

# Relationship Anarchy Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Review each category and discuss or reflect on what aspects you would like to include, exclude, or remain flexible about in your relationship(s). Use the checkboxes and spaces provided to customize. This can then be compared among partners to start discussions and can be revisited as relationships evolve.

1. Romantic dynamics		
<b>Feelings of love</b>		
Included	Excluded	Flexible
Notes:		
<b>Chemical reaction</b>		
Included	Excluded	Flexible
Notes:		
2. Friendship dynamics		
<b>Companionship</b>		
Included	Excluded	Flexible
Notes:		
<b>Playfulness</b>		
Included	Excluded	Flexible
Notes:		

**Shared activities**

Included

Excluded

Flexible

Notes:

**3. Domestic dynamics****Sharing a home**

Included

Excluded

Flexible

Notes:

**Chosen family**

Included

Excluded

Flexible

Notes:

**Life partner (long-term goals)**

Included

Excluded

Flexible

Notes:

**Embracing change**

Included

Excluded

Flexible

Notes:

#### 4. Sexual & physical touch dynamics

##### Sexual (involving genital intimacy)

Included	Excluded	Flexible
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Notes:

##### Physical touch (cuddling, hugs, hand-holding, etc.)

Included	Excluded	Flexible
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Notes:

#### 5. Caregiver dynamics

##### Providing care to other person(s)

Included	Excluded	Flexible
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Notes:

##### Receiving care from other person(s)

Included	Excluded	Flexible
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Notes:

#### 6. Emotional intimacy

##### Vulnerability (sharing personal feelings or fears)

Included	Excluded	Flexible
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Notes:

**Emotional support (listening, advising)**

Included

Excluded

Flexible

Notes:

**7. Social dynamics****Social partner (attending events or public appearances)**

Included

Excluded

Flexible

Notes:

**Social media (public relationship acknowledgment)**

Included

Excluded

Flexible

Notes:

**8. Financial dynamics****Shared finances (money, property)**

Included

Excluded

Flexible

Notes:

**9. Kink & power dynamics****Kinks and shared fantasies**

Included

Excluded

Flexible

Notes:

**Power dynamics (dominance/submission)**

Included

Excluded

Flexible

Notes:

**10. Collaborative dynamics****Shared projects (creative/professional)**

Included

Excluded

Flexible

Notes:

**Teaching and learning (skill-sharing)**

Included

Excluded

Flexible

Notes:

**Reflections**

1. What are your non-negotiable elements?

2. Where do you feel open to flexibility?

3. What dynamics you'd like to discuss more in-depth with your partner(s)?