

MORE THAN TWO

A practical guide to ethical polyamory
Resources companion to the audiobook

FRANKLIN VEAUX

EVE RICKERT

Thorntree () Press

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Audiobook supplement

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COMMON SEXUALLY TRANSMITTED INFECTIONS (STIs)

	PREVALENCE IN THE POPULATION (%)	PEOPLE UNAWARE THEY HAVE IT (%)	IS THERE A VACCINE?
CHLAMYDIA	0.5 ¹ (0.3 in Canada) ²	NA	No ³
GONORRHEA	0.1 ⁵ (0.03 in Canada) ²	NA	No ⁶
SYPHILIS	0.005 ⁹ (U.S. and Canada) ²	NA	No ¹⁰
HIV	0.6 of adults aged 15 to 49 ¹² (0.2 in Canada; half of cases are among men who have sex with men) ¹³	15 ¹⁴ (25 in Canada) ¹³	No ¹⁵
HSV-1	54–62 ^{19, 20}	NA	No ²¹
HSV-2	16–22 ^{19, 20, 24}	80–94 ^{25, 26}	No ²¹
HPV	27 of women aged 14 to 59 (active infection) ²⁷ (10–33 in Canada) ²	NA	Yes ²⁸
HEPATITIS A (acute infections)	0.0004 ³³ (0.001 in Canada) ³⁴	NA	Yes ³⁵
HEPATITIS B (chronic infections)	0.03 ³⁶ (0.7–0.9 in Canada) ³⁷	NA	Yes ³⁸

All data are for the United States unless otherwise noted. Most data are from 2012, but range from 2008 to 2013. See sources (indicated by superscript numerals) for more details. These are listed after the endnotes, on page 466. NA indicates that data was not available.

IS IT CURABLE?	TYPE(S) OF TEST(S)	TESTING WINDOW (TIME FROM INFECTION TO POSITIVE TEST)
Yes ⁴	Swab or urine test ⁴	2 to 3 weeks; sometimes up to 6 weeks ⁴
Yes, but antibiotic resistance is developing ⁷	Swab or urine test ⁸	7 days ⁸
Yes ¹¹	Blood test or swab ¹¹	3 weeks to 3 months ¹¹
No, but treatable ¹⁶	Blood, oral swab (OraQuick rapid antibody test) ¹⁷	As little as 48 hours; up to 3 months ¹⁷ P24 antigen test and quantitative PCR test give earliest results, but may not be available for everyone or in all areas ¹⁸
No, but treatable ²²	Swab or blood ²³	As soon as sores are present for swab, 12 to 16 weeks for blood ²³
No, but treatable ²²	Swab or blood ²³	As soon as sores are present for swab; 12 to 16 weeks for blood ²³
There is no treatment for the virus itself. However, there are treatments for the health problems that HPV can cause. ²⁹	Visual exam (for genital warts) ³⁰ Pap tests and HPV tests screen for cervical cancer or precancer ³¹ In Canada, HPV DNA tests have been approved for use in women, but availability is limited ³²	Depends on the test ³⁰
Yes ³⁵	Blood test ³⁵	2 to 7 weeks ³⁰
Yes ³⁸	Blood test ³⁸	4 weeks ³⁸

GLOSSARY

You'll find a more comprehensive glossary of terms related to polyamory and other forms of open relationships at morethantwo.com.

ANCHOR PARTNER. A partner with whom you share a close, long-term, committed connection. May be a live-in partner with financial entanglements; relationship may include an expectation of a significant time commitment.

ASEXUALITY. A lack of sexual interest in other people, or a lack of interest in sexual activity. A person who is not sexually attracted to others may identify as asexual.

BISEXUAL. Used to describe someone who is sexually attracted to or sexually active with partners of both sexes, though not necessarily equally.

CHEATING. In a relationship, any activity that violates the rules or agreements of that relationship.

CISGENDER. A person who identifies as the same gender that was assigned to them at birth.

CLOSED GROUP MARRIAGE. A polyfidelitous relationship in which all the members consider themselves to be married.

CLOSED RELATIONSHIP. Any romantic relationship, such as a conventional monogamous relationship or a polyfidelitous relationship, that specifically excludes the possibility of sexual or romantic connections with others.

