy?

A Relationship Readiness Self-Assessment

Exploring ethical non-monogamy (ENM) is a significant relationship decision. There is no "perfect" score that determines whether you're ready. Instead, this workbook is designed to help you better understand your motivations, identify areas of strength, and uncover topics that deserve more conversation before making any changes.

How to use this workbook:

1. Complete the assessment individually.
2. Answer honestly—there are no right or wrong responses.
3. Compare answers with your partner(s).
4. Focus on understanding rather than agreement.
5. Consider seeking support from an affirming therapist if difficult conversations arise.

Part 1: Your Motivation

Rate each statement from **1 (Strongly Disagree)** to **5 (Strongly Agree)**.

Statement	1	2	3	4	5
I can clearly explain why I want to explore ENM.	☐	☐	☐	☐	☐
My interest comes from curiosity rather than pressure.	☐	☐	☐	☐	☐
I'm not hoping ENM will fix existing relationship problems.	☐	☐	☐	☐	☐
I've spent time learning about different relationship structures.	☐	☐	☐	☐	☐
I understand that ENM requires ongoing communication and flexibility.	☐	☐	☐	☐	☐

Reflection

What draws me toward ethical non-monogamy?

What concerns me most?

Part 2: Communication

Rate each statement from **1 (Strongly Disagree)** to **5 (Strongly Agree)**.

Statement	1	2	3	4	5
My partner(s) and I can discuss difficult topics respectfully.	☐	☐	☐	☐	☐
We repair conflicts instead of avoiding them.	☐	☐	☐	☐	☐
I feel safe expressing uncomfortable emotions.	☐	☐	☐	☐	☐
We regularly check in about our relationship.	☐	☐	☐	☐	☐
We can disagree without attacking each other.	☐	☐	☐	☐	☐

Reflection

One communication strength we already have:

One area we'd like to improve:

Part 3: Emotional Readiness

Rate each statement from **1 (Strongly Disagree)** to **5 (Strongly Agree)**.

Statement	1	2	3	4	5
I can recognize my emotions without acting impulsively.	☐	☐	☐	☐	☐
I understand that jealousy is a normal emotion.	☐	☐	☐	☐	☐
I'm willing to discuss difficult feelings honestly.	☐	☐	☐	☐	☐
I generally trust my partner(s).	☐	☐	☐	☐	☐
I can tolerate uncertainty when appropriate.	☐	☐	☐	☐	☐

Reflection

When I feel insecure, I usually...

Healthy support I can ask for:

Part 4: Boundaries & Expectations

Discuss these questions together.

What boundaries feel most important to us?

- ☐ Sexual health
- ☐ Time management
- ☐ Sleepovers
- ☐ Meeting other partners
- ☐ Privacy
- ☐ Family and friends
- ☐ Social media
- ☐ Other: _____

Which topics still need more discussion?

- ☐ Safer sex practices
 - ☐ Dating apps
 - ☐ Holidays
 - ☐ Emotional intimacy
 - ☐ Financial expectations
 - ☐ Overnight stays
 - ☐ Introducing new partners
 - ☐ Other: _____
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Part 5: Reflection Questions

Write your responses individually before discussing them together.

1. What excites me most about exploring ENM?

2. What fears do I have?

3. What would help me feel emotionally safe?

4. How will I know if this relationship structure is working well for me?

5. What values do I want all of my relationships to reflect?

6. What agreements feel essential before moving forward?

Looking at Your Responses

Rather than adding up a score, notice any patterns.

Strengths

Where did you consistently rate yourselves highly?

Opportunities for Growth

Which topics generated uncertainty, disagreement, or lower ratings?

Conversation Priorities

List the three conversations you'd like to have before making any decisions.

1.

 2.

 3.

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Remember

Healthy ethical non-monogamy isn't about having perfect communication or never experiencing jealousy. It's about approaching relationships with honesty, consent, mutual respect, and a willingness to keep learning together.

If your conversations uncover recurring conflict, uncertainty, or emotional roadblocks, working with an affirming therapist can provide a supportive space to explore your goals, strengthen communication, and make decisions that align with your values.

You don't have to have all the answers before you start the conversation—but taking time to reflect can help you move forward with greater clarity and confidence.