

I'm good with my partner passively being open to a relationship evolving to being romantic (emotionally and/or sexually) at some point

- if either partner is in disagree for both, this partnership is not ethically non-monogomous... answer no more questions and seek alignment

I'm good with my partner passively being open to a relationship evolving to being physically/sexually romantic at some point

I'm good with my partner actively seeking a emotionally romantic relationship (on sites like Feeld, OKCupid, etc)

- if either partner is in disagree you all are ENM, but passively so. You should definitely go down to the Romantic-stair-step and sexual-stair-step ratings below

For the 9 stair steps to **physical intimacy**, we'll use a matrix to determine

the partner needs.

First three steps are Distant
Middle three are Surface

Last three steps are INTIMATE

Step 1/9: Distant: **Curiosity**

- Neutral curiosity; minimal personal energy.

- Likes or brief replies in group/app
- Comms in dating or group App

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- Comms once or twice per week
- No photos shared outside of dating app / group photos

No photos shared outside of dining app; group photos

Physical intimacy

Step 2/9: Distant: **Acquainted**

- Awareness, interest, and digital familiarity

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Examples:

- Social media have been exchanged

- Occasional DMs; light compliments.
- Sharing of G-rated / clothed photos common

[illegible]

Video of AR3 going through this!
(password: love)

[illegible]

sexy, but still clothed photos)

Physical intimacy

[Video of AR3 going through this!](#)
(password: love)

Physical intimacy

Step 8/9: Surface: **Sexual**

- Active sexual engagement

Examples:

- Oral sex (Fellatio and/or Cunnilingus)
- Mutual masturbation (Handjobs / fingering)
- No penetration (vaginal or anal)

Physical intimacy

Step 9/9: Surface: **Intimate Union**

- Ongoing physical relationship

Examples:

- Full penetration intercourse (vaginal or anal)
- Repeated encounters

For the 9 stair steps to **emotional intimacy**, we'll use a matrix to determine the partner needs.

First three steps are DISTANT (same as physical... will not repeat)

Middle three are SURFACE

Last three steps are INTIMATE

Emotional intimacy

Step 4/9: Surface: **Present**

- Emotional care begins

Examples:

- Mild venting (not about original partner)
- Genuine concern
- Texting, talking, or visiting 1-3 times per week

Opposite Biological Sex						Same Biological Sex						Opposite Biological Sex						Same Biological Sex								
Agree / Comfortable			Disagree / Uncomfortable			Agree / Comfortable			Disagree / Uncomfortable																	
Strongly	Mildly	Slightly	Slightly	Mildly	Strongly	Strongly	Mildly	Slightly	Slightly	Mildly	Strongly															

[Video of AR3 going through this!](#)
(password: love)

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<p><i>Emotional intimacy</i> Step 5/9: Surface: Vulnerability</p> <p>• Attachment deepens</p> <p>Examples: • Sharing fears, insecurities, personal reflections. • Texting, talking, or visiting multiple times per week</p>	"If my partner reached this level of emotional intimacy with someone of their opposite sex , I would feel emotionally comfortable – given our agreed disclosure patterns (prior & post) are met."						"If my partner reached this level of emotional intimacy with someone of their same sex , I would feel emotionally comfortable – given our agreed disclosure patterns (prior & post) are met."							Prior-disclosure... • No Notification or Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Notification Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • No Notification or Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Notification Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Agreement Expected & Post-disclosure... • Full, Expected							
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<p><i>Emotional intimacy</i> Step 6/9: Surface: Supportive</p> <p>• Emotional responsibility forming</p> <p>Examples: • Offering comfort; reaching out during stress • Discuss issues about original partner • Common "I miss you" • Texting, talking, or visiting daily</p>	"If my partner reached this level of emotional intimacy with someone of their opposite sex , I would feel emotionally comfortable – given our agreed disclosure patterns (prior & post) are met."						"If my partner reached this level of emotional intimacy with someone of their same sex , I would feel emotionally comfortable – given our agreed disclosure patterns (prior & post) are met."							Prior-disclosure... • No Notification or Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Notification Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • No Notification or Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Notification Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Agreement Expected & Post-disclosure... • Full, Expected							
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<p>For the 9 stair steps to physical intimacy, we'll use a matrix to determine the partner needs.</p> <p>First three steps are DISTANT Middle three are SURFACE Last three steps are INTIMATE</p>	Strongly Disagree "Regardless of disclosure, this would feel unsafe." Disagree "Disclosure helps, but I'd still feel deeply uncomfortable." Slightly Disagree "Could try to be okay / need significant emotional prep." Slightly Agree "I'd probably be okay with this, if handled carefully." Agree "This would feel fine if disclosure expectations are met." Strongly Agree "This would feel natural and safe within our relationship."													Prior-disclosure... • No Notification or Agreement Expected – "I desire for you to navigate this autonomously." • Notification Expected – "I need awareness beforehand so I can emotionally prepare." • Agreement Expected – "I need to talk and agree before this happens to feel emotionally safe." & Post-disclosure... • Unwanted – "I'd rather not know afterward; it would cause distress." • Desired, but not Expected – "I appreciate transparency but don't require it." - Exploring partner is willing to say yes to show things like text messages, shared location, etc • Full, Expected – "I expect full transparency afterward to maintain trust." - Exploring partner is expected to show things like text messages, shared locations, etc after every encounter [5]												
<p><i>Emotional intimacy</i> Step 7/9: Surface: Integration</p> <p>• Connection becomes visible</p> <p>Examples: • Meeting poly-aware friends • Ok with being publicly acknowledged • If original partner is unavailable, the other partner satisfies "primary</p>	"If my partner reached this level of emotional intimacy with someone of their opposite sex , I would feel emotionally comfortable – given our agreed disclosure patterns (prior & post) are met."						"If my partner reached this level of emotional intimacy with someone of their same sex , I would feel emotionally comfortable – given our agreed disclosure patterns (prior & post) are met."							Prior-disclosure... • No Notification or Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Notification Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • No Notification or Agreement Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Notification Expected & Post-disclosure... • Full, Expected	Prior-disclosure... • Agreement Expected & Post-disclosure... • Full, Expected							
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partner" roles

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