COMPERSION. A feeling of joy experienced when a partner takes pleasure from another romantic or sexual relationship.

CONDOM COMPACT. An agreement within a group to use barriers for sex with people outside the group, but not with others in the group.

COUPLE PRIVILEGE. External social structures or internal assumptions that consciously or unconsciously place a couple at the center of a relationship hierarchy or grant special advantages to a couple.

COWBOY, COWGIRL. A monogamous person who engages in a relationship with a polyamorous partner with the hope or intention of separating the poly partner from any other partners and bringing him or her into a monogamous relationship.

DEMISEXUAL. Used to describe a person who is largely asexual but may develop sexual attraction after a stable emotional connection is established.

DON'T ASK, DON'T TELL. A relationship structure in which a person who is partnered is permitted to have additional sexual or romantic relationships on the condition that his or her partner does not know anything about those additional relationships and does not meet any of those other people.

DYAD. The relationship between any two people, distinct from the connections either person has with anyone else.

EXCLUSIVE RELATIONSHIP. *See* closed relationship.

FLUID BONDING. 1. Practices that involve the exchange of bodily fluids from the genitals, such as barrier-free sex. 2. A set of boundaries, agreements or rules between two or more people who are engaging in unbarriered sex designed to protect the fluid-bonded status.

FRUBBLE, FRUBBLY (BRITISH). *See* compersion.

GROUP MARRIAGE. *See* closed group marriage, polyfidelity.

HETERONORMATIVE. Assumptions and presumed social roles that promote the idea of heterosexual relationships as the norm and that equate biological sex, gender identity and gender roles.

HIERARCHY, HIERARCHICAL RELATIONSHIP. An arrangement in which one relationship is subject to control or rule-making by participants in another relationship. Usually involves veto; may also involve restrictions on activities, commitment, entanglement, time or emotions.

INTIMATE NETWORK. *See* romantic network.

LIFE PARTNER. A partner, usually a romantic and/or sexual partner, with whom one has the intent of a long-lasting and intertwined committed relationship.

METAMOUR. A partner's other partner.

MOLECULE. Used to describe a set or subset of polyamorous relationships, such as a triad, vee or quad, or a complete *romantic network*. *See also* polycule.

MONOGAMY. The state or practice of having only one sexual partner or romantic relationship at a time.

MONO/POLY. A relationship between someone who self-identifies as polyamorous and someone who self-identifies as monogamous.

NEW RELATIONSHIP ENERGY (NRE). A strong, almost giddy feeling of excitement and infatuation common in the beginning of any new romantic relationship, which usually lasts for a few months but can last as long as several years.

ONE-PENIS POLICY. An arrangement in which a man is allowed to have multiple female partners, each of whom is allowed to have sex with other women but may not have any other male partners.

OPEN MARRIAGE. Any marriage whose structures or arrangements permit one or both of the members involved to have other sexual relationships, romantic relationships, or both. The term *open marriage* is a catchall for marriages that are not emotionally or sexually monogamous, and may include such activities as polyamory or swinging.

OPEN NETWORK. A relationship structure in which the people involved are free to add new partners as they choose.

OPEN RELATIONSHIP. 1. Any relationship that is not sexually monogamous. 2. A relationship that permits “outside” sexual entanglements, but not loving or romantic relationships.

OTHER SIGNIFICANT OTHER (OSO). 1. A partner’s other partner. 2. A person’s partner when that person has more than one partner: *Bob is my husband, and Joe is my other significant other.*

PIVOT. The person “in the middle,” with two or more partners.

POLY. Something that is polyamorous or about polyamory: a poly relationship, a poly person, a poly discussion group.

POLYANDRY. One woman with multiple husbands, the less common type of polygamy.

POLYCULE. A *romantic network*, or a particular subset of relationships within a *romantic network*, whose members are closely connected. Also used to describe a sketch or visualization of a *romantic network*, as these drawings often resemble the depiction of molecules used in organic chemistry.

POLYFAMILY. 1. A set of polyamorous people who live together and identify as part of the same family. 2. A polyamorous group whose members consider one another to be family, regardless of whether or not they share a home.

POLYFIDELITY. A group of people who are romantically or sexually involved with one another, but whose agreements do not permit them to seek additional partners, at least without the approval and consent of everyone in the group.

