

## Poly Terms

• **Polyamory:** Poly” is Greek for “many” and “amory” comes from “amor”, which is Latin for “love”. Polyamory means, literally, many loves. The person on record for having coined the word in 1990 is Morning Glory Zell. When the Oxford Dictionary decided to include polyamory in its next edition, they asked Morning Glory for an official definition. Her response was:

The two essential ingredients of the concept of "polyamory" are "more than one" and "loving." That is, it is expected that the people in such relationships have a loving emotional bond, are involved in each other's lives multi-dimensionally, and care for each other. This term is not intended to apply to merely casual recreational sex, anonymous orgies, one-night stands, pickups, prostitution, “cheating”, monogamy, or the popular definition of swinging as "mateswapping" parties.”

Thus, polyamory can be defined as multiple simultaneous, consensual, ethical, and responsible loving romantic relationships.

• **Poly:** short for “polyamory” and “polyamorous”.

• **Cheating:** breaking an agreement. By definition, polyamory is not cheating. The ethical, responsible, and loving part requires consent of all participants. If no agreement is being broken, there is no cheating. Conversely, cheating IS possible in poly relationships and is frowned upon as much as in monogamous relationships.

• **Jealousy:** Is a composite emotion. It is made up of a combination of other emotions. Jealousy is basically the fear that someone will take something away from you. The “something” could be a person, the position in someone’s life that you currently hold, or a future relationship that you hope to hold. Jealousy is often built upon other insecurities like "Fear of Abandonment", "Fear of Being Alone", and self-esteem issues like "Fear of Inferiority", "Fear of Being Replaceable", and the fear that your partner is only with you for what you can do, not who you are. Jealousy is most common when somebody feels insecure, mistreated, threatened, or vulnerable in a relationship. Jealousy is not the problem; jealousy is the SYMPTOM of the problem.

• **Envy:** The desire to have what someone else has and does not \*necessarily\* desire to remove that something from the other person at the same time. For instance, you might be envious about your friend’s new job promotion but do not necessarily wish that she hadn’t gotten promoted herself. Often, envy is felt in poly relationships when one person wishes they could have a specific experience that their partner has shared with their other partner.

• **Compersion:** A feeling of joy when a partner invests in and takes pleasure from another romantic or sexual relationship. Compersion can be thought of as the opposite of "jealousy;" it is a positive emotional reaction to a lover's other relationship. The term was coined by the Kerista Commune. It differs from candaulism & voyeurism in that compersion does not specifically refer to joy regarding the sexual *activity* of one's partner, but refers instead to joy at the *relationship* with another romantic and/or sexual partner.

• **Metamour:** One’s partner’s other partner.

• **Polygamy:** Many Marriages. Gender neutral; does not imply any particular ratio of genders.

• **Polygyny:** One man, many wives.

• **Polyandry:** One woman, many husbands

# Poly Resources

## Websites

- More Than Two – [www.morethantwo.com](http://www.morethantwo.com)
- The InnKeeper's Guide to Polyamory – [www.theinnbetween.net/polyamory.html](http://www.theinnbetween.net/polyamory.html)
- Poly In The Media – <http://polyinthemeia.blogspot.com>
- Poly Movies – [www.PolyishMovieReviews.com](http://www.PolyishMovieReviews.com)
- Poly Weekly Podcast – [www.polyweekly.com](http://www.polyweekly.com) (also available on iTunes)
- Poly Role Models – <http://polyrolemodels.tumblr.com/>
- Kimchi Cuddles poly webcomic – [www.kimchicuddles.com](http://www.kimchicuddles.com)
- Sex Positive Psych – <https://sexpositivepsych.com>
- What Psych Professionals Should Know About Polyamory – [www.polyamory.org/~joe/polypaper.htm](http://www.polyamory.org/~joe/polypaper.htm)
- Poly Tees: t-shirts and apparel with polyamorous themes – [www.PolyTees.com](http://www.PolyTees.com)
- Poly-Friendly Professionals – [www.polychromatic.com/pfp/main.php](http://www.polychromatic.com/pfp/main.php)
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- Jealousy Websites:
  - How To Be A Secure Person - [www.morethantwo.com/becomingsecure.html](http://www.morethantwo.com/becomingsecure.html)
  - Poly As A Non-Zero Sum - <http://blog.franklinveaux.com/2005/10/polyamory-as-a-zero-sum-game-and-other-musings-on-relationship/>
  - Some Thoughts On Specialness - <http://blog.franklinveaux.com/2006/01/some-thoughts-on-specialness/>
  - The Practice of Jealousy Management - [www.morethantwo.com/jealousypractice.html](http://www.morethantwo.com/jealousypractice.html)
  - Dealing With Jealousy - [www.morethantwo.com/jealousytheory.html](http://www.morethantwo.com/jealousytheory.html)
  - Practical Jealousy Handout - [www.morethantwo.com/practicaljealousy.pdf](http://www.morethantwo.com/practicaljealousy.pdf)

## Books

- *More Than Two* by Franklin Veaux & Eve Rickert
- *The Game Changer* by Franklin Veaux
- *Sex At Dawn* by Christopher Ryan, Ph.D. & Cacilda Jethá, M.D.
- *Open: Love, Sex and Life in an Open Marriage* by Jenny Block
- *Opening Up: A Guide to Creating and Sustaining Open Relationships* by Tristan Taormino
- *Love and Limerence: The Experience of Being in Love* by Dr. Dorothy Tennov
- *Love Without Limits* by Deborah Anopol
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