Video of AR3 going through this!		Op	posite Biolog	jical Sex			5	Same Biolog	gical Sex		C	pposite Biological	Sex		Same Biological	Sex	
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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 friendship evolving to										_							
being emotionally romantic at some point I'm good with my partner passively being open to a relationship evolving to																	
being physically/sexually romantic at some point • if either partner is in disagree for the above four responses, this partnership is not										_							
ethically non-monogomous, but is confusing answer no more questions and seek alignment not sure how we got here																	
I'm good with my partner actively seeking a emotionally romantic relationship (on sites like Feeld, OKCupid, etc)																	
I'm good with my partner actively seeking a physically/sexually romantic relationship (on sites/apps like Feeld, OKCupid, FetLife, 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	Strongly D Disagree Slightly Dis Slightly Ag Agree Strongly Ag	"Disc sagree "Cou	losure helps, b ild try to be oka probably be oka s would feel fin	out I'd still fee ay / need sign ay with this, if he if disclosure	would feel unsafe el deeply uncomfe decent emotiona of handled careful re expectations a e within our relati	ortable." prep." y." re met."					Notification Expe Agreement Expe Post-disclos Unwanted - "I'd r Desired, but not things like text mes Full. Expected - Full. Expected -	r Agreement Expercted — "I need awarcted — "I need to tal ure ure ather not know after Expected — "I appresages, shared locatil reasons."	reness beforehand so k and agree before the ward; it would cause ciate transparency be on, etc	ut don't require it." - E: aintain trust " - Explori	pare." otionally safe." xploring partner is w		
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Physical intimacy Step 1/9: Distant: Curiousity Neutral curiosity; minimal personal energy. Examples: Likes or brief replies in group/app Comms in dating or group App Comms once or twice per week											Prior-disclosure • No Notification or Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure • Notification Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Desired, but not Expected	Prior-disclosure • Notification I Expected & Post-disclosure • Desired, but not Expected	Prior-disclosi Agreement Expected & Post-disclosi Desired, bu Expected	ıre
No photos shared outside of dating app / group photos										ı	Prior-disclosure • No Notification or Agreement Expected & Post-disclosure • Unwanted	Prior-disclosure Notification Expected & Post-disclosure Unwanted	Prior-disclosure • Agreement Expected & Post-disclosure • Unwanted	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Unwanted	Prior-disclosure Notification Expected & Post-disclosure Unwanted	Prior-discloss • Agreement Expected & Post-discloss • Unwanted	
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Physical intimacy Step 2/9: Distant: Acquainted - Awareness, interest, and digital familiarity Examples: - Social media have been exchanged - Occasional DMs; light compliments Sharing of Carted / clothed photos common											Prior-disclosure • No Notication or Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosi Agreement Expected & Post-disclosi Desired, bu Expected	ıre
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/ideo of AR3 going through this!	Opposite Biological Sex Agree / Comfortable Disagree / Uncomfortable	Same Biological Sex Agree / Comfortable Disagree / Uncomfortable	Opposite Biological Sex	Same Biological Sex
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Physical intimacy Step 3/9: Distant: Connected - Early compatibility; casual comfort. Examples: - Real phone numbers have been exchanged - Text or calls most days - Sharing of PG-rated / innocent bathing suit / workout clothed photos			Prior-disclosure No Notication or Notification Agreement Expected & & & & & & & & & & & & & & & & & & &	Prior-disdosure *No Notilication or Agreement Expected & Sected & Secte
mmon			Prior-disclosure No Notication or No Notication or Agreement Expected	Prior-disclosure No Notification or Agreement Expected & & & & & & & & & & & & & & & & & & &
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sical intimacy	"If my partner reached this level of physical 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 physical 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 No Notification or Agreement Expected & Sa Post-disclosure	Prior-disclosure No Noticiation or Agreement Expected & & & & Expected Agreement Expected
tep 4/9: Surface: Present irst physical comfort test. amples: leet in public place & short hugs / cheek-only kisses leet up no more than once per month haring of PG-rated photos common (less innocent than step 3 more			Prior-disclosure No Notication or volution to Agreement Expected & & & & Expected & & & & Expected & & & & & & & & & & & & & & & & & & &	Prior-disclosure No Nollication or Agreement Expected & Septended Septe
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icep 5/9: Surface: Warm afe, social intimacy amples: leet in public place & hand holding, cuddling, playful affection. leet up every other week or so haring of PG-rated photos common (less innocent than step 3 more			Prior-disclosure No Notitication or Notification - Agreement Expected - Spected - Post-disclosure	Prior-disclosure No Notification or Agreement Expected Expected South Dut not Expected Local Dut not Expected Local Dut not Expected Local Dut not Expected Expected Local Dut not