POLYGAMY. Having multiple wedded spouses at the same time, regardless of the gender of those spouses. *Polygyny*—one man with multiple wives—is the most common form of polygamy in societies that permit multiple spouses. For that reason, many people confuse the two.

POLYSATURATED. Describes someone who is polyamorous, but not currently open to new relationships or new partners because of the number of existing partners, or because of time constraints that might make new relationships difficult.

PRIMARY/SECONDARY. A hierarchical relationship structure in which the partners who are higher in the hierarchy are referred to as “primary” and other partners are referred to as “secondary.” Sometimes used to describe a non-hierarchical relationship structure in partners are not equal to one another in terms of interconnection, emotional intensity or entwinement in practical or financial matters. (We discourage the latter use, which is becoming less common among poly people.)

QUAD. A polyamorous arrangement involving four people, each of whom may or may not be sexually or emotionally involved with all the other members. This arrangement often begins with two couples. Quads may also be part of a larger *romantic network*.

RELATIONSHIP ANARCHY (RA). A philosophy or practice in which people are seen as free to engage in any relationships they choose, spontaneity and freedom are valued, no relationship is entered into or restricted from a sense of duty or obligation, and any relationship choice is considered allowable. Relationship anarchists often do not make a clear distinction between “partner” and “non-partner.”

RELATIONSHIP ESCALATOR. The default set of social assumptions concerning the “normal” course of a relationship, usually proceeding from dating to moving in together to getting married and having children.

ROMANTIC NETWORK. The sum total of a person’s partners, those partners’ partners, and so on. Usually used to describe an open network. Usually includes smaller molecules such as vees, triads or quads.

SECONDARY. *See* primary/secondary.

SWINGING. The practice of having multiple sexual partners outside of an existing romantic relationship, most often engaged in by couples as an organized activity, and with the understanding that the focus of those relationships is primarily sexual rather than romantic or emotionally intimate.

TRIAD. A polyamorous arrangement in which three people are involved with one another. Occasionally applied to vees. Triads may also be part of a larger *romantic network*.

TRIGGER. A specific thought, action, sight or event that sets off an emotion that is usually linked to past traumatic events and may not actually be related to the current, triggering situation.

UNICORN. A hypothetical woman who is willing to be involved with both members of an existing couple, to have no relationships other than with the members of the couple, to not be sexually involved with one member of the couple unless the other member of the couple is also there, and usually to move in with the couple.

VEE. A polyamorous arrangement involving three people, in which one person is romantically or sexually involved with two partners who are not romantically or sexually involved with each other. Vees may also be part of a larger romantic network.

VETO. A relationship agreement, most common in prescriptive primary/secondary relationships, which gives one person the power to end another person's additional relationships, or in some cases to disallow some specific activity.

WIBBLE, WIBBLY (BRITISH). A feeling of insecurity, typically temporary or fleeting, when seeing a partner being affectionate with someone else. Sometimes used to describe minor pangs of jealousy.

NOTES

2 THE MANY FORMS OF LOVE

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RESOURCES

There's a lot out there on polyamory, as well as the skills—such as communication and cultivating healthy self-esteem—that are useful in creating happy poly relationships. With the list below, we've tried to present a few of the standouts in each category.

RELATIONSHIPS

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships, Harriet Lerner (Harper Perennial, 1989). A classic book, geared at women but useful for everyone, on maintaining clear boundaries and a strong self while building intimacy in relationships. Harriet Lerner also maintains an excellent (though monogamy-focused) blog on the *Psychology Today* website.

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead, Brené Brown (Penguin, 2012). About expressing courage in all our relationships and throughout our lives by daring to be our most authentic selves.

Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You, Susan Forward and Donna Frazier (William Morrow, 1998). A primer on recognizing and dealing with emotional manipulation and blackmail in romantic relationships.

SELF

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are, Brené Brown (Hazelden, 2010). A small but life-changing, evidence-based book on confronting insecurity, believing in our own worthi-

ness and living what Brown calls “wholehearted” lives. Brown also writes a blog at brennebrown.com.

The How of Happiness: A New Approach to Getting the Life You Want, Sonja Lyubomirsky (Penguin, 2007). Another research-based book that delves into the factors in personal happiness that are within our control.

