



Before You Open Up: A Relationship Check-In

*A thoughtful questionnaire for couples and
individuals exploring ethical non-monogamy*

Curiosity about opening a relationship can bring up excitement, hope, fear, and a lot of mixed feelings. This short check-in is designed to help you slow down, reflect honestly, and notice what is really motivating this conversation. It is not a test, a diagnosis, or a verdict on your relationship, just a starting point for a more grounded discussion.

Instructions

Read each statement and rate it from 0 to 4:

0 = Strongly disagree

1 = Disagree

2 = Unsure / sometimes

3 = Agree

4 = Strongly agree



Questions

- I am interested in opening our relationship because it feels aligned with my values, not because I want to escape our current problems.
- Our relationship feels secure enough for us to have honest conversations about hard things.
- We can talk about jealousy, desire, and boundaries without shutting down or blaming each other.
- I trust that my partner and I can be honest, even when the truth is uncomfortable.
- We have already been working on our relationship, not hoping that opening it will fix the hard parts.
- I understand what I hope this change will add to my life.
- I feel willing to slow down if either of us becomes unsure.
- I am open to discussing safer sex, time, privacy, emotional limits, and disclosure in detail.
- I can respect my partner's boundaries even when I wish they were different.
- I am prepared for this to increase complexity, not reduce it.



Scoring

Add up your total score from all 10 items.

0–19 = Not quite yet

There may be some important concerns to slow down and explore before opening your relationship.

20–29 = Mixed readiness

You may be curious and open, but there are still a few areas that deserve more conversation, skill-building, or support.

30–34 = Thoughtful readiness

You seem to have a solid foundation, with a few areas to keep discussing before making changes.

35–40 = Strong readiness signals

You may have the communication, clarity, and emotional steadiness needed to explore this carefully.

Gentle reminder

A higher score does not mean you should open your relationship immediately. Opening a relationship usually works best when there is already trust, communication, and emotional steadiness in place. If there is pressure, betrayal, or ongoing conflict, it may help to pause and get support before making any changes.