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Polyamory for Primaries

Starting points

1. Check your luggage...first and frequently.
2. Get a clear handle on what it means to be primary.
3. Come up with a starting definition of polyamory.
4. Check your toolbox.
5. Create your rules.
6. Define your goals.

Luggage, baggage and other things we carry around

1. Personal history
 - a. Family issues
 - b. Previous relationships
 - c. Mental illness
2. Insecurity
3. Jealousy
4. Marital problems
5. Religious issues
6. Financial issues

What does it mean to be primary?

1. Our relationship takes precedence over everything.
2. We base all decisions on preserving our primary relationship.
3. We use these rules to create a secure structure for our polyamory.
4. Each couple has to decide on the definition that works within their relationship.

What is polyamory in the context of your relationship?

1. You will need a starting definition.
2. This definition may evolve with experience.
3. Poly can stretch from very strict polyfidelity to swinging, but the only definition that matters is the one you agree on for your relationship.

Tools for building a strong poly relationship

1. Communication, communication, and more communication
2. Being totally supportive of your primary partner
3. Trust
4. Willingness to face your own demons
5. Absolute honesty with yourself and with your partner
6. Willingness to be honest with all secondary partners
7. A good sense of humor
8. And more communication

Those pesky rules

1. Our primary rules
 - a. Absolute honesty
 - b. Safe sex
 - c. Everyone gets to express their opinion without fear of retribution
 - d. Either partner can end the poly game
2. The devil is in the details
 - a. May have primary over-riding rules
 - b. May also have rules that are intended to grow with the relationship
 - c. Very individual
 - d. Need to be clear
 - e. Be reasonable with yourself and your partner
3. Rules don't have to make sense if they work for you
 - a. We play together.
 - b. If you have an in-the-moment opportunity, take it. Don't pass it up just because we can't talk first.
4. Rules don't have to be fair
 - a. You play with other women when I'm present.
 - b. I play with other men whenever I want.
5. Rules evolve as the relationship evolves
 - a. Not likely to apply to the primary rules
 - b. Very likely to apply to rules that are based on your current state that may change with personal and/or spiritual growth

Why do we want to do this?

1. Can vary from simple to deep
 - a. Just for more fun
 - b. As a tool for spiritual development
2. Could be temporary
 - a. During a time when a certain other person is available
 - b. When one of the parties is out of commission
 - c. During a long separation
3. What the goals are is less important than the communication
 - a. Get everyone on the same page
 - b. Address concerns
4. Not the way to fix a damaged or broken relationship
5. Check you baggage again

Reap the rewards

1. Improved communication
2. Personal development
 - a. Coming face to face with your own demons
 - b. Chucking the old baggage
 - c. Finding baggage you didn't even know you had
 - d. Learning to trust yourself
 - e. Being able to really trust someone else
3. Know your partner in ways you never could one-on-one
 - a. See your partner through other lover's eyes
 - b. Experience the love your partner brings back to you
 - c. See your partner loving someone else while being totally safe in your relationship
4. Closeness
 - a. Experiencing coming back together after sharing your love
 - b. Looking into each other's eyes and souls as you share your loving experiences
 - c. Being there for each other when other relationships complete their life-cycle
 - d. Recognizing your ability as a couple to come to agreement on differing views

5. Sharing
 - a. Sharing the joy you've experienced with other partners
 - b. Sharing what you've learned about your primary partner by being with others
 - c. Sharing all the fun stories
6. Spiritual growth
 - a. Learning new concepts from intimate interactions with others
 - b. Experiencing the oneness we all share
 - c. Finding your own voice to express your needs and trust that they will be honored
7. New techniques
8. Experimentation
9. A love-life that is never boring
10. Never running out of interesting things to talk about, try and do

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