



Creating Your Ethical Non-Monogamous Relationship Vision

From: Adapted from "Getting the Love You Want" by Harville Hendrix

Time: Approximately 60 minutes

Purpose: To help you co-create a shared vision of a deeply satisfying ethical non-monogamous relationship that reflects your values, needs, and boundaries.

Directions:

1. Individual Reflection

Each of you takes out a sheet of paper and works separately. Write short, positive sentences describing your personal vision of an ethical non-monogamous relationship that deeply satisfies you both. Write in the present tense, as if it's already happening.

Include:

- Qualities and values you already have and want to maintain (e.g., honesty, respect).
- Qualities and dynamics you aspire to develop (e.g., open communication with all partners).
- Boundaries and agreements important to you (e.g., safe sex practices, clear scheduling).
- How you envision managing jealousy or insecurity.
- Your visions of connection, affection, and support both within your primary relationship and with others.

2. For example:

- "We communicate openly about new connections."



- “We support each other’s individual growth and external relationships.”
 - “We negotiate boundaries respectfully and revisit them regularly.”
 - “We practice safe sex with all partners.”
 - “We experience joy together and celebrate each other’s other loves.”
3. Frame all items positively: focus on what you want, not what you want to avoid. (“We build trust through transparency” rather than “We don’t hide things.”)
 4. **Sharing and Common Ground**
Share your sentences aloud. Underline items that you both express or that share the same meaning, even if worded differently. Add any shared ideas that one partner wrote but the other agrees with. Set aside those items not shared for now.
 5. **Ranking Importance**
Individually, rank all your items—including those not shared—on a scale of 1 to 5, where 1 means “very important” and 5 means “less important” to you.
 6. **Select Most Important Priorities**
Circle the two items you each consider most important.
 7. **Identify Challenges**
Put a check mark next to any items you think will be most difficult to achieve or maintain.
 8. **Create Your Mutual ENM Relationship Vision**
Together, develop a shared vision list starting with the items both of you agree are most important. Mark those you both acknowledge will be challenging. List less important items separately.

For items where you disagree or feel conflict, see if you can create a compromise or nuanced statement that honors both perspectives (e.g., “We agree to revisit boundaries regularly and make adjustments as needed”). If compromise isn’t possible currently, set those items aside to revisit later.

Notes:



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- This exercise is designed to foster transparency, respect for autonomy, and ethical practice — core to non-monogamous relationships.
- Consider adding statements about communication, consent, emotional support, and how you balance your primary and other connections.
- Revisiting this vision periodically can help adapt goals as your relationship evolves.