COMMUNICATION AND CONFLICT

The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate, Harriet Lerner (HarperCollins, 2009). Excellent techniques for high-stakes communication in any kind of relationship and emotionally charged situations.

Nonviolent Communication: A Language of Life: Life-Changing Tools for Healthy Relationships, Marshall Rosenberg and Arun Gandhi (Puddledancer Press, 2008). A guidebook for clear, compassionate communication that teaches the foundations of authentic communication without bullying.

The Joy of Conflict Resolution: Transforming Victims, Villains and Heroes in the Workplace and at Home, Gary Harper (New Society Publishers, 2009, available direct from newsociety.com). On the “drama triangle” in conflict and how to find a path out of it through curiosity and compassion.

Messages: The Communication Skills Book, Matthew McKay, Martha Davis and Patrick Fanning (New Harbinger Publications, 2009). A workbook containing practical exercises for improving personal communication skills in personal and professional life.

SEX

The best, most current information on STI prevention and testing can be found at the websites of the U.S. Centers for Disease Control and Prevention (cdc.gov) and Planned Parenthood (plannedparenthood.org).

The Ethical Slut: A Practical Guide to Polyamory, Open Relationships and Other Adventures, Dossie Easton and Janet W. Hardy (Greenery Press, 2nd ed., 2011). The landmark book on non-monogamy, first published in 1997.

A Tired Woman's Guide to Passionate Sex: Reclaim Your Desire and Reignite Your Relationship, Laurie B. Mintz (Adams Media, 2009). A book aimed at heterosexual women with the goal of rekindling desire in long-term relationships, with success that has been supported by peer-reviewed research.

POLYAMORY

Redefining Our Relationships: Guidelines for Responsible Open Relationships, Wendy-O Matik (Defiant Times Press, 2002). A tiny manifesto on abandoning the relationship escalator and creating intentional, ethically non-monogamous relationships.

The Polyamorists Next Door: Inside Multiple-Partner Relationships and Families, Elisabeth Sheff (Rowman & Littlefield Publishers, 2013). An in-depth, inside view of polyamorous families based on over a decade of research.

The Polyamory on Purpose Guide to Poly and Pregnancy, Jessica Burde (CreateSpace, 2013). A complete guide to pregnancy in poly relationships, covering topics including planned pregnancy, unintended pregnancy, custody and child care.

BLOGS AND WEBSITES

More Than Two, morethantwo.com. Franklin's own website, maintained since 1997, with a wealth of information on managing poly relationships. He and Eve also maintain a blog at morethantwo.com/blog.

Solopoly, solopoly.net. An excellent blog from a solo poly perspective, covering everything from the politics to the practicalities of solo polyamory.

The Polyamorous Misanthrope, polyamorousmisanthrope.com. A long-running blog that's a gold mine of supremely practical poly advice, all written with a

good dose of humor.

The Radical Poly Agenda, radicalpoly.wordpress.com. A blog that takes on the political and ideological implications of polyamory from a feminist, anarchic perspective.

Sex Geek, sexgeek.wordpress.com. Andrea Zanin's blog on polyamory, sex positivity, kink, and all things sexy and geeky. Pragmatic poly advice that goes beyond the couple-focused, heterosexual, monogamy-plus model.

Polyamory in the News, polyinthedia.blogspot.ca. A site that reviews global media coverage of polyamory and also contains comprehensive lists of worldwide poly events, poly groups and poly books.

Polyamory Weekly, polyweekly.com. A weekly, down-to-Earth podcast by Cuning Minx, covering poly issues with a good dose of compassion and humor.

MEMOIR

Open: Love, Sex and Life in an Open Marriage, Jenny Block (Seal Press, 2009). A personal memoir of suburban polyamory that narrates Block's exploration beyond her monogamous relationship.

The Husband Swap: A True Story of Unconventional Love, Louisa Leontiades (second edition, Thorntree Press, 2015). An emotionally raw and deeply vulnerable memoir of Leontiades's entry into polyamory when she and her husband began a cross-coupled quad. Likely to resonate with many couples who are in the early stages of opening their relationship.

The Game Changer: A Memoir of Disruptive Love, Franklin Veaux (Thorntree Press, 2015). Franklin's memoir, with the complete stories of his relationships with Celeste, Ruby, Bella and Amber, and how his hierarchical mindset shifted to one that honoured his partners' agency.