

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

Sexual Health and History Disclosure

Name: _____

Date last updated: _____

Testing Status

<u>Disease</u>	<u>Last Test</u>	<u>Last Results</u>	<u>Previous Test</u>	<u>Previous Results</u>
HIV	_____	_____	_____	_____
Hep A	_____	_____	_____	_____
Hep B	_____	_____	_____	_____
Hep C	_____	_____	_____	_____
Chlamydia	_____	_____	_____	_____
Gonorrhea	_____	_____	_____	_____
Syphilis	_____	_____	_____	_____
HPV - Warts	_____	_____	_____	_____
HPV - High Risk	_____	_____	_____	_____
HSV -1 (Cold Sores)	_____	_____	_____	_____
HSV - 2 (Genital Herpes)	_____	_____	_____	_____
Trichomoniasis	_____	_____	_____	_____
PAP Smear (women)	_____	_____	_____	_____

Fertility Status

Surgical Sterilization? _____ Date of Surgery: _____ Men: Date of Last Sperm Count? _____ Result: _____

Method of Birth Control Currently Used: _____

Planning to have Children, if so, time scale? _____

Views on abortion in case of unintentional pregnancy? _____

Current Sexual Partners and Relationships

Name	Relationship	
	Start	First Contact

Barriered Contact				Non Barriered				STD Health Status
Manual	Oral	PiV	Anal	Manual	Oral	PiV	Anal	

Resources

Websites

- The InnKeeper's Guide to Polyamory - www.theinnbetween.net/poly1.html
- What, Like Two Girlfriends? - www.xeromag.com/fvpoly.html
- Online Poly Bookclub - www.shelfari.com/groups/12041/about
- Poly Movies - <http://www.netflix.com/StrangerLists?prid=296204191&showList=219968>
- Poly Etiquette Column - www.myspace.com/misspolymanners
- Poly Weekly Podcast - www.polyweekly.com (also available on iTunes)
- What Psych Professionals Should Know About Polyamory - www.polyamory.org/~joe/polypaper.htm
- Polyamory on Wikipedia - <http://en.wikipedia.org/wiki/Polyamory>
- Poly Tees: t-shirts and apparel with polyamorous themes – www.polytees.com
- Jealousy Websites:
 - How To Be A Secure Person - www.xeromag.com/fvpolypiano.html
 - Poly As A Non-Zero Sum - <http://tacit.livejournal.com/164353.html>
 - Some Thoughts On Specialness - <http://tacit.livejournal.com/171501.html>
 - Some Thoughts On Practical Jealousy Management - <http://tacit.livejournal.com/157242.html>
 - More On The Green Eyed Monster - <http://tacit.livejournal.com/157618.html>
 - Dealing With Jealousy - www.xeromag.com/fvpolyjealousy.html
 - Practical Jealousy Handout - www.xeromag.com/practicaljealousy.pdf

Books

- *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 Anapol
- *The Ethical Slut* by Dossie Easton and Catherine A. Liszt

Groups

- Poly Central – <http://groups.yahoo.com/group/polycentral>
- Poly Tampa – www.polytampa.com
- Florida Poly Retreat – www.floridapolyretreat.com

More listed on Poly Tees Links page at www.polytees.com

