

Tabelle1

Legende

Unbedingt
Gern / Trifft zu
Vielleicht / Mehr Kennenlernen nötig
Nein / Trifft nicht zu

Communication

- Daily or frequent check ins
- Texting
- Phone / video calls
- Remote gaming/ watching videos
- In-person visits
- Discussing work and hobbies
- Discussing family, partners, relationships
- Discussing politics and current events
- Ability to express disagreements or hurt feelings
- Ability to address and resolve conflict
- Relationship meetings
- Radical honesty

Companionship

- Playfulness
- Shared hobbies, activities or interests
- Intellectual & philosophical discussions
- Friendship

Collaborative

- Working together
- Teaching
- Projects
- Creativity
- Organizations
- Associations

Religious&Spiritual

- Shared ritual / prayer
- Shared beliefs
- Discussions
- Ceremony & Traditions
- Divination

Professional&Work

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

Technology

- Sharing passwords
- Sharing accounts
- Real-time location sharing
- Accessing computers / phones without asking

Partnership

- Shared goals / values
- Routine
- Embracing change in one another
- Consistency
- Reliability

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Legal	Marriage Business partner Adoption Power of attorney Executor of will
Financial	Shared bank account(s) Mutual contributions to vacation / activity fund Co-ownership of property Financial support Large gifts Complete financial integration
Quality Time	Regularly scheduled time together Date nights Spending the night Sharing activities Parallel play Vacations together
Domestic	Sharing a dwelling/home Sharing a sleeping space Cooking together Sharing meals
Co-Caregivers	Family (sick, elderly) Animals Plants Children (own or from other partnerships) Long-term commitment (for the above)
Emotional Intimacy	Expressing happiness and joy Active listening Being vulnerable Having difficult conversations Discussing values / beliefs Sharing stories about past Sharing hopes for future Knowing personal likes & dislikes Sharing about mental health challenges Expressing affection Saying „I love you“
Physical Intimacy	Body contact Hugs Massages Dance Cuddles Caress Hand-holding Kissing Nudity

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	Sauna
	Co-Sleeping
	Public displays of affection
Bathroom Intimacy	
	Shower together
	Be present when urinating
	Be present while pooping
	Unlocked door
Emotional Support	
	Offering support in hard times
	Being asked for advice
	Confidante
	Empathy
	Insecurities & reassurances
	Supporting mental health work
Romantic	
	Emotional attraction
	Chemical reaction
	Feelings of love
	Unmotivated euphoria
	Intense focus
Caregiving	
	General needs / favours
	Emergencies
	Health / illness
	Sponsorship
	Age
	End of life / death
	Disability
Social Intergration	
	Meeting metamors (partners)
	Meet intimate contacts
	Meeting friends
	Meeting parents/siblings/extended family
	Meeting children
	Spending time as a couple with friends/family
	Positive relationships with metamors
	Serving as +1 for social events
	Presenting as a couple in public settings
	Presenting as a couple on social media
	Presenting as a couple in professional settings
	Joint vacations with family/metamors
Sexual	
	Physical attraction
	Mutual masturbation
	Orgasms
	Oral sex
	Manual sex (fingering & hand jobs)
	Penetrative vaginal sex
	Penetrative anal sex
	Using sex toys
	Dry humping
	Kinky stuff

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	Threesomes or group sex
	Sexual Events
Autonomy	Alone time
	Balance of time together and apart
	Support to pursue independent interests
	Maintaining independent friendships
	Being sexually exclusive with each other
	Being romantically / emotionally exclusive
	Equal distribution of relationship power
Commitment	Having a key
	Prioritisation over other partners
	Relationship labels
	Planning for future
	Expectation of long term involvement
	Commitment to working through challenges
	Commitment to relationship maintenance
	Pregnancy/children together
	This relationship may restrict other relationships
	This relationship can be restricted by other relationships