

Open Relationship Contract

Date: _____

Partner 1 Name: _____

Partner 2 Name: _____

1. Commitment to Honesty and Transparency

We agree that honesty and transparency are the foundations of our open relationship. Both partners commit to sharing feelings, experiences, and concerns openly without fear of judgment.

2. Relationship Boundaries

We agree to establish the following boundaries to maintain trust and ensure emotional and physical well-being in our open relationship.

Sexual boundaries:

Emotional boundaries:

3. Agreed Upon Practices

Communication frequency:

Health practices:

4. Time Management

Time with external partners:

Time spent together:

5. Reevaluation of Terms

Check-in frequency:

6. Exit Strategy

7. Conflict Resolution

8. Amendments to the Contract

We agree that either partner can propose amendments to this contract, to be discussed and mutually agreed upon.

9. Emotional Support and Check-Ins

Frequency of emotional check-ins:

10. Privacy and Confidentiality

What information can be shared about external partners:

11. Public and Social Conduct

Public displays of affection with external partners:

Disclosure of open relationship status to others:

12. Social Media and Communication Rules

Social media posting rules:

Communication during time together:

13. Jealousy Management

Strategies for managing jealousy:

14. Financial Agreements

Financial boundaries regarding external partners:

15. Family Planning and Parenting

How to discuss or disclose the relationship to children:

16. Signatures

By signing this contract, we agree to uphold the terms outlined above and commit to maintaining a healthy, respectful open relationship.

Partner 1 Signature: _____

Partner 2 Signature: _____