

## Open Marriage Agreement

We are two people who are still very much in love with each other who realize that we cannot fulfill all sexual needs and desires through a monogamous relationship. While our marriage is not monogamous, we believe in the fidelity of our marriage as a symbol of honesty and open communication. We hope that through this new life adventure that we grow closer as a couple because we are sharing so much more of who we are with each other. We also hope for sexual fulfillment for needs that cannot be met within the marriage.

The following parameters have been agreed upon by both of us as a framework for our new relationship. We both agree to honor all points contained in this document and all points can be renegotiated and/or changed through mutual agreement.

- 1) We agree that we will not see.....
- 2) He agrees to not see women at any time.
- 3) Relationships are to be kept as friends with benefits defined as casual relationships of friendship involving perhaps dinners out, drinks. No gifts will be exchanged. Relationships are to be ended if we or our partners get too involved emotionally. "Too involved" is defined as if you feel that you must communicate with that person every day, if they are demanding time that is taking away from our relationship, or if either of us wants to spend more time with the person. If it is causing our marriage to suffer, then it must end.
- 4) We give each other priority for setting dates on the calendar.
- 5) For now, all dates must be made during the week or when he is away during a weekend for business travel. When traveling outside of the country, he has agreed to have no sexual relationship with anyone (including coworkers).
- 6) All texts/emails/phone calls to or from a partner is to be kept to a minimum on weekends. Emergencies are understood, but it should not be a regular habit.
- 7) There will be no overnight stays with our partners. Names and phone numbers of the people we meet must be given to each other for emergencies and safety.

- 8) We agree that we will not see other people more than three times per week.
  - 9) Condoms must be used during intercourse 100% of the time ...no exceptions. A discussion about a partner's STD status must be had prior to sexual contact.
  - 10) The master bedroom in our home is off-limits to sexual activity with other partners.
  - 11) We communicate to our partners that we are in a committed relationship with each other and spell out the parameters of our relationships with them.
  - 12) When home, we are mutually focused on each other and being kind and loving in our relationship. Our sexual relationship will remain a priority and continue to improve.
  - 13) We agree to remain true to who we are now and will not change our appearance or clothing to please a partner.
  - 14) He may go to gay places as long as he is with a date and not going to pick up a stranger.
  - 15) He is permitted to go to gay bath houses and engage in sexual activity while there, but agrees to not take that person back to his hotel room.
  - 16) We agree to tell each other about details of our sexual experiences and feelings about our partners.
  - 17) We agree to be both open and honest without defensiveness and talk through any feelings of jealousy.
  - 18) If either of us becomes ill or has a serious ongoing health issue, the focus will be on each other and all playtime ends either temporarily, or permanently, depending on the situation.
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