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Physical intimacy Step 6/9: Surface: Aroused •Erotic curiosity expressed Examples: •Meet in semi-public places (movies), on-lips kissing (no tongue), over clothes touching •Meet up every week or so												Prior-disclosure No Notification or Agreement Expected & Post-disclosure Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure No Notification or Agreement Expected & Post-disclosure Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure • Agreement Expected & & Post-disclosure • Desired, but not Expected
Sharing of R-rated photos common (lingerie / dick picks / nudes)												 No Notiication or 	Prior-disclosure Notification Expected & Post-disclosure Unwanted	Prior-disclosure • Agreement Expected & Post-disclosure • Unwanted	Prior-disclosure • No Notification or Agreement Expected & Post-disclosure • Unwanted	Prior-disclosure Notification Expected & Post-disclosure Unwanted	Prior-disclosure • Agreement Expected & Post-disclosure • Unwanted
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	Strongly Disa Disagree Slightly Disag Slightly Agree Agree Strongly Agre	"Disc ree "Cou l'd p "Thi:	closure helps, ald try to be of probably be of s would feel f	closure, this would but I'd still feel dee cay / need significa cay with this, if han ne if disclosure ext atural and safe with	eply uncomfor int emotional p idled carefully. pectations are	rep." " met."						Notification Experiment Experiment Post-disclos Unwanted - "I'd re Desired, but not it things like text mess Full, Expected - "Full, Exp	r Agreement Expercted — "I need awa cted — "I need to tal ure ure ather not know after Expected — "I appre sages, shared locati "I expect full transpe "I expect full transpe	cted – "I desire for you reness beforehand so k and agree before thi ward; it would cause o ciciate transparency bu on, etc rency afterward to me ter every encounter [3	I can emotionally prep s happens to feel emo distress." t don't require it." - Ex sintain trust." - Explorir	are." 'stionally safe."	
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Physical intimacy Step 7/9: Surface: Near-Sexual - Sexual intent clear Examples: - Private encounters (houses, hotels, etc), makeout-sessions, & non-genital sexual foreplay - Meet up multiple times per week is common												Prior-disclosure No Notilication or Agreement Expected & Sost-disclosure Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure - Agreement Expected 8 Post-disclosure Desired, but not Expected
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Video of AR3 going through this!			oposite Biol						ogical Sex				0	pposite Biological	Sex		Same Biological S	Sex	
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Physical intimacy Step 8/9: Surface: Sexual	Strongly	ivilidiy	Slightly	Slightly	Willdly Stro	igiy Strong	iy Willary	Slightly	Slightly	ivilidiy	Strongly		<u></u>			•		<u> </u>	1
Active sexual engagement													Prior-disclosure No Notiication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	Prior-disclosure • No Notication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	
Active sexual engagement												8	Agreement Expected R Post-disclosure	& Post-disclosure	& Post-disclosure	Agreement Expected & Post-disclosure	& Expected & Post-disclosure	Expected & Post-disclosure	
Examples: • Oral sex (Fellatio and/or Cunnilingus)													Desired, but not expected	Desired, but not Expected	Desired, but not Expected	Desired, but not Expected	Desired, but not Expected	Desired, but not Expected	
Mutual masturbation (Handjobs / fingering) No penetration (vaginal or anal)																			1
													Prior-disclosure	Prior-disclosure	Prior-disclosure	Prior-disclosure	Prior-disclosure	Prior-disclosure	
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Physical intimacy																			+
Step 9/9: Surface: Intimate Union													Prior-disclosure No Notiication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	Prior-disclosure • No Notiication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	
Ongoing physical relationship												A	Agreement Expected	Expected &	Expected &	Agreement Expected &	Expected &	Expected &	
Examples:													Post-disclosure Desired, but not expected	Post-disclosure • Desired, but not Expected	Post-disclosure • Desired, but not Expected	Post-disclosure • Desired, but not Expected	Post-disclosure • Desired, but not Expected	Post-disclosure • Desired, but not Expected	
Full penetration intercourse (vaginal or anal) Repeated encounters																			
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												F	Prior-disclosur	e					
													Notification Expe	cted - "I need awar	reness beforehand so	u to navigate this auto	pare."		
For the 9 stair steps to emotional intimacy , we'll use a matrix to determine the partner needs.	Disagree	"Disc	closure helps	, but I'd still fo	s would feel uns feel deeply unc	mfortable."							Agreement Exped	cted - Theed to tall	k and agree belore tri	is happens to feel emo	olionally sale.		
