This bord includes a number of concepts antithetical to many understandings of Relationship Anarchy (RA).

Not all who use this are Relationship Anarchists, and those who are RAists may need to discuss how their relational style differs from cultural norms.

#### Financial

Money Payments
Responsibilities Property
Sharing resources
Mutual aid
Businesses

Power / Hierarchy
Boss - employee
Sponsor - sponsee
Teacher - student
Mentor/guide

## Companionship

Playfulness
Shared activity / interests
Intellectual & philosophical
discussions
Friendship

Religious / Spiritual
Shared ritual / prayer
Shared beliefs Discussions
Ceremony Traditions
Magic Divination

# Future Plans Relationship duration Children Community Living preferences Career importance

Suggested Notations:

Yes, Required, Maybe, Maybe In The Future, Let's Talk, Definitely No & Hard Limit. Color-coding and highlighting are fun too!

### Relationship Anarchy Smörgåsbord a tool for discussion version 6

Technology

Sharing accounts / licenses Shared tools / consoles Passwords

#### Communication Methods

Video Phone Text Sexting Written In-person visits Relationship meetings

## Communication Frequency

Daily Weekly Monthly Annually Inconsistently Check-ins Emergencies

#### Domestic

Routines Chores Sharing a dwelling/home Sharing a sleeping space Cooking together Sharing meals

# Power Exchange & Kink

Roleplay Bondage Fetishes Sadomasochism Sensation Dominance & submission Switching

Time Spent Together
Holidays Birthdays
Anniversaries Errands
Parallel play Frequency
Dates Home
Duration

#### Labels/Terms

Spouses Parent Cousin
Sibling Datemate
Chosen family
Social media official
Terms of affection

Co-Caregivers

Family (sick, elderly)
Long-term commitment
Animals Plants
Children

#### Caregiving

Health Sponsorship Reliability Emergencies End of life / death Receiving / giving care Disability

To form your relationships: you and another can pick any number of "items" from any number of "platters," take a huge helping or just a scoop.

The dish the two of you hold is your relationship. No sneaking in items (expectations) without the other knowing, or there will likely be conflict or disappointment later.

Also: it's your dish, so if you decide to change what you want from the smörgåsbord later,

#### Romantic

that's cool.

Emotional attraction
Cultivating uniqueness
Unmotivated euphoria
Shared experiences
Intense focus
Crushes

Marginalization,
Privilege, Allyship, & Advocacy
Race Disability Gender
Class Citizenship Sexuality
Size Beauty Religion

Neurodivergence

Professional/Work

Combining social, collaborative, & financial Colleagues Partners Co-operatives

#### **Emotional Support**

Listening Empathy
Insecurities & reassurances
Being asked for advice
Confidante

**Emotional Intimacy** 

Being vulnerable
Discussing values / beliefs
Difficult conversations
Love languages

Physical Intimacy
Dance Cuddles
Hugs Pets Massage
Hand-holding Nudity
Kissing Co-sleeping
Body contact

#### Sexual

Orgasms Frequency Involving genitals / anus Touch Voice Text STI testing & frequency Safer sex practices

#### Creative

Visual art Craft Critique Music Yoga Comedy Acrobatics Dance Theatre Improv Martial arts

#### Legal

Power of attorney
Business partner
Adoption Marriage
Executor of will
Civil partnership

These categories are loose generalizations to help conversation, and are arranged with those relating to the larger social/political systems toward the outside and the more personal toward the center. You can discuss these items (and more) to discover and gauge shared interest.

Exclusivity

Sexual Emotional Social Structural Romantic Specific activities

Collaborative

Working together Teaching Projects Organizations Associations

Things to Discuss

Important boundaries
Mental health & trauma
Hard conversations
Security & privacy
Accountability

Partnership

Shared goals / values
Routine Embracing change
Consistency Commitment
Reliability

Public Displays of Affection

Events Friends Family
Work Social media
Seen together
Outness

Please share widely!

Translations into any language are welcome.

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