



Open Relationship Fit Worksheet

This worksheet is created by Samia Khan, LPC, LMFT, CST, PhD

The goal of worksheet to help facilitate reflection about whether some form of openness could work for you, and if so, what kind. It's not about convincing anyone or forcing alignment. It's about understanding yourselves and each other.

Fill it out on your own first. Take your time. You don't need perfect answers.

When you talk about it together, look for themes. Differences aren't failures. They're information.

Use these general responses as a guide:

- **Yes / excited** – this feels genuinely good or appealing
- **Maybe / cautious** – I'm unsure, curious, or would need conditions
- **No** – this doesn't feel okay for me

1. Why openness is on my mind

In a few sentences, describe what's drawing you to this idea right now. Be specific.

Some possibilities (circle or note what fits): curiosity, sexual exploration, emotional connection, personal values, feeling restricted, a crush, wanting novelty, relationship strain.

If openness never happened, I would feel:

- okay staying monogamous
- disappointed but adaptable
- deeply unfulfilled or resentful

Right now, my emotional capacity feels:

- steady
- stretched
- overwhelmed

2. The big shape of openness

Gut reactions matter here. Don't overthink.

Sex with others but no romance:



Romantic or emotional connections with others:

Casual or one-off experiences:

Ongoing outside relationships:

Doing things together:

Dating separately:

Notes or clarifications:

3. Emotional edges

How do these ideas land for you?

My partner developing feelings for someone else:

Saying "I love you" to others:

Sleepovers:

Vacations with other partners:

Meeting or knowing my partner's partners:

Keeping relationships very separate:

Emotions I expect might come up (jealousy, excitement, anxiety, fear, compassion, numbness, etc.):

4. Sex, safety, and bodies

What feels okay, what feels tender, what's off the table?

Kissing:

Oral sex:

Penetrative sex:

Sensation Play:



Kink or BDSM:

Fluid bonding:

Testing, protection, and disclosure expectations:

5. Time, energy, and priority

How much time would feel okay for my partner to spend with others?

What time or rituals feel important to protect for us?

What would make me feel sidelined or unsafe?

6. Communication

I would want to know:

- when dates happen
- who partners are
- sexual details
- general updates only
- very little unless something affects me
- financial concerns
- emotional and physical safety checks

How often check-ins would feel supportive (weekly, monthly, as needed):

7. Hard no's

These are firm boundaries, not starting points for negotiation.

Examples: close friends, coworkers, family, specific sex acts, certain locations, certain dynamics.

My non-negotiables:



8. Signs

If this were going well, I would notice:

If this were going poorly or needed to pause, I would notice:

9. Fears and reassurance

My biggest fear about opening the relationship:

What I would need from my partner to feel grounded and secure:

10. Exploring different styles (no labels required)

You don't have to choose one. This is about noticing what fits and what doesn't.

Swinging

Sex-focused experiences, often together, usually with limited emotional involvement.

What about this feels appealing, if anything?

What about this feels uncomfortable or off-limits?

Polyamory

Multiple romantic or emotionally significant relationships.

What draws me to this idea?

What worries or resistance come up?

Monogamish

Mostly monogamous, with narrow or occasional exceptions.



What feels safe or realistic here?

What feels slippery or risky?

Kink-forward openness

Openness centered on kink, power dynamics, or scenes.

What kinds of play or dynamics feel okay with others?

What boundaries feel essential around power, care, or aftercare?

Long-distance or situational openness

Openness tied to travel, geography, or specific periods of separation.

What would make this feel manageable?

What would make it feel destabilizing?

11. Looking at everything together

After answering all of this:

What styles or ideas feel most aligned for me?

What clearly doesn't work for me?

Where do I feel flexible, and where am I firm?