First three steps are DISTANT (same as physical will not repeat) Middle three are SURFACE	Slightly Dis Slightly Agr Agree	sagree "Cou ree "I'd p Thi	probably be o	okay with this	significant emoti s, if handled car sure expectation	fully."						, i	Post-disclos	ure					
Last three steps are INTIMATE	Strongly A				afe within our re								Desired, but not I	Expected – "I appre	ward; it would cause eciate transparency but	distress." ut don't require it." - Ex	oploring partner is wi	ling to say yes to show	v
												 Dosired, but not Expected — "a ppreciate 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 [4] 							
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	"If my partne	er reached this I	level of emotic	onal intimacy w	with someone of t	eir "If mv pa	tner reached th						Prior-disclosure No Notiication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	Prior-disclosure • No Notiication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	
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Emotional intimacy Step 4/9: Surface: Present																			
•													Prior-disclosure No Notication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	Prior-disclosure • No Notication or	Prior-disclosure • Notification	Prior-disclosure • Agreement	
Emotional care begins												A 8	Agreement Expected k Post-disclosure	Expected & Post-disclosure	Expected & Post-disclosure	Agreement Expected & Post-disclosure		Expected & Post-disclosure	
Examples: • Mild venting (not about original partner)													Desired, but not expected	Desired, but not Expected	Desired, but not Expected	Desired, but not Expected	Desired, but not Expected	Desired, but not Expected	
Genuine concern Texting, talking, or visiting 1-3 times per week																			1
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Video of AR3 going through this!	Opposite Biological Sex	Same Biological Sex	Opposite Biological Sex	Same Biological Sex			
(password: love)	Agree / Comfortable Disagree / Uncomfortable Strongly Mildly Slightly Slightly Mildly Strongly	Agree / Comfortable Disagree / Uncomfortable Strongly Mildly Slightly Slightly Mildly Strongly					
	"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 Notilication or Notification Agreement Expected Expected Post-disclosure Post-disclosure Post-disclosure Full, Expected Post-disclosure Full, Expected	Prior-disclosure Prior-disclosure Prior-disclosure Prior-disclosure Agreement Agreement Expected Full, Expected Full, Expected Full, Expected			
Emotional intimacy Step 5/9: Surface: Vulnerability - Attachment deepens Examples: - Sharing fears, insecurities, personal reflections Texting, talking, or visiting multiple times per week			Prior-disclosure No Notilication or Agreement Expected & Bed-disclosure Post-disclosure Post-discl	Prior-disclosure Prior-disclosure Prior-disclosure No Notilication or Agreement Expected Expected Expected Expected & & & & & & & & & & & & & & & & & & &			
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Emotional Intimacy	"If my partner reached this level of emotional intimacy with someone of their opposite sex, I would feel emotionally conflortable – 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 Prior disclosure Prior disclosure Agreement Expected & Expecte	Prior-disclosure No Notilization or Notification - No Notification - Notification - Notification - Agreement Expected - San & Sa			
Step 6/9: Surface: Supportive - Emotional responsibility forming Examples: - Offering comfort; reaching out during stress - Discuss issues about original partner - Common "Imiss you"			Prior-disclosure No Notilication or Agreement Expected Poet-disclosure Desired, but not Expected	Prior-disclosure No Notilication or Notification - Agreement Expected Expected Expected Desired, but not Expected Expected - Desired, but not Expected			
Textling, talking, or visiting daily			Prior-disclosure Prior-disclosure Programment - No Notification or - Notification - Agreement Expected & Post-disclosure Unwanted -	Prior-disclosure Prior-disclosure Prior-disclosure No Notilication or Agreement Expected Expected Expected Agreement Expected Expected Agreement Expected Ag			
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	Strongly Disagree "Regardless of disclosure, this would feel unsafe." Disagree "Disclosure helps, but I'd still feel deeply uncomforf Slightly Disagree "Could try to be okay / need significant emotional parties of the disclosure expectations are Strongly Agree "This would feel fine if disclosure expectations are "This would feel natural and safe within our relation"	rep."	things like text messages, shared location, etc	I can emotionally prepare." is happens to feel emotionally safe." distress." it don't require it." - Exploring partner is willing to say yes to show aintain trust." - Exploring partner is expected to show things like			
