

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		
Feelings of love		
Included	Excluded	Flexible
Notes:		
Chemical reaction		
Included	Excluded	Flexible
Notes:		
2. Friendship dynamics		
Companionship		
Included	Excluded	Flexible
Notes:		
Playfulness		
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

Notes:

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

Included

Excluded

Flexible

Notes:

5. Caregiver dynamics

Providing care to other person(s)

Included

Excluded

Flexible

Notes:

Receiving care from other person(s)

Included

Excluded

Flexible

Notes:

6. Emotional intimacy

Vulnerability (sharing personal feelings or fears)

Included

Excluded

Flexible

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)?		