Emotional Intimacy	"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 sox , I would feel emotionally comfortable – given our agreed disclosure patterns (pror & post) are met."	Prior-disclosure Prior-disclosure Prior-disclosure Agreement Expected Expected Expected & Post-disclosure Post-disclosure Post-disclosure Post-disclosure Post-disclosure Post-disclosure Post-disclosure Post-disclosure Post-disclosure Full, Expected	Prior-disclosure No Notilication or Notification - Agreement Expected - Agreement Expected - Agreement - Agreement - Expected - Agreement - Agree			
Step 7/9: Surface: Integration - Connection becomes visible Examples: - Meeting poly-aware friends - Ok with being publicly acknowledged - If original partner is unavailable, the other partner satisfies "primary			Prior-disclosure No Notilication or Notification Agreement Expected & & & & & & & & & & & & & & & & & & &	Prior-disclosure No Notilication or Notification Agreement Expected Expected Expected & & & & & & & & & & & & & & & & & & &			

Video of AR3 going through this!			pposite Bio						Same Biol				C	pposite Biologic	al Sex		Same Biological	Sex	
(password: love)		e / Comfort Mildly		Disagre Slightly	e / Uncom	fortable Strongly	Agre Strongly	e / Comfor	table Slightly	Disagre Slightly	e / Uncom Mildly								
partner* roles	Subligity	Mildly	Silgridy	Siigriliy	Willdiy	Suongly	Strongly	Milay	Silgruy	Silginily	Milaly	Strongry	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Unwanted	Prior-disclosure • Notification Expected & Post-disclosure • Unwanted	Prior-disclosure • Agreement Expected & Post-disclosure • Unwanted	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Unwanted	Prior-disclosure Notification Expected & Post-disclosure Unwanted	Prior-disclosure - Agreement Expected & Post-disclosure - Unwanted	
Emotional intimacy	opposite sex	er reached this ox, I would feel atterns (prior 8	emotionally of	comfortable –	cy with someo	one of their greed	same sex, I	er reached this would feel er or & post) are	s level of emo notionally con e met."	tional intimac ifortable – give	/ with some n our agree	one of their d disclosure	Prior-disclosure • No Notilication 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 Notilication or or Agreement Expected & Post-disclosure Full, Expected	Prior-disclosure Notification Expected & Post-disclosure Full, Expected	Prior-disclosure Agreement Expected & Post-disclosure Full, Expected	
Step 8/9: Surface: Etwined • Deep interdependence Examples: • Meeting poly-aware family • Life planning • Lines between original partner and newfother partner blur at high emotion times really happy sharing with either is satisfying really upset, either													Prior-disclosure • No Notiication or Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure Agreement Expected & Post-disclosure Desired, but not Expected	
times really happy sharing with either is satisfying really upset, either are considered your "rock" - Hard to imagine life without them													Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Unwanted	Prior-disclosure Notification Expected & Post-disclosure Unwanted	Prior-disclosure • Agreement Expected & Post-disclosure • Unwanted	Prior-disclosure No Notilication or Agreement Expected & Post-disclosure Unwanted	Prior-disclosure • Notification Expected & Post-disclosure • Unwanted	Prior-disclosure - Agreement Expected & Post-disclosure - Unwanted	
	opposite sex	er reached this ex, I would feel atterns (prior 8	emotionally of	comfortable -	cy with some given our ag	one of their greed	same sex, I	er reached this would feel er or & post) are	s level of emo notionally con net."	tional intimac Ifortable – give	y with some our agree	one of their d disclosure	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 Notilication or Agreement Expected & Post-disclosure Full, Expected	Prior-disclosure Notification Expected & Post-disclosure Full, Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Full, Expected	
Emotional Intimacy Step 9/9: Surface: Bonded • Full emotional partnership Examples: • "I love you" • Shared rituals and future plans													Prior-disclosure • No Notilication or Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure Notification Expected Post-disclosure Desired, but not Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure • No Notification or Agreement Expected & Post-disclosure • Desired, but not Expected	Prior-disclosure Notification Expected & Post-disclosure Desired, but not Expected	Prior-disclosure • Agreement Expected & Post-disclosure • Desired, but not Expected	
Shared rituals and future plans													Prior-disclosure No Notification or Agreement Expected & Post-disclosure Unwanted	Prior-disclosure • Notification Expected & Post-disclosure • Unwanted	Prior-disclosure • Agreement Expected 8 Post-disclosure • Unwanted	Prior-disclosure • No Notilication or Agreement Expected & Post-disclosure • Unwanted	Prior-disclosure Notification Expected & Post-disclosure Unwanted	Prior-disclosure - Agreement Expected & Post-disclosure - Unwanted	
	Disagree Slightly Disa Slightly Agre Agree	Slightty Disagree "Could try to be okay / need significant emotional prep." Slightty Agree "I'd probably be okay with this, if handled carefully."									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." Best of the proof of the								